

**Circulating File**

**EAR: ABSCESS, ACHE, INFECTION**

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

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## EAR: ABSCESS, ACHE, INFECTION CIRCULATING FILE

Circulating Files are collections of verbatim quotes of what Edgar Cayce said during his readings on a given subject or, in some cases everything. We have medical circulating files which focus on the over 9,000 health-related readings with subjects from Acidity-Alkalinity to Weight Loss. We also have non-medical circulating files on a broad range of topics, for example *Egypt: Sphinx, Pyramids, and Hall of Records*, *Fear and Its Far-Reaching Effects*, *Advice to Parents*, *Serving in Accord with Ideals*, and *Business Advice*.

Each circulating file is simply a collection of reading quotes or full readings given for different individuals on a similar subject or disease. The A. R. E. cannot and does not suggest treatments for physical ailments nor make claims about the effectiveness of the therapies. We encourage anyone working with the health readings to do so under a doctor's care and advice.

The circulating files support the research aspect of the Cayce work. We appreciate any feedback informing us of progress made in improving one's life or achieving good health by applying suggestions given in the readings. Please send any feedback (testimonies, experiences, results, etc.) to:

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Please note: The complete Edgar Cayce Readings are available through the members only section of our web site, [EdgarCayce.org](http://EdgarCayce.org) or on CD-ROM.

Some circulating files contain commentaries or summaries written by physicians. These reports are to be used as a basis for further research in the form of controlled studies, and should not be misinterpreted to be either a refutation or an endorsement by the doctor. Referral doctors wanting to borrow a file for an extended period may do so by writing to the Library: Circulating File Desk.

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 ear infections. 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.

Products may be purchased from Baar Products, the official worldwide supplier of Edgar Cayce health care products: [www.baar.com](http://www.baar.com) or call 800-269-2502.

## Ear: Abscess, Ache, Infection

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\* Circulating Files & Research Bulletins are available from A. R. E. membership services at (800) 333-4499 or: [http://www.edgarcayce.org/circulating\\_files.asp](http://www.edgarcayce.org/circulating_files.asp)

## 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.

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.

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 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

Library: Circulating File Desk

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215 67<sup>th</sup> St

Virginia Beach VA 23451 Or e-mail:CirculatingFiles@edgarcayce.org

To obtain health items mentioned in the readings, contact our official worldwide distributor, Baar Products at 800-269-2502 or Baar.com.

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



## Extracts from the Readings

### 1164-1, F adult, 5/9/36

(Q) Did puncturing my ear when I was a child have anything to do with the condition now?

(A) The puncturing of the ear only allows this portion of the body under the general anemic condition to be more susceptible TO disturbances. This, to be sure, is not always well to be done; yet there ARE CONDITIONS that arise when it becomes necessary. But if those conditions are carried out as we have indicated, we will not only overcome many disturbances but we will build a resistance that will meet the needs and prevent MANY greater disturbances later on.

(Q) What causes the earache?

(A) The strain upon the system from those areas in the cerebrospinal system, because of the lack of flow of circulation to that portion of the body. Hence as may be seen by heat applications, relief may be had; and will be had, as will be carried by the electrical forces; for, as indicated, these should be applied (the violet ray vibrations) about the head and neck as a portion, and about the ear, back of the ear, and on the neck below the ear. These will carry that which will alleviate the causes of these, as well as the manipulative forces correcting the pressures to same.

(Q) Why do I suffer so with painful cramps during menstrual periods?

(A) The lack of the circulation there. As indicated, if there is the relaxation in the lumbar area as we have given, and the application of the violet ray (the high electrical vibration) with the Radio-Active Appliance (the low electrical vibration) for the body-equalization, these will build to such an extent that soon there will be normal activity at those periods.

There must be builded in the body, though, sufficient activity throughout the glandular forces and throughout the assimilating forces that there may be sufficient of same to be taken at such periods.

This is reflex rather than organic, though - as indicated - the organs become involved through strains or drains upon the system in attempting to create balance in the forces of the body.

### 2800-1, F 48 (neurasthenia), 8/27/42

(Q) What should I do about pain that often recurs in my left ear?

(A) This as we find will be removed, for it is a part of those pressures as we have indicated - that are accentuated in the organs of the sensory system. And, with those massages about face and head, and the removal of pressures in the body by the removal of poisons and the proper distribution through their regular channels, these disturbances should be relieved. It is not a local but rather a constitutional disturbance.

**INDEX OF READING 136-56 F 22**

DREAMS

Ears: Running	Par. 4-A--6-A
Mind: The Builder	Par. 3-A
Osteopathy: Finger Surgery: Ears: Running	Par. 4-A
Psychosomatics: Ears: Running	Par. 5-A

**BACKGROUND OF READING 136-56 F 22**

B1. 3/8/27 Husband [900]'s letter, submitting dreams: "[136] is doing nicely (referring to near termination of her period of pregnancy)."

**TEXT OF READING 136-56 F 22**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 11th day of March, 1927, in accordance with request.

P R E S E N T

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

R E A D I N G

Time of Reading 4:30 P.M. Eastern Standard Time. New York City.

1. GC: You will have before you the body and the enquiring mind of [136] of New York City, and the dreams this body had on the dates which I will give you. You will give the interpretation and lesson to be gained from each of these, as I read them to you, and you will answer the questions I ask you regarding same.

2. EC: Yes, we have the body, the enquiring mind, [136]. This we have had here before. Ready for dreams.

3. (Q) Wednesday morning, February 23, 1927. Saw [137] get so terribly sick that I interfered, telling them that they should not permit a duplication of what happened in my mother's case.

(A) This, we find, the body conscious mind correlating with the conditions from the subconscious experience of the entity, giving conditions regarding the individual - and, as has been seen by entity, has presented conditions in the physical forces of the body seen, and interference - or words - have had effect, in a way and manner. Just as has been given - for this entity, [136], with the full cooperation of the mental forces of the entity, there may be gained from time to time those lessons that - applied within the physical - may bring to the entity those conditions that are building, in the mental, the spiritual, and the physical forces of the entity.

4. (Q) Tuesday morning, March 8, 1927. My ear seemed to trouble me and I said: "I know - it is a return of my old ear trouble." My ear pained me dreadfully. It seemed to be [900]'s ear - not mine.

(A) A warning again to the body of physical conditions which exist in the body of the entity as seen, and is as the warning that the entity should insist that the body have condition attended to in the way and manner as given for correction of same, through that of the correcting through and along the Eustachian tube. Do that.

5. (Q) What is causing this return of an old trouble?

(A) Congestion, and worry.

6. (Q) In the left or right ear?

(A) Left. That is all of this reading.

**INDEX OF READING 140-26 F 25**

EARS: ACHE

Physiotherapy: Applications: Eardrops: Laudanum Par. 1, 2-A, 3-A, 4-A

: St. Jacobs Oil

Par. 1

: Sweet Oil

Par. 3-A, 4-A

**BACKGROUND OF READING 140-26 F 25**

B1. 5/16/28 She obtained Ck. Physical Rdg. 140-25 advising corrective treatment following surgery for mastoiditis.

B2. 7/8/28 Husband phoned saying she had pain in ear and they wanted to know if it would be best for them to sail today, as planned, or when.

**TEXT OF READING 140-26 F 25**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 8th day of July, 1928, in accordance with request made by her husband, Mr. [137].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. L.B. Cayce and Dr. T. B. House.

R E A D I N G

Time of Reading 6:45 P.M. Eastern Standard Time.

N.Y.C.

(Ck. Physical Suggestion)

1. EC: Yes, we have the body here. Now, we find the general physical condition of the body is very good in most respects. The condition as we find existent at the present time with ear and head is rather that of nerve retraction, from conditions which exist in various portions of the body. While there is some nerve reaction, we do not find this would be a hindrance, UNLESS there were OTHER developments. Would the body apply that of the warm oil as given (St. Jacob's oil), or better that of laudanum in a weak solution, this - WE find - would relieve that tension, which is at present only nerve retraction, and we do not find that it would be detrimental for the body to voyage to-day, were these precautions taken and the condition adhered to.

2. (Q) What proportion should the laudanum, if used, be used for the body?

(A) Very small, weakened about half the quantity, see?

3. (Q) Should the laudanum be mixed with oil or water?

(A) Better with oil - sweet oil. This is more a case of earache from nerve retraction, see?

4. (Q) What quantity should be used at a time in the ear?

(A) Very small - just sufficient to fill the cavity in a way that would not be CRAMMED in, but to ease the condition. Of course, cold or congestion arising - or over taxation or nerve fatigue, would weaken conditions for the body. These precautions, of course, necessarily should be looked after. We are through for the present.

**REPORTS OF READING 140-26 F 25**

R1. 9/3/28 She obtained Ck. Physical Rdg. 140-27.

**INDEX OF READING 143-9 F 6**

EARS: INFECTIONS

Electrotherapy: Ultra-Violet Light: Ears: Infections	Par. 6
Physiotherapy: Massage: Sweet Oil: Cold: Congestion	Par. 5
Surgery: Ears: Infections	Par. 2, 4, 8-A

**BACKGROUND OF READING 143-9 F 6**

B1. 12/26/28 Father [137] obtained for her a Ck. Physical 143-8 for severe cold, anemia, etc.

B2. 1/2/29 He requested Ck. Physical saying the treatment had not been followed because child was under doctor's supervision, and condition had now settled in ear; doctor advising puncturing ear drum.

**TEXT OF READING 143-9 F 6**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 2nd day of January, 1929, in accordance with request made by her father, Mr. [137].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. L.B. Cayce and Dr. Thos. B. House.

R E A D I N G

Time of Reading 11:30 A.M. Eastern Standard Time. N.Y.C.  
(Ck. Physical Suggestion)

1. EC: Yes, we have the body here, [143] - this we have had before. The conditions - as outlined - show an accentuation and localization of the inflammation which has been created in system, and affecting the soft tissue and that portion of same especially as seen in throat, head and ear.
2. The necessity of the puncturing of the ear drum need not necessarily injure permanently the hearing in any manner, provided the inflammation and the drainage from same are eliminated from system in such a manner as not to cause hindrances in any form in or about the soft tissue, or the organs of the auditory system.
3. There should have been more thoroughly carried out those suggestions as were made for the reduction of temperature [143-8], and of the massage especially along the spine, with the reduction of the temperature, and eliminations set up properly through the liver and through the excretory system. Thus these accentuations might have been prevented.
4. To meet the conditions, though, at present - that necessary for the local cleansing of conditions should be performed.
5. THEN that as has been OUTLINED [in 143-8] be more thoroughly carried out, in setting up eliminations; in the system, in the massaging at least once each day the

spine, especially in the upper dorsal, lower cervical and the lumbar regions - with the oil, as outlined.

6. And the application also of the ultra-violet ray will assist in so establishing equilibrium in the blood supply as to hinder the reoccurrence of the improper coagulations of conditions produced in tissue from congestion, or assist eliminations through the proper channel - other than coagulating in, or surrogating in such a manner as to cause specific conditions in centralized places.

7. DO as has been outlined and we will bring the more normal and the corrected conditions for this body, [143]. DO that.

8. (Q) Is it necessary to have the eardrum punctured?

(A) This has just been given! We are through with this reading.

**REPORTS OF READING 143-9 F 6**

R1. 1/12/29 Grandmother's rdg. 106-18, Par. 14-A through 16-A advises that a trip to Palm Beach, Fla. would be helpful for [143] and her parents.

R2. 1/13/29 Uncle's rdg 900-422, 10-A through 13-A advises [143] will be able to take the trip within the week if the ultra-violet is continued twice a day until that time.

R3. 5/28/29 Father [137] obtained for her Ck. Physical Rdg. 143-10.

**INDEX OF READING 211-1 M CHILD**

CHILDREN: ABNORMAL

Doctors: Lydic, Lyman A.: D.O. Par. R1

Ears: Running Par. R1, 3, 8

Electrotherapy: Alpine Rays: Children:  
Abnormal Par. 8  
: Rino Ray: Par. 8

Glands: Pineal: Children: Abnormal Par. 6

Nervous Systems: Incoordination: Children:  
Abnormal Par. 6

Osteopathy: Children: Abnormal Par. 8

**BACKGROUND OF READING 211-1 M CHILD**

B1. 2/14/26 Mr. [195]'s wire request, no details.

**TEXT OF READING 211-1 M CHILD**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 15th day of February, 1926, in accordance with wire request made by Mr. [195].

P R E S E N T

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

R E A D I N G

Time of Reading 11:30 A.M. Eastern Standard Time. . . . , Ohio.

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.
2. EC: Now, there are many conditions in the body that are to be met, would we bring about that which will give the normal functioning of this system. These have to do with specific conditions and those that have occurred in the body from external forces.
3. First, then, that as is to be met at the present time is to produce that in the system that will overcome these conditions, as are produced by this as exists in the 1st cervical and in the throat.
4. Now, these are the conditions, then, as we find them in this body. First:
5. IN THE BLOOD SUPPLY, this we find very good in its nominal way and manner, yet there is carried in same at the present time, through these conditions as are produced, many toxins.
6. IN THE NERVE SYSTEM, this is so shattered that the resistance and the rebuilding forces in the general system of the body, and specifically that as functions to the

normal force of the brain, and that as functions to the portions where dissemination of blood flow is affected, both in the central plexus of the hypogastric and pneumogastric and also in the secondary cardiac, these produce this overstimulation and the excess of the retraction in nerve reaction, see? That is, when these attempt to bring about the normal condition, the whole force, or supply of same, is so over-charged that we have reaction, or the voluntary becomes involuntary and involuntary voluntary; so the sympathetic and cerebro-spinal are as at cross sections. This will be found from the pineal, gland center, and extends throughout the whole system, finding the ends of same in 1st and 2nd cervical, the outward show of same in solar plexus and in the lower lumbar, or where it branches to lower portion of body, so the effect comes to ALL portions of the body in its reaction.

7. In the general condition in system; that is, the functioning of the organs themselves, as we say, and have given, many become involuntary, so the sensory system, the lungs, the heart, the liver, the kidneys, ALL become at various times affected by same.

8. Then, to meet the needs of these at the present time, the first would be to create a better metabolism in the system, through those adjustments as would be osteopathically given to the 1st and 2nd cervical, the lumbar, and the GENERAL condition for the system, see? and meet the needs of those conditions in throat and lungs. These will be by the repression being removed, would bring the normal flow through that of the manipulation, and with application of the Alpine or Rino rays, to clarify the blood and to give a better metabolism to the blood distributing centers.

9. Do that at present.

#### **REPORTS OF READING 211-1 M CHILD**

R1. 2/26 By Mr. [195]: "Thanks for quick service on [211] child. He was in a bad way and I had already sent him to Dr. Lydic. He will have to have a lot of work done, as his ears have been discharging for a year and a half and he doesn't seem to be normal, though young children seem to respond to any kind of treatment."

**INDEX OF READING 243-14 F 52**

EARS: ABSCESED

ELIMINATIONS: POOR

NEURITIS

Physiotherapy: Applications: Laudanum: Ears:	
Abscessed	Par. 3
: Sweet Oil:	Par. 3
Prescriptions: Castoria: Eliminations: Poor	Par. 2
: Salts, Crabapple:	Par. 2

**BACKGROUND OF READING 243-14 F 52**

- B1. 6/17/32 She obtained Ck. Physical 243-13 for locked bowels.
- B2. 6/25/32 She was present, submitting questions for neuritis, also for abscess in ear.

**TEXT OF READING 243-14 F 52**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 25th day of June, 1932, in accordance with request made by self - Miss [243], Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [243], Mrs. [340], Mrs. [409] and Mildred Davis.

R E A D I N G

Time of Reading 4:40 P.M. Eastern Standard Time. . . . , Va.  
(Physical Suggestion)

1. EC: We have the body here, [243] - this we have had before. Better are the conditions in many respects from that as we have had here before. The natural conditions from accumulations of poisons as of toxic forces in the system, have found expressions in the extremities - as in the arms, forearms, limbs, hands - also in those conditions that arise as infectious forces in ear.
2. Will the eliminations be kept high, continuing with the salts in the manner - not to drain the system, but alternate between those that make for better eliminations through the alimentary canal - we will eliminate these from the system.
3. For the local condition from infection, where there has been an irritation from the wax or secretions from the ear - that has produced a small abscess there - dip a tuft of cotton in sweet oil, ring almost dry, and a drop of laudanum on same, packed, this will relieve the pressure and draw out all inflammation - but keep up the eliminations.
4. Ready for questions.
5. We are through with this reading.



**INDEX OF READING 259-3 F 1**

Air: Exercise: Neurasthenia Par. 5, 6-A, 8-A

Appendix: Glands: Incoordination Par. 6-A

**DEBILITATION: GENERAL**

Diet: Neurasthenia Par. 5, 6-A

Ears: Ache: Glands: Incoordination Par. 4, B3

Education: Schools: Not Recommended Par. 5, 6-A-- 8-A

**GLANDS: INCOORDINATION**

Heart: Neurasthenia Par. 9-A

Nature: Natural: Neurasthenia Par. 5, 6-A

Nervous Systems: Sensory: Neurasthenia Par. 4

**NEURASTHENIA**

Prescriptions: Medicines: Not Recommended Par. 5

Rest: Neurasthenia Par. 5

**BACKGROUND OF READING 259-3 F 11**

B1. [259] will be 12 yrs. on 3/22/16.

B2. 3/21/26 She obtained Ck. Physical Rdg. 259-2 for poor digestion, anemia, constipation, etc.

B3. 2/12/28 Mother [2457] wrote: "Please slate [259] for a Rdg. as soon as you can. She complains so of her stomach and her ear. Left ear is swollen badly, behind, and very sore. Dr. Lee Jones is still away and also Dr. Kirk. I have the ear bandaged in antiphlogistine... If you could only know how very much good the personal contact with you brought me. You radiate a soothing influence and give me a new lease on life."

**TEXT OF READING 259-3 F 11**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 23rd day of February, 1928, in accordance with request made by her mother, Mrs. [2457].

**P R E S E N T**

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. L. B. Cayce.

**R E A D I N G**

Time of Reading 5:00 P.M. Eastern Standard Time. ..., Alabama.

1. GC: You will give the physical condition of this body at the present time, giving the cause of same, with suggestions for the relief and improvement of same. You will also answer any questions I will ask you regarding this.
2. EC: Yes, we have the body here - this we have had before.
3. Now, we do not find that there are material changes in the physical forces of the body toward the detriment of the physical conditions; yet there are those existent conditions of which the body should be warned, and measures should be taken to correct and to meet the needs of the physical developing body.
4. There are many conditions entering into the physical well being of the body at present. Too much taxation through the mental forces of the body, or the nerve system and the mental forces. Too little vitality is being stored in the system. Hence the inability of the body to meet the needs of the physical development in the proper way and manner, and some conditions that should be long in developing are developing too speedily in the body [puberty]. Hence a greater stress and strain, and the physical being will not - unless the resistance is rebuilt - meet the needs of these changing conditions existent and developing in the physical body. Hence we find there are varied conditions existent that bring distress, as seen to the eyes, to the ear, to the antrum, and to those portions of the body where soft tissue or bone structure function through the varied conditions in the glands about the head. These give distresses at times, as is seen from condition back of ear in this portion; as is seen in the lungs; as is seen in digestion; as is seen through the general physical forces.
5. Then the best to build in the body would be to rest and keep in the open and out in the WILDS as much as possible, see? Refrain from study or labor, save that as the body would naturally incline to by resting, as it were, from mental and physical labors - eating the roughest foods, as corn bread, fat meat, beans, lentils, all vegetable forces as grow and are made into such conditions as pot liquors as come with such vegetables, see? These would be well to build into the system. Keep away from MEDICINAL properties, but get close to nature and let the art side of life develop in the physical forces of the body through the closer association with nature. Do that. Ready for questions.
6. (Q) Is appendix involved?  
(A) Only as this same stress that is brought on the system. Get out and away from conditions and change the diet so that the bowels act in a normal way and manner and we will find these conditions will be arighted in the system, by the general change as would be brought about. Keep the body out in this way and manner for about six to eight months.
7. (Q) Would be best then to discontinue school?  
(A) Best to discontinue any study, or else we will find a nerve breakdown and, as given, too fast development along lines that are not good and the body would not meet the needs of conditions, physically or mentally, or the vitality in system would not meet the needs of the conditions of the body, see?
8. (Q) Would exercise at Y injure or aid the body?  
(A) Exercise rather out in the open than at any particular formula or way and manner. Let the body almost run wild for about six months - it will get plenty of exercise if it's out sufficient. Not in cities or in towns, but out in the country!
9. (Q) What is the condition of the heart?

(A) Just weak. Nerve debilitation. No organic condition.

10. That is all the questions.

11. We are through with this reading.

**REPORTS OF READING 259-3 F 11**

R1. 2/27/28 Mother [2457]'s wire: "[259] out of school today. Going to ... [the country] where there is nothing but wilds. Has been there before and likes it fine. Am afraid she will be wild though healthy in six months."

R2. GD's note: Mrs. [2457]'s younger sister, Miss [5684], had suffered a nervous breakdown, so the mother didn't delay in following the tr. suggested in the Rdg. for [259] to prevent such.

