

Circulating File

**EYES: CATARACTS
VOL. 1**

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

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EYES: CATARACTS, VOL. 1 CIRCULATING FILE

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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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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 XXX. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

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

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**Eyes: Cataracts
Vol. 1**

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3. Appliances: Wet Cell
4. Eyes: Cataracts, Vol. 2
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6. Eyes: Glaucoma
7. Eyes: Macular Degeneration
8. Osteopathy

F. Articles:

1. "Cataracts Drop Right Away"

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(Q) Regarding eyesight?

(A) This needs rather the specific attention. This may be aided by those applications given, but especially so if the body will use the head and neck exercise at least once or twice each week. But be rather specific about same. Don't take it once, then take it the next day and then skip two or three weeks! But if it is to be taken on Wednesdays, take it each Wednesday at a SPECIFIED time, five to ten minutes. Bend forward three to four times; head back three to four times; to the left; to the right; then circulate, turning first to one side then the other. This will create a balance. At first it will produce dizziness, but - as the eliminations are improved, as also the tendencies removed as created by the poisons from pressures - better conditions will be brought for the body.

273-1, F 56, 2/15/33

(Q) Any spiritual advice at this time?

(A) Read that as given, and apply it; that is, make those reactions as an EXPECTANCY! For, all healing of EVERY nature MUST come from SPIRITUAL reaction! Applications that are made, mechanically or otherwise, are only to stimulate each action through the system to a unison with Creative Forces.

2445-1 F 69, 2/5/41

(Q) What causes blurring eyesight?

(A) These pressures. With the adjustments, have particular reference given to the centers in the upper dorsals and cervicals for the setting up of drainages. Also the use regularly of the head and neck exercises will set up drainages and should correct the conditions in the eyes.

Occasionally, once a week, after the osteopathic treatments have been begun, we would also use the violet ray with the double eye applicator. This will clear the vision where there is the tendency for the accumulations, though not yet fully set up. Use this not more than one minute.

(Q) Is there a cataract in eye?

(A) As just indicated there are accumulations. If drainages are set up and there is the breaking up of same with the use of the violet ray in the manner indicated, keeping up the head and neck exercise, morning and evening very consistently, we should correct these conditions.

5024-1 F 67, 4/13/33

* Circulating Files & Research Bulletins are available from A.R.E. membership services at (800) 333-4499 or: <http://www.edgarcayce.org/circulating>

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

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

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

Blessings,

A.R.E. Member Services Team

Cataracts

The following is a chapter taken from *Physician's Reference Notebook*, compiled and written by Dr. McGarey and associated physicians of the A.R.E. Clinic in cooperation with the Edgar Cayce Foundation, copyright 1983.

I. Physiological Considerations

The major cause of cataracts, as seen in the Cayce readings, is impaired circulation and eliminations leading to accumulations in the sensory system. Other causes less frequently cited include: spinal lesions and subluxations, digestive disturbances, dietary insufficiency, mental attitudes, mechanical injury, and constitutional condition. In one or two instances, no specific cause was given. Even in most of these instances poor circulation and elimination were the final mechanisms that allowed cataracts to form.

For instance, in reading 2193-1 elemental dietary deficiency resulted in anemia, which in turn led to altered circulation and impaired elimination resulting in the formation of cataract deposits in the eyes. The mental strain produced by associated symptoms further led to depletion of the nervous system.

Another variation is seen in reading 3598-1. In this case the cause was digestive disturbance as a result of overactivity of the glandular forces (system) affecting the duodenum. This in turn was caused by pressure on the spine at the level of the fifth, sixth thoracic (dorsal) spinal segment, which affected the hypogastric and pneumogastric centers. The final results were poor assimilations and eliminations.

Improper attitudes can work to bring about physical problems, including cataracts. In reading 3335-1, this was associated with disturbances in assimilation and elimination, resulting in other problems including cataracts. In reading 5451-2 the patient's poor attitude included improper care for his body as reflected in poor dietary habits, which contributed to developing this illness.

In summary, it can be stated that in the great majority of people for whom Cayce gave readings on cataracts, disturbances in circulation and elimination were the final mechanisms through which the disease came about. In a few instances the basis of the problem was of a nonphysical nature which set into motion forces that brought about a physical condition.

II. Rationale of Therapy

This may be approached under two broad outlines:

1. Physical causes, the most common underlying problem being circulation/ elimination disturbances; others include spinal lesions, digestive disturbances, etc. Appropriate therapy is selected on the basis of what is seen as the major underlying problem.

2. Non-physical causes such as attitudes and emotions. Physical problems nearly always overshadow the non-physical and thus the latter may be easily overlooked. In such instances only partial results are obtained when therapy is directed solely to physical causes. The following illustrations will serve to emphasize this point:

Mr. Cayce: So to relieve this condition we would, with the action of mental force, or expression, over the sensory system so control the circulation as to cause the proper elimination, or eliminating channels to be directed to the specific cause. See?

Mr. [3943]: Yes, sir.

Mr. Cayce: And with the assistance of mechanical forces so adjust all of the system as to make the direct action of both mental and spiritual being centered in the condition to be removed. That is by gentle manipulation along the centers that govern the nerves from the cerebrospinal nerve center itself, and the plexus governing the sympathetic or soul forces and their conjunction points with the sensory organism, and we would then direct, as it were, the energies of the mind and soul forces with the physical attributes in the body to this condition that we wish to remove from this body. Those centers we will find at the cervical region from the 2nd cervical to the 3rd and 4th dorsal. See?

3943-1

What this passage is pointing out is that we must work on all levels-spiritual, mental and physical-for one is just as important as the others. If the physical body is unable to make use of the channeled spiritual and mental forces, little good is done by using physical applications exclusively. This passage also indicates that the higher forces are channeled through the nervous system.

Another example is to be found in reading 5451-2. This patient was already receiving treatments from other sources and was satisfied with what was being done. Cayce indicated in this instance that as long as he (the patient) felt this way, other treatments would not be advised, for they would be ineffective.

... if the body's mind is not to be changed, then wouldn't be best to change the body-for if the body is still convinced within self that that being done is proper, *don't change it!* Let it have its way! For it must learn for itself! 5451-2

III. Suggested Therapeutic Regimen

The following is a summary of the most commonly prescribed treatments. They are aimed at improving the circulation and eliminations and in allowing for better attunement to spiritual forces to provide coordination of the physical, mental and spiritual:

1. *Osteopathy.* Adjustments in the upper cervical and dorsal segments (C1, 2, 3; D1, 2, 3); sometimes in the lower dorsal coordinating with the upper lumbar. Frequency: about twice weekly for five to six weeks with rest periods of two to three weeks. This was by far the most commonly prescribed treatment.

2. *Massage.* With peanut oil (sometimes a combination of oils). Frequency is variable. Again twice weekly would be reasonable, though in one instance it was recommended on a daily basis before retiring. Emphasis to spine, mastoid, temple and chin areas.

3. *Violet ray treatment.* Sometimes recommended only after the first osteopathic series. Would be applied along the spine, head and neck areas for three minutes, then with the double-eye applicator over closed eyes for another one-and-a-half minutes about three times per week.

A Glyco-Thymoline or Epsom salt pack may be used over same areas for 20-30 minutes prior to the violet ray treatments.

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a. Discharge from the eyes may occur with these treatments. This should be wiped off with a non-irritating, antiseptic solution.

b. Potato poultice may also be used after the violet ray treatment. Wash off with weak eye solution that will remove inflammation drawn by the poultice.

4. *Eliminations.* At least once or twice daily using natural laxatives, e.g., Eno salts, Fletcher's Castoria, bicarbonate of soda with cracker crumbs, etc.; colonics, if necessary.

5. *Diet.* A wholesome diet rich in fruits and vegetables. Seafoods are allowed but no meats or sweets. Raw carrots, lettuce, celery, watercress and the like are beneficial.

6. *Vibratory treatment.* Another way of stimulating blood flow is, first, rub the body with cold water to produce shock, followed by fast vibratory treatment (reading 3943-1). Frequency and duration not specified. Twice weekly treatment is suggested lasting 20-30 minutes.

7. *Spiritual counseling, prayer, and meditation.* These are other modalities available to ensure integration of the triune body, mind and spirit.

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March 23, 1980

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BACKGROUND OF READING 57-1 F 69

12/14/29 Letter from [57] to EC: ". . . I would like a picture of the true condition of this vehicle, my body, and especially my eyes. . . "

TEXT OF READING 57-1 F 69

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 9th day of January, 1930, in accordance with request made by self - Mrs. [57], via her osteopath.

P R E S E N T

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

R E A D I N G

Time of Reading 10:55 A.M. Eastern Standard Time. Philadelphia, Pa.
(Physical Suggestions)

1. EC: Yes. Now, we find this body Mrs. [57] - has those conditions as affect same, that are inherent in many - where there has been an overtaxation of the body in the higher vibrations as RELATED to same through the development

period; so that, in the state when there is the fifth or sixth cycle of the changes, MANY of the sensory and sympathetic nerves have lost - by overtaxation - their NOMINAL, or NORMAL, activity. Here we find these conditions existent.

2. In this body, then, we find - while the BLOOD SUPPLY is very good in many respects, the altering or the changing in the pressure - due principally to a nerve condition - rather affecting the functioning organs secondarily, rather than the functioning organs causing or producing this fluctuation.

3. In the elements of same, there is seen that the eliminations as related to the upper portion of the body - especially in that cycle through the central impulse, or from liver, diaphragm, upward; lungs, head, throat, and the organs in same - apparently are slower than those in the lower circulation. This has left, then, the tendencies of the drosses to be more OFTEN left in system, and the sensory organs becoming overtaxed - working not only under this physical condition as a strain, but worked under exterior physical conditions as strain - has thickened the impulse centers from which radiation comes to the upper portion, in attempting to correct same. Hence that inflammation as is left in face, head nerves, in antrum, in sinus. These, then, causing that tendency of the system to assume - in the tissue - that of a catarrhal condition, and these pressures cause distresses for the head - in head noises, throat obstructions at times, eyes distorted in their vision, and in the ducts as about these, as supply that in the activity of same. Not of a central nerve distortion. Rather from that of the capillary, and of the nature that may be called the superficial system in same.

4. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, these, under the nerve strain, have often caused the centralization in various portions of the extremities, and where distresses have been brought - but, being kept equalized, near so, through the relaxation, through the releasing of pressure in centers along the cerebrospinal - have aided materially in setting up a better elimination through portions of the system - and, while not so SEVERE as it has been at times, DOES STILL cause distress.

5. Now, to meet the needs, as we would find them with this body, [57] we would not only - with that of the manipulations, as have and as may be given - keep the condition on that point where not being worse, except occasionally - but we would change these vibratory forces as radiate from solar plexus impulse, brachial plexus impulse, also from the 1st and 2nd cervical center, where the imaginative - or the pressure released is to the system, both through sympathetic and cerebrospinal. These we would change by the low sinusoidal vibration, that will carry from one to another a COORDINATING impulse. This, with the DEEP manipulation, meaning that the consideration of the pressure being from exterior, or posterior and anterior as well - these must be used, then, that will release superficially - and release deeper - those VIBRATORY forces as are set up BY such manipulation. Alternating the treatment, then, at least every other treatment - which should be given every other day - of the ultra violet ray and the Infra red ray, applying the ultra violet to the cerebrospinal or to the back, and the Infra red to the FRONTAL portion - from the upper cervical, the brachial, the solar plexus center.

6. Also we would use those of the antiseptics to keep cleansed the condition in the throat, the eye, the nasal cavity - so that infectious conditions as are thrown off by the respiratory or capillary and lymphatic circulation are not re-infecting in their relationship to the system.
7. As such an antiseptic we would use that of a weakened Dobell's solution.
8. Follow these. We will find better improvement coming for the body. We are through for the PRESENT - but we would give, were the applications made under those supervisions where checks of that application made, it would be much better.
9. We are through.

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R1. 8/7/30 Report: "Mrs. [57] was in hospital for operation on eye 12 days, which interrupted following exactly your instructions."

R2. 8/20/30 She referred Mrs. [1729] for a Life Reading.

R3. 2/16/40 From her estate lawyer: "Mrs. [57] died 11/2/39."

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BACKGROUND OF READING 326-15 F 78

B1. See 326-14 on 3/23/43 for general debilitation, facial neuralgia, etc.

B2. 5/2/44 She requested advice for cataract forming, also for intestinal discomfort, etc.

TEXT OF READING 326-15 F 78

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 2nd day of May, 1944, in accordance with request made by the self - Mrs. [326], 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. (Notes read to and transcribed by Jeanette Fitch.)

R E A D I N G

Time of Reading Set bet. 10:30 to 11:30 A.M. Eastern War 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; this we have had before.
3. As we find, there needs to be the better conditions through the eliminating channels of the body.

4. As we find, Castor Oil Packs over the liver would be helpful. Use this Pack about one hour every day for three days. Apply the electric pad to keep the body rather warm, so the body will absorb the oil. When this Pack is taken off, sponge off with soda water, and then apply Glyco-Thymoline. This should be used with three to four thicknesses of cotton cloth, and apply to body. This does not necessarily have to be warm, but if it is too great a shock to the body, warm, see? Let this stay on for three or four hours.

5. Take five or six drops of Glyco-Thymoline during the day. This may be taken one drop in every glass of water taken, or it may all be put in one glass of water, but through the day, take about five or six drops.

6. Keep the Radio-Active Appliance for the body to gain rest and strength.

7. For the condition of the eye, apply the violet ray, eye applicator. Do this about twice a week. Follow with placing a scraped Irish potato poultice over the eye to cleanse same. Use any good antiseptic to wash out. This should prevent accumulation, and clear the eye of the shadow of the cataract, which is tending to form there, but the eliminations will have to be set up much better.

8. After the three days of Castor Oil Packs, take at least two tablespoonsful of Olive Oil. If there is still the tendency for a burning through the alimentary canal, have a soda and salt enema. This should be near body temperature. Take this on the fourth day. Use the packs three days. Take the Olive Oil internally on the fourth day, and that afternoon, or the next day, have an enema. These will clear the system. Do that.

9. We are through.

(GD's note: Enclosed were directions for preparing Castor Oil and Glyco-Thymoline Packs.)

REPORTS OF READING 326-15 F 78

R1. 5/8/44 Daughter [1013]'s letter: "Mama appreciated the reading so much and she is beginning today to take the treatments. Thanks a million."

R2. 5/14/44 See 281-65, Par. 16-A personal message to Mrs. [326].

R3. 6/28/44 See 326-16 giving further advice for the cataract, the intestinal discomfort, etc.

INDEX OF READING 326-16 F 78

Appliances: Radio-Active: Circulation	Par. 2, 9-A
CATARACTS	
DEBILITATION: GENERAL	
Diet: Debilitation: General	Par. 12-A
Healing: Nursing	Par. 5-A
Meditation: Affirmations	Par. 6-A
Physiotherapy: Applications: Powder, Balsam: Dermatitis	Par. 11-A
: Massage: Myrrh: Debilitation: General	Par. 7-A, 8-A
: Oils, Olive:	Par. 7-A, 8-A
: Packs: Castor Oil: Liver	Par. 10-A
Prescriptions: Kaldak: Debilitation: General	Par. 3, 14-A

BACKGROUND OF READING 326-16 F 78

B1. See 326-15 on 5/2/44 for cataracts, also intestinal discomfort.

B2. 6/28/44 Daughter, Miss [850], requested Ck. Physical for Mrs. [326], saying that Mrs. [326] was becoming almost blind in rt. eye and was still suffering from the intestinal discomfort.

TEXT OF READING 326-16 F 78

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 28th day of June, 1944, in accordance with request made by self, Mrs. [326], thru daughter, Miss [850], Associate Member of the Ass'n for Research & Enlightenment, Inc.

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. 10:30 to 11:30 A.M. Eastern War 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; this we have had before. As we find, the vitality, the resistance, even of numbers as well as constituencies of blood supply are none too active. There is already a slowing in the circulation between the heart, liver and lungs. While the stimulation for the superficial is somewhat improved, we would follow those suggestions indicated in building the greater resistance to that through the Radio-Active and the massage.
3. We would keep body quiet and rest, adding the vital forces for the body, especially B complex or B-1, B-2 and the calcium and iron. These are very well balanced; though the yeast is hard upon the body at times in KalDak, yet it carries the more strengthening vitality than many applications of purely drugs for this body. These kept consistently and we should bring the better conditions for this body.
4. Ready for questions.

5. (Q) If my niece, [307], is unable to care for me, who is the right one to nurse me?
(A) Your own daughter, or daughters, and let them take the time!
6. (Q) How can I get back my sight so I can care for myself?
(A) The applications suggested offer the better help. These you will obtain more in the spiritual sight than the physical sight. These should be kept then as thy prayer oft:
FATHER, GOD, IN THY LIVE AND MERCY REMEMBER ME NOW. THOU KNOWEST MY NEEDS IN BODY AND MIND. I TRUST IT, LORD, TO THEE. MAY THY WILL AND THY PURPOSE IN THE EARTH BE MY WILL AND MY PURPOSE AT THIS TIME. THESE WE ASK IN THE NAME OF HIM WHO IS ABLE TO MAKE INTERCESSION FOR MANY, EVEN JESUS THE CHRIST.
7. (Q) What is the cause for the nervousness and uneasy feeling in my whole left side and lower bowels?
(A) General weakness throughout the body. Thus the stimuli to better the chemical processes and the massage as to equalize it through the various portions of the body.
8. (Q) Anything to be used in the massage?
(A) The oils, yes, as given, equal portions of Tincture of Myrrh and Olive Oil. Heat the oil, not quite to boiling to add The Myrrh.
9. (Q) Is the Radio-Active Appliance that I have been using made correctly for this body?
(A) We would recharge same or demagnetize same and then use again.
10. (Q) Have the packs on the abdominal area been given correctly and have I had enough?
(A) These are very good; these we would skip days but we would continue yet with these.
11. (Q) What should be done for the rash?
(A) Dust same with the powder carrying Balsam in same and the healing powders.
12. (Q) Are oranges good for me?
(A) Grape juice and grapefruit juice would be better, but fresh, not canned.
13. (Q) What laxative shall I take?
(A) Alternation between vegetable and mineral laxatives would be preferable for this body.
14. (Q) How often and what dosage of the KalDak?
(A) Level teaspoonful once each day, dissolved in warm water and then nearly the full tumbler of milk.
15. We are through with this reading.

REPORTS OF READING 326-16 F 78

R1. 9/47 Report by niece, Miss [307]: "Aunt [326] is still living and in good health. No further trouble with the facial neuralgia (or tic douloureux) from which she used to suffer." [See 326-4, Par. R10.]

R2. 11/17/48 Daughter, Miss [850], contributed to E.C.F. campaign for preparing the readings, saying: "Mama is practically blind but still feels she will see because the reading gave her that impression."

R3. 4/24/54 Mrs. [326] died at the age of 88.

INDEX OF READING 403-2 F 71

Appliances: Radio-Active: Circulation: Incoordination	Par. 10, 11, 13-A, 16-A
Arteriosclerosis: Tendencies	Par. 4, 8, 9
BLOOD: CLOTS	
CATARACTS	
CIRCULATION: INCOORDINATION	
Diet: Arteriosclerosis	Par. 8, 9, 18-A
Doctors Suggested: Thompson: M.D.	Par. 15-A
Electrotherapy: Violet Ray: Circulation: Incoordination	Par. 11, 13-A
Heart: Circulation: Incoordination	Par. 4, 16-A
Physiology & Anatomy: Arteriosclerosis : Cataracts	Par. 4, 16-A Par. 4, 6, 7
Psychosomatics: Healing	Par. 17-A
SPINE: SUBLUXATIONS	
Surgery: Cataracts	Par. 6, 7, 14-A, 15-A

BACKGROUND OF READING 403-2 F 71

B1. [403] obtained Life Reading, 403-1 on 9/6/33.

TEXT OF READING 403-2 F 71

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 30th day of August, 1934, in accordance with request made by the son - Mr. [256], 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. Mr. [256], Mildred Davis, L.B. and Hugh Lynn Cayce.