R3. 3/21/28 Mother wrote: "I found [259] looking better but she complained of her head hurting. Had roses in her cheeks and freckles on her nose. She doesn't know what hats are made for. Seems to me she has grown an inch or two... She will be at the residence of [...] [for the Ck. Rdg]."

R4. 3/27/28 EC gave Ck. Physical Rdg. 259-4.

**INDEX OF READING 324-2 F 18 MONTHS**

BABY CARE

COLD: CONGESTION: AFTER EFFECTS

: Preventive

Par. 18-A, 21-A

Constipation

Par. 19-A

Diet: Appetite: Cold: Congestion

Par. 23-A

EARS: INFECTION: CURED

FEET: INFECTION: CURED

Mind: Conscious: Coma: Baby Care

Par. 24-A

Physiotherapy: Applications: Eardrops:

St. Jacob's Oil

Par. 4, 10

: Sweet Oil

Par. 4, 10

: Earwashes

Par. 5, 10, 20-A

: Massage: Myrrh: Feet: Infections

Par. 12, 13

: Oils, Olive:

Par. 12, 13

Prescriptions: Castoria, Fletcher's: Eliminations

Par. 7--9, 11, 19-A, 22-A, 25-A

: Senna:

Par. 7--9, 11, 19-A, 22-A, 25-A

**BACKGROUND OF READING 324-2 F 18 MONTHS**

B1. See 324-1 on 12/19/32 for erysipelas, and subsequent Reports.

B2. 4/28/33 Grandmother [413] was present to submit questions for tendency for colds, croup, and flare-up of ear infection.

**TEXT OF READING 324-2 F 18 MONTHS**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 28th day of April, 1933, in accordance with request made by her grandmother, Mrs. [413], Active 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. [413], Mrs. [585] and Mr. [1003].

R E A D I N G

Time of Reading 11:15 to 11:35 A.M. Eastern Standard Time. . . . , Virginia.  
(Physical Suggestion)

1. EC: Yes, we have the body here, [324]; this we have had before.

2. Now, as we find, there are many changes in the general physical condition from that as we have had here before. The greater portion of these changes are for the betterment and improvement of the general conditions; while there are still those conditions that show there has not been the full elimination of that produced by the cold and congestion, which made for an infectious force that has been exhibited and that is

shown in portions of the body; specifically seen in the right ear, and in those conditions where there has been infections, in the lower portion of the left foot.

3. These, as we find, may be eliminated, and assisted in the elimination of same, by the application of those conditions that will not only CHECK the infectious reactions but also aid in eradicating from the system that which causes or produces the return of same in specific places or centers.

4. Then, in those portions of the ear, or in the inner ear, we would use very small quantities - and warmed, but not heated - of diluted St. Jacob's Oil. Dilute same with Sweet Oil; one drop of Sweet Oil and two drops of the St. Jacob's Oil. Warm this and drop one drop of the mixture or solution in the inner ear, as the body is ready for rest.

5. It would be well, too, that there be used an antiseptic solution to wash or cleanse same of mornings, at time of bath, see?

6. This, as we find, will aid in overcoming the condition.

7. There should be taken those forces WITHIN the system to assist in the CLEANSING throughout the alimentary canal, or so that the CIRCULATION in REMOVING used forces may ELIMINATE the conditions from the system.

8. So, we would take Fletcher's Castoria. In taking this, however, we would add very small quantities of Senna to that already prepared in the mixture called Castoria. Take a teaspoonful of Castoria from the bottle, throw it away or give it to someone else if so desired! Then we would add one grain of Senna, see? Then cork bottle and shake well together. To be sure, Senna is already an active principle in the compound known as Castoria, but for this specific and particular condition with this body it would be well that the extra quantity be added in the present.

9. Then, give very minute doses of the solution for a period of at least one day, or until there is a thorough reaction from the system with the properties. Give it for one day, then skip two or three days, then repeat the dose again - see?

10. Each evening we would give the oil in the ear, and each morning use the douche or cleansing of same.

11. Take the properties within the system of the Castoria as we have outlined.

12. For that condition which we find with the foot, or the limbs; as we find, there is the necessity for considerable massaging of the feet, especially in the left foot, for the circulation doesn't work thoroughly through same.

13. In the massaging, we would use, once each day, a very small quantity of a solution of olive oil and tincture of myrrh. This would be prepared by heating the oil and adding the myrrh. Prepare about two tablespoonfuls of each. Keep this in a dry, cool place. Only small quantity, with the fingers dipped into same, will be necessary to massage into the foot.

14. These, as we find, will bring about a much BETTERED condition for this body.

15. Be mindful that the diet is kept in accord with that necessary for the better conditions of the body; not too cold, not too hot, but those that will keep an even temperature for the body.

16. These will bring the better conditions for this body, [324] we are speaking of.

17. Ready for questions.

18. (Q) How can croup be prevented?

(A) Eliminate those conditions that tend to make for same! We will do so through the elimination of those tendencies for reinfections to muco-membranes of the system.

These that we have outlined are to include all the conditions.

When croup comes, for the time being, until the condition is eradicated from the system - which is produced by infectious forces, or tendencies from congestion, or the ACTIVITIES (if we want to be specific, and scientific) from the tendencies for the creation of a leukocyte within the system that becomes destructive to mucous membranes in the activity of the blood supply and the lymph circulation, we would use those things that have been given.

19. (Q) What should be done to correct constipation?

(A) This we have already given. For, all of these conditions are taken into consideration. The addition to the system of those properties given, see, in the Castoria with the extra quantity of Senna added, will make for the correction of those tendencies for constipation; that comes, of course, from the milk or the feeding, or from the conditions given.

There should be a general tendency for the giving of those foods that carry more weight in their activity through the system.

20. (Q) What antiseptic should be used for the wash, for the ear?

(A) That which has BEEN used.

21. (Q) How can susceptibility to colds be removed?

(A) By removing the cause, just as we are doing through those things that we have outlined.

22. (Q) What dosage of the Castoria should be taken?

(A) Very small doses; three to four to six drops.

23. (Q) What causes lack of appetite, especially for foods that seem good for body?

(A) The tendency for the creation of those forces in the system that act with the lymph circulation, see? Congestion, colds; that have not been eliminated properly.

24. (Q) What caused the fainting when she was six months old?

(A) Obstructions in the alimentary canal.

25. (Q) Any other information or advice at this time that would be of benefit for this body?

(A) Follow these suggestions for the present, see; for - understand - this solution given for the cleansing of the system (Castoria with the Senna) is to be given until there's full activity, see? Then wait a day or two. Then give it again, see? Then wait a longer period, then give it again! Let's ELIMINATE the causes of these conditions, which must be - as indicated - through the CIRCULATION, see, and thrown into the dross that is carried through the alimentary system.

The addition of these properties in the system, especially of the Senna, will act with the DIGESTIVE system and increase appetite, increase strength, increase the ABILITY to THROW OFF those excesses of the drosses that have been left in system through inflammation and congestion that did exist.

Do these for the present.

26. We are through.

### **REPORTS OF READING 324-2 F 18 MONTHS**

R1. 9/33 Grandmother [413] reported complete response to following [324-2] advice.

### **INDEX OF READING 324-3 F 2**

Chicken Pox: General

Par. 11-A

Colitis: Preventive	Par. 3, 12-A
Diet: Whooping Cough	Par. 5, 13-A, 15-A, 16-A
DIS-EASE: CONTAGION: IMMUNITY	
Ears: Running	Par. 14-A
Measles: General	Par. 11-A
Physiology & Anatomy: Prescriptions: Castoria, Fletcher's : Diatussin	Par. 18-A Par. 12-A
Physiotherapy: Gargles: Glyco-Thymoline: Whooping Cough : Lavis: : Massage: Camphor: : Mutton Tallow: : Turpentine:	Par. 8 Par. 8 Par. 4, 10-A, 19-A Par. 4, 10-A, 19-A Par. 4, 10-A, 19-A
Prescriptions: Castoria, Fletcher's: Whooping Cough : Diatussin: Not Recommended : Glyco-Thymoline: Whooping Cough	Par. 18-A, 19-A Par. 12-A Par. 8
Prescriptions: Ipecac Syrup: Whooping Cough : Lavis: : Senna: : Soda, Bicarbonate:	Par. 7 Par. 8 Par. 18-A, 19-A Par. 4, 17-A
Smallpox: General	Par. 11-A
WHOOPING COUGH: CURED : General	Par. 11-A

**BACKGROUND OF READING 324-3 F 2**

B1. See 324-2 on 4/28/33 for cold, croup, ear infection, etc.

B2. 9/28/33 Grandmother [413] was present seeking advice for [324]'s whooping cough.

**TEXT OF READING 324-3 F 2**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 28th day of September, 1933, in accordance with request made by her

grandmother, Mrs. [413], Active 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. [413] and two friends.

R E A D I N G

Time of Reading 11:00 to 11:20 A.M. Eastern Standard Time. . . . , Va.

(Physical Suggestion)

1. EC: Yes, we have the body here, [324]; this we have had before.
2. Now, as we find, there are disturbing conditions that are somewhat of a different nature from that we have had here before.
3. The condition of cold, congestion, inflammation, temperature, arises from infectious forces in the thyroids and the throat. These conditions, while not so severe in the present, have the natural tendency to produce acid in the system and to make for colon disturbances. It will then be necessary to ward and guard against this type of infection.
4. In the present we find it would be well to each day give a small quantity of an alkalin, as soda or bicarbonate of soda; and to keep the throat, the glands and especially along on the spine, massaged each evening with equal parts of mutton tallow, spirits of camphor and turpentine. These will make the tendencies for the activities of the respiratory system to be more normal, and for the eliminations in the organs of the body to function the more normal.
5. Beware of too much sweets during this period of infectious forces in the glands and throat; and keep the spittle or discharges from the throat and nasal passages free or clear from infectious forces about the body.
6. In this manner we find that we may keep down the severeness, and prevent the inflammation spreading.
7. It would be well to keep handy small doses of Ipecac, to prevent the phlegm from choking at any period; or when there are the tendencies for the throat and the glands to become inflamed, give a small quantity - five to ten drops - in water, that this may make for the heaving, or the eliminating, or throwing off, without it passing through the system.
8. Also it would be well to use a gargle or to swab the throat and the membranes with an alkalin antiseptic; such as Glyco-Thymoline or Lavoris. Either of these are alkalin in their reaction. And small doses given internally as an antiseptic occasionally will be well for the body.
9. Ready for questions.
10. (Q) What should be the proportion of the camphor and turpentine to the mutton tallow?  
(A) Equal parts; which would be either kept on a rag or in solution. A tablespoonful of mutton tallow (dissolved, of course) with a tablespoonful of each of the other two. This is a heavy quantity, yet it is necessary. Don't rub too hard, but what the body absorbs.
11. (Q) Is present condition whooping cough?  
(A) What is called whooping cough. An infection in the internal forces of the glands of the throat, and of the membranes in same. And it is of the nature or character of infectious forces that make for the creating in the system that which meets or repels



such influences in the future. Creating a balance, then (as all conditions that are of one nature, or one type; as smallpox, chickenpox, German measles - of course, roseola may be had more than once; but whooping cough and things of this nature create such a condition, or affect glands where the system secretes that which makes the condition in the body that rebels against same - and not infectious again, see?).

12. (Q) Is there anything better than Diatussin to use for whooping cough?

(A) It's very good, but this we would use as we have outlined; for Diastussin does not create an alkalin reaction, rather tending to be acid. And once such conditions, in one of this age or development, turn into colitis, then it becomes very serious. Hence, we would use those especially of the alkalins, that we may keep the system alkalin throughout.

13. (Q) Please give specifically how to get the necessary elements for resistance in this body, or what will create a normal appetite?

(A) As outlined, make the condition in the body alkalin rather than acid! And this will reduce temperature, see? And with temperature reduced there is the tendency for the DESIRES for the system to supply those necessary forces in the body for the recuperation and the building up, and building a balance in the body. See? As given, beware of too much sweets.

14. (Q) Why does the ear discharge with the disagreeable odor with colds?

(A) The lack of the poisons being eliminated from the system.

15. (Q) Please outline a diet for this body for a given period.

(A) Just so there is not kept too much sugars. The regular diet that has been given, and that has been builded for the body, is well.

16. (Q) Is goat's milk or cow's milk better for this body?

(A) The goat's milk.

17. (Q) What quantity of soda, and how best given?

(A) It may be given either in the milk or just plain soda water. There should be as much as twenty grains each day.

18. (Q) Should Castoria be given, or is it acid creating?

(A) Castoria is NOT acid creating, and it is better for the eliminations than anything else provided there is added sufficient of the Senna which is the active principle for the creating of the proper eliminations in the body. This is an active force in the conditions of the intestinal tract, and is fever reducing; and adds to the blood supply of the body.

19. (Q) How much Senna should be given at this time?

(A) As we have outlined, take at least a teaspoonful of the Castoria from the ordinary bottle of 900 drops. Add five grains of Senna, and shake well together. Then give regularly. As given, small doses are the better. Four to five drops every fifteen to twenty minutes would be much better than a spoonful given in an hour or two hours.

20. That is all the questions regarding this body.

21. Keep the massage with the properties as we have given; not too much, as to cause a burn or anything of the kind. And over the solar plexus area, and - especially - on the feet.

22. We are through with this reading.

## REPORTS OF READING 324-3 F 2

R1. [324] will be two years old on October 25, 1933.

R2. Mrs. [413] later reported that the treatment suggested in the reading worked like a charm. Thereafter she told others the applications for whooping cough and they were effective for them also.

R3. 5/8/34 See 324-4 for measles, tonsillitis.

**INDEX OF READING 324-9 F 9**

Anemia	Par. B2
CIRCULATION: INCOORDINATION	
Diet: Streptococcus	Par. 25-A
Electrotherapy: X-Ray: Not Recommended	Par. 22-A
Humor	Par. 15
Inhalants: Benzoin, Compound Tincture of:	
Ears: Infections	Par. 14
: Croup Cup:	Par. 14
: Eucalyptus, Oil Of:	Par. 14
Injections: Hypodermic: After Effects	Par. B2, 8, 20
LESIONS	
MALARIA: TENDENCIES	
Mastoiditis: Tendencies	Par. 14, 23-A
Osteopathy: Lesions	Par. 10--13, 26-A
Poisoning: Septicemia	Par. B2
Prescriptions: Castoria: Streptococcus	Par. 16--18
: Chill Tonic: Grove's:	Par. 15--18
: Neo-Sulfamil: Not Recommended	Par. 24-A
STREPTOCOCCUS	

**BACKGROUND OF READING 324-9 F 9**

B1. See 324-8 on 10/18/38 for pinworms, intestinal fever, etc.

B2. 11/9/40 Grandmother [413] submitted questions, including: "Please verify or correct the report of the M.D. concerning what he termed bad blood. [Septicemia? Anemia?] Have the injections for this been helpful or harmful, and should they be continued or stopped? (If verified) How was the germ acquired by this body? Is this present flare-up a result of activities in resisting last injection? Is strep germ still active?"

**TEXT OF READING 324-9 F 9**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 9th day of November, 1940, in accordance with request made by the grandmother - Mrs. [413], Active 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. [413].

R E A D I N G

Time of Reading 11:00 to 11:20 A.M. Eastern Standard Time. ..., Va.

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, [324]; this we have had before.
3. As we find, those disturbances that we have indicated as existent in relation to the circulation through the liver and to the sensory organs have not been mechanically adjusted.
4. Thus the cold and congestion has brought about an acute condition in the reflexes that are active in the circulation from same.
5. With a lesion that exists in the 6th, 7th and 8th dorsal, the slowing of the circulation to the liver has prevented the proper activity of the juices or the secretions through the gall duct upon the blood stream.
6. Then with the slowing of the circulation through the organs of the sensory forces, - ears, eyes, - throat, there has been congestion.
7. And with a malarial inclination, it has produced a form of strep. This as we find is the disturbance in the present.
8. This, combined with the shock to the nervous system by those external applications, and the fear created by same through an already disturbed circulation, has merely tended to increase this disorder.
9. These we would apply, in this form and manner:
10. First, as to the manner of making the osteopathic adjustments necessary:
11. Let the body lie prone upon the face. Then, on either side of the cerebrospinal system manipulate gently the areas from the 3rd and 4th dorsal to at least the 9th; not by attempting to move the vertebra by pressure, but by thumb and finger upon either side of same.
12. Then turn the body upon the left side, and from the front make the pressure through the area downward.
13. Have these adjustments or treatments each day, you see. These are for the specific or basic condition.
14. Have those inhalations for the body - in the atmosphere - of the fumes from an equal combination of Compound Tincture of Benzoin and Oil of Eucalyptus, in a croup cup or the like; say a teaspoonful of each boiled in water in a croup cup, you see - in the room where the body is. This is for the acute condition.
15. Then, - to cause the proper adjusting of the functioning system to these applications, - begin taking internally Grove's Tasteless Chill Tonic. It is not very tasteless, however! Take it in broken doses, - say about half to a full teaspoonful, or three quarters teaspoonful, three times each day - before the meals, preferably.
16. After this has been given for two to three days, then leave off and take a good round of Castoria for one day - very small doses often.

17. Then rest one day from taking internal medicinal properties.
18. And then begin again with the Chill Tonic.
19. Doing these in this manner, - we will find we will remove the causes, the effects, and the general activities.
20. DO NOT give the injections, - they are doing more harm than good! For it is putting a virus that is CREATING the very thing attempting to be eliminated! For, as indicated, the cause arises from local infection PRODUCED by those conditions of the natures as we have given.
21. Ready for questions.
22. (Q) Advise as to use of X-Ray for inner ear infection.  
(A) We would not; until at least after these suggestions here indicated have been given a thorough try; for as indicated, if these are done consistently we may remove causes AND effects, if given properly. The X-Ray, with the PRESENT condition, would tend to harden tissue and eventually cause some deafness, - and still not remove causes.
23. (Q) Is there danger of brain abscess or mastoiditis?  
(A) There's danger UNLESS CAUSES are removed!
24. (Q) Should Neo-Sulfanil treatment be repeated?  
(A) No; not if these treatments here outlined are given. If these are not given, then this may eventually become necessary.
25. (Q) As to environment, is it better that the body remain with grandparents or parents?  
(A) That should be according to the body's OWN activity; just so the care is taken as we have indicated is necessary.  
To be sure, the diet is to be mostly liquid for the next few days. Of course, oatmeal or cereals, but not too much solid foods. Eggs, - any of such things if prepared so as to be easily digested are well. Soups more than others, though.
26. (Q) Is there any other advice for Dr. Hudgins?  
(A) These as outlined are the proper MANNERS of adjustment. In the first two or three days, he may also assist in better eliminations by stimulation of those centers (though not in the same manner) controlling the gastric flow and the eliminating from alimentary canal. But these as indicated are the principal measures to be taken, for most of these others have been taken into consideration - but these in addition will be helpful. Do not attempt to give these adjustments too quickly, nor even to make adjustments, you see - but stimulate in a circular motion about the areas indicated, - either side, with fingers and thumb; these with the body prone. Then upon the LEFT side, with the right hand then above the head, you see, and the left foot drawn upward.
27. We are through for the present.

### **REPORTS OF READING 324-9 F 9**

R1. 12/6/40 See 324-10 indicating great improvement

**INDEX OF READING 404-5 F 46**

Diet: Malaria: Tendencies	Par. 4
Ears: Running	Par. 13-A
Hypertension: Toxemia	Par. 3
Intestines: Enemas, High: Malaria: Tendencies	Par. 6, 12

**MALARIA: TENDENCIES**

Physiotherapy: Applications: Eardrops: Sweet Oil	Par. 13-A
: Massage: Benzoin, Compound	
Tincture of: Malaria: Tendencies	Par. 7, 8
: Camphor:	Par. 7, 8
: Mutton Tallow:	Par. 7, 8
: Turpentine:	Par. 7, 8
Prescriptions: Crazy Crystals: Not Recommended	Par. 18-A
: Simmons' Liver Regulator: Toxemia	Par. 5, 6, 12, 18-A
Temperature: Fever: Malaria: Tendencies	Par. 3, 14-A

**TOXEMIA**

**BACKGROUND OF READING 404-5 F 46**

None.

**TEXT OF READING 404-5 F 46**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of January, 1936, in accordance with request made by the husband - Capt. [462], Active Member of the Ass'n for Research & Enlightenment, Inc.

**P R E S E N T**

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

**R E A D I N G**

Time of Reading 3:00 to 3:20 P.M. Eastern Standard Time. . . . , Virginia.

(Physical Suggestion)

1. EC: Yes, we have the body here, [404]; this we have had before.
2. (In undertone) Unless there are some changes, the body tends towards a disturbing condition.
3. As we find, there are tendencies for toxic forces to produce infectious forces in the blood stream. Hence an inner temperature, a disturbance in the blood pressure, a quick pulsation (intermittently), an aching all over the body, a little nausea at times, and the general effect of toxation - arising from those disturbances that have been indicated

in the digestive forces of the body, and those periods of congestion in the eliminations throughout. These are the causes, and are producing a malarial effect as well as poisons that make for the tendencies towards a NERVE pressure also upon the whole nervous system.

4. In the immediate, as we find, there should be rather a diet of a semi-liquid or liquid nature. Fruit juices, beef juice wine - as a stimulant.

5. First we would take the Simmons' Liver Regulator. Take this in rather broken doses, and preferably the dried. Take half the quantity as given on the directions for the dosage, but let there be taken about two or three doses in a day - or half the quantity indicated for the dosage.

6. But in the beginning, or as the Simmons' Liver Regulator is begun, we would also take a high enema; so as to relieve those pressures and tendencies for gas and the formation of mucous that has produced and does produce this congestion in the intestinal tract - as well as toxic forces or malarial toxemia in the liver and digestive system. Also this will aid in relieving this aching, and this tendency for a temperature - as well as:

7. We would also massage the back, across the shoulders, down the spine, across the solar plexus and across the lumbar area, with equal portions of Mutton Suet, Turpentine, Spirits of Camphor and Tincture of Benzoin. Heat the Mutton Suet to add the others; not too hot, but sufficiently so they may be all stirred together - and mix in the order as named.

8. It would be well for the feet to be kept very warm, and especially the lower limbs and the feet also massaged good with the combination indicated.

9. Do this, as we find for this body in the present.

10. Ready for questions.

11. The rubbing we would do at least two or three times a day, until the body has THOROUGHLY eliminated.

12. Because the bowels move the once, either by the use of the enema or the Liver Regulator, do not stop - but move these at least two or three times. This will be a little weakening. Hence, as given, the beef juices and wine will be the stimulants - and these tend to make for relaxation through the body also.

13. (Q) What causes the running in ear at times? and what should be done for it?

(A) This is from the congestion in the other portions of the body and its weakness that tends to make for a disturbed circulation. If there is kept the cleansing of same, and the use of the sweet oil in same, this will gradually clear. Just a drop of the sweet oil inside, you see; but this should be cleansed, of course, afterward - or the next morning after this is used.

14. (Q) What causes the sharp shooting pains in head?

(A) Temperature; internally!

15. (Q) Was the last medicine compounded properly?

(A) Not compounded properly.

16. (Q) Should the prescription be filled and taken again?

(A) Not at this time. These would be changed, as we find, later.

17. (Q) What produced this lockage of the bowels in the beginning?

(A) An inflammation that exists in the pyloric portion of the stomach itself, as has been once indicated.

18. (Q) Is Crazy Water Crystals good for this body?

(A) Rather severe. Those of a vegetable nature, rather than mineral, are better for this body.

Simmons' Liver Regulator - there's nothing much better for a system, especially of these conditions. Taken in broken doses it is more effective and less active to the tendency for contraction in the pylorus.

19. (Q) What can be done to cure gas in stomach and bowels?

(A) First eliminate the toxic forces throughout the system, and then keep a tendency towards alkalinity.

Do these, as indicated, for the body in the present.

20. We are through for the present.

**REPORTS OF READING 404-5 F 46**

R1. 1/4/36 She reported that she was relieved of the sharp shooting pains this A.M. at 3 o'clock. "I am following suggestions and improving."

R2. 1/5/36 See 404-6.



**INDEX OF READING 750-1 M 24**

Ash: Animated: Tonsillitis	Par. 4, 6, 10-A, Reports
Doctors: Stearns, Guy Beckley: M.D.	Par. R3
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Osteopathy: Tonsillitis	Par. 4, 6, 10-A
Prophecy: Prognosis: Tonsillitis	Par. 9-A
TONSILLITIS	
Work: E.C.: Research: Health Home Remedies Corporation	Par. R4

**BACKGROUND OF READING 750-1 M 24**

B1. Brother reported later that his problem was acute quinsy and running ear that wouldn't stop.

**TEXT OF READING 750-1 M 24**

This psychic reading given by Edgar Cayce in Room 1110 of the Hotel Park Plaza, West 77th St., New York City, this 28th day of November, 1934, in accordance with request made by the brother - Dr. [438], new Active Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. Dr. [438].

R E A D I N G

Time of Reading 8:55 to 9:05 A.M. Eastern Standard Time.

Park West Hosp. , 170 West 76th St. , Room 609, N.Y.C.

(Physical Suggestion)

1. EC: Yes, we have the body, [750].
2. Now, as we find, conditions are rather serious. For while there are being made those applications that ease the body- physical in some directions, there are still those creations from the infectious forces that are making in the blood supply the hindrance to the organs making the proper assimilations and drainages from the system.
3. Unless there may be set up better drainages, or so that the poisons from those conditions in the tissue in the head and throat are made more in orders that the circulatory system may be purified and the eliminations increased, this must be very near to separations of the physical and mental soul body.
4. As we find, the addition of the Animated Ash - if it is able to be taken down, and those pressures applied in the 4th and 5th cervical as coordinated with those in the 9th and 10th dorsal, these would set up a counter-irritation - or OPEN these drainages so that there would be set up a counter- reactions to the body.
5. These, we find, would be the more helpful.

6. Give an eighth (one-eighth) grain of the Animated Ash at least twice each day. Follow same with a stiff massage over this area in the upper cervical centers. Not with the light, but a stiff manipulation. Drainages from the 3rd and 4th cervical, or pressures there, and in the 8th and 9th dorsal.

7. Do that.

8. Ready for questions.

9. (Q) How long will the eventual recovery take?

(A) Five to six weeks.

10. (Q) Is there any doctor that would be specifically recommended for the adjustments?

(A) Anyone in sympathy with the applications that may be had, or the information that may be had through these channels. MAKE these applications, see, today - now! Then, as we see these changes, then we may aid in giving the further instructions also, see?

Pressures 3rd and 4th, see? Ash loose on tongue with water. Stiff massage 2nd, 3rd, 4th and 5th cervical. Pressures 9th and 10th dorsal, WITH those. These are pressures, and held, see? First one, then the other. These will set drainages to make for the better conditions.

Do this.

11. (Q) Any other suggestions at this time?

(A) This at present. This needs attention now.

12. We are through for the present.

#### **REPORTS OF READING 750-1 M 24**

R1. GD's memo: Dr. [438], D.C., Ph. T., the brother, went into the hospital as a visitor and applied the recommended massages, etc. Patient recovered. Little hope had been offered by the doctors.

R2. 6/3/35 GD's letter to Mr. F.F. Bradley:

Mr. Franklin F. Bradley, Route 1, Box 568, AA, Atlanta, Georgia

Dear Mr. Bradley: -

I'm sure you are still very busy, but I'm wondering if you could find time to go over the enclosed copy of your letter [See 11/13/33 letter under 432-1 Reports. See 1800-30.] regarding the Ash and let us know just what changes you would like to make in it before we mimeograph it? Or could you write an article that we could print in a little booklet? The Readings are very persistent in continuing to recommend the use of the Ash in certain conditions; and I think we could stimulate the interest of physicians in some cases if we had a more attractive advertisement of it.

If you think it preferable, we might be able to distribute the Ash from The [438] Service in New York. Dr. [438] had remarkable results from using the Ash for his brother [750], as suggested in a Reading when he was in a very critical condition. Also he has watched the results with Mr. [257]'s mother [Mrs. [325]]. To handle it in such a way would relieve your son of the detail work connected with the mailing of each individual order, etc. However, that is for you to decide.

The Ash is certainly a wonderful thing, and I feel we should do everything we can to get it advertised and pushed forward properly.

Hoping things are going well with you, and with kind regards from all, I am  
Sincerely, Gladys Davis, Sect'y

R3. 6/16/35 Mr. F. F. Bradley's letter to Edgar Cayce in reply to GD's letter:  
Route 1, Box 568, AA, Atlanta, Ga.

Dear Mr. Cayce, -

Various communications have come in from you and your office but I have been travelling on business almost constantly and all my correspondence has suffered.

About the ash. Am enclosing copy that might be used in advertising or describing same. I am somewhat helpless in doing a job that is worth while in this as the results obtained are not on file here and probably on the occasion of my next visit to Va. Beach we can get together to do a better job.

Bernard, my son, is here for the summer and the equipment for making the ash is here now. We would be glad to have the sales handled by the New York office you suggest. We will for the first time get the packaging in shape and send you sample packages of the 1/4 and eighth grain capsules. The making of this ash is to quite a degree a labor of love. The production is tedious and very slow and put into the hands of an employee would I feel confident not possess the properties desired. It is essential that the strands of fibre actually pass between the arc poles and we have a feeling that only at exact spacing of the poles is the proper result secured. It is hand work of the sort that cannot be reduced to machine work unless the output was such as to warrant an out of proportion expense for equipment. However please know that we will at all times handle the matter as you would desire.

Bernard and I have just completed a batch both of us working steadily and in much discomfort as to temperature and eye strain and carbon dust and a total of 4 hours labor has produced a cupful of ash.

I have designed a semi-automatic equipment that would cost about \$1,000 that would do the work reasonably well, how well only a reading could determine, after the expense has been made. But that I think cannot be undertaken at present.

Whatever the New York Concern would pay us for ash in bulk or in capsules would not compensate us for the cost of the ash in time and upkeep of equipment and personal strain. The cupful just made used as nearly as we can figure \$2.00 worth of electricity and supplies.

I regret that my financial condition is such that I cannot help support at this time the Association. It is not from lack of desire to do so. I undertook my present position 'on suspicion' as Elbert Hubbard would say. If I can carry on without reaching the breaking point, which frankly is at all times yet never far away, I will in time reach a fair financial position. I took the gamble rather than to be employed at a low but fairly sure wage with little hope of more. Not as young as once tho I will not ask yet that Hugh Lynn give me a tennis handicap. My point is that I am reaching at all for the help my friends offer in the way of advice and ways and means. I wish the annual meeting could be a month later, I could probably attend.

I am wishing for you - all of you - a most successful meeting and a new year loaded with the broadcasting and acceptance of the fine things in your program.

Best regards to all of you,

Yours very truly, [signed] Franklin Bradley

CARBON ASH. ACTIVATED ASH.

Dr. Guy Beckley Stearns, celebrated physician of New York City, says that health can be maintained only by keeping a harmony between the various components and functionings of the body. He says farther that certain activated materials when taken internally even in minute doses tend to create and maintain that harmony.

The German doctors of the new school are believers in that program to such an extent that many of them claim that chemically active medicines cannot be helpful except in rare instances; at least to anything like the degree of helpfulness that 'activated-in-vibration' substances, that have no chemical activity, offer.

Carbon Ash or Activated Ash as made for the Association for Research and Enlightenment, and made as a result of Readings by Edgar Cayce, and made by methods described in those readings, has no chemical activity. But it is an activated carbon ash prepared at a temperature above the melting point of glass. It is pure bamboo fibre not only coked and purified by extreme temperature but through which at that temperature a high tension electric current has been passed.

The results secured by the use of this ash, in manner prescribed by readings in individual cases, are startling even to the medical profession. Some of them are as follows:

R4. 7/18/35 HLC's letter to Mr. F.F. Bradley:

Mr. Franklin Bradley Route 1, Box 568, AA Atlanta, Georgia

Dear Mr. Bradley:

After going through dozens and dozens of our departments your letter of June 16, has finally reached my desk. Thank you for the data to use in connection with the ash. I am preparing a short article on some of the cases where it has been used and will send you a copy for your suggestions and mark of approval before mimeographing for distribution to those interested in securing the product or in our general research work in the field of specifics.

I am distributing two specifics given in the readings through the Health Home Remedies Co., Box 103, Virginia Beach. (Inclosed pamphlet will describe.) In order to centralize the distribution of the ash I will be glad to handle it under this company's name. You can furnish it to me in bulk (cupful by cupful) or in capsules. I will handle the mailing of it and may place a small amount with representatives in New York, Washington, and Detroit in order to have no delay in delivery since many of the cases for which it is recommended are serious. This can easily be handled on a commission basis to cover the postage, etc., or if you prefer bought from you and resold. I realize of course that you cannot place any price on this and at the present time the small output means little. The amount being used varies according to the number of readings suggesting it. Nevertheless, large or small do you not think it best to handle as a small business?

With your permission I will send a small quantity of it to three or four doctors and ask them to use it on certain types of cases. We can then get a report from them and perhaps work toward something of value for general distribution. I was interested to hear Dr. Frank Dobbins of New York who spoke at our Congress refer in his talk to a case on which he used the ash for external application in combination with Iodex. This combination has proven most helpful in a number of cases. Would you like to take this matter up with the Iodex people or may I do so? Proper proportions used with Iodex in a number of clinical cases might prove very helpful and result in the Iodex company taking an interest in the ash.

Dr. [438] of whom Dad wrote you in regard to handling the ash in New York has recently had an automobile accident and has been in the hospital for several weeks. I will gladly place some of the ash with him in order to facilitate delivery in New York.

Is your son Bernard interested in mechanics. We have had difficulty in locating some one to handled the preparation of the mechanical appliances suggested in the readings (Radio Active and Wet Cell Appliances). This is only part time work but brings in a small income. I will be glad to take this up with him if he is interested.

EAR: ABSCESS, ACHE, INFECTION CIRCULATING FILE

We had a most successful Congress and are looking forward to a year of steady growth. I want to write you more details of some of the plans at a later date.

In line with our archaeological interests Mrs. [587], a member of the Association, recently discovered a well on a small island [Bimini] off the Florida coast as directed through a reading. Some connection with a past incarnation. [See 587-3, 4.]

I have a good court, a broken racquet and a strong desire to beat you a set of tennis. When are you coming this way again?

With the most respectful regards, I am

Sincerely, HLC

R6. 9/29/38 See EC's letter under 1677-1 Reports indicating that at the time of 750-1 Mr. [750] had a condition of ear drainage, etc., which wouldn't stop; also acute quinsy.

R7. 4/10/43 He obtained a Ck. Physical - 750-2.

R8. 3/7/58 Letter to Edgar E. Cayce [GD's note: This report also used under 1800-30 Reports]:

LEDOUX & COMPANY, (Inc.) Engineers, Chemists, Assayers, Spectroscopists 359 Alfred Avenue, Teaneck, New Jersey

REPORT OF ANALYSIS No. 762885

Our analysis of the sample of CARBON ASH

From: Edgar E. Cayce

Marked and submitted to us, shows:

By Spectrographic Analysis:

Aluminum. . . . .	Medium Arsenic. . . . .	Trace-Low Boron. . . . .
. . . . . Low Barium. . . . .	Trace Calcium. . . . .	Low Cobalt. . . . .
. . . . . Trace Chromium. . . . .	Trace Copper. . . . .	Low
Iron. . . . .	Medium Magnesium. . . . .	Trace
Manganese. . . . .	Trace Sodium. . . . .	Medium-High Nickel. . . . .
. . . . . Trace Lead. . . . .	Trace-Low Silicon. . . . .	High
Tin. . . . .	Trace Titanium. . . . .	Trace Vanadium. . . . .
. . . . . Trace		

Radio-activity. . . . . None detected

To Edgar E. Cayce      LEDOUX & COMPANY, Inc.

High 10-100% Medium 1-10% Low 0. 1-1% Trace less than 0. 1%

**INDEX OF READING 900-2 M 29 [edited]**

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"First The Individual. . ."	Par. 11-A
"Nothing Happens By Chance"	Par. 19-A

**BACKGROUND OF READING 900-2 M 29**

B1. See 900-1 on 8/12/24.

**TEXT OF READING 900-2 M 29**

This psychic reading given by Edgar Cayce at the New Southern Hotel, Columbus, Ohio, this 2nd day of September, 1924, in accordance with request made by self, [900].

P R E S E N T

Edgar Cayce; Gladys Davis, Conductor and Steno.

R E A D I N G

Time of Reading 11:20 A.M. Dayton Savings Time. . . . , N. Y.

1. GC: You will give a physical, financial and mental reading, answering the questions as I ask them.

2. EC: Yes, we have the body here. We have had this before, you see. We have the physical, the financial, the mental conditions, with and for this body.

3. (Q) You will give the condition of the ears, especially the left ear, and the cure for same.

(A) In this we find the condition much as we have given before, there being the condition where [there is] the interruption of the circulation as regards the cochlea in ear, in the left especially, by the deflection as is seen in the cervical region that supplies the nutriment in nerve tissue from body and blood supply. The eruption and the transfusion as is seen emitted in the cochlea, from conditions as given, shows how that the condition is produced through this interrupted circulation. The correction and assistance may be given by the treating of same, osteopathically, along the line of the Eustachian tube; that is, from the internal treatments, osteopathically, under the palate and in this portion of body. When the discharge and trouble occurs, apply heated, or warm, St. Jacob's Oil in the cochlea proper. This will form healing properties and prevent the discharge until the system is adjusted by the alleviating of the impingements in cervical region. This we find was produced from congestion in this portion of the body when the body was in the developing stage, and produced the taxing to the body that brought about the lesions causing the disturbances. Do that.

4. (Q) Give the condition of the teeth, specifying ones that need attention, why and how?

(A) In this we find better conditions than when we had this before. In that condition that is needed for correction, we find in that one next to stomach tooth, on the left side, where there is the action of refuge forces in the system not eliminated by conditions as exist in the facial circulation, producing trouble in the nerve supply to this particular tooth, and the treatment would be to either use the manipulation to cause the circulation to become normal, as given, for ear and face, or to destroy the nerve in tooth proper, that there be no receding in the gum or the infection arising from this condition.

[edited]

**REPORTS OF READING 900-2 M 29**

R1. 9/4/24 He phoned for further information re. specific business lead referred to. See 900-3. It did "bring much gain."

**INDEX OF READING 900-11 M 29**

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Alcohol: Not Recommended	Par. 9
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**BACKGROUND OF READING 900-11 M 29**

None.

**TEXT OF READING 900-11 M 29**

This Psychic Reading given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, this 7th day of November, 1924, in accordance with request made by self - [900]. [See questions incorporated in Suggestion.]

P R E S E N T

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

R E A D I N G

Time of Reading                      3:50 P.M. Dayton Time.  
Cambridge Hotel,                      New York City, N.Y.

1. GC: You will give the physical conditions of this body at the present time, with special reference to the ears, tonsils, trouble with the tooth, acid stomach, constipation, trouble with the feet [flat arches], telling if the doctor's treatments are correct and how many more are needed.



2. EC: Now we find the conditions in this body very much improved throughout the body, especially those conditions in and about the face, the ear. The throat and tonsils show some congestion. There are other portions of the body that need more attention, especially those in the lower lumbar region and the limbs and the viscera itself; that is, the trunk portion of the body. For the acid condition that comes at times to the body, the diet will control this, with the manipulation, more than any other condition. Not so much of meats but more of those foods that carry the rougher materials; in whole wheat (rolled), bran, prunes, rhubarb, such conditions and such foods should be taken more for the system.
3. Use high enemas of oil (White Russian Oil) for the acid condition in the system. This will alleviate much of the strain, both through mental forces and through the action of blood supply in the system, in the sciatic nerves and the lower lumbar.
4. Manipulations should be given for the condition in feet. Occasionally, the full treatment for the condition in face, antrum. These would only be once in three to five weeks.
5. The food values must be kept closer in the system for definite periods; that is, using whole wheat and gruels, not so much meat except for fowl or fish. More vegetables of all kinds will give this body the better mental forces, the better physical forces, the better development throughout.
6. Condition in teeth we find improved by the correction of trouble in the right and left antrum.
7. Or, we would give as this for this body at present:
8. Take the manipulations twice each week for general condition in intestinal tract and in feet and throat. For the ears once each month.
9. For the acidosis the diet as given, and not too much stimulations through any alcoholic forces with fish, or at ANY time. It makes it bad for the blood supply and for the mental forces.
10. Food values, particularly, of whole wheat, in gruel, brans. Not meats, save as given.
11. Do that. We will bring the better developments for this body, [900].

#### **REPORTS OF READING 900-11 M 29**

R9. 12/15/24 See his next reading 900-12.

**INDEX OF READING 900-151 M 30 [edited]**

Appliances: Radio-Active: Ears: Running Par. 3-A

DREAMS

Ears: Running Par. 3-A

Osteopathy: Finger Surgery: Ears: Running Par. 3-A

**BACKGROUND OF READING 900-151 M 30**

None.

**TEXT OF READING 900-151 M 30 (Stockbroker, Hebrew)**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 28th day of October, 1925, in accordance with request made by self - Mr. [900].

P R E S E N T

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

R E A D I N G

Time of Reading 10:15 A.M. Eastern Standard Time. New York City.

1. GC: You will have before you the body and the enquiring mind of [900], of Apt. . . . , . . . St., New York City, and the dreams this body had on the dates which I will give you.

You will give the interpretation and lesson to be gained from each of these, as I read same to you, and you will answer the questions, which I might ask you regarding same.

2. EC: Yes, we have the body, the enquiring mind here, [900]. This we have had here before. The dreams come as the exemplification of those forces as are manifest through the entity. Ready for dreams.

3. (Q) On the train bound from Virginia Beach, Va., to New York, Oct. 25 and 26, 1925. I saw the Columbia-Cornell football game to take place next Saturday, Oct. 31. I saw Columbia trying to execute a forward pass, I said: "Columbia ought to win!" The Voice: "Columbia ought to win - yes - COLUMBIA WILL WIN ITS LAST TWO GAMES." Then I felt my ear (left) bother me as it does when matter flows from it and I felt a noise in my ear as though the matter were flowing back into the inner ear. I attempted to turn to my left side to let the matter flow out instead, as I do when my ear runs and in so doing awakened, to find nothing wrong - or at least my ear not running.