R E A D I N G

Time of Reading 11:30 to 11:55 A.M. Eastern Standard Time. . . . , Mass.
(Physical Suggestion)

1. EC: Yes, we have the body here, [403].
2. Now, as we find, there is somewhat of a complication of disorders that disturb the body at times as to its better physical functioning. These are from specific

conditions that exist, and from the effect of the circulations not being nominally distributed through the system; producing then an effect that is hard to cope with, when the specific conditions that disturb organs are concerned.

3. These, then, are the conditions as we find them with this body, [403], we are speaking of:

4. We find that the BLOOD SUPPLY shows the effects of the abnormal circulation, as well as the effect of the organs of circulation being specifically disturbed; for there has been for some time back in the body an engorgement that may be termed something of an aneurysm in the circulation from the lungs to the heart. Had this been altered in times back, in regard to the impulses from the centers or ganglia that were disturbed that produced this condition, this might have been corrected. In the present we have the body having under the existent conditions adjusted itself to the conditions; thus producing this engorgement and the activity of the valves in the heart's action itself, thus necessitating at times the stimulations that produce the coordination between the off-throw and the intake - or that cause the coordination between the aorta artery and the larger artery that circulates through the liver to take the flooding of the circulation from the lungs and heart themselves.

5. This in the present we would not change from that which has been and is being administered for the meeting of these emergencies that arise in the system.

6. From this same connection, however, we have a slowed circulation from the pressures in the 1st, 2nd and 3rd dorsal, 3rd and 4th cervical, that have left accumulations in the activities of the circulation through the sensory system specifically and in other portions of the body sympathetically. This has produced the congestion of forces in the system that cause the distress in the active forces in the sensory activity, especially to the vision where there has been an accumulation in such measures as to make for a hindrance or a growth that has obscured and does obscure the activity of the optic forces within themselves. This with the condition that exists is then rather a serious matter to make for a coordination in the system without proving detrimental effects upon other portions of the circulation. This might be absorbed were there the ability to set up drainages in the system that would make for an increased circulation, thus removing the refuse forces that have made for these accumulations in this specific or particular portions of the body. This has produced the congestion of forces in the system that cause the distress in the active forces in the sensory activity, especially to the vision - where there has been an accumulation in such measures as to make for a hindrance or a growth that has obscured and does obscure the activity of the optic forces within themselves. But to increase same would be to make for a detrimental effect upon the activities of those portions as we have indicated that have adjusted themselves to the conditions in the system.

7. Hence, as we find, it will be the better later - as the accumulations make for a separation in the system to the extent that these will not produce too great a strain by the removal of same; or they segregate themselves sufficiently that these may be removed by the operative forces. But until they have separated themselves it is well that this would not be done, for we would produce then a

chrysalis in the effluvia and fluids of the eye itself that would prove detrimental to the activity or to the ability to remove same without causing a greater distress.

8. Then, in meeting the needs of the conditions as we find them with this body, [403], we are speaking of, we would keep rather on an even keel - or making for the better coordinations as near as possible in the use of the diets that will aid in keeping the body-building forces without producing an excess of avoirdupois, or that would make for the slowing or the hardening of any of the walls of the circulatory system; or keeping away from those things, then, that form any sort of a stamen [stamina?] for crystallizing the activity in the action of the nerve forces or the walls of the arterial or venous circulation.

9. Hence, the diets that have been outlined for the body are very good.

10. We would only add that the Radio-Active Appliance in its regular activity be used to aid materially in creating a balance and easing the circulation through the system. This would be attached to the extremities of the body, one opposite the other; or applied a few minutes two or three times a day as the body rests - not as it attempts to sleep, but taken before retiring or before the periods of the digestive activity will be found to be very beneficial. Hence it would be kept in such a state or order that is charged by the activity of the cold upon the elements within the battery formation itself, in such a way as to become effective as soon as attached to the body. It would be attached to the wrist and ankle for fifteen to twenty minutes three or four times a day, to be most helpful, alternating to opposite extremities at each application; that is, one time it would be attached to the right wrist and left ankle; the next application it would be attached to the left wrist and right ankle; but always to the wrist first. The alternation would be at each application instead of each day, but the battery should be kept - as it were - on charge. When not in use disconnect at the container of the battery, you see, but keep with the ice - or the cold about same, so that when attached it is ready for activity. This will ease the circulation, thus relieving a strain in the internal circulation and making for a more even activity in the blood supply through the system.

11. We would also find that the application of the violet ray to the upper dorsal and the cervical area will relieve the tension at times to the eye, as well as to the heart's circulation. Such treatments we would not take too great a period at a time, especially until there had been sufficient lapse of time or sufficient activity with the equalizing conditions in the low form of the vibrations from the Radio-Active forces. The applications would be made as the body is ready to retire, or when there come those periods of over anxiety from the strain from any of the activities in the system. From ten to twelve minutes would be sufficient each time, making the application three to four times a week - the hand violet ray machine.

12. Ready for questions.

13. (Q) Are the present treatments for the eyes beneficial?

(A) They only make for an EASING - they are not any CONSTRUCTIVE measures, but - as we find - with the addition of that which eases the circulation, and that which aids the activities from the ganglia in the upper dorsal and cervical area such as to relieve the pressure (through the Radio- Active Appliance and the violet ray applications), these may be made more effective.

14. (Q) How long before the operation should take place?

(A) This would depend upon the responses of the system to the applications. Not until it is seen by the examining surgeon that the condition has entirely separated itself from the ball activity itself, see? For, as indicated, until this separation has taken place, it would form a chrysalis or crystallizing of the influences that are left in the form of sedimentations to produce greater strain and a great detriment to the eye itself.

15. (Q) Would Dr. Thompson of Commonwealth Ave., Boston, be the proper person to perform the operation - the one who has been giving treatments?

(A) Yes, very good. Very efficient.

16. (Q) Just what is the condition of the heart, and any special treatments or precautions other than given?

(A) As described, this is an overflow from the connection between the lungs, the heart, the liver and the heart, or through the aorta artery, see? the large trunk to the head, you see, and the circulation that is carried from the heart to the liver itself; and is a FORM of an overflow, or the relaxing of muscular forces in the cardiac or secondary cardiac plexus that has produced or brought about the condition.

The present precautions that are taken. No undue exercise. No undue excitement. And keeping as quiet as possible. These precautions make for the better conditions of the body. The equalizing of the circulation through the activity of the low form of electrical vibration in the Radio-Active Appliance will make for KEEPING this farther from its congesting area, and thus be helpful.

17. (Q) Are there any suggestions to aid the mental condition?

(A) As may be indicated from all forms of applications that have been suggested or given through the influences upon the physical and mental forces of the body, the body in its mental attitude should keep the nearer to knowing that there is sufficient grace and mercy in the life-giving forces in the body to KEEP the body efficient to meet all the emergencies; that it may carry out in its experience the necessary forces for maintaining that equilibrium with the creative energies in Life itself.

18. (Q) What special foods should be avoided?

(A) Those of any nature that create a tendency for the accumulation of too much iron, silicon, or any of these; only in sufficient quantities for the keeping of the blood rich with its necessary vitamins or forces to create the proper cellular force in the circulation. Hence these are to be avoided in any great quantity. Do these and, as we find, we will bring the better conditions - and much easier periods for this body, [403]. We are through for the present.

REPORTS OF READING 403-2 F 71

R1. 10/12/34 [403]'s son, [256]'s letter:

"Both Mother and sister [338] have been very much pleased with their readings."

R2. 6/13/37 [403]'s daughter, Miss [338]'s letter: "Mother is not very well at present."

R3. 7/15/38 See 403-3.

INDEX OF READING 458-2 F ADULT

CATARACTS: GLANDS: INCOORDINATION

GLANDS: INCOORDINATION

Osteopathy: Spine: Subluxations Par. 11

Prescriptions: Alcohol, Grain: Glands:
Incoordination Par. 8
: Calisaya Elixir: Par. 8
: Ginseng, Wild: Par. 8
: Rhubarb, Syrup of: Par. 8
: Valerian, Tincture: Par. 8
: Water, Distilled: Par. 8

Psychosomatics: Healing Par. 6

SPINE: SUBLUXATIONS

Surgery: Preventive: Cataracts Par. 5

BACKGROUND OF READING 458-2 F ADULT

B1. See 458-1 on 11/26/33, for spinal condition, extreme nervousness, etc.

B2. 1/25/34 Mother's ltr. : "The osteopathic treatments are helping her general health and the extreme nervousness is passing away. But now the sight in her right eye is dim. Sometime ago (3 yrs.) we took her to a specialist and he said there was a small posterior cataract and nothing could be done to help it. Now it is worse. We want you to help us by giving a rdg. on this condition to advise us what doctor to consult. This is so serious and you told us about the other condition which no doctor had discovered, so we hope you will be successful in finding a help for her eyes.

"At the same time could you tell us if there are any foods that are harmful or especially helpful for the skin condition."

TEXT OF READING 458-2 F ADULT

This psychic reading given by Edgar Cayce at the home of Mr. and Mrs. Ernest W. Zentgraf, 400 St. Paul's Ave., Stapleton, S.I. , N.Y. , this 29th day of January, 1934, in accordance with request made by self, Miss [458], Associate Member of the Ass'n for Research & Enlightenment, Inc., through her parents.

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. Helene and Margret Zentgraf, and Charlotte Palmedo.

R E A D I N G

Time of Reading 4:15 to 4:30 P.M. Eastern Standard Time. . . . , N.J.

(Physical Suggestion)

1. EC: Yes. We have the body here, [458]; this we have had before.
2. As we find, in some respects conditions have changed since last we had same; some for the better, some very much for the worse. For, reactions that were indicated from the applications of influences that affect the activity in portions of the body have made for changes that are not so good in the better physical (or mental, rather) and spiritual forces of the body.
3. In these respects, as we find, tissue - that has affected, does affect glands in the body that secrete for the fluids that make up the basic forces of nerve energies to a portion of the body - has been injured by these reactions.
4. And if there will be added into the system those things that will make for the reaction that will allow the body to become revived, and if the corrections will be made in more alignment - as we have given for the alleviating of conditions that disturb the superficial circulation - rather than so severe in some quarters without respect to the others, these may bring for the body a gradual reaction that will allow those influences in the system to revivify and to replenish sufficiently for the overcoming of these conditions.
5. Do not allow any operative measures or local applications for any disturbances in the sensory system, for it is rather constitutional - as indicated from the disturbance in the impulses in glands' reaction for building in portions of the system, than from any PHYSICAL reactions in the organs.
6. Keep in a darkened room, or with very heavy darkened glasses; and DO NOT become morose. Do not doubt the abilities of those influences in the spiritual life to meet the needs of the body physically, mentally, spiritually, and we will revivify these things.
7. Then, prepare this to be taken internally, as a tonic:
8. First we would take Wild Ginseng, 2 ounces of same - not tame, but WILD Ginseng - 2 ounces. Beat this, or grind same, and to this add distilled water 16 ounces. Put this in an earthen or enamel container, that may be covered with either glass or enamel cover - not with tin covers, as sometimes comes. Reduce this by slow boiling, not fast, until - when strained off - there is at least 10 ounces left. See? To this then add:
 - Grain Alcohol. 2 ounces,
 - Tincture of Valerian. 1/4 ounce,
 - Syrup of Rhubarb. 1/2 ounce,
 - Elixir Calisaya. 1/4 ounce.
- The dose of this will be (shake together before the dose is taken) half a teaspoonful three times each day.
9. The diets should be well balanced, but be mindful that there is not taken too much starch nor too much sugar in the diet that may be prepared for the body. We would not give an outline for the diet, but we would rather that those making the applications study that which will build a general strength for nerve influences in the system.
10. After a period of at least twenty-six to thirty days we would give changes.

11. Keep the treatments for the cerebro-spinal system, but MAKE the alignments; NOT making for such specific treatments as to cause centralization of any deadening factor in the nerve supply of the body.

12. Ready for questions.

13. (Q) No other treatment suggested for the eyes at this time?

(A) We have just given, DON'T treat the eyes! Anything but the eyes; anything but the effects even, save as to keep them cleansed from anything that makes for secretions where poor activity of the optic forces causes a secretion about the balls themselves.

14. That is all the questions for this body.

15. We are through with this reading.

REPORTS OF READING 458-2 F ADULT

R1. 5/4/34 Mother's ltr. : "We took [458] to the gland doctor who has been prescribing for her and he said she had a partial cataract on the right eye when we first brought her to him, and it had simply grown worse and sent us to an eye specialist whom he could trust and HE said that the cataract was complete and could be operated on and be removed, but I said we would wait until her skin condition was better before we would think of such a thing. He said not to wear black glasses except in bright sunlight.

"Since then we have given her the 'Dr. Hay' diet which is based on a small protein content, also the combination of foods, and her skin is certainly better and she says she thinks her eye is some better - her eye looks better.

"A couple of weeks ago a Mrs. Gertrude Steele Chambers gave a course of Psychology (Applied) and [458] attended and took it all in - and consequently is very much happier."

INDEX OF READING 592-4 M 73

CATARACTS

Doctors: Graedle: M.D.	Par. 7-A
Doctors Suggested: Rome, Sol: M.D.	Par. 7-A
Surgery: Cataracts	Par. 2

BACKGROUND OF READING 592-4 M 73

B1. See 592-3 on 11/6/35 for prostatitis.

B2. 5/1/38 Mr. [257]'s letter: "[592] is in bad shape and doesn't know what to do." He submitted questions in re Mr. [592]'s blindness from cataracts on both eyes, proposed surgery, etc.

TEXT OF READING 592-4 M 73

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of May, 1938, in accordance with request made by the self - through Sponsorship of Mr. [257], 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 11:30 to 11:35 A.M. Eastern Standard Time.

Apt. 115, Chicago, Ill.

(Physical Suggestion)

1. EC: Yes - we have had the body here before.
2. The acute conditions, as we find, that arise from infectious forces, would be offered the better opportunities through operative forces - if properly cared for and preparations made; and not attempt to do it all at once, but a little at a time, allowing the body to recuperate before attempting the next.
3. But unless the system is kept very clean, infectious forces will be of such a nature as to cause a great deal of anxiety and disturbance.
4. Hence it is dependent upon the physician's attitude, the physician's not mere reputation but desire and purpose!
5. Then as we find, choose the right one.
6. Ready for questions.
7. (Q) Who is the best doctor to aid? Graedle, 58 E. Washington, or Sol Rome, 622 West Diversy Parkway?
(A) Sol Rome as we find would be preferable.
8. (Q) What is condition of right eye?
(A) As indicated, there are accumulations - and growths.
9. (Q) In both eyes?
(A) Not so much in one as in the other.
10. We are through with this reading.

INDEX OF READING 773-8 M 4 ½

CATARACTS: TENDENCIES

Diet: Cataracts

Par. 5

EYES: INJURIES: AFTER EFFECTS

BACKGROUND OF READING 773-8 M 4 1/2

B1. See 773-7 on 10/26/35.

TEXT OF READING 773-8 M 4 ½

This psychic reading given by Edgar Cayce at the David E. Kahn home, 44 West 77th St., Apt. 14-W, New York City, this 29th day of October, 1935, in accordance with request made by the mother - Mrs. [903], 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. [903] and [773] and Mabel B. Warren.

R E A D I N G

Time of Reading 12:00 to 12:05 P.M. Eastern Standard Time.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before, [773].
2. In the conditions as we find, while there are the attempts and the activities in the system in which there is the throwing off of the lymph and the secretions from the eye activity - that in the present cover BOTH of the portions of the vision, if there are kept those activities that have been indicated - unless inflammation or some other conditions arise - these accumulations should be absorbed and eliminated from the body WITHOUT producing any condition that would be of a distressing nature.
3. We would add those influences through the diet that keep a normal blood and body-building; keeping the eliminations; and caring for the eye as indicated - through keeping down the inflammation by the use of the antiseptics that are being used.
4. And NATURE should care for itself.
5. In the diets we would have those things that make for not too great a flow of activity through the gastrics or any of the activities. But iron, silicon, those influences that are ASSIMILATED through vegetable forces are the better, as we find.
6. (Q) Has the lens been injured?
(A) We do not find it so.
7. (Q) Is the doctor correct in diagnosing it as a cataract?
(A) It is not necessary that this BECOME a cataract, if the activities through the body are sufficient to disperse or to absorb same in the eliminating system. Should the absorption NOT occur, then - of course - it makes for a hindrance, or a cataract. But the body SHOULD be able to absorb same. The doctor knows his business, and is taking care of it. Follow that. We are through for the present.

INDEX OF READING 773-9 M 4½

CATARACTS: TENDENCIES

Doctors: Dobbins, Frank P.: D.O. Par. R1

EYES: INJURIES: AFTER EFFECTS

Healing: Consistency & Persistency Par. 10-A

Osteopathy: Cataracts Par. 3, 5, 10-A, 11-A,
13-A

BACKGROUND OF READING 773-9 M 4½

B1. See 773-8 on 10/29/35.

TEXT OF READING 773-9 M 4 1/2

This psychic reading given by Edgar Cayce at the Warshawsky home, 3046 Webb Avenue, Detroit, Michigan, this 18th day of November, 1935, in accordance with request made by the father - Mr. [257], 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. Hugh Lynn Cayce.

R E A D I N G

Time of Reading 5:25 to 5:30 P.M. Eastern Standard Time.

. . . Street, New York City.

(Physical Suggestion)

1. EC: [773]. Yes, we have those conditions and those disturbances, as we have had here before.
2. As we find, there needs be only those precautions, those cares taken in the administration of the cleansing solutions for the eye YET; that there may be, with the absorptions from the general circulation, the removal of those tendencies for scar tissue to become permanent - or to produce upon the retinae a circulation that will produce greater eliminations.
3. And we would find that this may be best done not only with the wash, and the precautions and protections from the glass (which is being used, and is very good), but with manipulations osteopathically given; that may be had through the administrations of one in accord with those influences for the body itself.
4. And we would find that in this manner the system would not only concur in reproducing those cellular forces necessary to overcome the injured portions, but there would be other conditions materially aided - through disturbances that have been existent in the system by the lack of the ministrations of cellular forces through the circulation.
5. These osteopathic manipulations given once a week would be MOST helpful.
6. Keep the diets that have been indicated for the body.

7. And we would find that these will bring the more satisfactory results for the injury and for the general conditions of the body.

8. Ready for questions.

9. (Q) The second doctor says lens was punctured. Is it so?

(A) WE find, as given, this was NOT punctured, but was only injured by the activity of the effect OF the injury upon the other portions as indicated - in the retinae and in the cornea.

10. (Q) If not, why the cataract forming over eye?

(A) If there are the applications made as indicated, these accumulations would be gradually absorbed and NOT form a cataract.

This is not a true cataract as yet. It is merely the secretions, or the attempts of the system in its activity to protect injured portions.

Now, there is the necessity of absorption through drainages - or stimulated circulation to the centers from which the eyes or optic forces receive their stimuli; in the upper dorsal and through the cervical area - which would remove these conditions, if they are done CONSISTENTLY and persistently, and not leave injuries to the eye.

11. (Q) Is it possible to improve the body's diet?

(A) Follow those things that have been outlined. The better stimulation to the system will be through the osteopathic manipulative forces, as here indicated. Do that.

12. (Q) Is he wearing proper eye glasses?

(A) As indicated, the eye glasses in the PRESENT are very good.

13. (Q) How deep does wound now show?

(A) As just indicated. Keep the osteopathic manipulative forces; adding same only to those things that are being done.

14. We are through with this reading.

REPORTS OF READING 773-9 M 4½

R1. 1/12/36 Letter from [773]'s father: ". . . [773] is so much better since Dobbins worked on him. . . "

R2. 2/2/36 Letter from [773]'s father: ". . . His eye is getting better. The body seems to be taking it up a little at a time. . . "

R3. 3/11/36 Letter from [773]'s father: ". . . [773]'s eye is better but it hurts a little now. . . "

R4. 3/18/36 See 773-10.