(A) In this we find the co-relation of the physical with those of the subconscious forces, giving to the entity those conditions as regarding that held in the mind and the physical effects of same to the entity. The condition as is seen regarding game presenting that held in the mind, see? That is, regarding physical conditions, presenting to the body that necessity of physical attention to self, which should be on this wise: First have those conditions in the inner portion of ear attended to, through treatments in the inner portion of the palate of mouth, along Eustachian Tubes. Then

add (necessary that at least three such treatments be given at present, see? and at least three to five days apart), for several weeks, taking each day those vibrations from the Radio-Active Appliance, as is found in the simpler form, for at least one hour each evening, upon retiring. Not a hindrance should same be kept on longer, but at least for one hour, see? with the applicator attached to the wrist first, to the ankle last, opposite sides of body - with plenty of ice in a crock or glass container, see? (not metal).

As for the condition then, as is seen in dream, this we should gain as the lesson of same:

The conditions as presented show that which would happen to the entity as an injury to physical forces, were entity to attend such game, see? for the conditions as are seen are such that cold, congestion, only adds to that already in system, see?

As to the last two, these, as given. The Columbia will win, see? UNLESS changes are made in the line-up, and the entity, with added physical resistance, may be able to attend same, when given through same forces that entity may. Indicated here that the entity WILL, see? for the correction made, the entity will receive that information where same may be applied....

15. There may be much given. Best the entity obtain self-information, self-instruction, then be guided by the combination of each.

16. We are through with this reading.

#### **REPORTS OF READING 900-151 M 30**

None.

**INDEX OF READING 900-457 M 34 [edited]**

Bible: Books of: Hebrews 13:5  
: Matthew 28:20

Par. 6-A  
Par. 6-A

PROPHECY: ECONOMICS

TOXEMIA

**BACKGROUND OF READING 900-457 M 34**

B1. See 900-455 on 10/23/29.

**TEXT OF READING 900-457 M 34 (Stockbroker, Hebrew)**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 26th day of October, 1929, in accordance with request made by Mr. [900].

P R E S E N T

Edgar Cayce; Mr. [900], Conductor; Gladys Davis, Steno. Mrs. Edgar Cayce and Mr. L. B. Cayce.

R E A D I N G

Time of Reading 5:35 P.M. Eastern Standard Time. New York City.

1. [900]: You will have before you the body of [900], present in this room. You will give suggestions for his physical betterment, the cause of the right ear trouble at the present time, and also aid and guide in his financial conditions, that are in such a turmoil under present existing conditions. [Approaching Wall St. crash?]

2. EC: We have the body, the enquiring mind, [900]. This we have had before. Now regarding the physical conditions of the body, we find - as has been given - there are those conditions existent in the physical forces as related to the tissue and the forms of places in face, head, that the soft tissue becomes involved in the condition; as in antrum in face, in that about the ear. These are the effects of the poor circulation in this portion of system. With the application of those conditions as have been outlined for the body, and with the application of self's own intuitive forces, as respecting the care and the attention of such conditions, these - applied - will bring the better and normal condition for the system - the keeping cleansed of the antrum, the regular manipulation, that the forces in the system may carry directly to the upper portion of the body the new blood supply, the application of the lights to that portion of the system that will bring rejuvenation to the blood supply, and some rest as well as work, some play as well as labor, the care and attention of the diet - that as will build more blood in the system - not neglecting the applications necessary to keep the alimentary canal clean, that the system will not absorb those poisons in the system. Do that.

3. As for those conditions as relating to the financial conditions in the present emergencies, here we find there are continually those presentations of those forces as will aid in assisting the physical body, the mental understanding still giving that as necessary for the proper activities of the body in this direction. In the activities of the mental, will the body not lose that hold on self as to cause the distrust in self's ability to

maintain that proper relationship to UNDERSTAND that given, THEN there will be little else than, in every circumstance, to harken to that as will be given in the hours of stress as they arise. There will be seen that the effect of others in their activities often bring the most unsettling effect upon the abilities of the body. That as related to individual accounts. This should be clarified in the mind, that these must act in the same way and manner as is given the body respecting same, or to use the body in an UNSEEMING manner is to destroy self's own influence UPON others and the conditions....

**REPORTS OF READING 900-457 M 34**

R1. 2/25/29 See his next Check Physical, 900-462.

**INDEX OF READING 900-462 M 34**

EARS: ABSCESED

Healing: Consistency & Persistency

Par. 2

**BACKGROUND OF READING 900-462 M 34**

B1. See 900-457 on 10/26/29.

**TEXT OF READING 900-462 M 34**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 25th day of December, 1929, in accordance with request made by self - Mr. [900].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. L.B. Cayce.

R E A D I N G

Time of Reading 7:30 A.M. Eastern Standard Time.

New York City.

(Physical Suggestion)

1. EC: Yes, we have the body here - this we have had before. Now, we find conditions are accentuated, from the inflammation or accumulation of poisons in the antrum and the facial tissue, and the pressure as is produced on the ear drum and the accumulation there - it will be found necessary to cleanse same, using the probe to remove the core; also to use those of the antiseptics as will prevent the re-infection, and this - with the local treatment - SHOULD, at the present, relieve the pain.

2. For the PERMANENT relief, as has been given, the applications of those properties as were given in the antrums should have been consistently and persistently followed. We would have this cleansed, then using the light, and the antiseptics as will be used in cleansing. This the way to relieve this present disorder. THEN we would give - after RELIEF is brought, and after the CONDITIONS are better - as to how this may be kept from re-occurring. Do that at present.

3. (Q) Any special doctor that would be best to do this?

(A) Eye, ear, nose and throat specialist, or specialist in this disorder. Because the pressure must be removed before ease may come. We are through for the present.

**REPORTS OF READING 900-462 M 34**

R1. 12/26/29 See his next Check Physical 900-463.

**INDEX OF READING 900-463 M 34**

EARS: ABSCESED

Physiotherapy: Applications: Opium: Ears:	
Abscessed	Par. 4
: Packs: Hot Salt:	Par. 4
: Spray: Mono-Ichthyolate:	Par. 2
Surgery: Lancing: Ears: Abscessed	Par. 5-A

**BACKGROUND OF READING 900-463 M 34**

B1. See 900-462 on 12/25/29.

**TEXT OF READING 900-463 M 34 (Stockbroker, Hebrew)**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 26th day of December, 1929, in accordance with request made by self - Mr. [900].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. Mr. L. B. Cayce.

R E A D I N G

Time of Reading 8:30 A.M. Eastern Standard Time. New York City.  
(Physical Suggestion)

1. EC: Yes, we have the body here. While the body still suffering from the effects of the conditions in face and ear, some bettered conditions exist. It will be necessary to keep these cleansed, and to GRADUALLY allow same to heal.
2. The most important will be the cleansing of the antrum, and WE would use in same - or for same - the weakened solution Mono-Ichthyolate. Ichthyol being for the soft tissue the greater preventative for the destroying of tissue where soft bone is involved, and where the nerve centers are so close with the soft tissue. The benefit from the Mono-Ichthyol or Ichthyolate, from plain Ichthyol, that the ammonia opens the tissue without producing too great a reaction by the probing.
3. The necessity to keep the body quiet, out of air, away from possible infection from outside, is apparent.
4. To ease pain, well were the exterior - along the soft tissue back of ear, over the side of face to the nostril - bathed gently with a weakened solution of, added with, the tincture of opium, or that as is hydrated and then mixed with the alcohol, and this covered with gauze and heated salt - coarse, heavy salt, dried - but heated - applied to same. Do that. Only use this when the pain becomes severe, which usually occurs two, three to four o'clock in the morning - or same period in the afternoon.
5. (Q) Is it necessary to have the ear opened again? or just keep it cleansed?  
(A) It will be necessary to open again - for, as is given - to keep open until this drains; but more necessary that the cause of same, through the antrum, be looked after. THIS should be cleansed. We are through for the present.

**REPORTS OF READING 900-463 M 34**

R1. 12/29/29 See his next Check Physical 900-464.

**INDEX OF READING 900-464 M 34**

EARS: ABSCESED

Science: Machinery: Perpetual Motion

Par. 3-A, 4-A, R4

**BACKGROUND OF READING 900-464 M 34**

B1. See 900-463 on 12/26/29.

**TEXT OF READING 900-464 M 34**

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 29th day of December, 1929, in accordance with request made by Mr. [900].

P R E S E N T

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

R E A D I N G

Time of Reading 8:25 A.M. Eastern Standard Time. New York City.

(Body and enquiring mind of each, [[900] and [195]] and Questions)

1. EC: Yes, we have the body, the enquiring mind, [900] - this we have had before.

Ready for questions.

2. (Q) Regarding his physical condition, will it be alright for this body to make the trip to Dayton, Ohio, the first of the week - or will it in any way be detrimental?

(A) As has been given, the body should refrain from being in the open, on account of reinfection in the antrum and as for ear. While adhering to this at the present, to endanger self through such an act would be very unwise, would the body wish to care for the body in any SEMBLANCE of the way as has been given. DO NOT take the chances.

3. (Q) Regarding the [[4665]?] machine, [195] desires to know if changes he has in mind will be effective in the operation of the machine.

(A) Be effective.

4. (Q) Any further suggestions regarding the machine?

(A) Much may be said as respecting this. Best that these be developed in the mental forces and abilities of the body itself, as to these changes - until there is more definite or DECIDED change to be made as regarding same. The PRINCIPLE correct. Keep on working at it! We are through for the present.

**REPORTS OF READING 900-464 M 34**

[edited]



**INDEX OF READING 1155-1 F 37**

ADHESIONS: ABDOMINAL

Appliances: Wet Cell: Adhesions: Lesions Par. 12, 20-A

CIRCULATION: LYMPH

Ears: Running: Eliminations: Incoordination Par. 16-A

ELIMINATIONS: INCOORDINATION

GLANDS: PINEAL: CALCIFICATION

Headache: Nervous Systems: Incoordination Par. 17-A

NERVOUS SYSTEMS: INCOORDINATION

Physiotherapy: Packs: Castor Oil: Adhesions:  
Lesions Par. 11, 15-A, 21-A

Sedation: General Par. 19-A  
: Not Recommended Par. 19-A

**BACKGROUND OF READING 1155-1 F 37**

None.

**TEXT OF READING 1155-1 F 37**

This psychic reading given by Edgar Cayce at the home of David E. Kahn, 44 West 77th St., Apt. 14-W, New York City, this 24th day of April, 1936, in accordance with request made by the husband - Mr. [ . . . ], new Associate Member of the Ass'n for Research & Enlightenment, Inc. , recommended by Mr. [1113].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Albert Weiner, Moses Benmosche, Mrs. [1155]'s husband, Mr. [1113], his wife, son and mother, Hugh Lynn Cayce and others.

R E A D I N G

Time of Reading 11:40 to 11:55 A.M. Eastern Standard Time. Brooklyn, N.Y.  
(Physical Suggestion)

1. EC: Yes, we have the body, now called [1155].
2. As we find, conditions are rather a complication of disturbances most of which have arisen from rather a specific condition. Yet the effects that have been produced, and combined with applications that have been made, have become at times confusing.
3. These, then, as we find, are the conditions at this time with this body, [1155] we are speaking of:

4. The indications as we find in the BLOOD SUPPLY are that there are toxic forces arising from a condition of the basic nature, or the cause. And there are also those elements in same that make for a reaction to the system by the influences in same not being eliminated, or at times there being an overdisturbance that brings disturbing factors to the locomotory forces of the body itself.
5. These, as we find, then, are not soluble or are not eliminated owing to the poor LYMPH circulation, or at times increasing in same in local conditions in the body.
6. Then, these present an effect as well as the causes that arise from the effect created.
7. In the nervous forces of the body, both the sympathetic or vegetative AND the cerebrospinal systems become involved. As we find, where there has been an adherence of tissue - as in the lacteal duct, through the caecum and through those areas where these disturbances arise from the lack of these eliminations, there are the causes or basic forces for the incoordinations of the activities and the inability for the influences to become more effective in the applications that have been administered for the body; thus AFFECTING the body throughout in its incoordinations.
8. In the functioning of the organs themselves, disturbing conditions that arise make for the combinations or the complications in the activities of the system. All become involved then at times in the disturbing forces that arise.
9. AS WE FIND, THEN, IN MAKING THOSE APPLICATIONS THAT WOULD BE THE MORE HELPFUL FOR THE BODY IN THE PRESENT:
10. If there will be the relaxing of the body for periods that would overcome the disturbing forces in the lacteals and in the caecum area, where these conditions arise, then we may add those vibratory forces to the body to become the more helpful in the conditions that disturb the body.
11. First, then, we would use the Castor Oil Packs for periods of one or two days at a time, across the liver, the caecum area; that we may relax these portions of the body to such an extent that the absorptions from same will make for a reaction in the lymph flow through these portions of the system.
12. And then, after a period of ten days of using the Packs, we would - for a period of twenty-six days - apply each day the vibrations through the low electrical forces to the lacteal area and the centers in the cerebrospinal system from which the pulsations or the impulses arise, carrying the vibrations from Atomidine - or iodine charged in same to the body itself. Thus, through these vibrations, there may be created a loosening of those portions of the tissue that have been involved that produce this creating of the sedimentary forces that so tax the body in its reactory forces.
13. And we will find then there may be given those further instructions, after the usage of these, that may continue to make for helpful forces for this body, [1155].
14. Ready for questions.
15. (Q) How long at a time should the Castor Oil Packs be left on?  
(A) For an hour to an hour and a half.
16. (Q) What causes pain and secretions to form back of right ear only?  
(A) Owing to the improper coordination between the eliminating systems of the body, because of those conditions in the sympathetic reaction, these make for creations of segregations there.

The system set up in the manner in which drainages of the poisons or toxic forces take place, from the used energies or influences not being eliminated, will cause these conditions to disappear.

To be sure, keep LOCAL applications - but get to the basis or causes of these disturbances that HINDER the correct circulation carrying on its proper function.

17. (Q) What causes pain constant and severe in the head?

(A) Reflex conditions from other disturbances in the incoordinating forces of the body-functions through the connections or pressures created in the areas indicated, from which the disturbance arises.

18. (Q) What causes a discharge from the eyes?

(A) Sympathetic; and pressures upon the centers from which the circulation in these portions receives its impulse.

19. (Q) Are sedatives harmful?

(A) Sedatives become necessary at times, but sedatives to a normal body always are harmful - or their EFFECTS are to be met in other directions.

As in this body, if the CAUSES of the hindrances in the circulation are removed, we would find it not necessary for so much to be taken to relieve pain.

20. (Q) Where should the first attachment be made of the electrical appliance?

(A) To the 1st and 2nd dorsal, while the one carrying the solution - or where the solution passes - would be over the lacteal and umbilicus center for the activity upon the eliminations and the increasing of the drainages from the upper portions of the body, through the CIRCULATION, through the alimentary canal.

21. (Q) How many applications of the Castor Oil Packs should be used?

(A) As indicated, these should be used for two or three days - with a rest period of two or three days, and should be given for the periods covering ten days, so that there is perfect relaxation and a better elimination and an overcoming of the effects of disturbances in the eliminating system.

22. (Q) How can these deficiencies be relieved in the body?

(A) When there is set up a normal activity of the body through its assimilating and rebuilding forces, by cleansing those portions where there have been those disturbances, and the body then builds through its natural recuperative forces to that necessary to meet the disturbing forces in the body; replenishing same through the natural forces, see?

23. (Q) Will a definite cure come to the body?

(A) This would depend upon how well the balances are created and as to how well the body responds. These as we find applied in the manner as indicated for the first twenty-six to thirty-six days, then there may be given as to how much of a normalcy may be created.

24. (Q) What organ in the body is involved?

(A) Those that effect or build or create the eliminations of the system. Hence we find the condition that CAUSES this is an adherence of tissue in the areas indicated, and thus PRODUCES a disturbance in MANY of the organs - as the liver, the kidneys, the circulation AND the localization in those portions of system affected.

Do these, as we have indicated, and - as we find - we will bring the better conditions for this body.

25. We are through for the present. [See 1155-1, Par. R1.]

**REPORTS OF READING 1155-1 F 37**

R1. 4/24/36 Remarks by husband immediately following 1155-1:

"My wife has a condition of calcification of pineal gland, as called by doctors; very rare disease - perfectly normal apparently except at certain periods, when melancholy, insane. "

Dr. Benmosche said he'd rather read the rdg. before giving his opinion as to whether he thought there could be a connection between cause as given in rdg. & present condition of pineal gland. Mr. [1113] [Mrs. [1155]'s husband's employer & friend] said, since doctors knew so little of that condition, he'd rather take a chance on following the rdg. & hoping it was right.

R2. 12/1/75 GD's note: We never heard further. I suspect that Dr. Benmosche ruled out any connection between the cause given in the reading and the condition of the pineal gland, thus discouraging the family from following the reading.

**INDEX OF READING 1208-13 M 2½**

Acidity: Catarrh	Par. 6
ADENOIDITIS	
BABY CARE	
Diet: Adenoiditis	Par. 16-A
: Vitamins: Codiron: Not Recommended	Par. 17-A
Ears: Ache: Adenoiditis	Par. 12-A
Eyes: Circles Under: Adenoiditis	Par. 15-A
Nausea: Catarrh	Par. 6, 13-A
Osteopathy: Adenoiditis	Par. 5, 11-A
Prescriptions: Onion Juice: Adenoiditis	Par. 8, 10-A
: Syrup, Squill:	Par. 8, 10-A

**BACKGROUND OF READING 1208-13 M 2 1/2**

B1. See 1208-12 on 1/3/38. (Adenoids; unable to breathe at night; snorting & crying out all during night.)

**TEXT OF READING 1208-13 M 2 1/2**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of January, 1939, in accordance with request made by the mother - Mrs. [934], 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.

R E A D I N G

Time of Reading                      11:15 to 11:25 A.M. Eastern Standard Time.  
Upstairs Apt., ..., Va.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions submitted, as I ask them:
2. EC: Yes.
3. As we find, the developments with this body are very good.
4. Yet we find that hindrances come to the ability for activity of the throat and nasal passages, from the growths in the passage. These hinder the ability of the body to sleep or rest normally.

5. Hence there needs be those manipulations in such a manner as to gradually reduce these. The first two or three treatments may tend to apparently irritate; but precautions must be taken that the body DOES NOT take cold!
6. For, of course, the natural drippings - or the natural effluvia from such inflammation as in those conditions there tend to make for greater acidity; also causing the body to be nauseated at times when certain foods or activities may be taken.
7. These precautions should be taken.
8. Of evening, just before retiring, a few drops of Onion Juice, or of such natures, would be most helpful in relaxing the body for sleep, see? Do these.
9. Ready for questions.
10. (Q) The Onion Juice should be taken internally?  
(A) Yes, - this is the basis of the combination that is ordinarily given, you see (Syrup of Squill). This is taken internally.
11. (Q) Any specific directions as to the manipulations?  
(A) These should be easily understood by anyone that knows his business!
12. (Q) What causes the hurting in ears?  
(A) From the same condition.
13. (Q) What can be done to increase his appetite?  
(A) Reduce these conditions so that there are not these drainages into the intestinal system, that upset the body - as we have just given.
14. (Q) In what condition are his kidneys?  
(A) Very well.
15. (Q) What causes circles under eyes?  
(A) Same condition from head and neck.
16. (Q) What foods should be stressed in his diet, and what avoided?  
(A) Just the regular normal diet that is kept. Plenty of all the vitamins.
17. (Q) Should Codiron be given this body?  
(A) This would be very well; but especially not until these corrections have been made, and there is less of those conditions in the throat or passage between the nasal passage and throat.
18. (Q) Any further advice for this body?  
(A) Do these for the present.

**REPORTS OF READING 1208-13 M 2 1/2**

R1. 2/19/39 See 1208-14.

**INDEX OF READING 1208-15 M 3**

Adenoiditis	Par. B1, 15-A, 19-A, 20-A
BITES: MOSQUITO: INFECTION	
BOILS: BITES: MOSQUITO: INFECTION	
Cold: Common	Par. 18-A
Diet: Boils	Par. 9
Doctors Suggested: Richardson, M.L.: D.O.	Par. 14-A
Ears: Itching	Par. B1, 12-A, 17-A
: Running	Par. B1, 12-A, 17-A
Impetigo	Par. B1
Inhalants: Aloe Vera	Par. R2
: Benzoin, Compound Tincture Of:	
Adenoiditis	Par. 19-A, 20-A, R2
: Benzosol:	Par. 19-A, 20-A
: Croup Cup:	Par. 19-A, 20-A
: Eucalyptus:	Par. 19-A, 20-A
: Vaporol:	Par. 19-A, 20-A
Physiotherapy: Applications: Camphorice:	
Boils	Par. 7
: Vaseline,	
Carbolated:	Par. 7
Prescriptions: Castoria: Cold, Common	Par. 18-A
: Cream Of Tartar: Boils	Par. 8, 12-A
: Epsom Salts:	Par. 8, 12-A
: Magnesia, Milk Of: Acidity	Par. 6, 18-A
: Sulphur: Boils	Par. 8, 12-A

**BACKGROUND OF READING 1208-15 M 3**

B1. Background and report by [1208]'s aunt, [288]: "Infected mosquito bites about a couple of weeks ago, then new places started forming and wouldn't heal [Impetigo?]. Child cross, nervous, bad breath, bad color, restless at night on account of sores; no appetite. He has always put his finger in his ears and shook it as if it itched greatly; so the other night I put a drop of St. Jacob's Oil in each ear, - he woke up and cried several hours, - had to give him a little Aspirin water to get him to sleep again. The ear bled some and ran a dark red pus the next two days, - just one ear, - the other didn't seem to be affected. There's also a breaking out behind each ear, worse on the one affected internally. He must have gotten the infection from some children who had sores, with whom he played.

"He has taken approximately nineteen osteopathic treatments from Dr. Richardson, to absorb and drain adenoids; but his diet in the meantime has not been correct to keep up proper drainage. Still breathes heavily at night. "

**TEXT OF READING 1208-15 M 3**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of July, 1939, in accordance with request made by the mother - Mrs. [934], 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. [934] and [1208], and Annie Cayce.

R E A D I N G

Time of Reading 4:40 to 4:55 P.M. Eastern Standard Time.

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 here; this we have had before.
3. As we find, there are changes in the general physical conditions since last we had same here. Most of these are not so well. There are those disturbances in the blood supply of an infectious force, - which has caused and does cause, with those weaknesses and tendencies already in the body, the inclination for greater acidity in the blood supply, without there being greater acidity in the digestive forces.
4. This is a case of infection, then; and is not of the nature that is contagious, see?
5. Then, as we find:
6. We would alkalize the system with the use of Milk of Magnesia; a teaspoonful in about half a glass of water every other day.
7. As an ointment upon the abrasions, where there is the infection, use Carbolated Vaseline; for the carbolic acid in the Vaseline is purifying as well as healing, - with the application of the other influences. Of an evening or night there may be used the Camphorice over same also, - this even with the Carbolated Vaseline.
8. Give him internally these combined together: Epsom Salts, Sulphur, and Cream of Tartar, see? The proportions would be a level teaspoonful of each. This would be divided into about ten doses. This would be given one dose each day for ten days. Be mindful that there is not the activity of getting damp, wet feet, or in the cold a great deal when this is being taken.



9. Also be mindful that the diet is such as to consist of better body-building foods without too much of disturbances. Baked apple, ice cream, gelatin and such are preferable even to SOME vegetables; though vegetables such as beans, butterbeans, squash, liver, chicken and such are very good; and as much of sea food of EVERY nature as the body will take.

10. Do these and we will make the better conditions.

11. Ready for questions.

12. (Q) How would be the best way to combine the Salts, Sulphur and Cream of Tartar to get him to take it?

(A) This will have to be put either in solution or dry and washed down.

13. (Q) What should be done about the condition in the ear?

(A) Around the ear apply those same things as indicated for the other abrasions.

The internal ear should have the cleansing by an ear specialist.

14. (Q) Who would be suggested?

(A) Richardson would be very well.

15. (Q) What about the further osteopathic treatments for the adenoids?

(A) These should be taken - if taken at all - after this present condition has cleared, - and then this may be indicated from here.

16. (Q) Is the infection liable to infect others?

(A) Only, as just indicated, - it is not contagious, - it is infectious; that is, if an open sore or abrasion is rubbed with the pus from the condition here, it will infect.

17. (Q) All of this treatment should be kept up until the sores are gone?

(A) This should be kept up until the condition is cleared. DO NOT put solutions in the ear other than that which may be given by the physician.

18. (Q) Anything else to do for the cold?

(A) If there is plenty of the Milk of Magnesia given, this SHOULD alkalize the system. Of course, it is laxative also, as well as an absorbent, - as well as an alkalizer. Should the cold continue, give the Castoria, - but keep the use of the Magnesia.

19. (Q) Is there anything to relieve the breathing at night, until the cold is removed?

(A) Any kind of Vaporol or of such natures will be very good. Inhalant would be the more effective, if it is possible, - or Eucalyptus with Benzosol, or Compound Tincture of Benzoin. This should be an inhalant and NOT put in as a solution, for it - of course - would burn.

20. (Q) It should not be used in croup cup?

(A) As given, it should be vaporized, - as in croup cup or the like; whether in water cup or over a flame, or however you desire; but NOT putting the solution in the passage, see?

21. We are through with this reading.

**INDEX OF READING 1309-8 F 60**

Diet: Body-Building	Par. 20-A
: Citrus & Cereal	Par. 20-A
: Vitamins: Warnings	Par. 18-A
Ears: Ache	Par. R1
ELIMINATIONS: POOR	
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Prescriptions: Crazy Crystals: Neuritis	Par. 8, 12-A
: Eno Salts:	Par. 8
Psychosomatics: Healing	Par. 20-A
Teeth	Par. 16-A, 17-A

**BACKGROUND OF READING 1309-8 F 60**

B1. 3/7/43 Letter: "Of late I have not been feeling very well, and would like very much to have another reading. If you would kindly let me know if you can give me one, and when, I would appreciate it very much.

"Have I neuritis? What causes bad pains in arms, especially left one? Is Dr. Schoelles using right tr. to correct arm condition? Should I continue with him? How many? Would high colonics be advisable?"

**TEXT OF READING 1309-8 F 60**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 15th day of March, 1943, in accordance with request made by the self - Mrs. [1309], 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.

R E A D I N G

Time of Reading 10:30 to 10:45 A.M. Eastern War Time.                   ..., N.Y.

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 further corrective measures; answering the questions, as I ask them:
2. EC: Yes, we have the body here, [1309]; this we have had before.

3. As we find, the conditions in the present are such that the body has a form of neuritis.
4. Neuritis - as should be understood - arises from different causes, and yet it produces a very similar reaction in the body.
5. In the present we find that the sources of this disturbance arise from conditions which exist in the colon area, where the absorption of poisons by the body produces in the lymph circulation the tendencies for bursa in some of the muscular forces to give a great deal of pain to the body.
6. The better manner to eliminate the effects, then, is to create better eliminations and dissolve - through the circulation - those poisons that accumulate in the muscular forces of the body.
7. Osteopathic massages are good, but the character of the application for this particular condition for this body has not been as well as it should. Those applications to the affected area are superfluous, for the areas needing the application are the centers in the cerebrospinal system from which the affected areas receive impulse, and where drainages may be better set up.
8. The taking of salts, - as mineral salts, such as the Crazy Crystals or the Eno Salts, - with more frequent high colonic irrigations, - would relieve these general tensions.
9. To be sure, the osteopathic adjustments are to set up eliminations better, or drainages, AND to prevent recurrence of the conditions; while the regular periods of taking the eliminants will eliminate the already accumulated poisons and assist in dissolving and eliminating the poisons already affecting specific centers by the general disturbance.
10. The osteopathic manipulations also should be of sufficient frequency to aid in keeping better coordinations through other portions of the body. We find that these MAY be administered by Schoelles, but as we find McLean [Theodore R. McLean, D.O.] also would be well to consider. The choice is to be made by the body.
11. Ready for questions.
12. (Q) Just how should the salts be taken? In series? And in what doses?  
(A) If the Crazy Crystals are taken (which are a combination of the mineral salts and of sulphur, which is for the purifying of the blood stream in itself), these would be taken daily for at least eight to ten days and then leave off for four or five days, and then take again.  
Have the colonics sufficiently to remove all traces of the mucous through the colon. This should require about ten days apart, and at least three or four of such.
13. (Q) Can sore condition of neck and head be cured?  
(A) This is of the same sources and natures, for - as given - these are the bursa that are being disturbed by the accumulations about same. These are the bursa in the neck and head, in the arms, in the hips.
14. (Q) Are new glasses advisable?  
(A) We would change, after these series of treatments, or have tests for same afterward - rather than before.
15. (Q) Can the recent ear disturbances be avoided in the future, and how?  
(A) By keeping better coordinations, as indicated; these should be part of the results of the proper character of treatment for setting up drainages and eliminations - by the mechanical or osteopathic adjustments.

16. (Q) Are teeth causing any of the trouble?  
(A) Irritation and soreness; and should have local attention.
17. (Q) Any specific ones?  
(A) All need attention.
18. (Q) Am I taking sufficient amount of variety of vitamins?  
(A) Begin taking the vitamins more in the food values. This is part of the disturbance - we have too many vitamins that are not being used by the energies of the body! We would leave these off, save the B-1 complex - until after there have been more perfect drainages set up.
19. (Q) Is general diet satisfactory?  
(A) In general, satisfactory.
20. (Q) Any further suggestions for building my body into better conditions?  
(A) These are the suggestions, as we have indicated. These we would do for the best conditions of the body, for the present; being mindful of the attitude, of course, physically and mentally, as well as being careful of the diets - that drainages are kept set up by the diets for the body. Use, then, plenty of the cereals and the citrus fruits (though do not use them both at the same meal), and fruits of all kinds.
21. We are through for the present.

#### **REPORTS OF READING 1309-8 F 60**

R1. 5/12/43 Mrs. [1158]'s letter: "Now, about Mrs. [1309]. She has carefully followed her reading, and got definitely better, then the severe 'earaches' began to return, and have kept intermittently recurring. Her last spell has continued for 4 days. She was so discouraged last night, she said she felt she would have to quit her work here and go away unless she could get really well. I feel if she could get further advice, undoubtedly suggestions could be received telling wherein to alter her present routine, in order to better meet the present requirements. Couldn't you ask about her, as you did for [1151], at a time when you are giving someone else a physical reading? I would like to know if she is eating sufficient citrus fruit, also what causes returning earaches, and how to overcome them."

R2. 5/24/43 Mrs. [1309]'s letter: "May 27th will be very satisfactory to me and I shall be at ... and try and be a good girl.

"I want to thank you for the wonderful help you have given me. I am able to sleep all night and every night now, and am beginning to feel like a million dollars. I have been planning for some time to write to you and let you know what good results I have received. Please send all your patients to Dr. McLean. He is the best I ever met, and is so anxious to follow your instructions correctly."

1. What is causing ear trouble to continue? 2. Am I eating sufficient citrus fruits? 3. Shall I begin taking A Vitamins? 4. Where am I failing to carry out former instructions satisfactorily? 5. Are changes in program desirable? Please specify? 6. What causes aching arms upon awaking, and how correct? 7. Is Lactic Acid in milk detrimental? 8. Does crocheting and sewing affect the nerves adversely?"

R3. 5/27/43 See 1309-9.

**INDEX OF READING 1309-9 F 60**

Attitudes & Emotions: Worry	Par. 11-A
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Hobbies	Par. 11-A
Osteopathy: Ears: Ache	Par. 4-A
Physiotherapy: Packs: Glyco-Thymoline: Ears: Ache	Par. 4-A

**BACKGROUND OF READING 1309-9 F 60**

B1. See 1309-8 on 3/15/43.

**TEXT OF READING 1309-9 F 60**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of May, 1943, in accordance with request made by the self - Mrs. [1309], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 3:55 to 4:05 P.M. Eastern War Time. ...., N.Y.

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

2. EC: Yes - we have the body here, [1309].

3. Ready for questions.

4. (Q) What is causing ear trouble to continue?

(A) The hardening of the secretions about the ear.

Apply Glyco-Thymoline packs in the back portion and around the lower lobe of the ear; these quite warm, and at least three to four thicknesses of cotton cloth. These may be applied daily.

As to the adjustments osteopathically:

Apply pressure on the 3rd cervical to the left side, and to the right side of that nerve center in the coccyx area, AT the same time. Also in the area of the 3rd dorsal and at the 1st cervical at the same time, but alternated, you see. One time apply pressure at the right side of the 1st cervical and the left side of the 3rd dorsal, and then at the left side of the 1st cervical and to the right side of the 3rd dorsal, see? Alternate these. This pressure would be just as a tremor, as the pressure is made, to make for the

coordinating of a stimulation through these particular areas. Apply the pressure for half a minute at the time. Then don't quit, but release it, and then after a few minutes, make another pressure, see? Do this at least two or three times during the period of the general treatment, see?

The body is on the improve. Keep it so.

5. (Q) Am I eating sufficient citrus fruits?

(A) Sufficient, and at times too much.

6. (Q) Should I begin taking A Vitamins?

(A) We would take the combination of the A and D, or the One A Day brand A and D.

7. (Q) Where am I failing to carry out former instructions satisfactorily?

(A) As we find, these are very good.

8. (Q) Are changes in program desirable?

(A) Only as indicated in the applications for specific disturbances.

9. (Q) What causes aching arms upon awaking, and how correct?

(A) This is lack of the vital energies, and should be corrected to a great extent by the movements indicated; especially when better resistance is made by addition of A and D in the proper quantities.

10. (Q) Is lactic acid in milk detrimental?

(A) This depends upon its combination, and in this respect is where - as indicated - there is too much of citrus fruit acids in the stomach at the time of milk being taken.

11. (Q) Does crocheting and sewing affect the nerves adversely?

(A) Only when the body is worried or tormented.

12. We are through for the present.

### **REPORTS OF READING 1309-9 F 60**

R1. 3/10/56 Mr. [1188]'s note: "Fortunately, through Mrs. [1309]'s efforts I found the enclosed readings of my mother [1158]'s, requested by you. When you are finished (copying them) please mail to Mrs. [1309]..."

**INDEX OF READING 1477-1 F 78**

Appliances: Radio-Active: Hypotension	Par. 9, 13-A, 14-A, 17-A, 19-A, 20-A
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**BACKGROUND OF READING 1477-1 F 78**

None.

**TEXT OF READING 1477-1 F 78**

This Psychic Reading given by Edgar Cayce at the David E. Kahn home, 20 Woods Lane, Scarsdale, N. Y., this 14th day of November, 1937, in accordance with request made by the self - Miss [1477], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [987].

P R E S E N T

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

R E A D I N G

Time of Reading 3:50 to 4:10 P.M. Eastern Standard Time. . . . , N. Y.

(Physical Suggestion)

1. EC: Yes, we have the body here, [1477].
2. In the physical forces of the body, as we find there may be added those helpful influences as to produce a revivifying of the energies of the physical forces in the body.
3. These are the conditions as we find them with this body, [1477] present in this room:
4. As is indicated, by the blood pressure and by the very character of the circulation, there is the lack of full re-ionizing or oxidization. Not merely as from weaknesses but from the inability of the glandular forces of the system to replenish from that assimilated to supply the renewing or revivifying forces in the system.

5. There is not deterioration in the activities of the organs, as we find, but that slowing of the system in the circulation as to allow the lack of eliminations through the regular channels of alimentary canal, respiratory system, the hepatic circulation (or the liver and kidneys), and the activities of the perspiratory system.
6. These then have slowed the body in its ability, and these affect more the superficial than the deeper activities of the body.
7. Thus we find that the help would come not in medical applications, not in those things that would be as detrimental to the activity of any portion of the digestive forces of the body. But there must be the application of that which in its natural reaction would produce the coordination of the deeper circulation, the superficial circulation, and a stimulation to the activity of the glandular system.
8. Thus we would bring rest, strength, revivifying of the body, by the reactions through the system.
9. Such reactions as we find may be produced through the use of the Radio-Active Appliance, which as we have indicated would be well for almost every system.
10. In using same, have these periods as the periods of the meditations; that make for the coordinating of the mental, the physical, the spiritual forces within same, to unify themselves for service.
11. And we will bring that which is necessary for this body in the present, [1477], as called, though long since risen to those activities for the greater awakening.
12. Ready for questions.
13. (Q) What is cause of infection in left ear and what shall I do about it?  
(A) As indicated, the lack of the coordination, from the inability of the system to coordinate in eliminations the used energies and activities of the system. Thus there is produced a disturbance between the deeper and the superficial circulation.  
Hence with the use of the vibrations of the body, unified through the use of the Radio-Active Appliance, we will find these irritations disappearing from an influence in the body.
14. (Q) What causes stiffness in right side of neck?  
(A) The same as just indicated; and the use of the unifying, by the attachments of the Appliance to the extremities in the manners indicated for the use of same, will cause the flow of energies in the body to reionize or revitalize by the very low vibrations of the electrical forces TONING the system such as to RENEW the energies of the body.
15. (Q) What causes my mouth to get dry?  
(A) The same characterizations. Because the circulations are not coordinating, the effects are produced in various portions of the system; as here, and at times those variations in the temperature of the feet and hands - also of other portions of the body.  
Thus is the circulation deflected to such an extent as to produce this drying, as it were, of the salivary gland activities, as to cause lack of nourishment or lymph flow there.  
Unifying same as indicated would release the energies in such a manner as to bring the renewed forces to the system.
16. (Q) What causes the dizziness?  
(A) Just the same sources; that recurrent condition from the incoordination between the deeper and the superficial circulation by pressures or poisons in the body.



Here again, the application of those energies created by their very activity in the system will renew the INFLOW of the energies, coordinating activity of the body.

17. (Q) How often and how long at a period should this Appliance be used?

(A) As we find for this body, preferably two periods each day - two periods of thirty minutes each, morning and evening.

These should be periods when, as given, there should be the meditation for the energies and the usefulness in the direction of same.

18. (Q) Would my health be better this winter in America or India?

(A) As we find, from the very inclinations, the very influences about the body, India would be preferable to America - THIS present winter.

19. (Q) I always meditate thirty minutes in the morning. Do you mean I should also meditate thirty minutes at night?

(A) Thirty minutes in the morning, thirty minutes in the evening - at the TIME the Appliance is on the body, see?

20. (Q) Should this be used just circling the body?

(A) Circulate the attachments about the body as indicated for use of such an Appliance, keeping the anodes clear. As given, this will in this body RENEW the whole energies and REMOVE those disturbing conditions that arise in the circulation - incoordination of the superficial and the deep circulation.

Do that.

Let that mind in self keep in accord with those purposes, those desires for the usefulness of what it knows - in the experience of self as in relation to others; and this will keep the at-oneness, the accord of self with the universal forces.

21. We are through for the present.

**INDEX OF READING 1897-2 F 56**

BLOOD: CLOTS

DERMATITIS

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Psychosomatics: Mind: Conscious: Concentration Par. 28-A

**BACKGROUND OF READING 1897-2 F 56**

B1. 5/27/39 She obtained a Life Reading, See 1897-1.

B2. 2/18/40 Questions submitted:

1. Why do my fingernails constantly break off? 2. Why is skin so dry all the time, and veins on the hands stand out? 3. Why are gums receding at an appalling rate? and teeth uncomfortable? 4. Pain in right side, location varying, also intensity? 5. Red rough spots forming on skin and remaining for weeks before disappearing (without discomfort, however)? 6. Why the joints enlarged on hands and feet? 7. What has caused hair to lose its color, lustre and texture? 8. What causes utter exhaustion frequently? 9. What is the cause of right ear ache and discharge at times? 10. Why a

constant irritation of throat and other mucus membranes? 11. Why has concentration become difficult? (I realize there is a fundamental cause for all the above items and others not mentioned. Please forgive me if I have mentioned too many, and cross off any you see fit.)

**TEXT OF READING 1897-2 F 56**

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 3rd day of March, 1940, in accordance with request made by the self - Miss [1897], 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.

R E A D I N G

Time of Reading 3:40 to 4:05 P.M. Eastern Standard 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. You will answer the questions, as I ask them:
2. EC: Yes, we have the body here, [1897].
3. Now as we find, there is such a combination of disturbances that apparently there is a great deal more physical disturbance than would be indicated if there were the correct analysis made, and if there were the applications for improvement that would relieve many of these.
4. For, a blood condition, a tendency for weakness, tendency towards the formation of clots, the general physical reactions of splotches and spots over the superficial circulation, - all of these, as we find, indicate a glandular condition and an unbalancing in the chemical reactions - or assimilations - of the body.
5. These, then, are the conditions as we find them with this body, [1897] we are speaking of:
6. The blood supply indicates there is the lack of elements, which causes weakness through the body, improper coagulation, and also the conditions existent in the gums and mouth - which, though localized, is a part of the whole general condition. However, as combined with other portions, there will be required local attention or application for the conditions which have been produced.
7. For this has been of such long standing - the whole general disturbance - as to form conditions in separate circulations, or centers from which the impulse is received by the various portions of the body that suffer within themselves.
8. As indicated, though, a general as well as local application will relieve these disturbances, as we find.
9. Also, through this blood disturbance, and the glands of the thyroid as well as the glands about the liver excretions, and the adrenals in the area just above the kidneys, we find that spots occur at times over portions of the body. These become irritations, discolorations, and then at times may disappear without any disturbance, as the system is able to accumulate sufficient of those elements lacking which need to be added to the system.
10. In the nerve forces there has been produced this same disturbance, as well as in the glands indicated which have become involved, - and unless corrections are made

these will make greater involvement later on, forming in some portions of the system either as a crystallizing in the extremities or at times stiffness in feet, ankle, knees, limbs, and in the hands and arms.

11. All of these are the effects of this general disturbance.

12. As we find, in making application of those things which would be most beneficial, - first:

13. About three times each week, with the meal, we would take as much of CALCIOS as may be spread (as butter) on a wafer.