INDEX OF READING 773-10 M 5

ANEMIA

CATARACTS: TENDENCIES

Eyes: Glasses: Cataracts: Tendencies Par. 5
: INJURIES: AFTER EFFECTS

Healing: Physical: General Par. 9-A

Osteopathy: Cataracts Par. 4

Prescriptions: Ventriculin With Iron: Anemia Par. 3

BACKGROUND OF READING 773-10 M 5

B1. See 773-9 on 11/18/35 and subsequent Reports.

TEXT OF READING 773-10 M 5

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 18th day of March, 1936, in accordance with request made by the father - Mr. [257], 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 3:20 to 3:30 P.M. Eastern Standard Time.

. . . Street, . . . , New York.

(Physical Suggestion)

1. EC: Yes, we have the body here, [773]; this we have had before.
2. As we find, there is much to be desired outwardly; yet the general physical reactions that are taking place are very good. There are improvements in many directions.
3. And there should be some precautions taken in adding to the enzymes of the body. As we find, given under the directions of a physician, VENTRICULIN WITH IRON would provide much that would aid in the katabolism of the digestive and assimilating forces, and that would strengthen the blood supply for better reserve and better reaction through the physical forces of the body.
4. In those conditions with the localized disturbance in the eye, we find that the manipulative measures have been most beneficial. We would continue with these once or twice a week, or once a week for one week and twice a week the next week; so that there are the drainages continuing to be set up. For as indicated by the discharge, the drainages or accumulations are continuing to be thrown off - and will be absorbed if there is kept the proper MANNER of circulation through

the way in which the manipulative forces may not only aid in the drainage but in stimulating the circulation to the affected parts.

5. When in strong light there should be used, to be sure, the glasses that would shade or protect the eye; or BOTH eyes for that matter. Either the smoked or the rose glass would be preferable to brown or other shades.

6. These as we find, though, followed along those lines as indicated here - and as have been given - will make for bringing about nominal, normal development for the body.

7. Ready for questions.

8. (Q) What has really taken place since the accident?

(A) As indicated, there has been the attempt to meet the emergencies; the attempt of the system to absorb those portions that overlap and the necessary coagulating centers or areas produced BY the stitching and the incision in a portion of the retinae itself.

9. (Q) Has the lens been injured at all?

(A) If there is the proper care in the manner as indicated, the injury that has been shown should adjust itself.

Remember, and consider that which has been told and IS existent: The BODY RENEWS ITSELF continually! Then, set that in order in which the renewing of all tissue may be done in order - and in a manner as to RESUSCITATE injured portions!

10. We are through with this reading.

REPORTS OF READING 773-10 M 5

R1. 3/29/36 Letter from [773]'s father: ". . . [773] could see at least six feet today in the injured eye and even though he had the drops in it. Dobbins is thrilled over it. Let's hope it keeps on. What do the treatments that you suggest do to the body - it is said to be dried pigs' stomach - by Dobbins. Do you know anything about it at all? Write me on it as I want to begin on it. . . "

R2. 5/29/36 See 773-11.

INDEX OF READING 773-11 M 5

CATARACTS: TENDENCIES

Doctors: Erlanger, Gustave: M.D. Par. 9-A

EYES: INJURIES: AFTER EFFECTS

Injections: Hypodermic: Atratin: Not Recommended Par. 8, 11-A

Osteopathy: Cataracts Par. 3

Prescriptions: Codliver Oil: Anemia Par. 7
: Ventriculin With Iron: Par. 2, 7

Surgery: Cataracts Par. 4

BACKGROUND OF READING 773-11 M 5

B1. See 773-10 on 3/18/36 and subsequent Reports.

TEXT OF READING 773-11 M 5

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of May, 1936, in accordance with request made by the parents - Mr. & Mrs. [257] and [903], Active Members 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 4:40 to 4:45 P.M. Eastern Standard Time. . . . , New York.
(Physical Suggestion)

1. EC: [773]. We have the body here; this we have had before.
2. There are still, as we find, those conditions to be eliminated not only from the injury and the scar tissue in the eye but the general condition in the manner in which the enzymes may react - or the vitamins that work with the glandular forces in the blood supply of the body.
3. As we find, the greater aid, the greater help can come to the body from the massage that will aid in the distribution of energies through the system, also set up drainages for those particular portions of the body as with the circulation in the head and to the eyes specific.
4. If there are the continual accumulations that necessitate operative forces for the removal of some portion left, well. This however, as we find, should not be done until the body has been corrected and there is given the opportunity for nature's measures to carry on in such a way as to create the proper restoratives, the proper activities through the body.

5. To continue to irritate the membranes about the optic centers may eventually produce irritations as to DESTROY any opportunity of nature adjusting itself.
6. Ready for questions.
7. In the blood supply, to make for body-building, as we have found and given, the enzymes that make for the body-building forces in the blood stream are those necessary. If these are not desired to be used, then use that which is of the body-building nature through the cod liver oil, with the proper cleansing forces.
8. Continued irritation, either by the injections or the giving of anything into the nerve or the eye itself is more injurious than helpful.
9. (Q) Would treatment by Dr. Erlanger, 20 West 77th St., remove remaining cataract?
(A) As we find, the more preferable manner is as has been indicated.
10. (Q) Is it true lens is gone? Why is the pupil now pear-shaped? Can that be corrected?
(A) With the proper adjustments of the bodily functionings of the WHOLE of the nervous system, let the blood supplies adjust THEMSELVES for the present. To CONTINUE to irritate is harmful.
11. (Q) Should Atratin be discontinued?
(A) As has been indicated.
12. We are through with this reading.

[GD's note: The mother [903] (Jewish) would not give Ventriculin because it was made from pigs.]

REPORTS OF READING 773-11 M 5

R1. 7/6/36 See 773-12.

INDEX OF READING 773-12 M 5

CATARACTS: TENDENCIES

Doctors: Erlanger, Gustave: M.D. Par. 10-A, 11-A, 21-A

Eyes: Glasses: Cataracts: Tendencies Par. 2, 3, 6-A, 7-A
: INJURIES: AFTER EFFECTS

Physiotherapy: Applications: Eyewashes:
Boric Acid Par. 18-A-- 20-A

Prophecy: Prognosis: Withheld Par. 16-A

Soul Development: Constructiveness Par. 23-A

BACKGROUND OF READING 773-12 M 5

B1. See 773-11 on 5/29/36.

TEXT OF READING 773-12 M 5

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 6th day of July, 1936, in accordance with request made by the mother - Mrs. [903], 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. [903], L.B. and Hugh Lynn Cayce.

R E A D I N G

Time of Reading 11:25 to 11:40 A.M. Eastern Standard Time. . . . , Va.
(Physical Suggestion)

1. EC: Yes, we have the body, [773]; this we have had before.
2. As we find, the general physical conditions are progressing most satisfactorily. There are those precautions which should be taken regarding the too strong a light and yet not making the light so shaded as to make for a weakness when the glasses or shades are removed when the body removes glasses.
3. These as we find of the smoked or the rose would be the preferable, rather than those that are too dark or brown or yellow.
4. In the general activities of the body, these we find much improved. The vitalities, the blood supply, we find much improved. And we only need to take those precautions in the present.
5. Ready for questions.
6. (Q) Should the glasses be worn constantly while in the sun?
(A) While in the sun or on the beach, preferable to be worn. When in the shade or in the evening, remove same.

7. (Q) He can't wear them in the water, as the water splashes and blinds him. Would it be harmful to remove them while in water?
(A) This would be harmful if there's too strong a sunlight, for the reflection from water is much stronger than from sand or from earth.
8. (Q) What causes swelling of the eyelid?
(A) The refuse forces where there is the strengthening of the circulatory forces to the eye, and inflammation arises from glare.
9. (Q) What treatment to remove same now?
(A) Only keep those things as indicated. These should be cleansed, of course, morning and evening - or when returning from such activities - with a weak solution of any cleansing fluid, see?
10. (Q) What are the results of treatments by Sanion Method by Dr. Erlanger, N.Y.C.?
(A) These are very good. As has been indicated, these would not be harmful unless kept as an irritation, but be helpful to the body.
11. (Q) Is it an irritation?
(A) It is at times an irritation. The circulation as created by the influences of the coordination between sympathetic and cerebro-spinal should arise from its associations and connections with the central nerve forces or circulatory forces, and not LOCAL.
12. (Q) Should drops now being administered be continued?
(A) When necessary, or at times very well. These are only to act as a cleansing solution.
13. (Q) Should that be used with the other cleansing?
(A) It may be used with it or it may be used instead of others, as has been given. Only use those that are as a cleanser for the mucous membranes about the eye and eyeball to prevent irritation.
14. (Q) Is once a day sufficient?
(A) Preferably it should be of morning, after sleep, and when returning in the evening from the exercises of the day.
15. (Q) What is condition of lens now?
(A) These as we find are very satisfactory, considering the whole conditions; only the scar tissue that needs those changes as indicated by the system's being kept in such a condition as to absorb as much as possible.
16. (Q) Will the pear-shaped pupil go back to normal?
(A) Will he still be seeing tomorrow? This might be just as easily answered! This depends upon circumstances, upon conditions, upon the activities. It should! As to whether it WILL, will depend upon the activities of the body. The conditions are as has been given. DO these!
17. (Q) Is the lens still there?
(A) If it wasn't there wouldn't be any vision at all!
18. (Q) Is Boric Acid solution well to be used at night as a cleanser?
(A) This is a very good solution.
19. (Q) Should be inside as well as outside?
(A) This should be used as a cleansing of the ball and of the lids.
20. (Q) And the drops used in the morning?

- (A) Drops used in the morning will be satisfactory, if these are cleansed off, yes.
21. (Q) Should the Sanion treatment be continued upon returning to New York?
(A) That depends upon the condition. Might be examined and then allowed to depend upon the condition and that as is happening or being carried on in the eye activity.
22. (Q) Why do doctors say lens has been practically absorbed?
(A) They say what they choose to say!
23. (Q) What are the suggestions for the mental development?
(A) Keep those constructive influences about the body, for these will tend to those influences as has been indicated; and as these are kept as a portion of the experience they make for not only a recalling but as a conscious development of the activities of the body.
24. We are through with this reading.

REPORTS OF READING 773-12 M 5

R1. 8/18/36 Letter from [773]'s father: ". . . [773]'s eye has been somewhat inflamed since he returned but we are still taking him through the regular procedure as suggested. . . "

R2. 11/16/36 See 773-13.

INDEX OF READING 773-13 M 5½

BACILLOSIS

Child Training Par. 22-A-- 26-A

Doctors: Erlanger, Gustave: M.D. Reports

Electrotherapy: Electrophoresis Reports

EYES: INJURIES: AFTER EFFECTS

Human Relations Par. 26-A

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Nature: Child Training Par. 25-A

Osteopathy: Bacillosis Par. 7, 8
: Tonsillitis Par. 20-A

Prescriptions: Codliver Oil: Bacillosis Par. 13-A-- 17-A
: Viosterol: Not Recommended Par. 13-A, 14-A

Surgery: Tonsillectomy: Not Recommended Par. 20-A

TONSILLITIS

BACKGROUND OF READING 773-13 M 5½

B1. See 773-12 on 7/6/36 and subsequent Reports.

TEXT OF READING 773-13 M 5 1/2

This psychic reading given by Edgar Cayce at the home of David E. Kahn, 20 Woods Lane, Scarsdale, N.Y., this 16th day of November, 1936, in accordance with request made by the mother, Mrs. [903], Active Member of the Ass'n for Research & Enlightenment, Inc. , Virginia Beach, Va.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [903].

R E A D I N G

Time of Reading 11:40 to 11:55 A.M. Eastern Standard Time. . . . , New York.
(Physical Suggestion)

1. EC: Yes, we have the body here, [773]; this we have had before.
2. Many conditions show some change in the general reactions of the body from that we have had here before; many for a great improvement, many that need

some care and attention, others that need the regular routine of precautionary measures to keep the better physical forces of the body.

3. These, then, are the conditions as we find them at present with this body, [773]:

4. The blood supply indicates that the stimulations to the lymph circulation have at times not been carried sufficiently far to produce the better drainages from the organs of the throat and of the tonsils, the nasal passages; so that there are some irritations in these directions - especially when there is the inclination for the body to become rather superacid from either lack of eliminations, cold or congestion or overheating of the body and the change in the blood supply.

5. We find the blood supply much improved from that as we had indicated before, and there is an increase in not only the number of resistances in the white blood or leucocytes but also in the number of the red blood supply. These are good.

6. Those conditions as we find through the optic forces of the body show some improvement. And we would continue with those vibrations set up for the production of absorption.

7. But we WOULD PRODUCE that stimulation for drainages through adjustments or manipulations to the cervical and upper dorsal area for the body. This will also aid in the reduction of the excesses that tend to show themselves in the digestive system where there is a tendency for an increase in the number of bacilli that should act upon the system, until they become rather excessive. These drainages then become necessary, as we find, and are BETTER produced by manipulative measures than excesses of cathartics or those things that would tend to produce an excess peristaltic movement or flow of lymph to the intestinal tract.

8. So, when the manipulations are given, stimulate - with the vibrations - the liver area, the spleen, those through the pancreatic area. And this will aid in bringing the bettered conditions for this body.

9. Do that.

10. In those applications that are being made in all of the activities, these we find very good. Do not give excesses of ANY activity that will cause in a developing system, that is developing greater resistances, the DEPENDENCE upon influences outside of the body to the excess of that as may be produced WITHIN the body.

11. The diet as we find is VERY good.

12. We would find those properties helpful that produce a greater quantity of the hormones for the blood stream; but these may be obtained by the use of those properties given - but NOT with the excess of the viosterol.

13. (Q) What is the best Cod Liver Oil for this body, and how taken?

(A) The Halibut Oil is alright and has an excess of vitamins, but with the condition of THIS body - not with the viosterol, IF the stimulations are given.

14. (Q) What is viosterol?

(A) An activity upon the mucous membranes of the eliminations for portions of the body itself.

15. (Q) What should be taken?

- (A) The stimulation as has been given, that may be made rather to the OUTSIDE of the body for these activities.
16. (Q) Should any Cod Liver Oil be taken?
(A) It should.
17. (Q) Once a day?
(A) Once a day for two to three weeks, and then rest a week, will be found to be much more effective.
18. (Q) What causes the slowness of the body-movements?
(A) The inclinations or tendencies for an increase of those bacilli in the system as has been given, should be stimulated by the eliminations to become less and less active in the digestive system.
19. (Q) What is condition of the lens of the eye?
(A) It is showing, as has been indicated, greater improvement. Hence we continue with those activities that tend to make for a stimulation for drainages and for eliminations from the system of excess forces produced by scar.
20. (Q) What is condition of tonsils and should they be removed?
(A) As we find, we would treat osteopathically those conditions not only in the throat or in the tonsil but in the back portions of the nasal passages also, that tend to make for this filling up. If there are the stimulations and drainages for those portions of the body as indicated, we would not remove the tonsils under existent conditions - but their removal may eventually prove necessary. But not in the present. When there has been so much of shock, so much of a strain upon the system through those conditions that have existed, it would be detrimental in the present.
21. (Q) Should any teeth be removed?
(A) This would depend upon the local conditions, and these should be looked after occasionally. But as we find, until there is greater formation of those that are to take their place, not necessary for their removal.
22. (Q) Is the body in the proper home and school environment to develop according to indications made in his life reading [773-1]?
(A) Excellent!
23. (Q) What changes, if any, would be advisable?
(A) No changes, for as has been indicated, those conditions, those surroundings, are excellent.
24. (Q) How can a sense of humor in this body be developed or cultivated?
(A) It is natural with the body. The deeper sense of humor is not always appreciated by those conditions as exist in the surroundings. But if there is the health, if there are the resistances, this is a NATURAL DEVELOPMENT of the body. But it is a subtle sense and not that of a hilarious nature.
25. (Q) Advise his mother on how to continue, to further his development.
(A) As has been indicated, the higher sensitivenesses of the body are seen in VIBRATIONS about the body. Nature, music, the higher arts and all ARE a portion naturally of the entity's whole being. Those things that pertain to humor in same, those things that acclaim the activity of such in the experience of the developing body in nature; in the voice, we might say, OF nature - the stars, the wind, the sun, the moon, all of these have their place in the experience of this

entity - rather than those that may be called the heyday influences about the body. Not as to produce or cause the developments for the body to become more and more morose or set aside, but keeping in those environs to play with those of his own group; the appreciations of companionships, as may be seen in the BEAUTY of their relationships - these should be the trainings and the developments for this entity.

26. (Q) How can his brother, [759], bring greater happiness to [773]?

(A) These problems, to be sure, are presented. For they each have their own likes, their dislikes. To tell how one or the other should react - that are of the same developing mind - would not be in accord with the development of each of the entities' experiences. But rather let each work with harmonious influences. And this must be impressed by those who direct, rather than to the individual itself. Purposes and causes, desires and wishes are all to be taken into considerations, in the dealings of one developing mind and body with another in a material world, as conditions progress.

27. We are through for the present.

REPORTS OF READING 773-13 M 5 1/2

R1. 1/30/37 Father [257] wrote: "[773] can now see the water line of a glass and reads out of his eye, and it looks so much better and is very clear. Well, God pays us in His own way. He brings, He takes, He blesses, He curses. All His deeds are for the best, and even though He sees cause to chastise those whom He loves, He does not leave us - EVER, and has ever been with you and with me. May He never forget you for the good you have done on this earth, and the blessings you have spread to all who know and love you. "

R2. 5/18/37 Letter from [773]'s father: ". . . [773] has a boil on his eye lid as large as your thumb. It is terrible. His injured eye, although stronger, has been hurting from the strain. . . "

R3. 8/20/37 See 773-14 for chicken pox.

R4. See subsequent Ck. Physicals.

R5. 11/41 Report by [773]'s parents for including in book There Is A River:

"Stuck scissors in his eye, splitting the cornea. Doctor gave injection for tetanus, advised immediate operation to sew up laceration. Operation was performed. A cataract then formed, which the doctor said would have to be removed later.

"Edgar Cayce's readings on the child suggested regular osteopathic treatments by an osteopathic specialist in eye, ear, nose and throat, to set up drainages; a blood building diet; mild antiseptic eyewashes for dilation.

"Time came for the second operation to remove the cataract; the doctor said the treatments suggested by the reading were a waste of time. Rare cases had absorbed. There was a danger in delay.

"In a few weeks, following the advice of the reading, the cataract began to break up, gradually diminished. The pupil returned to normal size.

"Edgar Cayce's reading also advised electrical treatment by a Dr. Gustave Erlanger, direct to the eyeball. This stimulation in a year's time restored pupil to even roundness. Proper light reflexes. Sight good.

"Slight but invisible scar. Eye not used for reading, but in case of injury to good eye proper lens would provide sufficient sight.

"Exercise of the eye produced nervousness - after cataract.

"Several doctors examined his eye before and after - completely amazed that the cataract was absorbed - considered a miracle."

R6. 11/28/54 Article in New York Times re. Dr. Gustav Erlanger's method of treating eyes, introducing drugs electrically:

DRUGS FOR THE EYE

Introduced Electrically, They Can Be Used in Many Cases

That a current of electricity can carry particles from one pole of a battery to the other in an appropriate solution has been known for decades. Water can be made conductive when the right salts are dissolved in it, whereupon the solution becomes an electrolyte. In general, electricity can convey negatively charged particles in solution or suspension toward a positive electrode and positively charged particles to a negative electrode. Physicians call the process electrophoresis or iontophoresis. It is widely used in hospitals and research institutions to separate proteins from liquids in which they are carried.

If silver can be conveyed from one pole of a battery to a spoon which is to be plated, why cannot drugs be conveyed deep into the body's inaccessible tissues to combat diseases? It is an old idea, but one not as widely applied as it ought to be.

Helps Eye Treatment

Iontophoresis is especially applicable in treating afflictions of the eye, for which reason more and more eye specialists resort to it. Dr. Gustav Erlanger, an eye specialist of New York City, reviews the whole subject and summarizes his own experience in *Ophthalmologica*, organ of the Swiss Ophthalmological Society.

The eye is so delicate an instrument that it cannot stand either rough treatment or strong electrical currents. Yet it is astonishing what good results are obtained with currents so feeble that they cannot be felt and with highly dilute solutions. The range of drugs that can be electrically introduced into the eye is wide, including penicillin, zinc sulfate, epinephrine, histamine, acetylcholine and a score of others.