14. Also we would take a teaspoonful of Acigest in a glass of milk (only using raw milk) once each day for five days; leave off three days and then take for five days more - and so on.

15. During each three-day rest period from taking the Acigest, for at least two or three periods, we would have the general adjustments with the hydrotherapy; that is, the hot and cold baths and the massage following same. These, kept with the other things indicated, in three to five periods should make a great deal of change.

16. Also we will find that the specific conditions will gradually be aided; but for these conditions already existent, we would use the following:

17. For the soft tissue of the face and nasal passages, the disturbance indicated by the inclination for the running of the ear, we would prepare a solution in this manner:

18. To 1 ounce of Glycerine add 7 drops (well, WELL stirred) of Carbolic Acid.

19. When ready to retire, drop about 2 to 3 drops in the ear.

20. Then at least once a week the ear would be thoroughly cleansed, preferably with an ear syringe, see?

21. For the teeth and gums, - we would use IPSAB three times each week as a massage, and as a wash.

22. As to the general diet, - have a great deal each day of raw as well as cooked vegetables. Not a great deal of meat, but fish or fowl only. These as we find are the better for the body.

23. Also include in the diet, once each week, a small Jerusalem artichoke, - to assist in the activities from the adrenals upon the liver and the kidneys, in their relationships to the glands of digestion, - as the spleen, the liver and pancreas especially.

24. Keeping these persistently, with the general and the local treatments indicated, we will find bettered conditions for this body.

25. Ready for questions.

26. (Q) What has caused hair to lose its color, lustre and texture?

(A) The effect upon the glandular system, - and, as indicated, with the general disturbances eliminated, and better conditions in the blood supply, we will find these will be much improved.

27. (Q) Does this also cause the fingernails to constantly break off?

(A) This is also from the glandular forces, - the thyroid, as indicated, which is being affected by the general poor circulation, as well as the activity of the gland force itself from a very debilitated nervous and blood supply. Those things indicated will correct these.

Do that.

28. (Q) Why has concentration become difficult?

(A) The lack of the proper impulse, - caused by pressure upon the general nerve system, from toxic poisons in the body. These as we find will be purified by the hydrotherapy, as well as the change in the effect upon the general system by the use of those elements indicated which will supply that as will be assimilated by the system. Better digestion, better assimilation, better circulation, - and then local conditions will be better throughout the body.

29. We are through for the present.

### **REPORTS OF READING 1897-2 F 56**

R1. 3/11/40 [1897]'s letter to EC:

New York City

My dear Mr. Cayce:

The evening mail has brought the reading - your letter and the bulletins for which I am most grateful. I promise to carry out the instructions completely for I must get rid of the bodily discomfort: I shall get the things recommended this evening & later telephone Dr. Backman for an appointment.

Fifteen years ago I gave up eating meat except fish & chicken so that will not have to be done now. I gave up sugar nearly a year ago and only use honey when sweetening is necessary. White flour products were also given up long ago. Paul admonished when he said "be ye transformed by the renewing of your mind" & I have been trying this for some time.

Please accept my sincerest gratitude and appreciation for this great privilege, which has come to me. Looking forward to your visit to N.Y.C. in the near future - I am Very gratefully, Miss [1897]

R2. 4/14/40 [1897]'s letter to EC:

My dear Mr. Cayce:

Already I feel much better & know it is only a matter of time when I shall have a perfect body. Thank you for the April bulletin, which tells of the next Congress - Hope some time to be able to attend one. I know they must be very inspiring & helpful. Most cordially, Miss [1897]

R3. 10/23/40 [1897]'s letter to EC:

My dear Mr. Cayce:

Since my physical reading I have never missed an appointment with Dr. Backman. When I started with his treatments I wondered whether or not I would be able to keep my body another week. Here I am really beginning to live again & taking a new interest in life instead of just dragging on from one day to another.

Everybody is telling me how well I am looking and ask what I am doing to get such results.

I know you will be interested in this report and to hear again of Dr. Backman's wonderful work.

There is still much to correct & I hope to be able to report to you very soon that all is in perfect order.

I am more grateful to you than words can express and I hope many will avail themselves of your rare service.

Dr. Backman asked me to extend to you his facilitations.  
With kindest regards and best wishes, I am  
Most gratefully, [1897]

R4. 10/30/40 EC's letter to [1897]:  
Dear Miss [1897]

Thanks very much for yours of the 24th - am happy to know you are on the improve - all praise to HIM and the excellent work of Dr. Backman - think now will be in N.Y. the week of the 10th of Nov. hope to see you and talk with you while there. You will receive notice where and when we will come.

Please remember me to Dr. Backman - and just keep on keeping on feeling better.

Thanking you for your report  
Sincerely, [signed] Edgar Cayce

R5. 9/9/41 Letter [reporting also on her Life Reading - See under 1897-1]:  
I have kept my treatment up with Dr. Backman every week going on two years & he feels that I should still continue to do so. Do you not think that the condition ought to be corrected by this time - Is there a method by which this can be checked? Dr. Backman is very fine & it is unfortunate he is not better known so as to have a larger clientele.

R6. 9/15/41 EC's letter: "Yes, the condition should be sufficiently improved now not to require continued treatments. The only way we could check is to have another reading and see what the information has to say about the condition at present."

R7. 1/25/42 Letter [See under 1897-1 Reports]: "Everyone tells me how well I look and it is God's guidance through you that has made this possible and I bless you and thank you from a grateful heart."

**INDEX OF READING 3116-1 F 33**

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**BACKGROUND OF READING 3116-1 F 33**

B1. 6/29/43 [3116]'s letter: "I have lately been having daily Ultra-therm treatments for a running ear.

"I have had this ailment as a result of scarlet fever when I was two. I've never thought much about it, but Dr. Miller convinced me it was a dangerous infection, might even be fatal if neglected. He thinks it may be the cause of the eczema, and he will be most interested in your diagnosis. The Ultra-therm is a marvelous new short wave therapy. Do you know of it? I've had 10 treatments and the drum is closed now, and the infection nearly dried up."

**TEXT OF READING 3116-1 F 33**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 28th day of July, 1943, in accordance with request made by the self - Mrs. [3116], new Associate Member of the Ass'n for Research and Enlightenment, Inc., recommended by Book-of-the-Month-Club News regarding the book, THERE IS A RIVER.

P R E S E N T

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

R E A D I N G

Time of Reading 11:00 to 11:10 A.M. Eastern War Time.

At home . . . , . . . , New York.

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, as I ask them:
2. EC: Yes, we have the body here, [3116].
3. As we find, there are disturbing conditions that are in several ways undermining the general health of the body.
4. We find that these arise from the after effects of a high temperature, combined with lymph infection in soft tissue of throat and head. Thus those accumulations that are making more and more disturbance to the organs of the sensory system, are the sources of the greater part of the trouble.
5. With the drainages from throat, ear, nasal passages, there is an upsetting of the digestive system. And these poisons not being eliminated through normal channels, the irritation becomes exhibited in the superficial circulation in the form of a rash, that at times takes on the appearance of eczema - though this is not a true infection of this nature, but is a form of same.
6. This undermines all the central nervous system, upsets even the organs of the pelvis, upsets the general circulation.
7. These are the sources, and those disturbances to be met.
8. We find that these would be the better administrations for this body:
9. Once each week there should be a thorough hydrotherapy treatment, including the Fume Baths using Witchhazel, the Sitz Baths, needle showers, and a thorough rubdown. Not the Dry Heat Cabinet Sweat but the Fume Bath, and the Sitz Baths for the organs of the pelvis and for the general condition of the nerves, and the needle showers for the nerve forces, followed by the general rubdown; closing the pores last, of course, with rub alcohol. Do this once a week.
10. About every other week, preceding the general hydrotherapy treatment as above indicated, have a colonic irrigation; this to cleanse the colon and to allow for the general circulation to be stimulated by the corrective measures in this character of administration.
11. Also once each week we would have the osteopathic adjustments made by an osteopathic specialist in eye, ear, nose and throat. These adjustments should include the cleansing of the ear and those adjustments especially in the dorsal and cervical area that will aid in setting up better drainages, and save the disturbance or the inroads made on the hearing.



12. While the hearing may not be wholly restored, owing to the destruction in this particular ear of some of the organs in same, it may be materially aided and there may be brought a healthy condition to this portion of the body. And this should also aid in adjusting the normal reactions in body-forces.

13. These treatments may include the breaking up, osteopathically, of lesions in the eustachian tube. Hence the necessity of the osteopathic specialist who would also make the adjustments in the cerebrospinal system to aid in those administrations made locally. Hence once a week have these osteopathic adjustments, but ONLY by the osteopathic specialist in eye, ear, nose and throat.

14. In the matter of the diet, - keep a well balanced diet, adding the resistance building properties in the Vitamins B-1 and B-1 Complex for the restoration and the preparation of the body for motherhood.

15. Do these for at least eight to ten weeks, being mindful of the diets as indicated; and these, if they are followed, will bring a much bettered condition for this body. We should find the clearing of the skin condition, or irritation, betterment for the general organs of the system and for the specific condition in the eyes, ear, nose and throat.

16. Ready for questions.

17. (Q) How soon will I be in good enough physical condition to have a new baby?

(A) Within a year.

18. (Q) Should I discontinue the ultra-therm treatment for the running ear?

(A) Do these things as we have indicated, if there would come the better conditions for the body.

19. (Q) Is it possible to eliminate entirely the eczema?

(A) It should be eliminated. As indicated, though a form of it, this is not true eczema.

20. (Q) Does the general feeling of tiredness have a physical cause, or is it simply a matter of habit or laziness?

(A) It has a physical cause, as indicated, - from the excesses of poisons or accumulations in the system. Hence the necessity for the Fume Baths with Witchhazel, etc.

Do these, and we will find the conditions clearing.

21. We are through with this Reading.

### **REPORTS OF READING 3116-1 F 33**

R1. 8/3/43 [3116]'s letter: "I can't tell you what a relief it was to know, after all these years, exactly what's wrong with me and just what to do about it!

"Your diagnosis certainly fits my feelings perfectly - I've always had a sensitive throat, been quite deaf in the right ear, and been most susceptible to colds - though these have been less frequent of late years, since taking vitamins. I'm quite nearsighted, and for a couple of years have had severe sick headaches occasionally. Also, I knew my back was a bit crooked at the neck, and it was always there I'd first feel tired. This was the reason I gave up piano lessons, in fact, some 17 years ago! Practicing made my backache. I still remember the awful way it ached after my baby was born.

"That all these things should be so simply linked together and as simply cured by osteopathic treatments, is wonderful to me. I've been a guinea pig for the doctors so long; I guess I never would have thought of an osteopath by myself!

"I wrote the two doctors you suggested, sending them the copies of the rdg., and am anxiously awaiting their answers. I imagine there will be reliable men here, as there is a medical school here in connection with the university. I'll follow your directions carefully and let you know how we progress."

R2. 8/12/43 Letter: "Dr. [Paul Steinberg, Ph.T., recommended by H.J. Reilly] Steinberg's nurse told me of an osteopath who had successfully treated her, and in whom she has great faith. She called him for me to ask if he was a specialist, and he said he guessed so - that is, he either treated patients for head ailments or back troubles, as needed. He is Dr. W.K. Howes, 316 Fellows Ave., Syracuse. She said he would use finger manipulation, at any rate, rather than electrical treatments such as Dr. Steinberg wants to use. I've made an appointment with Dr. Howes for next Tuesday, when I'll show him the reading and see what he says.

"I'm sorry to bother you with these details. I'm only anxious to follow instructions as closely as possible.

"Dr. Steinberg said he'd write you in regard to the proposed treatments, and agreed with me that we'd abide by your decision."

R3. 8/13/43 Dr. Steinberg's ltr. to EC:

Paul Steinberg, Phy. T. (Letterhead) Physio-Therapist Phone 2-7919 325 Chimes Building Syracuse, N.Y.

Edgar Cayce Virginia Beach, VA

Dear Edgar Cayce: -

I have been requested by your patient Mrs. [3116] to write you outlining the form of physiotherapy treatment you have prescribed for her.

She was given one High Colonic Irrigation to cleanse the colon dedoxicate the mucus and waste elements by my capable nurse.

Following the high colonic she was placed in our special Fever heat dry moist sweat merged in pine fume bath. We always watch our patients so that the temperature is kept under safe control. Following the sweat bath she was given a thorough hydrotherapy treatment with needle showers followed by a general rubdown by the nurse.

I received a nice letter from Dr. H.J. Reilly, RCA Bldg., N.Y.C. advising me that you recommended a good physiotherapist in Syracuse for this patient; that he was happy to recommend me.

For your information I am happy to cooperate with you in any physiotherapeutic measure you would recommend.

For your further information I have practiced manipulative therapeutics for 20 years, such as Chiropractic & Osteopathic adjustments.

For the future if you would advise other forms of Physiotherapy such as Positive or negative galvanism, short or long wave diathermy, ultra violet rays (Mercury, Carbon or Cold quartz) raising of the artificial fever in the cabinet to high degrees, whirl pool baths, etc. , auto condensation.

Again I wish to make it plain that I will at all times cooperate with any form of special treatment you prescribe.

With very best wishes and congratulations with your wonderful life's work. I read your pamphlet and reading and find it so very interesting. I am  
Sincerely yours, [signed] Paul Steinberg

R4. 8/23/43 [3116]'s ltr. to EC:

Dear Mr. Cayce -

Sorry I haven't been able to answer your letter and tell you how I'm getting on, sooner - I've been having company.

I saw Dr. Howes last Tuesday - he's very nice - his adjustments are much nicer and gentler than Steinberg's. His description of the breaking up of lesions in the eustachian tube sounded rather frightening - he said many people "bleed like stuck pigs." He didn't attempt it that day, and I don't think I'll have him do it at all. The reading says it MAY be done, but ONLY by a specialist - Dr. Howes certainly isn't a specialist.

Also, I gather that the breaking up of the lesions is not necessary to general better health - that it may only help hearing somewhat. I'm quite used to being partly deaf - it isn't enough of a deafness to be a handicap, since my left ear is very good, and it is sometimes a blessing, in that I can cut out noise when trying to sleep by lying on the good ear.

I've been thinking that sometime when I'm in or near New York for awhile, I'll see Dr. Coulter about this part of the reading - he is apparently the only osteopathic specialist anywhere around here.

Meanwhile, I'll let Dr. Howes continue the osteopathic adjustments, and let Dr. Steinberg give me short wave treatments to dry up the discharge in the right ear. I know these work - and since this discharge seems to be the main offender in poisoning my system, we'd better let them!

My back ached considerably the night of Dr. Howes adjustments, (he said one of my legs was shorter than the other, & fixed that) but I think it's felt better since.

After the therapy treatments, I feel wonderful for about half an hour, then so tired and sleepy! Steinberg says this is as it should be. The fever cabinet (which is what he calls the fume bath) makes my heart beat pretty fast, and makes me quite breathless. I seem to get to the fever stage fairly quickly, and keep it longer than usual. I've been up to 101.6 so far. He uses water for the fumes, and a pine essence. Should I insist on witchhazel?

I have the third of these baths tomorrow, and the second colonic. I'm taking the Sitz baths at home - 5 tsps. of Sodium salicylate in a half tub of water; also bathing the ear myself. (This is an old familiar process!) It has practically stopped running, the last few days. It had been quite bad, before that.

The past week I've noticed increased vaginal discharge - is this a natural result of better drainages?

My hands are almost entirely clear of the rash - only my ring finger still seems swollen. The itchiness, when there is any, is general, on arms or legs, instead of concentrated on hands, as formerly.

I feel I'll really be a new person, by fall! Thank you again, for all your help.

Sincerely, [3116]

R5. 9/9/43 (Thursday) [3116]'s ltr. to EC:

Dear Mr. Cayce -

Well, I've had four of the prescribed 8 treatments, and am feeling so much better. Last Friday evening I felt better (after the treatments) than I ever remember having felt before. It didn't last, of course, but it gave me a glimpse of how it must feel to be completely healthy.

My ear has dried up pretty well again - it was quite bad when I started. The skin rash is still bothersome on my left hand, around my rings. I've tried to get them off, but cannot - the finger and joint are still a bit too swollen. Peeling and canning tomatoes, the other day, seemed to irritate this area a good deal.

If you think a check reading would be a good thing at this time, I'd like to have one - at your convenience. It doubtless wouldn't take much time - might be worked in with one of your regular readings.

There's one thing I haven't mentioned before, & is puzzling me - a bump appeared on the first joint of my left thumb. It was very sore at first, then just hard. This appeared about 2 months ago, I think. Now the right thumb is getting sore in the same place. If you take a check reading, will Mrs. Cayce ask if these bumps are the beginning of arthritis, and if the present treatments will take care of it?

Thank you again, so much. Though my troubles aren't great, they were sufficient to have made my life a poor thing in comparison to what it will be soon, I'm sure.

Yours very truly, [3116]

R6. 10/15/43 [3116]'s ltr. to EC:

Syracuse, N.Y.

Dear Mr. Cayce -

I've been meaning to write you for some time, but have been so much more ambitious than usual that correspondence had to take a back seat! I guess I rather overdid myself last week, though - I had a sore throat and running ear again this week, and my skin was quite itchy. I also got my monthly period ahead of time, so had to cancel the therapy treatments. Dr. Howes, the osteopath, helped my throat & ear a good deal, though, by inserting a long stick dipped in augyrol down one nostril & having me turn my head toward the bad ear for 5 min. He said the medication would enter the eustachian tube and clear out whatever was there. It seems to have done just that, & is much better today.

I was getting a little worried about not having had anything done in the eustachian tube, as was stipulated in the Reading; I thought that must be why my ear still ran sometimes, and the skin around the rings on my left hand was getting worse all the time. I had the rings cut off a week ago, so they won't be a further irritation.

Do you think Dr. Howes has substituted a workable solution to my problem?

You see, Mr. Cayce, even if there were an osteopathic specialist in Eye, Ear, Nose & Throat in this locality, I'd hesitate to have any finger surgery done because of my background. There were four M.D. 's in my family - father, brother, uncle and cousin - all Dr.. . You perhaps know how medical men feel about osteopaths - not a

commendable attitude, but quite hostile. I think it's a lack of education, and think if they could get together and compare notes, a lot of misunderstanding would be cleared up.

My brother says go to a medical specialist in Eye, ear etc. Dr. Howes said, on hearing this, that of course such a one could operate, scrape out the tube & fix it up fine - only, I'd be entirely deaf in that ear!

So I don't quite know what to think. My feeling is to let it go now, though, and have my baby as soon as I can after the treatments are finished, in a couple of weeks. Perhaps you could give me a check reading sometime during my pregnancy to see how everything is?

About [3317]'s life reading the only questions I can think of are;

1. Will he be musically inclined? (I've always loved music, in nearly all its forms, & hope he may too, but wouldn't want to force lessons on one not really capable.)
2. Are there any physical weaknesses to watch for?

I guess that's all now - thank you again for showing me a clear road ahead!

[3116]

R7. 10/27/43 EC gave a Life Rdg. for her young son, [3317].

R8. 5/24/45 Letter: "I shall treasure the readings he gave for me and my little son, and the several letters he was kind enough to write."

R9. 8/17/46 Dr. Howes' report on case [3116]:

Chief Complaint - Eczema.

Physician's Provisional Diagnosis - Eczema.

Physician's Final Diagnosis and Treatment - Eczema due to poor elimination.

Treatment as advised.

Reading's Recommendations: (Briefly)

1. Hydrotherapy - Fume Baths - Sitz baths - Needle Showers.
2. Colonic irrigations.
3. Osteopathic adjustments.
4. Balanced diet B1 - B Complex.

Duration of Treatment - Three months.

Results of Treatment - Cured

Date Aug. 17, 1946 Signed W.K. Howes, D.O. (Physician) 306 Heral Bldg. , Syracuse, N.Y.

**INDEX OF READING 3201-1 M 37**

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**BACKGROUND OF READING 3201-1 M 37**

B1. 9/4/43 Mother [3006] submitted questions. See Text of reading.

**TEXT OF READING 3201-1 M 37**

This psychic reading given by Edgar Cayce at the office, of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of September, 1943, in accordance with request made by the mother - Mrs. [3006], Associate Member of the Ass'n for Research and Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10:45 to 11:00 A.M. Eastern War Time. New York City.