Time is Required

It takes knowledge of electrochemistry, time and patience to apply iontophoresis successfully. To save time Dr. Erlanger has designed an apparatus of his own, including a hand electrode, which is pressed against the eye, and metal applicators to treat particular parts of the eye. Even with his simplification a treatment usually lasts an hour, and in correcting some cases of defective vision two treatments a day for several weeks may be necessary. Judging from the

case records presented in Ophthalmologica the time required for iontophoretic treatments is well spent.

Sometimes the vitreous humor (the transparent semi-fluid substance that fills the space between the retina and the lens of the eye) is so cloudy that the physician can make no diagnosis. With calcium and eserine, iontophoresis clears the vitreous humor long enough for the physician to make his diagnosis. In this way it was possible to diagnose two cases of detached retina.

Striking results are obtained when antibiotics and sulfonamides are carried electrically into the eye in diseases of the cornea and after transplantation of the cornea. More drugs can be carried by the current directly into the eye than by any other means.

Inflammation of the iris, ulcers, amblyopia (loss of vision with no sign of damage), loss of color sense in the central field of the eye have all been successfully corrected with iontophoresis. Particularly striking are the results obtained in early diabetes when blindness has struck. As old age creeps upon us and arteries harden the retina loses in sensitivity and there is a diminution of vision. A blood vessel dilator like niacinamide helps a little in such cases, but it helps more if iontophoretic treatment is also given.

Iontophoresis is no cure-all, but it is probably the most effective method of introducing efficacious drugs into the eye that has ever been developed.

R7. 1/25/73 A.R.E. letter:

A.R.E. New York Center Association for Research and Enlightenment, Inc. 34 West 35th Street, New York, N.Y. 10001. (212) 947-3885

Dear [. . .]:

At long last, I have had an opportunity to speak with Dr. Erlanger. He's a marvelous man and seems to be quite a brilliant research scientist in the field of ophthamology [ophthalmology]. He has quite amazing results with his procedures. However, these procedures involve equipment that is not easily produced and a very thorough knowledge of electrolyte solutions and their effects. It would be impossible as I understand it, for him to prescribe a treatment over the telephone. He is willing to teach anyone interested in spending the time with him studying his theories and methods.

I am, therefore, unable to accomplish anything directly. I have, however, gotten him to agree to reproduce those papers of his published in English. I will send these to you as soon as possible.

Sorry I have kept you waiting so long and to have so little to offer you in the way of results. I think there is a possibility, if Dr. McGarey is interested, that we may pursue some of his techniques. However, this will take quite some commitment in personnel and money.

Very truly yours, [signed] Jack Raymond Rice, Managing Director

JRR: mp P.S. You might be interested in investing in the corporation which is striving to have his ophthamological [ophthalmological] devices manufactured. I believe they need about \$250,000 to get underway. J.R.R.

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Surgery: Preventive: Cataracts	Par. 8-A

BACKGROUND OF READING 773-17 M 7½

B1. See 773-16 on 6/6/38.

TEXT OF READING 773-17 M 7 1/2

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va. , this 9th day of November, 1938, in accordance with request made by the self's father - Mr. [257], 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 4:00 to 4:10 P.M. Eastern Standard Time. . . . , New York.

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 have been submitted, as I ask them:
2. EC: [773]. Yes.
3. As we find, in a GENERAL manner conditions are very good.
4. As to the specific conditions, we find that more of the direct application of the low electrical forces for the vision would be NOW advisable; as would be those activities in the general manner for upbuilding of the bodily forces.
5. Rather than some of the protective forces for the body that have been used, WE would advise using CODIRON. This as we find would be more EFFECTIVE in that it would supply more of the vitamins and the influences of iron and the cod liver oil for better resistances; and supply, through the activities of same, the energizing forces to work with the assimilating forces that will be stimulated by the activity of these ingredients.

6. Ready for questions.
7. (Q) What dosage of the Codiron?
(A) Two tablets each day, taken WITH the meal.
8. (Q) Should a second operation be necessary? If so, who should do it?
(A) We do not find a second operation necessary.
9. (Q) Should he exercise with present strong glasses?
(A) Exercise when these are used.
10. (Q) What kind of glasses would be better?
(A) Those that are used!
11. (Q) What is wrong with his posture? and what causes drop shoulder?
(A) As we have indicated heretofore, there needs to be some corrections for the body along the whole of the cerebrospinal system. These, with the strengthening influences and forces, would be much preferable to other means or measures.
But it would be better if these were taken rather in series, - taken for at least six or eight, left off for a like period, and then taken for six or eight more - twice a week when these are taken, see?
12. (Q) How can he correct extreme toeing-in?
(A) Correct those conditions from which this arises - in the pelvic area and the balance between the locomotory centers in the lumbar and sacral areas! Of course, carrying these to the position of the feet themselves.
13. (Q) What is the condition of the feet?
(A) Just indicated.
14. (Q) What causes such pallid color?
(A) Circulation. Hence those conditions indicated.
15. (Q) What general exercises should be taken?
(A) Those that are of the nature as to keep the body out of doors when the weather is sufficiently pleasant for general activity.
16. (Q) Please outline diet for each of the three meals daily.
(A) Keep these rather generally well-balanced. If those properties in the Codiron are used, there will be gradually builded an appetite.
Then eat that which the bodily forces call for that supply the necessary building; though do not, of course, overbalance same with too much sweets. Keep the natural sweets, - as with fruits, nuts and vegetables, and of course honey when that character is desired.
17. (Q) What else should he do for his general upbuilding?
(A) This is indicated. You know, there can be too MUCH done, as well as too little done!
Doing that indicated would be the better.
18. We are through for the present.

REPORTS OF READING 773-17 M 7 1/2

R1. 11/20/40 See 773-18.

INDEX OF READING 979-10 F 69

CATARACTS

DEBILITATION: GENERAL

Diet: Toxemia	Par. 7
Electrotherapy: Violet Ray: Cataracts	Par. 10-A
Intestines: Enemas: Toxemia	Par. 5
Osteopathy: Debilitation: General	Par. 6
Surgery: Preventive: Cataracts	Par. 10-A

TOXEMIA

BACKGROUND OF READING 979-10 F 69

B1. See 979-9 on 2/15/38.

B2. 2/39 She submitted questions in re advisability of cataract operation.

TEXT OF READING 979-10 F 69

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of February, 1939, in accordance with request made by the self - Mrs. [979], 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 11:45 to 11:50 A.M. Eastern Standard Time. . . . , Georgia.

1. GC: You will give the physical condition of this body at the present time, with suggestions for further corrective measures; answering the questions she has submitted, as I ask them:
2. EC: Yes.
3. Now as we find, the general debilitation and the effects of toxic forces arise from the lack of the proper activity of the organs of elimination. Also the tendencies towards toxic forces cause the depressions to the body, the inclinations for the headache, the languidness, the easy tiring, and the shortness of breath.
4. We would have a stimulation to the activity of the liver and kidneys, or the whole hepatic circulation, and a cleansing of the whole colon area.
5. And when there is taken a cathartic or laxative, let this preferably be of the vegetable nature; but during the periods such would be taken, we would also use enemas to cleanse the colon area. Thus the body will find it will respond very much better.

6. A stimulation osteopathically of all the centers along the cerebrospinal system would be a material aid to giving strength, though the first one or two would tend to tire the body. But if these are given carefully, they should bring great help to the body.

7. Refrain from any large quantities of meats in the diet. Have fresh raw vegetables often, though cooked vegetables, broths or soups, or even vegetables with some meat cooked in same, should be taken; but this should be the greater quantity of the meat taken for this body, especially until greater strength has been attained by the body.

8. Do these if we would bring the better forces for this body, [979].

9. Ready for questions.

10. (Q) Is an operation necessary to remove the cataract?

(A) As we find, this might be prevented if the general strength of the body would be the better stimulated and if there would be used the low electrical vibratory force under the direction of the right kind of eye, ear and nose and throat specialist.

Or, should the body desire, it may use instead the violet ray at home (hand machine), with the Double Eye Applicator. This would not be given too strong, and only for half to a minute every other day. But be sure the rest of the general health is looked after too, else this may cause irritation and precipitate matters for the body.

11. We are through with this Reading.

REPORTS OF READING 979-10 F 69

R1. 9/16/40 She requested 286-8 for daughter.

INDEX OF READING 1438-2 F 78

Bible: Books Of: Matthew 25:40	Par. 19
: Matthew 25:45	Par. 19
CATARACTS	
COLITIS	
EARS: DEAFNESS	
Electrotherapy: Reverse Coil: Colitis	Par. 14
Healing: Consistency & Persistency	Par. 6
Human Relations	Par. 16--20
Intestines: Colonics, High: Colitis	Par. 14
Osteopathy: Ears: Deafness	Par. 14, 22-A
Physiotherapy: Hydrotherapy: Colitis	Par. 14, 22-A
Psychosomatics: Healing	Par. 8--10, 16--20
Speech: Arguments	Par. 20
Work: E.C.: Quotations & Similes: "Thoughts Are Things"	Par. 20

BACKGROUND OF READING 1438-2 F 78

B1. 9/15/37 [1438]'s letter to EC: . . . , N.Y.

Dear Mr. Cayce

. . . Questions. (You can put them better than I)

I want to know if the following disabilities are irremediable.

A long-standing colitis. A slow cataract on both eyes but more on the left.

Increasing deafness.

Twice I have had bronchial pneumonia. I mean to go to San Antonio or St. Barbara [Santa Barbara], but I now am waiting to see if some springs of water can be found BY A DOWSER on this estate.

Could you tell us in wh [what? which?] direction to look for this? Should I get out immediately before it gets cold?

There was an allusion to "Madness" in my Reading. Was that in connection with myself or my family or my friends?

TEXT OF READING 1438-2 F 78

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 23rd day of September, 1937, in accordance with request made by the self - Mrs. [1438], 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 3:50 to 4:05 P.M. Eastern Standard Time. . . . , N.Y.

(Physical Suggestion)

1. EC: Yes, we have the body here.
2. Now as we find, in giving that which might be helpful to this body under the present circumstances or conditions, many conditions should be taken into consideration.
3. As we find, while many of the disturbing conditions have advanced in such stages and to such states as to become constitutional, these also may be materially aided. As to say they were irreparable or incurable would be dependent upon the applications of that as might be indicated for the variations in the disturbances.
4. To be sure, some of these - as the tendency for accumulations in the sensory forces, as related to the vision and that as related to the auditory forces in the sensory system - unless a great deal of care is taken in giving that which would aid one would be detrimental to the other; unless operative forces are resorted to. And as we find the condition of the eyes is not yet in the position where such measures would be either helpful or beneficial to the condition of the body.
5. But those things that have been of such long standing - as the conditions in the intestinal tract and the effect these have had upon the general organs of the system, as the liver, the kidneys, the spleen, the pancreas and the activity of all of these - these have become so constitutional that the organs are tended and do tend to produce that which becomes not just staying but as a growth to the general condition of the system.
6. Yet as we find with proper precautions, proper incentive and proper activity, with consistency and persistency, we might aid all of these conditions.
7. Thus we would bring not only a staying of the growth of the cataracts, not only staying but aiding the auditory forces or the hearing to become more keen, the body more sensitive; and the conditions through the intestinal system so aided as to cause less and less of the effect of same through the eliminations of the system; and also making for these, even with the age, even with the conditions, to become much nearer to normal forces.
8. As may be considered, and as has been considered by the body, there MUST be taken into consideration - owing to the age - the attitudes mentally of the body; that these (the mental attitudes) have been and are a contributory factor to the general conditions.
9. This is, of course, much in favor and much AGAINST the general conditions.
10. For when there is animosity, or when there is such determination as to have the own way, the own will, this WILL find expression in the physical forces of the body; as well as such determination creating resistances so that even though it may be under this stress and strain there will continue to be the manifestations of life force active in the physical body.
11. Hence in taking in consideration all of these conditions, climatic influences have a great deal to do with the general forces in the system.
12. Hence as we find - as has been indicated as a desire of the body - southwestern Texas would be PREFERABLE to southern California, during this coming winter especially; a more even temperature, and more of those conditions that may be the more beneficial in the physical welfare may be had in those environs and those activities of San Antonio.
13. As we find, these would be the manners to bring the help:

14. Once a week, at least, oftener at times, or three times in every two weeks - but, of course, under the supervision of a trained nurse that would watch closely the activities upon the respiratory system and the circulation as such applications are made - we would have the Hydrotherapy treatments. At some periods these would be only an EVEN sweat, with the thorough rubdown. At others we find they would include, when necessary, the high colonics and the electrical treatments that are of the reverse coil nature; when the manipulations would be given through the upper dorsal and throughout the cervical area. Also we would make specific adjustments in the upper cervical as related to the auditory centers, as well as for the eustachian tubes and those that would make for direct connection with the coordination between the cerebrospinal and sympathetic and the junction of the organs of the sensory system in the 1st, 2nd and 3rd dorsal, in the 3rd and 4th cervical - this especially through the vagus center.

15. Do these as we find, being consistent in giving these and alternating as to their application according to the needs of the body; keeping in line with that which has been GIVEN for the body in other channels for the diets.

16. And most of all make more of a CONSTRUCTIVE attitude in its relationships to others.

17. Know that while activities in the lives or in the experiences of individuals in life may not be according to thine own ideas, they each have their own likes, their own dislikes, their own ideals as to justice or mercy or the activities as related to the relationships of others.

18. Consider all, but find what is THY ideal as related to the SPIRITUAL expressions in thy relationships to others.

19. For as ye do in thy daily relationships to others, so ye do to thy Maker.

20. Arguments gain little. The mental attitude and prayers gain much; for thoughts are things and their vibrations reach those in every sphere and walk of life as related to self and to others.

21. Ready for questions.

22. (Q) Should the manipulations and adjustments be given Osteopathically?

(A) Rather as has been indicated, under the direction of one who has the training in such, but done in the manner as the Hydrotherapist would.

23. We are through for the present.

REPORTS OF READING 1438-2 F 78

R1. 12/21/37 She obtained a Ck. Life Reading - See 1438-3.

R2. 12/27/37 Reporting on the Ck. Life Reading she also said: "The 3rd and 4th dorsal was found to be out of plumb by an osteopath unknown to me before."

R3. 5/30/38 Reply to Questionnaire: "Know that I think as little as possible about my body. I have long given up doctoring, but I get a good osteopath when I can. A hydrotherapist was advised but I did not find one in Tex or Calif. this winter. In short the physical suggestions in the first Physical Reading have not been followed, much to my regret. Maybe I may yet be able to go to Dr. Reilly in N.Y. The present condition of my sight and hearing are so much worse that I shall try to do so. "

INDEX OF READING 1491-1 M 75

BLINDNESS: TENDENCIES

CATARACTS

Electrotherapy: Erlanger: Cataracts	Par. 10, 11, 13, 14, 18-A
Hemorrhage: Cerebral: Tendencies	Par. 5, 19-A
Injuries: Accidents: After Effects	Par. 5, 19-A
Osteopathy: Cataracts	Par. 8, 9, 11, 13, 14, 16-A, 18-A
Prophecy: Prognosis: Blindness: Tendencies	Par. 12

BACKGROUND OF READING 1491-1 M 75

B1. 11/24/37 Letter from [1151] to GD: ". . . In accordance with the suggested reading for Mr. [1491], from 11:00 A.M. to 12:00 Noon, Friday, December 3rd, I am enclosing the questions he asked.

"Will you not send two copies to me and I will send one copy of the reading to him. I want to get him interested in this without his paying for anything but charging it to my subscription, so that he will become a member and secure check readings.

"I think his questions are quite intelligent. . . "

"As near as I am able to understand from the oculists who have examined my eyes, is that in each eye there has scar tissue formed, the result of a healing of slight hemorrhages of the small blood vessels in the retinas. The first of these hemorrhages occurred in August 1936 at a time when I was feeling especially well in every way and playing my usual game of golf almost every day after the bank closed and the questions that I would like to have answered are:

1. What was the cause of this hemorrhage? I was performing no unusual exertion nor did I have any accident of any kind whatever at that time. The hemorrhage in my right eye came about a week after I had a severe blow on the forehead occasioned by a taxi cab accident in which I was thrown to the floor of the vehicle and I was unconscious for probably a full minute. This accident occurred in March 1937.
2. Is there any likelihood that nature, in the course of time, will absorb these scars, thereby giving my retinas a full reflecting surface?
3. Is there any surgical operation that has a more than 50% chance of being successful in improving my eyesight?
4. Is there any treatment other than a surgical operation which might improve my eyesight? In any ordinary light such as broad daylight or ordinary artificial light I am unable to see to read because these scars are right in the center of the retina

of each of my eyes; but with the sun shining directly upon a newspaper or with a very strong artificial light approximately equal to direct sunlight, I can see to read ordinary news print.

5. Does not the fact that I am able to see with this very powerful light seem to be an indication that the center of the retina is not entirely dead and that I see directly through the scar? I was born in 1863 and therefore I am in my 75th year. Does my age, taken in connection with the fact that I am in every other way physically well, militate against my eyesight ever becoming better than it is now? I will be in my office at Savings Bank from 11 o'clock A.M. to 12 o'clock noon, Friday, December 3rd."

[1491] President

TEXT OF READING 1491-1 M 75 (Banker)

This Psychic Reading given by Edgar Cayce at the David E. Kahn home, 20 Woods Lane, Scarsdale, N.Y. , this 3rd day of December, 1937, in accordance with request made by the self - Mr. [1491], new Associate Member of the Ass'n for Research & Enlightenment, Inc. , recommended by Mr. [1151], Active Member of the Association.

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. . . . , New York. (Physical Suggestion)

1. EC: Yes, we have the body, [1491].
2. As we find, there are specific conditions that disturb the body, as well as some of a more general nature.
3. These as we find may in both instances be aided to produce or bring about the more normal reactions.
4. We find that these have to do, in the general, with disturbing conditions produced by the poor eliminations.
5. This is a part then of the more specific condition as produced by an injury in such a nature or manner as to cause the seepage, or thinned walls of the circulation, to produce a flooding, or plethora, or hemorrhage IN the body; as effected more specifically from the very nature of the accident or injury to the head and to the neck.
6. These then may also as we find, from the effects produced, be aided in bringing about a much nearer normal condition, and restoring in a greater part the visibility of the body as related to the condition in the eyes general.
7. Then, as we find, these would be the considerations or applications:
8. First we would give that there be made, but not in too severe a manner, the GENTLE adjustments and manipulations Osteopathically administered.
9. These should be combined, however, with the local application for the eyes themselves; or the manipulations Osteopathically should be about twice a week, for periods of four to five weeks, then they may be left off.
10. While the administrations of the electrotherapy of the nature as may be applied by the instruments and applications by one such as Erlanger, where

there is the stimulation to the circulation by the application of the low electrical forces direct to the optic forces themselves, may disintegrate; and by the stimulations produce absorption of the inflammations as would be reduced, and by the EFFECT of the scar tissue produced by the coagulation upon the retinae and the optic forces themselves.

11. We do not find that the optic nerve has in any manner made for a hardening or atrophying, or for such as to not be materially aided by the stimulation gently given, Osteopathically, and reinforced or aided by the use of the low electrical vibrations as would be applied directly to the eyeball or retinae itself.

12. This would dissolve and distribute so the system would eliminate, and thus we may increase the visibility to at least eighty percent, or gain an eighty percent visibility for the optic forces themselves.

13. Now the administrations of the electrical forces, as well as the manipulations and adjustments of the upper dorsal and through the cervical area, stimulating all through the vagus centers and those to the throat and to the activities of the head, and all portions of same, would - in the GENERAL conditions - make for a much better reaction to the body.

14. True, owing to the age (or the consciousness), these will be a little bit slow. Hence we would find, at least three times a week the electrical applications would be made, and twice a week the Osteopathic adjustments - gently given; these for five to six weeks, a rest period of some two to three weeks, and then a little less often perhaps of either of these, would bring the better conditions for this body.

15. Ready for questions.

16. (Q) Any specific directions as to the osteopathic treatments?