1. EC: 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, as I ask them:
2. EC: Yes, we have the body here, [3201].
3. As we find, there are conditions of a specific or acute nature that are disturbing to the body. Also there are functional disturbances of which the body should take warning; else we may find a growing tendency towards disturbances that may be hard to control a little later.
4. These, then, are the conditions as we find them with this body, [3201].
5. The blood supply indicates a toxic condition; rather a super acidity, and a slowing of the draining of the duodenum and the pyloric portion of stomach.
6. Thus the form of irritation in the lymph circulation attempting to eliminate the poisons that should be carried through the drosses of the body.
7. We find that these may be eliminated easily. The causes will be a little different, but the correction of this particular disturbance at present will also be beneficial to the general condition - or a tendency for the liver, heart, kidneys and lungs to be slowed in their circulation; thus producing a torpid condition in the liver, making an over taxation at times in the kidneys, causing a quickening in the heart's activity, and a slowing of the circulation through the lungs themselves.
8. For, there is a subluxation - and a form of lesion in the 6th and 7th dorsal area, as well as in the 3rd cervical and in the 1st and 2nd dorsal.
9. These conditions corrected, and a little closer attention paid to diet, will alleviate much of the acute condition.
10. However, this acute condition - along with the osteopathic correction of the subluxation indicated - should respond more readily to the hydrotherapy treatments and osteopathic corrections, with colonic irrigations.
11. We would have several osteopathic treatments, then, or until at least fifteen such corrective treatments have been taken.
12. During that period we would have one or two of the colonic irrigations, and the weekly general hydrotherapy treatments which should include a Fume Bath using the fumes of Witchhazel, the hot and cold showers or needle spray, followed by the thorough rubdown with the pine oils.
13. The osteopathic corrections are for the general condition and to correct the causes, while the hydrotherapy is for the acute condition of the hives or to eliminate the poisons from the system.
14. Throughout the period be careful as to the diet, and we should bring bettered conditions and prevent those disturbances to the organs in their functioning, as indicated.
15. Ready for questions.
16. (Q) What has been causing the disturbance from infected ear and hives?  
(A) The general condition has been a contributory cause to the acute disturbances. If the eliminations are set up in the manners indicated, these should be much improved.
17. (Q) Since previous ear infection, wax has not formed in the ear - can this be remedied?

(A) With the general improvement of the health of the body, increasing the flow of circulation for normalcy in these directions should improve all of these conditions.

Do this, of course, through the hydrotherapy and osteopathy corrections.

18. (Q) Are there any specific things to which he is allergic?

(A) As long as there is kept too much acid in the system, or those foods or combinations that produce acid, he will be allergic - of course - to those things that are in the nature tending to make this acidity.

19. (Q) Has he had too much nerve strain over pressure of business?

(A) Not enough relaxation. Not too much nerve strain, but not enough relaxation to keep an equal balance.

20. (Q) Are kidneys or heart involved?

(A) As just indicated, these may BECOME involved - because, through those sublaxations, there are those variations in the circulation or in the activity of the organs outlined - lungs, liver, heart and kidneys; that is, the circulation needs to be corrected, and will be corrected, by the osteopathic readjustment or releasing of those tensions, that will also release the tendency for foods to remain too long in the duodenum which thus forms the character of the toxic condition that produces the irritation around the diaphragm area and over the torso.

Do as outlined and we will make for better conditions for this body.

21. We are through with this reading.

#### **REPORTS OF READING 3201-1 M 37**

R1. 9/8/43 GD's note: Please let us have the name of the osteopath or physiotherapist. We would refer you to such an one as: Dr. H.J. Reilly, RCA Bldg., 1250 Sixth Ave., N.Y.C., who can perhaps recommend someone in your vicinity. Dr. Reilly has handled many cases who have come to him with readings to be followed, and has gotten remarkable results.

R2. 7/24/44 He obtained his Life reading. See 3201-2.



**INDEX OF READING 3480-1 M 48**

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Bible: Books Of: Matthew 7:12	Par. 17-A
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**BACKGROUND OF READING 3480-1 M 48**

B1. 6/25/43 Wife [3421]'s letter: ". . . My husband will also send for a reading for his karmic debt is as heavy as mine except it is purely physical - leakage of the heart and head infection. . ."

B2. 12/19/43 Wife [3421]'s letter: "He is in dire need of advice concerning his head trouble and heart trouble caused originally from his head, I am sure. Questions: How can left ear, his nose and whole head be healed? How can the right ear be protected from infection also? What can be done to heal his heart leakage? How to cure the rash on back? What to do to get more vitality? Would a change of climate be recommended? . . ."

**TEXT OF READING 3480-1 M 48**

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of December, 1943, in accordance with request made by the self - Mr. [3480], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by wife [3421], and the book, THERE IS A RIVER.

P R E S E N T

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

R E A D I N G

Time of Reading 4:05 to 4:15 P.M. Eastern War Time.

. . . Street, . . . , Montana.

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: Quite a varied cycle! This body should change from the present altitude.
3. We have the body here, [3480].
4. As we find, the greater distresses here lie in the blood pressure and in the heart's activity; an engorged thrombose area and poor eliminations, with a plethoric condition as well as a prolapsus in the colon.
5. These are the sources of the disturbance, which began primarily from the prolapsus in the descending colon; and the plethoric condition in the area of the transverse and the beginning of the descending colon has caused a pressure that has altered the activity of the heart itself.
6. Then the altitudes will make considerable difference for this body. There should be a gradual change of altitude. As we find, the west coast would be more desirable for the body.
7. As to applications - we find that colonic irrigations properly administered, with the diet, will be the most advantageous applications for the body. The colonics we would have rather often; that is, nine to ten days apart until there is no indication of mucous in the colon area.
8. THEN there should be given a teaspoonful of Milk of Bismuth and ten drops of Elixir of Lactated Pepsin stirred together in a full glass of water. Give this each day for two days. Then have the whole colon cleansed again.
9. We will find a great relief to this body with these administrations.

10. When the body has then rested, it may consider making those changes needed.

11. In the diet keep away from red meats of any kind. Fish, fowl and lamb may be taken but not ever fried; in fact, no fried foods should be eaten. There should never be taken those food values only for weight or that will pack. Hence leafy vegetables - not too much of these, except the broths of these; but plenty of raw vegetables; especially watercress, grated or scraped carrots, and cooked beets, should be often taken.

12. Do these; being mindful that there is not over taxation, and better conditions may be expected for this body.

13. Ready for questions.

14. (Q) How can his left ear, nose and whole head be healed?

(A) This should be cleansed first with an alkaline antiseptic, such as Lavisol - not with any that would bring infection by the very nature of their activities at times, as a poison, but preferably an alkaline antiseptic. Then apply Ichthyol Ointment, and we will begin the proper healing - when the system is also cleansed.

15. (Q) Is there a heart leakage?

(A) Rather that effect from a pressure in the areas indicated.

16. (Q) What will cure the rash on his back?

(A) Dust same with the stearate of zinc powder carrying balsam. This will keep down the irritation until the activities of diet and the cleansings have eliminated the poisons or set up coordinated eliminations through the body.

Do that.

17. (Q) What will give him more vitality?

(A) Get rid of the poisons! And change the food values, as indicated.

Keep the mental attitude constructive, creative; in that the body's activities are never in that way of condemning but of helping. "As ye would that others should do to thee, do ye even so to them." For if ye would be forgiven, if ye would be healed, ye must forgive others, ye must heal others - in mind as well as in body.

18. We are through with this Reading.

#### **REPORTS OF READING 3480-1 M 48**

R1. 2/7/44 Wife's letter: ". . . My husband is carrying out his instruction pretty well except the answer given to question 1. He doesn't know how this could possibly be done since the trouble is primarily in the inner ear and the crack is too small for such applications. I thought I would mention this and leave it to you if you have the time and are capable of answering it. He feels a slight improvement since he has changed the diet and is to take his 3rd irrigation tomorrow. . . "

R2. 3/11/44 Wife's letter: ". . . My husband shows slight improvement and with it, a more hopeful attitude than he's ever had. He religiously follows all the instructions given in his reading and not least, the spiritual advice. . . "

**INDEX OF READING 4959-1 M ADULT**

EARS: ABSCESED: CURED

Electrotherapy: Violet Ray: Ears: Abscessed Par. R1

Osteopathy: Ears: Abscessed Par. R1

WORK: E.C.: READINGS: MISSING

**BACKGROUND OF READING 4959-1 M ADULT**

None.

**TEXT OF READING 4959-1 M ADULT**

This Psychic Reading given by Edgar Cayce at the Tutwiler Hotel, Birmingham, Alabama, this 15th day of October, 1920.

P R E S E N T

Edgar Cayce; (?), Conductor; Wm. K. Schanz, Steno.

R E A D I N G

Time of Reading Unknown. Reading is not on file with Edgar Cayce Foundation or elsewhere according to available records.

**REPORTS OF READING 4959-1 M ADULT**

R1. 1/22/21 [4959]'s affidavit: WM. K. SCHANZ - Court and General Reporting - Depositions, Bills of Exceptions - Conventions and Hearings - NOTARY PUBLIC - Court House Building - Bessemer, Ala. STATE OF ALABAMA ) ) ss. JEFFERSON COUNTY )

Before me the undersigned authority, Notary Public in and for said County and State, personally appeared Wm. K. Schanz, who is known to me, and who, being first duly sworn, deposeth and saith as follows:

In the five years that I have known Mr. Edgar Cayce, of Selma, Alabama, it has been to my great personal pleasure and benefit. Meeting him through Christian Endeavor, he being Superintendent of the best Junior C.E. Society it has been my pleasure to meet and talk to, I being State Treasurer of the Alabama C.E. Union and Field Worker, I first came to know him as a deep, earnest sincere Christian man; naturally we met at different times and talked about Christian Endeavor work, and religion, until we became close friends. Visiting in Selma quite frequently, I came to hear, from others, of the great work Mr. Cayce had done in Selma and other places with his psychical power, and it has been my pleasure to meet quite a few people who have been benefitted by readings given by Mr. Cayce, and who have personally told me of the good Mr. Cayce has done for them. I, however, do not wish to speak from hearsay, but from personal knowledge, it having been my pleasure to be present at the following readings, where, as Court Reporter, I reported verbatim every word uttered during these readings, and which I afterwards transcribed, a copy being given to Mr. Cayce of each reading, and a copy of which I have here in my office, and which I will forward, if necessary:

While on a vacation to my mother's home in Reading, Pa., this Summer just past, I had the misfortune, while bathing, to get water in both of my ears, which later

resulted in abscesses forming and making me wretched. I consulted and was treated by a doctor in Atlantic City, N.J., and also by a doctor at Reading, Pa.; the abscesses opened, and left me with running ears. From this trouble my nose and throat became affected, and though taking treatment from an Ear, nose and throat specialist in Bessemer, Alabama, upon my return South, I got gradually worse, until in the middle of October I could hardly hear and had great difficulty in breathing and speaking. I got in touch with Mr. Cayce, and he came to Birmingham and gave me a reading upon his arrival here. Mr. Cayce knew very little of my trouble in my head, but in the reading went thoroughly into the trouble, explained where the trouble was, and how it could be cured, telling me to stop treatment with the ear specialist and take up osteopathy and electric violet ray treatment. I have followed his advice as closely as it was possible for me, and am still following the treatment, and today my hearing is entirely restored, my ears have stopped running since the beginning of December, and I have again started singing; with the exception of a little trouble with my nose (which I know will disappear in time), I am perfectly well.

During Mr. Cayce's stay in Birmingham I was present and reported verbatim readings on the following persons: Oct. 15, Mrs. Fannie Kahn [325]; Oct. 19, Louis Halbert Tinder [4956]; Oct. 20, Mrs. Lorena Tinder [4955]; Nov. 2, a second reading on myself, the first having been given on Oct. 15th; Nov. 3, Phillip Pendleton [4957], and Nov. 5, Mrs. Willie Vandergrif [4960]. All of these readings were on diagnosis, and given in the Hotel Tutwiler, Birmingham, Alabama; however, Mrs. Fannie Kahn was in Lexington, Ky., when the reading was given for her; Louis Halbert Tinder was sitting in an automobile in front of the Tutwiler Hotel while his reading was given; and Mrs. Lorena Tinder was visiting at Irvine, Ky., at the time the reading on her was given. The others were present in the room. At most of these readings the room where the reading was given was full of spectators, and at nearly every one there was from one to three doctors present and asking questions. I know personally that every one of the above mentioned people have been greatly and wonderfully helped by following the diagnosis and treatment given in the reading by Mr. Cayce, and every one are loud in their praise of Mr. Cayce and the help he has given them. I know also that the doctors and professional and business men present at the readings were amazed at Mr. Cayce's revelations, but one and all have confessed that there was no doubt but that Mr. Cayce had a power that few, if any possess; and that his practice of using his power for the benefit of humanity was noble and princely.

For myself, I believe in Mr. Cayce and his psychical power, for seeing and experiencing, is believing. I know not whence comes his power, but I do know that he is using his power for good, hence it must come from good, - the All Good, which is, God. May he never lose his power.

[signed] Wm K. Schanz Subscribed and sworn to before me this 22nd day of January, 1921. [signed] G.P. Benton, Notary Public, my commission expires Sept. 19, 1923  
GD's note: He corresponded with EC through the years and obtained further readings for his family and friends.

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**BACKGROUND OF READING 5197-1 F 56**

B2. 5/2/44 Questions submitted in addition to those at the end of 5197-1 [Questions were worded by daughter-in-law as specified by [5197]]: "(1) What causes the acute attacks of gas in my chest accompanied by a feeling of my heart flopping around? (2) Is that rheumatism in my left hand, and if so, give cause and possible remedy? (3) Why does my right hand go to sleep while sleeping on my left side? (4) What is wrong with my right hand? (5) Please give cause of feet aching? (6) Cause and remedy of my right ear being painful? (7) Can my eyesight be improved?"

**TEXT OF READING 5197-1 F 56 (Widow, Methodist)**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 26th day of May, 1944, in accordance with request made by self - Mrs. [5197], new Associate Member of the Ass'n for Research & Enlightenment, Inc., via son [2981] and daughter-in-law [2982].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos.

R E A D I N G

Time of Reading Set bet. 3:30 to 4:30 P.M. Eastern War Time. . . . , N.C.

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, as I ask them.
2. EC: Yes, we have the body, [5197].
3. As we find, there are disturbances, which are preventing the better physical functioning of the body. We find that these are the effects of poisons in the form of drosses, not altogether because of the lack of the eliminations between liver and kidneys, but rather a combination of these disturbances than uremic poisons; thus causing what would be called rheumatic reactions; nor is it altogether toxic forces as of poisons being eliminated by the better activity of the liver and the alimentary canal, but a combination, as we have a rheumatic, arthritic-neuritic condition.
4. So we have strains on portions of the body, not where there is as yet a stroke as from blood clot, but these could easily become so, unless there are measures taken to eliminate the sources of these poisons.
5. As we find, there should be first, then, at least one, two or even three colonic irrigations within a month. These will be severe - the first one, but the second and third should not be so severe. So, great precautions should be taken.
6. This combination is what causes the arm to go to sleep, as it were, at times, and the lower limbs to be achey, stretchy and fluttering when there is gas or pressures to the area about the diaphragm, pressing upon the lungs. But these poisons eliminated will eradicate the trouble.
7. Then we should begin and take a small dose of Eno Salts each morning for about a week, just a teaspoonful before any meal is taken.
8. Then do have at least twelve to fourteen general osteopathic corrections, just relaxing, not so much correction, but relaxing of all the segments along the cerebrospinal system. There will be found some pressures in the 6th dorsal, 1st, 2nd and 3rd dorsal and in the 3rd cervical, and at the 1st and 2nd cervical.

9. These done, we will find much improved conditions for this body. But do take these in order as has been indicated: First removing poisons from the system, then a gentle flushing of the system, then a setting up of better drainages, keeping better eliminations by the diet as towards the laxative nature. Very little or no bread should be taken. A great deal of vegetables and fruits are preferable to meats. Fish, fowl and lamb may be taken, but in moderation.

10. Then also take the head and neck exercises which will make a great deal of difference in the tendency for the eyes to appear as glimmery or as if something were in front of them. Take these exercises when ready to retire and upon arising in the morning; sitting erect, move the head slowly forward three times, backward three times, to the left three times, to the right three times, and then circle. Do this consistently, if there would be real help.

11. Ready for questions.

12. (Q) What causes nose-bleed?

(A) This same pressure which causes the fluttering of the heart. This is the release that presses those disturbances. Do remove these pressures all along and then make those relaxing treatments all along the spine.

13. (Q) Condition of teeth and gums?

(A) These are not too bad. There needs be some local attention, and use equal parts of soda and salt as a massage for the gums two or three times a week.

14. (Q) Condition of right ear?

(A) This is all a portion of the general condition indicated.

15. (Q) What is condition of heart?

(A) As has been indicated, this is a reflex, the greater trouble being between the liver and kidneys and naturally lungs, as the pressure from diaphragm, the heart becomes involved only sympathetically. Do as outlined.

16. (Q) How can I improve texture of hair?

(A) Better be glad that you have it, but the peelings of Irish potato boiled and taken once a day will improve the texture of the hair. This will require a long period of about six months. Two ounces of this fresh juice a day.

17. We are through with this reading.

#### **REPORTS OF READING 5197-1 F 56**

R1. 10/8/49 Letter: "I had this condition over a period of 3 or 4 years, but don't know dates; was not severe, but annoying. Followed treatments for about 1 year and was cured."

R3. 1/29/52 Reply to questionnaire-letter: "I am glad to give the information you asked for, to the best of my ability. I shall try to answer each question as they come first. I do feel that the reading described my condition accurately. I followed the instructions in each detail. The first colonic was not particularly severe. A little nausea for a little while afterward. I had the 3 colonics as he instructed. I like the result so much that I have had several since. One a year perhaps. Not one for 2 or more years (which reminds me, I think I will). I took the Eno, as prescribed, then took it at intervals. I still keep it on hand. It's the only thing I ever take for upset stomach or mild laxative. Rarely ever need



it. I took the head and neck exercises as prescribed, over a long period of time. More than a year, perhaps, and still take them at night.

My bad ear soon showed signs of improvement, and finally became normal, for the first time since I can remember. For a number of years prior to my reading, I had trouble all the time with my ear. It abscessed every few months. The last time, the doctor-specialist told me I would never hear more than 50% out of it. Several months after, I began the neck and head exercise, I went to this same specialist to have my glasses changed and asked him to look at my ear. He was amazed to see how normal it was, and said the 'hole' in the eardrum (which he told me would never close) was healed and closed. I told him of the head and neck exercise, but nothing more. 'No comment'. I don't recall just now how long it was before the nosebleed stopped, not long, I'm sure. I've had a tiny bit 2 or 3 times in the past year or so.

Of course, I had my teeth looked after. They held their own for several years, and are still very good. I haven't 'lost' any teeth and still use the salt and soda. Sorry, I was too lazy to use the potato peel for my hair - except for a few times. However, I still have plenty of hair graying, but I take care of it, and have no complaint to make. I have enjoyed really marvelous health for several years. I wish it were possible to have another reading. Dr. Edward P. Brenner, D.C., left High Point a few years ago, presumably to retire. Think he went down near Pinehurst. I heard some time ago, he was not happy, and was planning to return and open an office. If I can find out anything concerning him, will let you know. Incidentally, I can hear my watch tick as clearly with my 'bad' ear as I can with the other one. I hope I have not been too brief or 'sketchy' in answering your questions. If I can add anything, will be glad to do so."

R5. 2/8/64 Daughter-in-law, Mrs. [2982]'s letter: "I'm writing to report - and I should be used to EC's uncanny insight into bodies - on [2981]'s mother. She spends a couple of months with us each year and I asked her to send me her physical reading which she did.

"She suffers from a kind of bronchitis, difficulty in getting enough ozone - she is allergic to sweets and starches and has to watch herself. The doctor gives her pills of some kind so she can breathe properly.

"In looking at her reading I noted [6/3/44, [5197]]: 1. Very little or no bread should be taken (She has not and is not heeding this). 2. When she asked about the heart, he, EC, pointed to the LUNGS, a reflex action from pressures of poisons. 3. When she asked about her hair, he said - 'Better be glad that you have it, ' etc., etc. - she is losing lots of her hair now.

"And these things he warned her about 20 yrs. ago!

"You know he warned me about sweets and when I indulge, especially cakes or pies, I have awful dizzy spells - so I'm careful.

"The more I learn about the gifts of our Mr. Cayce the more I stand in awe of him."

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**BACKGROUND OF READING 5217-1 F 52**

B1. Born Pa. 3/18/92; res. Pa.; divorced; no children.

B2. 10/8/43 Letter: ". . . I am writing to ask if it would be possible to give me a reading which would effect a cure for my hay fever, from which I suffer each fall, with bad after-effects on my health. . . "

B3. 12/22/43 Letter: ". . . As my anxious desire is to be cured of hay fever and resultant catarrhal condition, which in the past has hit me about August 15, I hope that it will be possible for you to give me a reading well in advance. . . so that I can follow your instructions in time to avoid hay fever. . . "

B4. 1/24/44 Questions submitted in addition to those at end of 5217-1: "(1) What must I do to be cured of hay fever which I get about the middle of August, and which lasts until frost? (2) How can I be cured of head catarrh? (3) How can I be cured of mucous or phlegm in my throat, which accumulates and requires me to clear my throat every few minutes? (4) How can I build up my resistance to colds, of which I have had a series this winter, beginning right after the hay fever left? (5) Does air-conditioning, which I have in my apartment in summer, affect my hay fever adversely? I got the air-conditioning units partly to offset the hay fever and permit me to get a comfortable night's sleep, so that I could continue to work. . . "

B5. 2/25/44 Letter: ". . . I have had arch trouble with my feet for several years, and some years ago went to a foot specialist who prescribed a certain type of arch support, from which I got relief for several years. . . Lately, the pads do not seem to give me much comfort, and I should like to know whether or not I am using the proper corrective measures, and if not, just what treatment I should secure to restore my feet to normal. . . "

**TEXT OF READING 5217-1 F 52 (Secretary, Catholic)**

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 12th day of June, 1944, in accordance with request made by self - Mrs. [5217], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by the article in Coronet.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Jeanette Fitch, Stenos.