(A) As given, those more particularly in the upper dorsal and through the cervical, following the vagus center's activity throughout to the face and head. These then would reduce the condition by creating better drainages, or the stimulation of the manipulations should be for drainage or absorption of the excess tissue involved - which is to be dissolved, absorbed and eliminated through the regular channels.

17. (Q) Any particular diet?

(A) A regular or general diet is very good for this body.

18. (Q) When there is a rest period from the osteopathic treatments, should there be a rest period from the electrical treatments also?

(A) These would be left off after one more week of these, then may be left off just as would be the osteopathic treatments - for two to three weeks, or according to the response of the body.

19. (Q) What was the cause of this hemorrhage? I was performing no unusual exertion nor did I have any -

(A) (Interrupting) This has been indicated. It was from a general weakening of the condition of the body, but brought about by the injury to the head and neck. Do these, as has been indicated for this body; and we will find the better conditions.

20. We are through for the present.

(See note [which was attached] regarding electrical treatments by Dr. Gustave Erlanger, 20 West 77th St., N.Y.C.)

REPORTS OF READING 1491-1 M 75

R1. 12/3/37 Letter from GD to [1151]: ". . . The Dr. Erlanger mentioned in Mr. [1491]'s reading is the one who treated little [773]; that is, who gave him the electrical treatments recommended, while Dr. Dobbins gave him the Osteopathic treatments. I'm sure Mrs. [903] would be glad to tell her experience with him.

"I trust Mr. [1491] will be able to follow through the entire treatments as suggested, for I'm sure he will see the results if he does. . . "

R2. 12/8/37 Letter from [1151] to GD: ". . . The enclosed letter from Mr. [1491] [See 12/7/37 ltr. below], unfortunately, is the reaction I have received to his reading of last week. I guess nothing can be done about it. . . "

12/7/37 [1491]'s letter to [1151]:

Dear [1151]:

I have listened with great interest to the reading of the suggestions which accompanied your letter of December 4th and please accept my thanks for your interest in the matter.

The facts, however, are as follows:

So far as my personal physical health and fitness are concerned, I am at least better off than 75% of the people who have reached my age and therefore that part of the suggested treatment which relates to the betterment of my physical condition does not particularly interest me.

During the past four months I have had my eyes examined by and have consulted with four of the best oculists in the State of New York, every one of whom agreed with all the others in the diagnosis of my trouble. Each one of them discussed the subject of electrical treatment and each and every one of them agreed that any treatment of this kind which was powerful enough to in any way alter scar tissue (which is concededly the toughest part of any muscle or membrane of which it is a part) would be far more apt to cause additional hemorrhage of the surrounding membrane.

Therefore, while the idea held out that I might regain 80% of the use of my eyes sound almost too good to be true, the possibility of having my sight further impaired than it already is, far overweighs, in my mind, the thought of attempting such treatment.

Please accept my sincere thanks for your interest in the matter.

Cordially yours, [1491]

R3. 12/11/37 Letter from EC to [1151]: ". . . Miss Davis handed me your letter from Mr. [1491]. Am just sorry, I think, for him. Afraid he did not get the import of the whole matter. However, do not blame or censure him in any way, for so long as he puts his trust in worldly wisdom, it is only right that he live that life.

"Thank you for your interest in him and the wish to try and help. Your part is done, and may the Lord bless you and your efforts. . . "

INDEX OF READING 1561-7 M 58

Bible: Books Of: Luke 4:23 : Matthew 9:29	Par. B1 Par. 9--11
Doctors: Sauer, J.: M.D.	Par. R4
Doctors Suggested: Erlanger, Gustave: M.D.	Par. 5
EYES: CATARACTS : RETINA DETACHED	
Healing: Consistency & Persistency	Par. 4, 10
Prophecy: Prognosis: Eyes	Par. 5
Psychosomatics: Eyes	Par. 4, 5, 9--11
Surgery: Eyes: Retina Detached	Par. 7
Work: E.C.: Quotations & Similes: "Live As Ye Pray"	Par. 10

BACKGROUND OF READING 1561-7 M 58

B1. 5/23/39 Letter [Mr. [1561] had previously had a Life Reading, several business readings, and physicals for family, etc.]: "I would like an expression from you, if you are so inclined, as to whether you think it would be well for me to have a 'reading' about my detached retina and incidental cataract on this lunar lamp of mine? I am inclined to seek it for more than a personal reason, possibly in part to answer the mental question I feel sure is oft directed to me - i. e., 'Why not, doctor, cure thyself?' Yet I am not at all convinced that I can qualify for such a blessing. "

TEXT OF READING 1561-7 M 58

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 1st day of June, 1939, in accordance with request made by the self - Mr. [1561], 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 10:45 to 11:00 A.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 he has submitted, as I ask them:

2. EC: Yes, we have the body, [1561].
3. Now as we find, as respecting that condition over which the body is most anxious, - while this correction is not an impossibility, nor an improbability, there has been a great deal of neglect; and this naturally has not been to the advantage of a correction that would bring a complete or full return of vision to the eye.
4. But as we find, if there is the sincere desire, and the willingness of the body to pay the price IN the material or from the money standpoint, as well as that necessary in prayer and meditation, this may yet be eventually accomplished. But it will require time and patience, and persistence, and CORRECT LIVING!
5. Then as we find, the first steps towards a correction would be to have such an one as Erlanger make application of the low electrical forces DIRECTLY to the injured areas, - so as to clear the cornea of the growth. And then this may aid an inert activity which exists in the optic forces that, WITH the replacement of the torn retinae, it may be so enlivened as to keep its position and thus bring at least fifty to seventy-five percent MORE vision than nil - or as at present; and, of course, removing a great deal of the consciousness of a handicap.
6. This will require time, and these treatments would be better if taken in periods; beginning, we would say, in three to six weeks, and take treatments twice or three times a week for at least six to eight weeks; then a rest period of two to three weeks, then the treatments taken again for another two or three weeks.
7. And THEN it would be indicated as to sufficient clearing for the consideration of the operative measures for the replacement of the torn retinae, or the straightening of same - though it has been somewhat absorbed, else it might be replaced in toto.
8. But do this in the beginning, and when the growth or cataract is absorbed sufficient, we would give the instructions for further physical activities.
9. As to the mental attitude, and the correct living:
10. It is not that some special law or dispensation is to be adhered to or sought, - but to live a consistent and persistent life in the relationships with thy fellow man, as ye would have thy fellow man do to thee, - being oft in prayer as to directions, and living in the same manner towards God and man as ye pray.
11. And, according to the faith in Him who is able to restore thy whole body, be it unto you! We are through for the present.

REPORTS OF READING 1561-7 M 58

- R1. He subsequently referred many others for readings.
- R2. 11/7/39 He obtained another reading on his Montana mining properties - See 1561-8.
- R3. 5/2/43 He obtained a second Physical Reading in re intestinal pains, flu, etc. - 1561-22.
- R4. 7/25/59 Letter requesting loan file on cataracts: "Mine are deep-seated and now 7 years developing. Eye specialist, Dr. Sauer [John J. Sauer, M. D.?], says 'you may not need an operation' but did not elaborate."
- R5. 8/10/61 "I'm now in drydock where I'll have to remain until my vision is restored via cataract removal."
- R6. 6/7/63 "[. . .] [wife] is well and busy and while I've been in drydock more or less with foggy vision, we believe it will clear again."

INDEX OF READING 1944-1 F 83

Appliances: Wet Cell: Debilitation: General : Shingles	Par. 7, 11-A Par. 11-A
Cataracts	Par. 12-A
CIRCULATION: INCOORDINATION	
DEBILITATION: GENERAL	
Eyes: Debilitation: General	Par. 5, 12-A, 13-A
Osteopathy: Debilitation: General	Par. 3, 6, 12-A
Prophecy: Prognosis: Shingles	Par. 11-A
Shingles	Par. 11-A

BACKGROUND OF READING 1944-1 F 83

None.

TEXT OF READING 1944-1 F 83

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of June, 1939, in accordance with request made by the son - Mr. [1561], 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 11:10 to 11:25 A.M. Eastern Standard 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 help and relief of this body. You will answer the questions that may be submitted, as I ask them:

2. EC: Yes.

3. Now as we find, the conditions that disturb the body - other than those due to the age and the abilities of activity - are so MUCH a part of the whole general debilitation, that only those things which would aid in re-ionizing the system would be the more helpful, - as combined with the GENERAL osteopathic manipulations.

4. These are the conditions, then, as we find with this body, [1944].

5. In the blood supply, - this has slowed; and while there is better coordination with the deeper circulation and the superficial, this is so slowed as to cause quite a variation in the manner in which it becomes active to all portions of the system, through the slowed impulse of the nerve forces - especially as indicated in the sensory supply to the eyes, - forming some irritation as well as accumulations, through the inability of the system to throw off the conditions through the circulation, or by absorption.

6. As we find, then - the general osteopathic manipulations should be given once each week, but these given at home and NOT attempted to be done by the body moving about too much, see? Such stimulations would be gently, very gently given; especially stimulating the centers in the upper dorsal and through the cervical areas, and stimulating gently at times the LUMBAR centers; that there may be the better activity along the nerve impulse from the low electrical vibratory forces which we will indicate to be also given the body.

7. Also we would use each day, for twenty to twenty-five minutes, the low electrical vibrations of the Wet Cell Appliance, - plain, not using solution here, you see; and the attachments would not be made direct to the body as ordinarily suggested for such, you see, but more in the manner of the Radio-Active Appliance, - that is, the attachments would be made to the extremities of the body, to assist the circulatory forces in their activity through the extremities, and thus changing the vibratory forces. These electrical vibrations are static in their nature, you see. The attachments would be made the same as with the Radio-Active Appliance, except that the changes would be only from the right and left ankle, right and left wrist, see? instead of circulating the attachments.

8. These should supply - not with the solution, but plain - sufficient change in vibratory forces, with the stimulating of drainages through the osteopathic manipulations, as to aid in bringing better conditions for ALL of the organs of the sensory force, AND allow greater ability for resuscitation through sleep and rest.

9. These we would do.

10. Ready for questions.

11. (Q) What may be done to relieve Shingles, from which I have suffered for 8 years?

(A) The low electrical force from the Wet Cell Appliance, as we find, will materially aid this condition. When this is attached, put the feet in a little water, body-temperature, but only in a glass pan or container, you see; and put the hands in a very WEAK solution of the combination as used in the creating of the Wet Cell Appliance, - that is, the Copper Sulphate; the proportions being one dram to a pint of water, - this well dissolved, though. This solution may be used for at least three to four days, if it is kept out of the air. This should also be in a glass container when used.

This will rid the body - it should within ten days - of the disturbance through the superficial circulation!

12. (Q) What may be done to correct cataracts of eyes?

(A) The applications as we have indicated are the best, - the osteopathic manipulations and the vibratory forces; NOT applications directly to eyes.

13. (Q) What should be done to relieve pain and irritation in eyes from light?

(A) Only those things as indicated. All of these conditions are taken into consideration in that given.

14. (Q) Anything for general vitality?

(A) All of these are taken into consideration. We are through for the present.

REPORTS OF READING 1944-1 F 83

None.

INDEX OF READING 1988-1 F 64

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SPINE: SUBLUXATIONS

BACKGROUND OF READING 1988-1 F 64

B1. 8/24/39 Question submitted besides those which got asked: "What causes the indigestion that troubles me so frequently? My physician always says it is a nervous trouble. "

TEXT OF READING 1988-1 F 64

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 1st day of September, 1939, in accordance with request made by the self - Miss [1988], new Associate Member of the Ass'n for Research & Enlightenment, Inc. , recommended by her brother, Mr. [. . .] [[810]'s husband].

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 11:20 to 11:40 A.M. Eastern Standard Time.

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 which she has submitted, as I ask them:

2. EC: Yes, we have the body here, [1988].
3. Now as we find, the disturbances which prevent the better normal physical functioning are compound in their nature; thus causing rather a complication of disturbances, - as affect the functionings of the assimilating system, as well as the general eliminating through the excretory system.
4. This, combined with impulses which arise from subluxations which exist in the cerebrospinal system, is the basis of the disturbance.
5. The body has been and is rather inclined to be one that has cared for, and is well equipped mentally and physically to make for corrections. Thus, resistances are very good in the general system.
6. These, then, are the conditions as we find them with this body, [1988] we are speaking of:
7. In the blood supply we find indications of disturbances through the elimination and activities in the liver and gall duct area.
8. Hence, through the manner in which the body has handled self, we have an inclination for what may be called a nervous indigestion; that is, at times certain combinations disagree with the body when at others apparently they are most beneficial to the body-appetites as well as to the activity of the system.
9. Yet those inclinations, those tendencies in these directions, combined with the subluxations which hinder the nerve system from gaining its proper equilibrium and coordination between the sympathetic and the cerebrospinal system, cause the disturbances of an indeterminate nature at times through the locomotory forces of the body.
10. These subluxations, as we find, are in the lumbar axis, the lower or coccyx end of the system, - as well as a condition in the lower portion of the 6th dorsal center.
11. They are of such a nature that the pressures, and the slowing of the circulation through the extremities, bring disturbance through the abdominal area, as well as the limbs themselves becoming at times rather trembly, - after waking, or after exercise.
12. Also there are disturbing reflex conditions from the 6th dorsal as well as the lumbar axis to the upper portion of the cervical area, - as to the sensory organism.
13. Thus we have an accentuation to the organs of the senses; or the body often is subject to odors, or to disagreeable conditions as may arise from noises or things of the nature where there is a specific activity to the sensory organism.
14. As we find, then, in making for the corrections for this body:
15. Through the offices of such an one as William Taylor, or such an one as Stratton (?), we would use the osteopathic methods as combined with the neuropathic; making corrections of the subluxations and those tendencies for lesions in the areas indicated.
16. Thus we would remove those disturbances.
17. Then as an aid to digestion we would only take Alcariod; a quarter teaspoonful dissolved in a small quantity of water and then stirred in a full glass

of water, - this amount taken once each day, preferably AFTER the evening meal.

18. These as we find we would follow, with the general conditions considered for better elimination, - which would be aided by the corrections in the areas indicated; 6th dorsal, 4th lumbar - or the lumbar axis; the coccyx area; coordinating the upper portion of the cervicals and the upper dorsals WITH the corrections made.

19. Thus we will bring bettered conditions for this body.

20. When there are the colder days, we would begin the use of CODIRON as an aid to the better assimilation, better cold resistance, and better activities throughout the system. Take two pellets twice each day for a week, - leave off for five days and then take again for another week; and keep up this procedure through December, January and February, at least. But do not begin these until about the first of December.

21. Ready for questions.

22. (Q) Is there a bone out of place in my left foot?

(A) There IS a disturbance in the bursae in the left foot. The correction in the lumbar and the sacral, as well as in the foot, will aid in alleviating this disturbance. This is partially the effect of poisons in the system, partially a lesion in the bursa of the Achilles bursa.

23. (Q) Is there any sign of cataract in my right eye?

(A) With the better eliminations these conditions should gradually disappear; better absorption and better elimination and drainage being set up by the corrections indicated.

24. (Q) What can I do to overcome the painful cramps that I frequently have in my legs?

(A) As indicated, make those corrections. These are muscular contractions.

Do as has been indicated, - being mindful of the general diet as has been followed off by the body, or that is maintained, and better eliminations will be set up, or the eliminations will be kept in order. We are through for the present.

REPORTS OF READING 1988-1 F 64

None.

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BACKGROUND OF READING 2178-1 F 3

B1. 4/24/40 Father's wire: "Baby [2178] hurt right eye. Doctors upon examination recommend immediate operation. Please indicate general condition and diet. Thank you."

TEXT OF READING 2178-1 F 3

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 25th day of April, 1940, in accordance with request made by the father - Mr. [. . .], new Associate Member of the Ass'n for Research & Enlightenment, Inc. , recommended by Mr. [1564] and Mrs. [1602].

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 10:55 A.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.

3. Now, as we find, there should be great precautions taken as to remove entirely the metallic substances which through cohesion there have irritated and still do irritate the eye.

4. While the retinae is not so disturbed, there should be the use of a heavy magnet for attracting metallic substances. This would be very close to the eye; yet not touching the eyeball, of course; and should remove such substances by capillary attraction because of the closeness. It should even remove the tendencies for the FOLDING of the area of the eye itself.

5. Use a HEAVY magnet close to the eye and NOT touching the eye, but so that there is an attraction - and especially of the optic itself - from the vibrations of the body. This would be better than operative measures, as we find. However, if there is the inclination for this to curl, where there was the puncture, then it will be necessary to perform a mechanical operation on same.

6. The magnet should be used by a specialist, TO BE SURE; one acquainted with the very activity of the eye, so that there may be SEEN that there is still left NO portion of the eye itself injured that has not straightened itself in regular form for healing.

7. Of course, from the inflammation produced, this will eventually cause - as we find - a form, or a spot, or a coagulation of the mucous membranes, - in the form of a cataract or the like. But we find that this may be dissipated by the use of the applications we will suggest, rather than by operative measures; unless such BECOMES attached at the punctured or irritated surface - and if there will be used these applications indicated we find that this should NOT become folded in such a manner as to cause it to become attached.

8. The eyes would be kept shaded, of course; and for some little time there would be used the cold applications; also the belladonna and other properties for the dilation and the healing - which would be gradually diminished.

9. But, within ten days or two weeks, - or when there is no longer the soreness, - we would begin with the gentle adjustments osteopathically in the upper dorsal and throughout the cervical area; for the stimulation of a better circulation to the right optic forces especially. We would give these in the Dobbins' manner, preferably.

10. Then a little later, but not until the second, third or fourth week of the osteopathic adjustments, we would add then with same (that is, still continuing the osteopathic treatments, you see) the low electrical treatments as applied through the crystal direct to the optic itself. These we would have done by Erlanger.

11. Now, as to the diet throughout such periods:

12. We would have plenty of carrot juice; at least an ounce or ounce and a half every other day, - or this much taken in two days, see? Use a juice extractor for securing the juice from fresh, raw carrots.

13. Have plenty of whole wheat (cracked or cut) as a cereal, or the combination of wheat and rye (as in Maltex), - these cooked a long time, and served with cream or milk.

14. Two or three days each week we would have small quantities of fish, - not fried, but rather broiled or boiled or baked. Not such large quantities as to become abhorrent to the body; but fish assimilated with the food values is especially helpful in such conditions, - aiding in the blood supply, for the general health and welfare of the body in the present; as the body tends towards a deficiency in the blood-building forces as well as the nerve forces.

15. Each month, beginning about the fifth, and for five days, we would take internally - before the morning meal - one minim of Atomidine in half a glass of water. After this is given for five days, leave off until the fifth day of the next month, - and so on. Keep this up for at least six to eight months; that we may also stimulate and clarify the GLANDULAR system.

16. Doing these, - with the osteopathic manipulations for the general circulation, and with the corrective measures through the electrical treatments as indicated, - we should bring bettered conditions for this body, and DISSIPATE entirely any accumulations - and NOT have any permanent disturbances with the vision.

17. Ready for questions.

18. We are through for the present.

REPORTS OF READING 2178-1 F 3

R1. 5/1/40 Father's letter to EC:

Mr. Edgar Cayce Virginia Beach, VA

Dear Mr. Cayce:

I received your very thoughtful letter a few days after your most remarkable reading for my baby. I say "remarkable" advisedly - for having been lead to Dr. Erlanger has opened up a broad vista in the medical world of science I had not dared to dream existed.

Briefly, almost immediately after the accident to the baby's eye - not knowing how she had hurt herself, we were at the mercy of the diagnoses of the doctors to whom we were sent. Three in number, these men seemed to concur on the one point that an operation was necessary and that there would be a distortion of the pupil of the eye and possibly impairment of sight. After the reading and after Mrs. [1602] had called to learn that the reading disclosed a puncture of the eye, I was fascinated to find that Doctor Erlanger had already discovered the puncture. He was the only doctor to note that fact in his examination and this was before he was aware of the facts shown in the reading.

Since the treatments have already begun as specified in your reading we have learned that the baby - while playing with a common kitchen variety can-opener - thrust it accidentally in her eye, the facts brought out in your reading become all the more remarkable. [2178] is a busy little girl and it is not at all unusual for her to rummage about in drawers and find amazing things to play with even though she has been cautioned about playing with knives and the like. The maid - more than

likely - was busy about something else at the time and didn't notice that [2178] had acquired a can-opener.

Doctor Erlanger is the creator of the Iontophoresis method of treatment - a complicated chemico-electrical process for the administration of drugs. This method renders the drugs more active and makes their effect last for a longer period of time. The prolapsus of the iris - for that is what has happened - is now showing definite signs of clearing. X-Rays show that the foreign substance - metallic in character - is no longer present in the eye and the puncture suffered is healing.

The drug action by the Erlanger process of treatment sets up within the sympathetic and pari-sympathetic nervous systems a violent reaction and this is more especially true in the case of a baby and the age of [2178]. Hence, a rather violent reaction has taken place throughout her entire nervous system - a restlessness and unnatural activity producing a fatigue which is at the moment very upsetting. She doesn't sleep naturally - only after great fatigue overcomes her. She doesn't eat regularly and shows many of the symptoms of a typical nervous breakdown. All these I believe, however, to be perfectly normal reactions to the treatment and will, in time, clear away and the baby will be completely well again.

The baby has not begun her course of osteopathic treatments as outlined in the reading but as soon as she is a little more relaxed and normal in her actions and reactions, I shall follow what you have outlined in the reading.

We are assured now by Doctor Erlanger that an operation will not be necessary - or at least if the "spot" to which you refer in the reading does not completely disappear, a minor mechanical operation will be necessary. This will not be serious at all and will not cause any impairment of vision nor will it leave any marks or scars or any visual defects to what appears to be a perfectly normal eye in every respect.

There was a distortion of the pupil - it appeared like the split of a cat's eye. This was caused by a portion of the iris leaking out onto the eyeball through the puncture - the pupil expanded and distorted to fill the gap left by the prolapsus of the iris. Erlanger's method of treatment causes the portions of the iris that have spilled out of their niche to return by a process of expanding and contracting the muscles of the eye (iris) and by setting up vibrations within the nervous system of the eye. This is all quite technical to me but it may be helpful to you as testimonial to the great good you have done in this particular case.

While writing this letter, Mrs. [2251] [wife] called to say that she had just brought the baby home from the another treatment and that the baby's reaction today was - for the first time - quite normal in all respects - that she had eaten her first meal without the violent nervous reaction with which she had been suffering the past week.

I think I can safely predict complete success for the recovery of the baby in every phase of this injury and its sundry complications....

I would like to request an appointment for a reading for Mrs. [2251] since we are both desirous of knowing a little more about her mental spiritual life as well as her physical complications with special reference to her nervous system. I will abide by your advice as to which type of reading Mrs. [2251] should have. [See 2251-1.]...

People like me wish Godspeed to people like you - best wishes for your family from one of your most sincere believers.

INDEX OF READING 2193-1 F ADULT

ANEMIA

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CATARACTS

CIRCULATION: IMPAIRED

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BACKGROUND OF READING 2193-1 F ADULT

B1. 12/6/31 [2193]'s letter to EC:

Mr. Edgar Cayce, Dear Sir:

I have cataracts. "Internal cataracts" in each eye. All that was said - was you might help me. Please give me any information concerning your work - have you ever cured cataracts? I am entirely ignorant, as to your manner of healing, etc. etc. Thank you.

TEXT OF READING 2193-1 F ADULT

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Va. Beach, Va., this 20th day of October, 1932, in accordance with request made by self - Mrs. [2193], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

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

R E A D I N G

Time of Reading 10:30 to 11:00 A.M. Eastern Standard Time. . . . , Virginia.
(Physical Suggestion)

1. EC: We have the body here, [2193], and those conditions physically and mentally that disturb the body.
2. In considering the physical conditions, the mental is disturbed by the physical outlook upon the material things about the body, the effect of mental and material things upon the body.
3. The mental forces are well balanced, needing only the reassurance of those spiritual attributes that may aid in bringing resuscitating forces, rather than the creating of those that produce hindrances in the physical conditions.
4. In the physical body, these conditions we find existent:
5. In the circulations we find there is a form of anemia, such that the elements in the blood stream - as supplied by many of the organs that contribute those various elements for the functioning of other organs in the system - are lacking in that which makes for the proper eliminations from the system, and elements that make for a tendency in those portions of the system where pressures and hindrances create impulses that produce too great a form of coagulation; hence conditions, as we find, that make for those tendencies and - in some instances, as we shall see - the accumulation of refuse forces as to hinder in the proper distribution of the proper character of circulations in the body, causing an accumulation as seen over portions of the system, in the extremities of the body at times making for heaviness in the feet, too great an internal circulation for the capillary or emunctory circulation, producing those strangulations about centers in the sensory system, making for the character or type of hindrance to the vision, to the sensory system as to the taste, as to the hearing. While the auditory forces are very good in many respects, there are times when there is seen a great deal more acuteness than at others. At periods it is seen that the tastes of the body, that have existed in the system, as excited by those sensory impulses, have altered entirely; even to the sense of bitter and sweet, or sour and sweet. These have changed entirely. This may be better seen in those senses as related to smell, or the odor that may be had from confection or green vegetables in their preparation. The same condition, in a greater extent, hinders in the vision, producing in the back portion and about the optic center itself a gradual form of a chrysalis that hinders the vision. Especially is this seen at some periods greater than at others, with a gradual covering over of same. These then, as indicated, are from the blood supply in its inability to keep the even balance through certain elements having been lacking in the system, and these elements gradually forming into chrysalis formations in the blood supply find - through pressures existent in the system, in those centers or places where this tendency, this weakness occurs - a physical obstruction to the functioning of those organs in the sympathetic system. These also, as we shall see, produce some pressures in other portions of the body, but in clearing the one we will find that the whole general health and welfare of the body will be materially aided.

6. In the nerve system, this we find, to be sure, more or less involved in the condition; for as the nerve impulse is that stimuli which makes for the circulation, and also for impulse to be carried to the various portions of the system, these have either become accentuated by pressures that exist in the system or so relaxed, or so exercised by the condition existent from the region where the impulse begins from that assimilated in the system, as to follow along with the circulation, of course, becoming a secondary condition; though at times the whole nervous system seems to be "all to pieces" as it were, which arises from fear, from mental conditions that affect the body by the physical conditions.

7. Then, in meeting the needs of the conditions of this body:

8. As we find, this will require persistence on the part of the body respecting the physical applications for the body, as well as in the diet and the activities for the physical forces of the body; yet these should within a period of twenty-eight to thirty days begin to show improvements, and would continue to be on the improve if these factors are kept in their relationships properly as to aid in creating for the system the proper elements, without throwing others out of balance, that will cause absorption of those forces that are producing the pressures and the disorders in the system. This will necessarily require a longer period, when we consider that the whole physical force of the body has reached that stage in its activity, in this peculiar or individual experience, where it requires a longer period to not only build for sustaining and resuscitating, but the extraordinary necessity of absorption; and to have operative measures in the very kind and character would be the destruction of the forces, or the abilities of the body itself; hence the absorption measures will be and are - as we find - the only means, and these we would follow then rather closely:

9. First, the matter of the diet should be the main consideration for at least the first fourteen days; beginning all of this, then, at once - this should be the character of diet:

10. Mornings - citrous fruits; oranges, grapefruit, lemons. These would be altered as to the quantity taken. With this may be taken any cereal drink, as Ovaltine or kindred preparations. There may be taken with this at times a little wheaten cakes, or oaten cakes, or the rice cakes, with a little honey.

11. Noons - preferably a great deal of green vegetables; none cooked; with the oil that makes same palatable, with a great deal of salines, that we may enliven the activities for the blood stream - see?

12. Evenings - rather those foods that will make for blood building; as the well cooked vegetables, with fish or all sea foods, liver, mutton, and the like.

13. Be sure that the eliminations for the alimentary canal are kept fully active, with at least two movements of the bowel every day.

14. During this same period we would take the electrically driven vibration from the end of the spine to the base of the head, see, directly to the body itself, with the body lying prone. Preferably this should be given just before retiring of evenings, and particular reference should be given in such application to the 3rd and 4th cervical area, and the 2nd, 3rd, 4th and 5th dorsal area, but the whole length of the spine, from the end of the spine to the head, from the head to the end of the spine should be gone over thoroughly.

15. After fourteen days, then we will change the whole ministrations for the system, for we will find changes will be felt. While there may be felt the tendency of a tickling or prickly sensation through some of the circulatory forces to the head, especially to the side of the head and to the neck, this will be rather the creating of eliminations for the body.
16. On the fifteenth day of the administrations we would begin to apply (with these same applications, following up all the diet) the heated saturated solution of Epsom salts over the whole cervical area, from the base of the head to the first of the dorsal centers; then also from the 1st dorsal to the 10th dorsal, or through the solar plexus center area.
17. Following the Epsom salts applications (which would be put on every other day), we would apply the violet ray; not the ultra-violet, but the violet ray, direct to the body. We would begin then once a week to apply that also to the sides of the head, through the temple, and once a week - on the same period when it is applied to the temple (always moving towards the cervical area with the application) - use the double eye applicator of the violet ray; and we will begin then to have some discharge from the eye itself, as a mucous - not heavy, not as more than a thick gluten, or water. This should be sponged off (when this comes, which will be of morning) with an antiseptic that is mild to the eye, see?
18. When this begins (the discharge from the eye), we would begin also to take internally very small quantities one day of Glyco-Thymoline (3 to 5 drops), the next day of Atomidine (from 5 to 6 drops).
19. Then, when this has been carried to the twenty-eighth day, or twenty-ninth day, we would give further instructions. Do this.
20. This all may be done at home; it is not necessary to go to a physician for any of it.
21. The treatments with the electrically driven vibrator should last for at least fifteen to twenty minutes by the clock, and with treatments being given all the time.
22. When we begin with the application of the saturated solution of Epsom salts, we would give these for twenty to thirty minutes; that is, let these pads stay on for that length of time.
23. The application of the violet ray following the packs of salts, when the skin has been opened, or the pores, and the centers along the cerebro-spinal system are ready for response to this low form of electrical vibration, will enliven not only the nerve centers of the cerebro-spinal and sympathetic system, but also cleansing the blood stream itself. This we would give from five to fifteen minutes along the cerebro-spinal system; that is, over those areas that have been covered with the Epsom salts, see? that is, from the base of brain to the first dorsal area, then from the first dorsal area to the 10th dorsal, going towards the central portion of the body. The application to the side of head and to the eye would be divided between two and a half minutes; for the side of the head - each temple, you see, would be included in the two and a half minutes for both sides, then to the eyes with the double eye applicator for two and a half minutes.
24. Ready for questions.

25. (Q) What quantity of citrous fruit should be taken of mornings, of the grapefruit, oranges or lemons?

(A) One or two oranges, a half or a whole grapefruit, with the lemon mixed with either of these - preferably the juice pressed out and sipped with same.

26. (Q) Should any laxatives be taken to keep the bowels moving twice daily?

(A) With the balancing of the diet in this manner, it may be found necessary to take occasionally small doses of Enos' [Eno] salts. This is preferable, for it is of the fruit nature and does not drain the system nor produce too much distress in the system, see?

27. (Q) What dosage of Enos [Eno] Salts?

(A) Two teaspoonsful, level full. It may be found, after having taken the diet for some few days, that only one teaspoonful would be necessary, see - this taken preferably, when it is found that the bowels have not moved regularly, before the meal or before breakfast - see?

28. (Q) Any mental advice for the body?

(A) We would occasionally, whenever convenient, keep close in touch with those that may aid in assisting the body to know more of the spiritual manifestations of those very sources or forces through which the information is being given. Talk often, then, with the director and the writer.

29. (Q) Should the violet ray and vibrator just be applied to the spine?

(A) Just be applied to the spine, from the solar plexus center to the 1st dorsal; from the 1st cervical to the 1st dorsal. See, one runs one way and one runs the other. In this first application, we will find these will be applied to the cerebrospinal system, rather than to the frontal portions of the body. We will find that there will be considerable change by the twenty-eighth day for the betterments of the body. The first few days there may be produced a feeling of some little irritation, but this will gradually disappear with the eliminations being set up. Because there becomes some little discharge, do not become worried; for this would be nature's way of adjusting itself.

Through those that we have given, keep the body mentally in accord with those things that may aid in giving the spiritual healing that brings hope and cheer, in knowing that all is in Him, He IS the life, the light, and that all healing comes through those applications of His power that is manifested in the various elements and forces that take hold upon the system to enliven it and to make it at an at-oneness with Him, who gave Himself as the ransom for many.

30. We are through for the present.

REPORTS OF READING 2193-1 F ADULT

None.

INDEX OF READING 2445-1 F 69

CATARACTS

CIRCULATION: IMPAIRED

Diet: Cataracts Par. 19, 20

Electrotherapy: Violet Ray: Cataracts Par. 16, 17

ELIMINATIONS: POOR

Healing: Oneness Par. 25-A

: Spiritual: General Par. 25-A

Osteopathy: Spine: Subluxations Par. 13--15, 17, 18

Prophecy: Prognosis: Cataracts Par. 24-A

Psychosomatics: Healing Par. 19, 21, 24-A, 25-A

Spine: Subluxations Par. 11, 13

SURGERY: PREVENTIVE: CATARACTS

BACKGROUND OF READING 2445-1 F 69

B1. Cataracts; one removed years ago and eyesight improved; another removed from other eye and eyesight NOT improved; getting worse all the time; unable to see out of one eye.

TEXT OF READING 2445-1 F 69

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va. , this 5th day of February, 1941, in accordance with request made by the self - Mrs. [2445], new Associate Member of the Ass'n for Research & Enlightenment, Inc. , recommended by Mr. [2051] and Mrs. [1541].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mrs. [2445] and her niece, [. . .] and Mrs. [1523].

R E A D I N G

Time of Reading 10:25 to 10:45 A.M. Eastern Standard Time. . . . , Virginia.

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; 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, [2445].

3. Now as we find, there are conditions that prevent the best physical functionings.

4. These have become localized, or there are such conditions that there are specific hindrances in the activities of the body; having primarily to do - in their effects with the sensory system, especially as to the vision.
5. We find that these have been rather of a gradual development; or, being produced by a disturbed circulation, have allowed accumulations, or those tendencies for refuse forces not to be eliminated.
6. Thus the accumulations form that have hindered, and are gradually hindering, the vision.
7. These accumulations will be better assimilated and eliminated through absorption, than by allowing them to grow to such an extent as to require operative measures for the removal of same.
8. As there have been and are specific centers from which this portion of the system receives the impulses for activity, especially as related TO eliminations, we find that such stimulation as to cause a better circulation to be established would be the way or means to first approach this disturbance at this time.
9. To be sure, other measures will be required, but these will be the FIRST approach.
10. The GENERAL conditions of the body in the main are very good. With such conditions, there are naturally those sympathetic reactions that cause some disorders to the other organs of the body, - as the establishing of better eliminations through the lower hepatic circulation, or through the kidneys.
11. As we find, there exists in the cerebrospinal system impingements in the segments. The removal of these pressures, as combined with the correcting of the unbalanced chemical reactions in the assimilating system, will materially aid the general conditions; thus PREPARING the body for a better circulation.
12. Hence, this portion of the organism's activity is taken into consideration also.
13. Thus, we would have these corrections made osteopathically, by one versed in the relationships of the general system, especially the sensory system; or an osteopath acquainted with the system in SPECIFIC activity to eyes, ears, AND the organs as relate to general eliminations.
14. These segments that need the particular attention are from the 4th dorsal to the 1st cervical; and we find that at least some ten to twelve such adjustments should be given. THEN coordinate also the lower portion of the 9th dorsal, the 10th and 11th dorsal, and lumbar axis, WITH the adjustments which should have been made by then in the upper portion of the system.
15. After there have been some fifteen such adjustments altogether, we would rest from these for a period of five to ten days.
16. THEN (not before), begin with the use of the Violet Ray; this to be applied with the bulb applicator, every other day, from the 9th dorsal upward to the lower portion of the base of the brain. This should extend around the side of the face, - both sides, you see, the two-way actions from the base of the brain. Use this for at least a minute and a half. THEN use the two-way eye applicator for one-half a minute, - this not oftener than every other treatment generally with the bulb applicator, you see.
17. After a dozen or more of the Violet Ray treatments have been taken, - then have another course of the adjustments osteopathically; with special reference to

the upper dorsals and through the cervical area - and THIS time more to the vegetative nerve plexus.

18. The frequency of these treatments should be judged more by the one making the adjustments; but in the first series, at least twice each week.

19. As to the diets, and the general attitude of the body as related to the general conditions:

20. The diet should be rather of those things minus meats; that is, vegetables, fruits and the like. Fish and fowl may be taken, but never any fried foods.

21. Do these; and throughout the applications, let the attitudes be - as the changes are wrought - not merely for material gains [See 2445-1, Par. R2] but that self may be useful as a channel of helpfulness to others; bringing hopefulness - as is found in the belief in and practise of - Christ's principles.

22. Ready for questions.

23. (Q) Are the eliminations through the alimentary canal proper?

(A) If they had been, we wouldn't have indicated the change in diets and in stimulation for better eliminations through the kidneys, - for these, of course, are a portion of the alimentary canal's reaction.

24. (Q) Can the eyesight be restored?

(A) The vision will be improved. As to how much depends upon the sincerity of purpose and the reactions that come about, to be sure. But these applications indicated will restore the reactions to the optic nerve, and will absorb the growths that have been and are a part of the disturbance.

It will necessarily be slow; it may require the second, third or fourth SERIES, but in each of these, the treatments should be in the order as indicated, see?

25. (Q) Any spiritual advice at this time?

(A) Read that as given, and apply it; that is, make those reactions as an EXPECTANCY! For, all healing of EVERY nature MUST come from SPIRITUAL reaction! Applications that are made, mechanically or otherwise, are only to stimulate each action through the system to a unison with Creative Forces.

26. We are through for the present

REPORTS OF READING 2445-1 F 69

11/18/59 [1523]'s report: "Mrs. [2445] was more or less talked into having the reading. To my knowledge no effort was made to follow the reading. The reason in part was the cost, and the time it would take.

"When her first husband died he left her very well fixed, but he had been very close with money and I suppose she had gotten the habit from him. She then married again, sometime later, to another man who also was extremely well fixed for money. But here again they were very frugal. They lived in an old fashioned home, not even having an electric stove in the kitchen - using a wood stove to heat their home, etc.

"The reason I am giving these details is because of the statement in the reading in regard to attitudes 'not merely for material gains.' [See 2445-1, Par. 21.]

"I called my mother [1541] this morning to ask if Mrs. [2445] had gone blind, and she said that the last she heard that she could still see a 'little bit'.

"Mrs. [2445] and her husband (he being a very wealthy farmer) are still living in the same old fashioned environment, having only called in someone to help with the cooking and to drive them for visits, etc. "

1/7/62 She died at the age of 90; her husband lived six months longer.

INDEX OF READING 2600-1 F 62

Appliances: Wet Cell: Lesions Par. 14--17, 22

BLINDNESS

Cataracts Par. 24-A

Catarrh Par. 27-A

Circulation: Impaired: Lesions Par. 26-A

Cough: Lesions Par. 7, 8, 18

EARS: DEAFNESS

: Eustachian Tube Par. 7, 9

Inhalants: Alcohol, Grain: Cough Par. 20, 21

: Benzoin, Compound Tincture Of: Par. 20, 21

: Eucalyptus, Oil Of: Par. 20, 21

: Tolu In Solution: Par. 20, 21

: Turp, Rectified Oil Of: Par. 20, 21

Insomnia: Lesions Par. 25-A

LESIONS

Nervous Tension Par. 27-A

Osteopathy: Lesions Par. 18, 19

Surgery: Cataracts: Not Recommended Par. 24-A

BACKGROUND OF READING 2600-1 F 62

None.

TEXT OF READING 2600-1 F 62

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 8th day of October, 1941, in accordance with request made by the self - Miss [2600], new Associate Member of the Association for Research and Enlightenment, Inc. , recommended by Mrs. [2574].