R E A D I N G

Time of Reading Set bet. 3:30 to 4:30 P.M. Eastern War Time. . . . , Pa.

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, as I ask them.
2. EC: Yes, as we find, here we have a subluxation, which has caused most of the disturbances with this body. There was, in some time back, an injury to the spine, a fall, and in the area of the brachial center, 2nd and 3rd dorsal. This has produced a pressure on the larynx and bronchi, combined with a catarrhal condition, which existed in the nasal passages. These are, in fact, reversed. For these come from old conditions, which are prenatal, which are part of the whole consciousness of the body.
3. These have brought about weakness also in tendons, as indicated in the feet and the arches, which has allowed the feet to become very sore.
4. The body suffers from that which is commonly called hay fever, or rose fever, and becomes accustomed to it through certain seasons. This is in the imaginative forces of the system; that is, the pressures in the areas indicated, upon the bronchi and larynx, touch the sensory forces so that pollen, smoke, any inflammation sets a center, as it were, to become irritating.
5. If we would correct these, first have prepared an inhalant in this manner:
6. Take a large-mouth eight-ounce bottle and prepare so that two vents may be put into same, though neither of the vents is to enter the solution. There is to be quite a

vacuum above the solution and below the vents. Keep vents tightly corked when not in use. Then put into the container, in the order named:

- Pure Grain Alcohol, or 90 Proof. . . . . 4 ounces,
- Compound Tincture of Benzoin. . . . . 30 drops,
- Oil of Eucalyptus. . . . . 20 grains,
- Rectified Oil of Turp. . . . . 10 drops,
- Oil of Pine Needles. . . . . 15 drops.

When this is to be used, shake together, then remove both of the corks in the small vents, inhale deep through the nostril; also through mouth. Do not swallow, but inhale into the bronchi and larynx; do inhale through the nasal passages.

7. Then we would begin with osteopathic treatments to correct the lesions and subluxation which exist in the brachial center, also make those corrections in ankle, in the bursae of the feet, especially in the heel and frontal portion, and we will find we will not only keep off those attacks but we will rid many of those disturbing conditions which come about from the flexes in the disturbance of circulation between liver and kidneys.

8. Do that. Inhale this about three or four times a day, or if there is attempting or the inclination for sneezing. This will not only act as an antiseptic but will be healing to the tissue, until the circulation through the brachial and upper cervicals can bring the correct circulation through the body.

9. Ready for questions.

10. (Q) How can I be cured of a tendency to have abscessed ears with nearly every cold?

(A) By purifying the system through the conditions as indicated. Do increase the eliminations until there are at least two evacuations each day, through the periods when the adjustments are being made at least twice or three times a week. Take Caldwell's Syrup of Pepsin. Take broken doses rather than the large doses as ordinarily indicated. Take half a teaspoonful, when this is taken, and take it about two or three days, and take this every hour, and it will be much more effective.

11. (Q) How can I build up resistance?

(A) By getting rid of the poisons, and then the regular balanced diet. Add Zyrone as a tonic. This is a compound but it carries niacin and iron and the B complexes. Take two teaspoonfuls a day.

12. We are through with this reading.

### **REPORTS OF READING 5217-1 F 52**

R1. 6/19/44 Letter: ". . . Today I have an appointment with Dr. Dick, and shall begin at once to put your suggestions into effect. I shall keep you informed of improvement in my condition."

R2. 9/23/49 Letter from Dr. Dick: "Physician's provisional and final diagnosis, hay fever. Treated patient for 3 years following 5217-1 effecting relief."

## Otitis Media in a One-Year-Old Child

Children, as a rule, are more subject to infectious diseases than adults. The following story comes from my correspondence with a registered nurse, Peggy, whose baby developed ear trouble at the age of nine months. Her pediatrician prescribed antibiotics and a decongestant. One month's treatment left the infant with fluid behind the left tympanum and a residual inflammation. A change of decongestants for another month left the other ear more inflamed, a condition which brought about a further change of decongestants. If the ears had not cleared in another three weeks, drainage tubes would have to be inserted by an otologist. It was at this point that our correspondence began. Drawing on my experience in the field of healing and my familiarity with the Cayce material, I wrote as follows:

*"Briefly, I think these things might be helpful as far as your baby is concerned. I would try to get her on a very alkaline diet. This is a bit difficult for a one-year-old baby, but I think it would be important. Then castor oil drops in the ears at bedtime and early in the morning; Glyco-Thymoline packs to the neck for half an hour or so once a day, with packs going around to include the cervical glands. She should have lots of Vitamin C-1 think you can get this in liquid form now - and high dosages of this would be helpful.*

*"Massages to the upper back for 15 to 20 minutes each day gently would be a good thing and castor oil packs to the abdomen. This should also be done once a day for about an hour, and I would use the heating pad.*

*"Don't forget that the laying on of hands by those that love the child are part of the whole process of healing, and as involved in the healing profession as you are, you are probably already doing that sort of thing. The thing I would suggest is to have your daughter lie on your lap as she goes to sleep - in taking her afternoon nap or whatever - and hold your hands on her head behind the ears almost encompassing the ears. She might not like to have her ears covered with your hands, but if she doesn't mind that would be good. Then just let yourself be a channel of healing and let the energy flow through your body and onto the ears themselves.*

*"Doing these things over a period of time would be very helpful, I'm sure."*

It was two months before I heard what had happened to the wee girl. Her mother answered for her at that point and expressed the daughter's approval of the therapy program. Here is her letter:

*"The baby is fine now; her ears have cleared up completely. Just before I received your letter, I had started giving her increased doses of Vitamin C, rubbing some castor oil over her abdominal area at night, and saturating the front of her diaper with castor oil as well. However, I did not use heat. I also gave her a little Glyco-Thymoline occasionally by mouth because I felt she had a tendency to be acid. As soon as I received your letter, I began adding your suggestions to these treatments. When I took her back to the doctor a few days later, he was surprised to find that her ears had cleared up completely. Her improvement was especially disconcerting to him since she had refused his prescribed medicine since her last visit to his office. Thank you for your time and information. Our love and blessings."*

Thank you, Peggy, for your report. I just wonder if you thought of those things to do on your own all by yourself, or did you read my mind; or perhaps was I doing a mind-reading job on you? After all the thousands of readings Cayce gave in which he obviously communicated with other people's minds, I have given up trying to figure who thought of what first - or are we all psychic?

Seeing how Peggy's little girl responded to her touch, her concern, and some of the ancient applications that have been for the most part discarded by modern medical practices, I recalled what Charles Mayo of the Mayo Clinic in Rochester, Minnesota, is reported to have said: "The drugless healer is one of the best things that has come into the life of the present." Might we not put Peggy into the classification of a drugless healer? I think so.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, July, 1979, Volume 14, No. 4, page 167, Copyright © 1979 by the Edgar Cayce Foundation, Virginia Beach, VA.]

## **Chronic Earaches**

Jonathan V. Wright, M.D.

At the Age of Five, B.D. had had tubes placed in this ears 3 times and her tonsils and adenoids were gone. His mother reported to Jonathan V. Wright, M.D. at the Tahoma Clinic, "Even with all that, he keeps on getting earaches, one cold after another, coughs, a runny nose resulting in more antibiotics and decongestants."

After a family history, Dr. Wright asked what she ate which was, "toast, and peanut butter, or a TV type cereal and milk for breakfast; lunch at school, hot dogs, sloppy Joes, carrot sticks, celery, gelatin, after school root beer and crackers or cookies or a granola bar; dinner beef, chicken or fish, potatoes or rice, one or two vegetables, corn, beans, or broccoli, and sometimes lettuce salads." She has milk every meal and prefers white bread. She had dark circles under her eyes and fine horizontal creases in her lower lids, which were slightly puffy. Her nose was runny, and she looked pale. Dr. Wright stated that the dark circles showed that she was allergic to some of her food although previous scratch tests by another doctor showed her only allergic to yeast. He explained that she should omit milk and dairy products but also that they needed to go over something more basic; refined sugar and processed food.

The mother asked what sugar had to do with earaches? Dr. Wright said, "Not just with earaches, but infections in general. Sugar significantly interferes with the ability of white blood cells to kill germs."

Asking about birthdays and Christmas, the doctor replied, "Why make him more susceptible to infections for his birthday?" (Let's Live 7/88)

Trying to Plan Around His Food Allergies was very difficult for his mother but, with the help of books, the health food store, and the Tahoma Clinic, got the job done. In 1988, at age 11, B.D. had had no earaches, no infections requiring antibiotics and only 3 colds in the 6 years since she had "completely and permanently changed our family's ideas about food."

[http://curezone.com/upload/Newsletter/Hypoglycemic\\_He/HYPONL9909.pdf](http://curezone.com/upload/Newsletter/Hypoglycemic_He/HYPONL9909.pdf)

## **Diseases of the Ear**

### **Homeopathic Treatment, Cure & Medicines**

<http://www.hpathy.com/diseases/ear-symptoms-treatment-cure.asp>

#### **#Belladonna. [Bell]**

The remedy is acute otitis, with digging, boring, tearing pains which come suddenly and are most violent; the membrana tympani is covered with injected bloodvessels. It is the remedy in earache where the symptoms are too violent for Pulsatilla. The pains come and go suddenly. All the symptoms are worse at night and are relieved by warmth.

#### **#Aconite. [Acon]**

Bayes recommends Aconite IX in the maddening pains of otitis, claiming it to be far superior to Chamomilla or Pulsatilla. There is dark redness of the parts, stinging, lancinating or throbbing pains and great sensitiveness. It suits earache from sudden

change of temperature; it is worse at night and is aggravated by warmth. Its influence is restricted to a brief period immediately following exposure. In this respect Copeland says: "It differs from Ferrum phosphoricum, which has a much longer period of usefulness."

#Pulsatilla. [Puls]

A great ear remedy. It exerts a specific curative power in otitis externa; the ear is hot, red and swollen, and there are very severe darting, tearing, pulsating pains in it which are worse at night. It, too, occupies the highest place for acute inflammation of the middle ear. It is indicated also by profuse thick, yellowish green discharge from the ear, deafness and a feeling as if the ears were stopped up, or as if something were being forced out; there are also roaring noises synchronous with the pulse. It suits especially subacute cases. Itching deep in the ear. Plantago. Earache associated with toothache; also, excellent locally. Pain goes through head from one ear to the other. Tellurium. A most excellent remedy in otitis media with thin, acrid, offensive discharge, very profuse and long-lasting; canal sensitive to touch. Hydrastis is a remedy not to be overlooked in catarrhal inflammation of the middle ear with accompanying nasopharyngeal catarrh, tinnitus aurium and thick tenacious discharges. Kali sulphuricum. Useful in typical Pulsatilla cases with orange yellow discharges.

#Ferrum Phosphoricum. [Kali-p]

This remedy is a most useful one in ear affections, suiting congestive and inflammatory stages of most troubles, more especially in anaemic subjects. It is a reliable remedy in acute earache; it has tinnitus like Pulsatilla, but no special deafness, and like Borax it has sensitiveness to sound. The pain is throbbing or sharp stitching and occurs in paroxysms. The following is Dr. Wanstall's practical resume:

1. A tendency of the inflammatory process to be diffused instead of circumscribed.
2. Dark beefy redness of the parts.
3. A muco-purulent discharge with tendency to haemorrhage.
4. The establishment of the discharge does not relieve the pain.
5. The pain is in paroxysms.

Copeland asserts that for earache after exposure to wet there is no better remedy. Kali muriaticum is one of the most useful remedies in tubal catarrh and catarrhal conditions of the middle ear, it seems to clear the Eustachian tube, which is closed in these cases, causing deafness, subjective sounds and retracted membrane tympani. It is useful in chronic suppurative conditions reducing the proliferation, checking the granulation and hastening repair. Slowly progressing deafness will often yield to the remedy. It is also a remedy for obstinate eczemas about the auricle, especially if accompanied with the gastric disturbances of the remedy. "The most valuable single remedy for the deafness following purulent or catarrhal otitis media."--Moffat. Magnesia phosphorica has a purely nervous otalgia, worse in cold air and relieved by warmth. Bellows gives it first place in nervous earache. Kali phosphoricum may also be a remedy in chronic suppurations of the middle ear, with offensive dirty pus, brownish and watery.

#Chamomilla. [Cham]

Almost specific in infantile earache; the pains are violent, worse from warmth, the cheeks are red, the patient is restless, fretful and there is great hyperaesthesia and much suffering. Patient worse at night and from slightest cold. Borax. Child starts up nervously with the pain; muco-purulent otorrhoea. Dulcamara. Earache returning with

every change of weather, worse at night. Relieved by application of dry heat. Sanguinaria. Climacteric earache.

#Capsicum [Caps]

corresponds to otitis media, with rupture of the membrane tympani, and great soreness of the mastoid portion of the temporal bone. It suits also chronic suppurations of the ear with bursting headache and chilliness; the ears are hot, and the pain to the throat, the drum is perforated and there is a yellow purulent discharge. It is to be differentiated from Hepar in that the area of sensitiveness is greater than with Hepar, and it lacks the nocturnal aggravation of Mercurius. Dr. Weaver, of Philadelphia, states that he has seen cases where every indication would point to mastoid operation relieved by Capsicum, and cautions against using it too low. He uses the 6X dilution. Sub-acute inflammation of the Eustachian tube with great pain and a sense of dryness and heat in the throat indicate Capsicum. Calcarea carbonica corresponds to chronic ear troubles in scrofulous children. There is itching of the membrana tympani, defective hearing, humming and roaring in the ears, purulent otorrhoeas with perforation of the drum, polypi, etc. Deafness from working in water. Nitric acid may prove useful in mastoid abscesses and syphilitic ear troubles. Kali bichromicum. Inflammation of middle ear; ulceration of membrane tympani with tenacious, stringy and purulent discharges; pains sharp stitching in character. Also a valuable remedy in the later stages, when, on account of pharyngeal involvement, the Eustachian tube is hard to inflate. Aurum has a congestive roaring in ears, sensitiveness to noise, foetid otorrhoea, boring pains in mastoid, caries and perforation of drum. Baryta carbonica is to be thought of in deafness associated with swelling of the tonsils. Also in noises in the ears from arterio-sclerotic conditions. Phosphorus. Deafness to the human voice, common in the aged or where the patient is constantly blowing small quantities of blood from the nose.

#Mercurius. [Merc]

Very valuable in suppurative middle ear diseases, with swelling of parotid glands and offensive breath. It suits especially scrofulous and syphilitic ear conditions. It is especially valuable in proliferous middle ear diseases, hardness of hearing due to swollen tonsils. The discharges are thin and acrid, the ears, teeth and face ache, symptoms worse at night, and characteristic is a feeling of stoppage and of internal soreness as if raw, and also roaring in ears. Mercurius dulcis. Chronic inflammation of the middle ear, with deep toned roaring. The membrane tympani is thickened, retracted and immovable by inflation. It suits especially Eustachian catarrhal deafness. Graphites has catarrh of Eustachian tube and hardness of hearing, which is better riding in a carriage. Gluey discharge will indicate as well as eczematous manifestations. Carbo vegetabilis. Otorrhoea following exanthematous diseases; ears dry. Carbo animalis. Cannot tell whence sound comes. Iodine cured for Dr. Hughes a case of catarrhal deafness.

#Silicea. [Sil]

Very valuable in suppurative middle ear troubles, especially in cases complicated with caries or necrosis of the bones and attended with a thin, ichorous and offensive discharge containing little pieces of bone. Perforations of the membrane tympani heal rapidly under Silicea. A peculiar symptom leading to the remedy is an itching and tingling in the locality of the Eustachian tube. There are also shooting pains through the ear and profuse perspiration, sudden snuffing, cracking sound in the ear like the



explosion of a percussion cap. It promotes repair of the drum head. It is most frequently indicated in persistent chronic otorrhoea with oversensitiveness to sounds. Dr. Moffat advises changing to Lapis albus after use of Silicea for too long a time.

#Hepar sulphur. [Hep]

Also valuable in suppurative otitis media, and is useful in earache when suppuration impends. There is great soreness and sensitiveness to the slightest touch, acute exacerbations of the trouble with increased discharge, which is thick, creamy and somewhat offensive. Patients requiring Hepar are irritable and sensitive to the slightest draft of air. Lachesis. Roaring and singing in the ears, relieved by putting finger in ear and shaking it, therefore catarrhal. Crotalus. Stuffed feeling in ear and a sensation as if wax were trickling out. Conium. Increased quantity of dark wax. Hepar suits especially otorrhoeas dating from scarlatina.

#Causticum. [Caust]

This remedy is useful in roaring and buzzing in the ears, words and sounds re-echo unpleasantly. It suits a catarrh of the Eustachian tube. Chenopodium has deafness to low tones, while the higher ones are heard distinctly. Its special field of action is in affections of the auditory nerves. Sanguinaria has humming and roaring in the ears, and painful sensitiveness to sounds. Salicylic acid. Meniere's disease and simple deafness with tinnitus. Arnica has proved of benefit in Meniere's disease. Pain in the cartilages of the ears, as if bruised, is another indication. Bryonia is highly spoken of by Dr. Dudley Wright, of London, in Meniere's disease, as suiting those cases where the vertigo comes on from any sudden motion, as on rising from a seat.

#Sulphur [Sulph]

is useful for a most offensive discharge from the ears and syringing does no good, the ears are red, raw, and the discharge excoriates. Psorinum is even better than Sulphur in case of offensive discharges from the ears; there is with this remedy a general unhealthy condition of the patient, pustules appear on the face, around the nose, mouth and ears, the blood is impure and the system run down. It is a remedy not to be despised in ear affections, and is especially to be considered in cases of chronic otitis media, probably of psoric origin, in which other remedies and methods of treatment have been tried unsuccessfully.

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“Air fresheners and aerosols used in the home can cause diarrhoea and earache in youngsters, and depression in their mothers, according to our research. People may think that using these products makes their homes cleaner and healthier, but being cleaner may not necessarily mean healthier. Air fresheners combined with other aerosol and household products contribute to a complex mixture of chemicals and a build-up of volatile organic compounds in the home environment. Pregnant women, babies up to six months and the elderly may be particularly susceptible to the effects of this, because they spend around 80 per cent of their time at home.”

*Dr Alexandra Farrow of Brunel University, London*

**It Fights Most Mouth and Throat Infections**

Dr. David G. Williams

*Alternatives, March 1997, Vol. 6, No. 21*

Xylitol helps reduce dental caries by inhibiting the growth of the bacteria, Streptococcus

mutans. While this form of bacteria is commonly associated with dental caries, it has also been linked to bronchial infections, pneumonia, sinusitis and middle ear infections, which has become the most common medical complaint in children.

Xylitol-laced gum is an excellent tool for knocking out infections that start in the mouth and throat. Adults and children old enough to chew gum can easily saturate the gums and oral cavity with bacteria-killing xylitol simply by chewing the gum for five to 10 minutes several times daily.

Researchers at the University of Oulu, in Finland recently had 306 Finnish children from 11 day-care nurseries chew gum sweetened with either sucrose (table sugar) or xylitol. The average age of the children was five years, and most had been selected because they had a history of recurrent acute otitis media (middle ear infections).

At the end of two months, the group chewing xylitol-sweetened gum had a 40 percent reduction in the incidence of middle ear infections when compared to those chewing sucrose sweetened gum. (BMJ 96;9313[7066]:1180-4.)

Based on the above study, the researchers now believe that gum sweetened with xylitol may be a simple way to treat or prevent recurrent sinus infections and even some of the more serious throat and lung infections.

This can have a tremendous impact on the health of children in particular. Recurrent middle ear infections are the number-one reason for children's visits to doctors. They are also the reason for millions of prescriptions of antibiotics, thousands of surgeries to the eardrum to allow drainage, and many other questionable procedures. Based on these new findings, many of these problems could be totally eliminated through the regular use of xylitol-sweetened chewing gum. Strangely, this research has been almost totally overlooked in the United States.



#### Childhood Ear Infection: Alternative to Antibiotics and Ear Tubes

Antibiotics and ear tubes treat symptoms of a problem. They do not strengthen the organism so that it can fight the infection itself, nor do they make the organism less resistant to future infection. A study, published in the Pediatric Infectious Disease Journal on 2/12/01, is the first placebo-controlled study to suggest that homeopathy is effective in the treatment of acute otitis media in young children. "Multitudes of infants have frequent recurring ear infections. These "infections" usually subside when milk intake ceases as they are often caused by allergy to milk. Many children have tubes placed in their ear canals because of these "ear infections". This procedure has recently been discovered to lead to decreased hearing as adults. This whole infantile ear infection problem is usually milk allergy not bacterial infection."

Dr. James Howenstine, MD

<http://www.shirleys-wellness-cafe.com/ear-infection.htm>

<http://members.tripod.com/~focuspage/julian.htm>