P R E S E N T

Edgar Cayce, Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [2600] and Mrs. [2574].

R E A D I N G

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

1. GC: You will go over this body carefully, examine it thoroughly, and tell me the conditions you find at the present time; 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: As we find, there are disturbing conditions which prevent the better normal functioning of the body.

3. These have been of long standing, and thus they have become - in the main - of a constitutional nature.

4. Yet, we find that these conditions may be materially aided; though it will require patience, persistence and prayerful activity of the body.

5. Then, these are the conditions as we find them with this body, [2600] we are speaking of, present in this room:

6. The blood supply in the main has become very good in the present; though, to be sure, from the suppression of activities and the lack of blood flow TO portions of the head and to the sensory system, there ARE excesses at times of eliminated conditions to be carried in the system.

7. The attempt of the body in the present from this bettered condition brings about a disturbance that aggravates the body at times. This is owing to the lesions that prevent the proper nerve energies to the flow of impulse for eyes, ears and head, from those areas where there is the activity of the nervous system with the cerebrospinal supply.

8. This overflow produces a spasmodic reaction in the form of irritation to the larynx and to the throat. This causes a cough that is irritating to the body at times.

9. The first conditions as brought about this continued effect on the activity of blood flow of impulse in reflexes to the brain have destroyed, in a manner, the activity of the auditory forces and the optic centers; by a congestion that has clogged the Eustachian tubes to where there is little impulse carried through same.

10. The pressures from the areas in the cervical and dorsal prevent the flow of impulse to the optic centers, from a lesion in the 2nd and 3rd cervical and in the 3rd and 2nd dorsal areas.

11. To be sure, vision as WELL as the activity of the hearing response are reflected from brain centers. But body-forces, body-health also have much to do with same, from the ganglia in the cerebrospinal system; as to whether there are responses to the emotions of which the activity of the sensory system is a part.

12. It is a physical condition, it is a psychological condition, it is a pathological condition.

13. These then, as we find, may be materially aided. Hence, we would give:

14. As an activity to centers which supply from the cerebrospinal area TO the nerves in the facial centers that supply to hearing and to vision, - we would use the low electrical vibrations from the Wet Cell Appliance carrying Gold; for THIS body in the proportions of two grains Chloride of Gold to each ounce of Distilled Water, and use at least six ounces of the solution. Change the Gold Solution

every fifteen days. Change the re-charging solution for the Appliance every thirty days.

15. Make the application each day for thirty minutes, in this manner:

16. One day the copper plate would be attached to the right temple, and the nickel plate - through which the Gold Solution passes vibratorially - would be attached to the 2nd and 3rd cervical ganglia.

17. The next day attach the copper plate to the left temple, and the nickel plate carrying the Gold to the 2nd and 3rd DORSAL ganglia.

18. For the cough, for the activities to the GENERAL bodily forces, we would have at least three to five osteopathic corrections; these specifically in the dorsal and the cervical areas.

19. DO NOT attempt to treat the nerves of the face and neck in making these osteopathic adjustments.

20. Prepare an inhalant in this manner:

21. To 4 ounces of Pure Grain Alcohol, add - in the order named: (and in an 8 ounce bottle)

Oil of Eucalyptus. 20 minims,
Compound Tincture of Benzoin. 15 minims,
Rectified Oil of Turp. 5 minims,
Balsam of Tolu in Solution. 20 minims.

Shake the solution together, inhale through the nostril and through the mouth, two or three times through each, and two or three times a day. This will aid in purifying, in clarifying the membranes in the nasal passages and in the throat.

22. Do these things in the present, - and after the use of the Appliance for a period of sixty days, we would give further instructions for corrections - as helpful measures are coming about.

23. Ready for questions.

24. (Q) Is it advisable to have the cataract removed from my right eye at this time?

(A) Not as yet. Let's change the activities of the body-forces so as to coordinate the circulation in the system better, before such is attempted.

25. (Q) What can be done for my insomnia?

(A) The application of those things suggested will also aid the body in the nervous system to relax and overcome much of the insomnia.

26. (Q) For my recurring kidney trouble, and for the itching which troubles me?

(A) All of these will be aided by the better setting up of circulation.

Suggestions for these will come more when we have helped those circulations to the head, and especially to the auditory and to the optic forces.

27. (Q) Is there a physical reason for my periods of extreme tension and irritability?

(A) The attempts of the nervous system to combat the continued CATARRHAL conditions that form the basis of the greater pressures upon the sensory system. There is a physical condition.

We will attempt here, through these means, to aid in helping these conditions. Do these, as suggested.

28. We are through for the present.

REPORTS OF READING 2600-1 F 62

R1. 10/8/41 P.M. See 2600-2, a Mental-Spiritual Reading.

R3. 10/17/41 Miss [2543] wrote: "Miss [2600] is very pleased with her reading."

R4. 11/2/41 [2600]'s letter to EC: "I have now had the fifth treatment from Dr. Shackleford, the osteopath to whom you sent me. You advised from three to five treatments, so I am wondering if I should discontinue them now. Dr. Shackleford thinks I need more, but I have been having extremely severe pains in my neck, so hesitate a little about going on. I have had a good deal of pain in my neck for years, and do not know if this pain is merely that somewhat increased by a slight cold, or if it has been intensified by the osteopathic treatment. Dr. Shackleford has been very careful, and I like him very much, and think he has benefited my insomnia, but the pain has been very bad for at least two nights. Another thing: He and I both wondered what the reading meant by saying, 'Do not attempt to treat the nerves of the face and neck' but also advised treatment of the vertebrae in the cervical since the cervical is, of course, the neck.

"I am also wondering a little if the electrical appliance which I have been using is put together correctly. Mr. Godfrey seemed to be a little uncertain about it and said that your son had been doing them but was now in the Army. A young man who is with me put it up very carefully according to Mr. Godfrey's directions, but neither he nor I can feel the very slightest sensation when using the appliance, so we are both wondering if it is all right. I understand from Mr. Godfrey that there is no sensation, but even when tried on the tongue which is particularly sensitive, there is no feeling. The largest metal disc is so curved that only the edges of it touch the places where applied. Is this all that is necessary? I have been using the battery faithfully since receiving it and want to give your suggestions a careful following so would like to know if it is all right.

"Also please tell me about continuing further treatments from Dr. Shackleford. I think he has benefited my insomnia somewhat, as I have said, but am concerned about the pain in my neck. "

R5. 11/4/41 EC's letter to Miss [2600]: "Thank you for yours of the 2nd. I also had a letter this morning from Miss [2543] of Jacksonville, Fla. To have letters from two of the loveliest people I have ever met in the same day recalls to me, I have quite a responsibility with whatever grace may have been given me by the heavenly Father.

"I think, from your letter, Miss [2600], [it] would take more treatments from the doctor. It will help you get rid of that cold. Yes, I think you will find your appliance all right if you had the charge, that is, the chemicals put together right. I am sure you will get the desired results. I would use that, the appliance just as given. I will be away two weeks starting next Sunday, but when I am home again I hope to be able to check up on you and see just how you are getting along.

"I would keep up all suggestions until about the 24th and if you will write me then we will make an appointment and check up, as I am to do for Miss [2543] tomorrow."

INDEX OF READING 2638-1 M 41

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

CATARACTS

DEBILITATION: GENERAL

Diet: Artichoke: Jerusalem: Debilitation:

General	Par. 20
: Cooking Utensils: Patapar Paper	Par. 20
: Debilitation: General	Par. 19--23

Doctors Suggested: Smith, Arthur E. Par. 15

Electrotherapy: Violet Ray: Cataracts	Par. 16, 17, 24
: Spine: Subluxations	Par. 16, 24

Eyes: Debilitation: General Par. 8

Liver: Kidneys: Incoordination Par. 6, 11

Osteopathy: Spine: Subluxations Par. 13--16

Physiotherapy: Massage: Peanut Oil:	
Debilitation: General	Par. 18, 24
: Packs: Potato: Cataracts	Par. 16, 17

SPINE: SUBLUXATIONS

BACKGROUND OF READING 2638-1 M 41

B1. 12/10/41 Letter: Most anxious about eyes, nerves & urinary system.

TEXT OF READING 2638-1 M 41

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 15th day of December, 1941, in accordance with request made by the self - Mr. [2638], new Associate Member of the Ass'n for Research & Enlightenment, Inc. , recommended by Dr. [2067], Ph.D.

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 10:55 to 11:15 A.M. Eastern Standard Time.

At home, . . . , Ohio.

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, [2638].
3. As we find, there are conditions that prevent the better physical functioning through the body. These are partially of a general rundown condition that arises from specific disturbances which bring about other reactions in the body.
4. These as we find have to do with eliminations and assimilations in the system, that are affecting the functioning of organs and the nerve systems of the body.
5. Then, these are the conditions as we find them with this body, [2638] we are speaking of:
6. The blood supply indicates a disturbance in the lower hepatic circulation, and an affectation between the liver and the kidneys; and the manner in which these have caused deteriorating effect upon the blood stream, and the effect this has had in impoverishing the nerve forces - especially as related to ganglia where there are subluxations in some portions of the body - causes the effect to the sensory nervous system.
7. In the nerve forces, then, we find pressures existing in the 9th and 10th dorsal; also pressures in the areas of the 3rd and 4th cervical, and in the 2nd and 3rd and 5th dorsal.
8. These deflections, and the general debility - which has been met in part, yet only removing or deflecting the activities and not eliminating the causes - bring about the disturbance of inflammation to the sensory system, especially the optics, or through the area about lids, eyeball, and the optic itself. These bring types of headaches, as well as an upsetting of the general nervous system, producing in the general reactions to the circulation of an internal temperature; hence causing the metabolism of the body to be disturbed.
9. As we find, these are the sources of the disturbance.
10. The affectation, then, to the organs:
11. The variation in the blood pressure at times causes an upsetting of the digestive system, an overactivity and a limited activity at other periods of the kidneys, the inflammation to the sensory forces, accentuating the sense force in some directions and limiting it in others, and a GENERAL debilitation.
12. As we find, these would be the administrations to be first given. After some eight or ten weeks these might need changing, dependent upon the response of the body through the care and attention given, and the adherence to suggestions specific as to diet and applications.
13. First, we would begin with osteopathic adjustments; with special or particular reference made to those areas in the dorsal AND in the cervical areas. These would be taken twice a week.
14. Have at least twelve adjustments in the first series. Then rest from these for a period of at least three weeks.
15. Then have a second series of at least ten adjustments. We would have Dr. Smith, or one that may be recommended by him.

16. After some six or eight adjustments have been taken, begin also with the Violet Ray (hand machine) as a direct application. First, use the bulb applicator from the lower portion of the spine to the areas about the head and neck, - along each side of the spine, and such an application should last some three minutes. Then, for a minute and a half, use the double eye applicator direct over the optics themselves, - to be sure, with the eyes closed. Use this treatment at least three times a week, when it is begun, and after such an application we would apply a scraped Irish potato poultice over the eyes; that is, scrape an OLD Irish potato (not new potato) and apply between gauze. Let this remain on the eye for at least thirty to forty minutes. Then bathe off the eyes (when this is removed) with a weak eye lotion, such as will remove some of the inflammation that is drawn by the potato.

17. Keep up the Violet Ray and the potato applications during the three week rest period from the adjustments.

18. Also during those three weeks we would massage the spine, the abdomen, the limbs, daily - when prepared for bed - with pure Peanut Oil. Massage into the body each time ALL the body will absorb. Take thirty to forty minutes to give this, not hastening, but that as may be absorbed - that will not only give strength but will aid in supplying a better circulation, that will have been established between the cerebrospinal and sympathetic circulation - or the deeper and the superficial circulation.

19. First, - also, - from the very beginning, let there be these considerations in the diet:

20. At least three times a week take the Jerusalem artichoke, one about the size of a hen egg, - this cooked in Patapar Paper and the juices from same mixed with it when prepared to be eaten. It may be seasoned with a little salt and pepper if desirable, and a little butter.

21. Do have liver, tripe, pigs' feet and the like, several times during a week. These may be altered so as not to become too much for the body. These should be broiled or boiled, - not fried, and all of these well done.

22. There should be little of the bulbular vegetables that grow under the ground, other than the artichoke. The leafy vegetables, also fish, should be a part of the diet.

23. Not too much sweets. Refrain from these, - whether in the form of syrups, sugars as in pastries or pies or the like.

24. During the second series of the adjustments, leave off the Violet Ray but DO keep up the rubs.

25. THEN we would give further instructions.

26. Ready for questions. We are through for the present.

REPORTS OF READING 2638-1 M 41

R1. 1/5/42 [2638]'s ltr. to EC:

Mr. Edgar Cayce Virginia Beach, Va.

Dear Mr. Cayce,

I would have written you sooner regarding my Reading but we have been busier than usual since the start of the Japanese affair.

First, I wish to say that I am deeply interested in Spiritualism and psychic phenomena, and have been since I first learned that there were such things. Also, I believe that most supernormal psychic phenomena are accomplished through help from spirits. I am particularly interested too in healing and wish that I were an instrument through which healing could be done.

Now regarding my physical condition and case history: I have always been a rather healthy person, never having been really sick in my life. During and after the 1937 Ohio River flood here I became rather run-down - more from nervous strain than physical. In 1938 a sliver of steel struck and injured my left eye and affected the sight slightly. Then about one year later a cataract developed on the same eye - presumably as a result of the accident, but possibly brought about by a condition in some other part of the system. I occasionally have a dull headache - usually on Sundays - which may or may not be caused by eating too much and not exercising enough. Then there are times when for no apparent reason my nerves are on edge.

Although I am as healthy as the average individual and have never had a thorough physical examination, there are some indications that your diagnosis is correct, or at least in part. In fact, I am accepting it as being entirely correct. But, so long as I remain as well as I am now, I do not think it would be worthwhile for me to take the osteopathic treatments - especially as I know of no such doctor near here.

The Reading was quite satisfactory but I had hoped that the cataract condition would be noted and possibly some suggestion would be made regarding it. That is the condition about which I have been most concerned.

I shall be pleased to receive any publications of the Association at any time.

With best wishes for your success in this New Year, I remain,
Sincerely yours, [2638]

INDEX OF READING 3168-1 M 52

CATARACTS

Circulation: Lymph Par. 4

Diet: Cataracts Par. 11

: Vitamins: C: Cataracts Par. 11

ELIMINATIONS: POOR

Mechanotherapy: Cataracts Par. 6

Osteopathy: Cataracts Par. 6, 8

Physiotherapy: Packs: Glyco-Thymoline:
Cataracts Par. 7, 8

Prescriptions: Eno Salts: Eliminations Par. 9

Teeth: Cataracts Par. 14-A

BACKGROUND OF READING 3168-1 M 52

B1. 5/10/43 [3189]'s letter: "He is now, after a succession of misfortunes, threatened with blindness."

B2. 8/18/43 Letter from wife, with these questions:

1. Will the cataracts be lessened since the teeth have been pulled? 2. Will an operation be necessary? If so, should it be done this fall? 3. On only one eye or on both? 4. Will it be a successful operation - or can you tell us that?

TEXT OF READING 3168-1 M 52

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 21st day of August, 1943, in accordance with request made by the self - Mr. [3168], new Associate Member of the Ass'n for Research and Enlightenment, Inc. , recommended by Mr. [3189].

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.)

R E A D I N G

Time of Reading 3:30 to 3:45 P.M. Eastern War Time. . . . , Nebraska.

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, [3168].

3. As we find, there are disturbing conditions. The acute disturbance has to do with the circulation to the eyes, ears and face, or - more specifically - hindrances in eliminations that are allowing accumulations to form in cataracts over the eyes.
4. This disturbance in the main has arisen from the effects of toxic conditions in the body, but are directed specifically to the eyes because of pressures in the dorsal and cervical centers that hinder the coordinating flow of lymph and the cerebrospinal circulation in eliminating channels.
5. While certain measures that have been taken will aid to relieve this flow of poisons accumulated in the face and head, we find that these will not get at the source of the trouble.
6. We would use the mechano-therapy or mechanical adjustments (that is, osteopathic adjustments) to set up drainages better from the organs of the sensory system; 3rd and 4th dorsal, 1st dorsal, 3rd cervical and throughout the 1st and 2nd, the sympathetic connections at the base of the brain.
7. These would materially aid, and there might be such drainages established as to break up or eliminate the formation of the cataracts; provided alkaline poultices or packs are applied back of the neck and over the eyes for twenty or thirty minutes each day. Use four to five thicknesses of cotton cloth well saturated with the Glyco-Thymoline. Put these on at normal temperature, not heating the Glyco-Thymoline.
8. These packs will aid, with the manipulation osteopathically - which should be given at least twice or three times each week, in eliminating the disturbance.
9. Begin first by setting up better eliminations through alimentary canal. Use Eno Salts, small quantities, five days out of each week, to keep the eliminations set up. Take just a teaspoonful in the morning before the meal is taken.
10. Do these, if we would make for better conditions with the body.
11. Also add quantities of vitamin C. For this body, take this in citrus fruit juices. Eat at least six oranges each day. Just the juice or the fruit or pulp may be taken, however it is more desirable for the body.
12. Do these regularly, and we may make better conditions.
13. Ready for questions.
14. (Q) Will the cataracts be lessened since the teeth have been pulled?
(A) They will be lessened but will not be eliminated unless the sources or causes of these are removed, as indicated.
15. We are through with this reading.

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None.

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CATARACTS

CIRCULATION: INCOORDINATION

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BACKGROUND OF READING 3288-1 M 79

None.

TEXT OF READING 3288-1 M 79

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 15th day of October, 1943, in accordance with request made by the self - [3288], new Associate Member of the Ass'n for Research and Enlightenment, Inc. , recommended by the book, THERE IS A RIVER.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mr. [3288].

R E A D I N G

Time of Reading 3:50 to 4:10 P.M. Eastern War Time. . . . , Michigan.

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, [3288].
3. As we find, there are disturbances. These have been retarded in many ways. These are the poisons or accumulations that arise in the circulation between the cerebrospinal nervous system and the sensory organism. This form of condition leaves in the system those accumulations that are forming distortions to the circulation through the sensory forces. And, here, more is indicated in the eyes. This we find forming a tendency towards cataracts, or the accumulations over the optic ball itself.
4. We find that these have been retarded or held in check, but we find that much better conditions would come with the addition of the Swedish massage including sweats, - in addition to the use of the applicator that has been proposed, or that has been prepared for use here. Use this, but do add the Swedish massage.
5. Such massages and sweats should be had once or twice a week, and should include each time a good sweat. Should there come greater disturbances, use these oftener - but at least once a week have a good sweat, so that we get the poisons out of the superficial circulation. These should be steam sweats, - not fume baths, not dry heat cabinet sweats, but steam baths as from hot blankets or the like. These are the characters of sweats needed to stimulate the superficial circulation; for the causes of the disturbance are the incoordinations especially at the 1st, 2nd, 3rd, 4th and 5th dorsal, and at the 1st and 2nd cervicals.
6. Each time following such a sweat bath, or steam bath, when the pores are open, massage the body thoroughly with this combination of oils, added in the order named:
 - Olive Oil. 2 ounces,
 - Peanut Oil. 2 ounces,
 - Oil of Pine Needles. 1/4 ounce,
 - Lanolin (liquefied). 1/4 ounce.
- When the body is dried off, after the steam bath, having a thorough rubdown, massage these oils into the body - not all, to be sure, but just what will be absorbed - for these will be more beneficial when the pores are open, you see. Massage into the spinal column and along the area of the sympathetic nervous system, especially from the 6th dorsal to the base of the brain.
7. And we will find these will relieve the disturbance without the necessity of operative forces.
8. Massage AWAY FROM the brain, in a circular motion, either side of the spine, extending down to the 6th dorsal or to the 9th or 10th dorsal.
9. In the matter of the diet, - do have raw vegetables, especially carrots - grated, ground, mashed - but raw. These may be prepared in Gelatin. Also include with these the grated or ground lettuce, celery and such vegetables, also water cress. This will aid in bringing better conditions. Not that these should be taken at every meal, but quantities of these should be in the diet daily, to bring better conditions - or to be the most beneficial.
10. Keep away from any quantity of meats. Sea foods, yes; fowl, yes. Lamb, occasionally. But very little of other meats.
11. Do these, and we will keep better conditions for this body.
12. Ready for questions.

13. (Q) Is the Nelson Therapeutic Radio-Tube, made in Chicago, recently sent to me by a friend, the applicator referred to that I should use?

(A) This is the one referred to, and will be beneficial; but it will be more beneficial if the sweats and the oil rubs are used as suggested.

14. (Q) Are the healing treatments by Mr. Bunker of benefit and should I continue them?

(A) These are beneficial, because of the effect upon the superficial circulation that is caused through the imaginative forces of the body. It would be well to keep them.

15. (Q) An operation, then, is not necessary?

(A) If these are done properly as suggested here, an operation as we find will not be necessary - and we will find the condition should be dissipated. Though they may say it may not, we find that it may be but keep this diet, keep this attitude. Do use this tube, and do have the sweats.

16. (Q) Is there anything seriously wrong in my physical body?

(A) It is very good, very, very good in many ways. The heart's activity - of course, watch this when the sweats are taken, but with the correct precautions taken these will be beneficial to all of the circulation.

Do these and we will have better conditions for this body.

17. We are through for the present.

REPORTS OF READING 3288-1 M 79

R1. GD's note: He also secured physical readings for his wife, [4032], and daughter, [5053].

R2. 3/8/44 He submitted questions for a second Physical Reading. See 3288-2.

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BACKGROUND OF READING 3288-2 M 79

B1. See 3288-1.

TEXT OF READING 3288-2 M 79

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of March, 1944, in accordance with request made by the self - [3288], Active 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. (Notes read to and transcribed by Jeanette Fitch.)

R E A D I N G

Time of Reading 10:55 to 11:10 A.M. Eastern War Time. . . . , Florida.

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, [3288]; this we have had before, you see.
3. As we find, there are improvements in the general physical forces of the body. True there are still those tendencies and weaknesses that have been indicated in the body. While the conditions in the eyes do not indicate as yet a great deal of improvement in vision, the tendencies for the reflexes from the sympathetic and the activities of the nerves from sympathetic and cerebrospinal to the optics, or to the centers of the nerve forces as related to the sensory system, are strengthened and stayed.
4. There needs to be rather the consistent and persistent keeping of those applications indicated for the correction, to begin to improve, prolong, change and add to the abilities of the reflex nerve forces, from the general physical condition of the body being improved.
5. As to the manner of Sweat Baths to be taken, the head need not be covered but the body in the cabinet and the head out. Just sufficient of the lights to produce the light sweat, much in the manner of the cabinet being used at Reilly's, but not necessarily the same character of Fume Bath. This may be prepared with the croup cup; that is, the electric plate where water may be heated and the steam settled over the body - just so it does not settle on one portion of the body more than on the other. Do use the witchhazel, a tablespoonful of the witchhazel to the pint of boiling water. Only two electric lights should be needed in the cabinet. This is preferable to having a cabinet without any lights. Two sixty watt bulbs in the cabinet would be sufficient.
6. When the water has boiled out, give the Swedish massage, preferable; using the combination of oils as indicated. Do massage those areas between shoulders to the base of the brain very thoroughly. This should be done now once a week. This is sufficient if it is kept rather consistently. Don't skip many weeks, though there may be periods of rest through the summer months when two or three weeks would be skipped - if the body is in the sunlight a great deal; not so strong as to burn the body, however.
7. Do keep a great quantity of raw, fresh vegetables as part of the diet. Beets, beet juices - with the tops a little later will be excellent also for the body. Have the raw vegetables often with gelatin. Vary the juices. A combination of juices may be used from several vegetables; such as carrots, lettuce, celery, watercress, onion, radishes, all of these may be included. Change them so that the body does not grow tired of them.
8. These, as we find, should bring better conditions and keep a better equilibrium for the body.
9. Ready for questions.
10. (Q) How long each time will the sweat baths be given?
(A) This will depend upon how long is required for the pint of water to be turned into steam that will settle over the body.
11. (Q) Any special regulation of temperature because of consideration for heart?
(A) This should be not more than two of the light bulbs. This will not change much the regulating of the heart activity if only the steam is used and the head is out of the cabinet and cold cloths put around the head and on the head.
12. (Q) As to massage - should the entire body be relaxed each time?

(A) The entire body should be relaxed each time, with particular reference to the areas between the shoulders, or upon dorsals and cervicals, but the entire body - and the use of the oils indicated [in previous reading] will be absorbed as foods to the body- forces. As the perspiratory system carries out poisons, the respiratory system and the absorbing forces in the sweat glands will retain and gain food and suppleness for the body from the characters of oils used in the massage.

13. (Q) Would an osteopath be better to first give adjustments?

(A) As we find an osteopath would be very well occasionally - once a month or the like, to see that there is perfect alignment in the whole cerebrospinal system. But the Swedish massage in the regular routine would be preferable for the body.

14. (Q) Is an Appliance needed?

(A) Not in the present. however, if the Radio-Active Appliance were used it would keep a better balance with the heart's activity by equalizing the upper and lower circulation of the body. This may be used once or twice or three times a week if there is a tendency for restlessness, or if the body is overtired. Be careful that the same plate is always attached first. Keep these plates very clean, seeing that there is ice in the container in which the Appliance is set.

15. (Q) Is carrot juice freshly made as good as eating ground carrots in a gelatin salad?

(A) As indicated, vary the manners in which these are prepared. All of the vegetables, including carrots, may be juiced at times. At others if they are ground and prepared with gelatin, it will be preferable. This is to prevent these from becoming obnoxious to the body.

16. We are through with this reading.

REPORTS OF READING 3288-2 M 79

R1. 9/8/44 [3288]'s ltr. to EC:

Dear Mr. Cayce:

While at my northern home in . . . I suffered a severe back injury. I wired you for a reading but up to date have had no reply to same.

I believe members of the Association have readings for \$10.00. I am, therefore, enclosing you the amount and request that you give me a date for a reading at the very earliest possible moment.

Some doctors seem to vary in their opinion regarding what is wrong so I am very anxious to get the straight of it as soon as possible.

Trusting to hear from you by return mail, I remain

Yours truly, [3288]

R2. 9/12/44 Mr. Cayce's Secretary's note to [3288]:

Mr. [3288], I am sorry to say that Mr. Cayce has been unable to give any readings at all now for the last few weeks....

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BACKGROUND OF READING 3335-1 M 72

B1. 6/5/43 [3335]'s letter:

Mr. Edgar Cayce Virginia Beach, Va.

My dear Mr. Cayce:

. . . My general health is good, the circumstances of my life are comfortable and my work is not too strenuous in its demands upon my strength. There are three things that give me trouble. I am told that I have an infected prostate gland which is incurable but not thus far dangerous. Cataract is forming on both of my eyes and for many years I have been very gradually growing deaf. The deafness is partially relieved by an electrical device - Aurex. For the prostate trouble I have massage of the gland about once every two months. Present treatment for the cataract (which is being pretty well retarded) varies in alternate weeks - one week, a drop of dionin in the eyes at bed-time, the next week an astringent dropped in the eyes three times a day to allay the irritation caused by the dionin.

None of these ailments is as yet menacing nor am I especially desirous of prolonging my life; but I do earnestly hope to avoid an old age of helpless dependence. I have a daughter not quite thirteen years old - the delight of my heart - and I dread the possibility that I may become a burden to her. I hope that her remembrance of her father may be of a happy association unspoiled by care. This may be a selfish hope but surely not unnatural nor very bad.

Sincerely yours, [3335]

B3. 10/21/43 [3335]'s letter:

. . . For several years I have been gradually developing cataract on both eyes but worse on the left eye. For this I have been advised to use one drop of dionin in each eye at bedtime for a week and then, because of the dionin tends to inflame the lids, to omit it for a fortnight or longer if necessary and use an astringent preparation of drops three times a day. The cataract seems to have been greatly retarded as there has been little change in my vision for the last three years. Am I using the best treatment possible for this trouble and if not, can I continue to use it concurrently with any other treatment you may suggest? I would like to spare the oculist embarrassment, but of course do not wish to risk my vision for the sake of politeness. The lid of my left eye appears to be partially paralyzed and droops so as partially to cover the eye. This sometimes operates to hamper vision slightly. Should anything be done about this drooping lid? My work requires considerable use of my eyes although by no means continuous use. Therefore, I would like to be advised as to about how much reading I may safely do after work.

TEXT OF READING 3335-1 M 72

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Virginia, this 3rd day of November, 1943, in accordance with request made by the self - Mr. [3335], new Associate member of the Association for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. (Notes read to and transcribed by Jeanette Fitch.) Harmon Bro.

R E A D I N G

Time of Reading 10:45 to 11:10 A.M. Eastern Standard Time. . . . , Indiana.

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, [3335].
3. Much might be said regarding this body, as to the relationships to the general physical conditions and their relationships to the general physical and mental attitude of the body respecting circumstances and conditions about the body and the relationship they bear to the physical reactions existent.
4. Approached from a purely pathological viewpoint, there is little that may be changed - save the general physical conditions of the body. Considering all circumstances, the physical health is not bad.
5. Then, what may be contributed to the better well-being of this body; physically, mentally, spiritually?
6. The body is very well satisfied with the spiritual outlook. With the physical conditions there are handicaps, but, as ever, mind is the builder. However, there have to be those activities that will enable the spiritual, mental and physical to coordinate the better one with another.
7. For, these are the manners in which developments are made in the body - physical or mental, spiritual or physical or mental. For the Lord thy God is one.
8. Hence, study in self to show self approved unto thy God. What is thy God? Who is thy God? Who is His messenger to thee? What have His messages meant to thee, as to the manner in which ye are to treat thy fellow man? For, as ye do it unto others ye do unto thy Maker.
9. Thus, this attitude reflects itself in thy physical conditions - and don't think it doesn't! It does in every soul-entity.
10. In physical applications, then, the helpful forces for the auditory conditions are very well. To be sure, the Eustachian tubes have become very much distorted, by the catarrhal conditions existent there. But the age, the long period without being corrected - this condition will not be much benefited, without a change of mental attitude.
11. But if good coordination is kept in elimination, in assimilations through the body, we find that the general conditions may be greatly helped. This might be accomplished best by a good, thorough massage - a Swedish massage - following a Cabinet Bath. These activities will keep the body-physical in the best physical conditions.
12. Meet the problems of the day in the light of thy desires as thy Father-God would meet thee with thy own shortcomings with thyself. Meet these in thy relationships to others. No, not idealistic. Make thy relationship to God practical in thy relationship to thy fellow man.
13. Ready for questions.
14. (Q) Is the Aurex the instrument best suited to my needs?
(A) This is good. This or the Over-Tone (?) - but the Aurex that has been used is well.
15. (Q) Should I continue using one drop of dionin in each eye at bedtime?

(A) This may not be necessary if the weekly massages and Cabinet Baths are taken to stimulate better eliminations.

16. (Q) The lid of my left eye appears to be partially paralyzed and drops so as to partially to cover the eye. This sometimes operates to hamper vision slightly. Should anything be done about this drooping lid?

(A) Only the massages, which should be partially in the areas of the 1st, 2nd and 3rd cervicals, 1st, 2nd and 3rd dorsals, and - of course - in the neck and around the head.

17. (Q) Should any particular oils be used for this massage?

(A) Just a good massage would be best for this body, for there are plenty of oils with the body here.

18. (Q) I am occasionally annoyed by canker sores in my mouth which I am told are caused by disturbance in the stomach. Can you suggest a cure for this trouble?

(A) These will be materially aided by the massages setting up better eliminations, or coordination between the alimentary canal and the general superficial circulation.

19. (Q) Is there any particular food to be avoided?

(A) Keep away from any acid-producing foods, or any large quantities of foods that carry acetic acid as a base - either in the flavoring or in the seasoning.

20. (Q) What is the best method of treating these sores in the mouth?

(A) Wash or rinse the mouth with Lavioris, full strength. It doesn't hurt if a tiny bit is swallowed. Gargle the throat and rinse the mouth with this.

21. (Q) Sometimes, after a cold I suffer from sinusitis and sometimes (more frequently in fact) the cold results in bronchitis. Can you suggest a treatment for the bronchitis and a means of relieving the cough?

(A) All of these conditions are taken into consideration in that given. You see, these - as indicated - are a result, not a cause. Much more might be said here than is being given, but the entity must find most of it himself. For, here the sensory forces are the reflection of attitudes of an individual towards things about him. They become psychologically affected, as some might term; being the reflexes or the reactions people make to the environs about them. Here, the entity has closed itself often to cries - yes, it has also seen that which it might have helped. It didn't, and what's happening?

22. (Q) In view of the tendency to sinusitis, should I keep my bedroom window closed at night?

(A) Best if you keep them open, if you keep plenty of cover on. Open at top and bottom is the way they should be.

23. (Q) I am a very moderate smoker - no smoking during the day but in the evening about four pipesful. In recent years, since I began smoking a pipe, I have noticed a tendency to have fantastic dreams. Are these caused by the tobacco and is it necessary to give up the pipe?

(A) Not necessary. These are indications of just what we have been giving for the body. These are reactions of an influence from the tobacco upon the sensory or sympathetic nervous system as it coordinates with brain forces. You might use these fantastic dreams or visions to make a very good outline for what to avoid and

what to work with. No, don't give up the smoking - unless there are other reasons. This is not harmful if done in moderation. We are through with this reading.

REPORTS OF READING 3335-1 M 72

R1. 11/19/43 [3335]'s letter:

Dear Mr. Cayce:

I have received the copy of the reading recently given me and shall endeavor to follow the suggestions therein. It will be easy to arrange for the treatment suggested although it will involve considerable expense; and my means are much reduced from what they formerly were. However, it is worth the effort to prolong my life in health as long as it can be serviceable to my young daughter.

I am sorry that the questions about the infected prostate gland was overlooked; but I suppose that the answer that the general health of the body seemed satisfactory may be understood as reassuring on that point.

I note that you are now giving four readings a day and yet have engagements for two years ahead. I had hoped to have personal readings for myself and also for my young daughter when I could conveniently arrange the money; but I suppose that any early date for such readings is out of the question.

As to the spiritual advice contained in my reading, I shall do my best. While not a religious man in the sense and degree that you are, I do not think I am an irreligious man - certainly, I hope not. Nor do I feel guilty of having ignored opportunities to help others. It is true, however, that I have not made generous contributions to charitable institutions because, having lost a great part of my means, I have been strenuously trying to conserve the remnant of my estate and build it up to afford security for my child whom I regard as my first responsibility. This does not mean, however, that I have not done something in support of organized charity and even have helped a little in private charity. Now, my whole life's activity is devoted to the right rearing of my young daughter and to providing as much security as I can for her against the time of my death. I hope this is not selfish - I have regarded it as my first duty.

Sincerely yours, [3335]

R2. 11/26/43 EC's letter: Mr. [3335] . . . , Indiana

Dear Mr. [3335]

Thank you for yours of November 19. I trust that with the application of the suggestions given, you will find real relief. Just how or why the information at times is cut off before all questions are answered, I have not been able to determine. Sometimes such happens by the manner in which a question is put. I believe, however, with the application of the suggestions the trouble that you indicate will show decided improvement. I don't think the information tends to stress spirituality too much, certainly not in any real orthodox manner, as you seem to think from your notation of being a regular contributor to some charitable work. Anyone's contribution to such things, I believe the information points out, should be the result of an individual's having given themselves and their lives to the services of an ideal such as the Christ. Then if this prompts us to become contributors to such work, very good. Many of us are prone to see our contributions often given that we might be well spoken of by others, and I don't think this has that sense at all.

Yes, we are very far in advance with appointments, about six to twelve months. If we can possibly be of help for yourself or for your daughter, know we will be very glad to try and do so, for our members of course should and do come first. Hoping then that you will receive real help, and that you will let us hear from you from time to time, and with every good wish, I am Sincerely, Edgar Cayce

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BACKGROUND OF READING 3477-1 M 23

B1. 8/18/43 Wife's ltr. to EC:

. . . , Conn.

Dear Mr. Cayce,

I've just finished reading your book, although I've read many a novel in my early teens, I've never enjoyed one so much before. I was first impressed when I heard it advertised on the radio one morning, as the book of the month.

I would like to know if there should be any possible chance of getting a reading for my husband and myself. You see I was born nearsighted and as the years went by I constantly became worse, now making it necessary to wear very heavy lenses. By heavy lenses I mean extra ordinary lenses. A few years ago I had such strong & heavy lenses that it was impossible to wear them. After wearing them for a while, I tried to go back to my previous pair. While I do not get clear vision with these I can at least wear them in more comfort.

My husband was born blind and received his sight thru an operation in early childhood. Soon afterward causing five small cataracts to form in his right eye and one large one in his left. I've been worried quite often of total blindness, (not informing HIM of this). I've asked him to get an examination to have them removed. My disappointment came when I discovered that this dream of mine can never come true. I pray every day that the good Lord keep us away from the door of eternal darkness, and now you have braced my spirits again; so I do hope you will give us a reading, or let us know just how to go about it, and what the fee would be. I tried to give you a picture of ourselves in as few words as possible. Please do not turn us down. Waiting to hear from you. I remain, Mrs. [.]

B2. 11/2/43 Wife's ltr. to EC:

. . . Avenue, . . . , Conn.

Association for Research & Enlightenment, Inc.

Dear Mr. Cayce,

. . . Also the following questions to be asked at my husband's reading Dec. 22 at 10:30: 1. Is there any possible chance of removing the cataracts from his eyes without causing blindness? 2. If so how? 3. Can a prescription be filled out to use as eyedrops be safer? 4. Is there any method of dissolving them seeing that an operation is so dangerous? 5. Is anything wrong with his ears? 6. What causes occasional vomiting? 7. Is there a possibility of stomach ulcers? appendicitis? 8. Is there a vitamin deficiency causing the crave for liquors? (A) If not what does? 9. What causes jittery nerves while sleeping? 10. Is too much coffee dangerous for his nerves or stomach? 11. And how about smoking?

TEXT OF READING 3477-1 M 23

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of December, 1943, in accordance with request made by the wife - Mrs. [. .], new 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. (Notes read to and transcribed by Jeanette Fitch.) Harmon Bro.

R E A D I N G

Time of Reading 11:10 to 11:15 A.M. Eastern War Time. . . . , Connecticut.

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: What a peculiar street! [. . . Grand Ave., New Haven, Conn.]

3. We have those conditions here that disturb this body.

4. Under the existent conditions little may be accomplished until the growths have sufficiently developed that they may be removed operatively by a specialist.

5. Then there should be the proper care; that is, proper rest for the recuperation.

6. Then the body resistances should be built up, correcting those impulses that have arisen from subluxations in the upper dorsal and through the cervical. Thus we may prevent a recurrence of the growth and gradually diminish the type of glass that will be necessary following the healing of eyes.

7. These corrections we would make osteopathically; though these will not be done until after the operation, though if used beforehand they would aid in causing the growth to separate so that there can be sooner the treatment of same.

8. For the massaging, following the osteopathic corrections, we would use this combination of oils:

Olive Oil (heated). 1 ounce,
Tincture of Myrrh. 1 ounce,
Calamus Oil. 1/4 ounce.

9. Ready for questions.

10. (Q) What would be a safe prescription for eye drops?

(A) These we wouldn't use in the present. Rather we would use Glyco-Thymoline or Lavis, one part of either of these to five parts of distilled water.

11. (Q) How can the cataracts be removed from his eyes without causing blindness?

(A) They can be removed if they are taken at the proper period.

12. (Q) Is anything wrong with his ears?

(A) Not that won't be corrected with the massages and corrections that will be given after the operative forces.

13. (Q) What is causing occasional vomiting?

(A) Overactivity of the sympathetic nerves. This comes from incoordinations with the sympathetic and cerebrospinal system, from the dorsal areas, from which impulses arise to the optic forces. Hence, as indicated, we would prepare the body if we would begin these, but a little farther apart than the treatments would be after the operation.

14. (Q) Is there a possibility of stomach ulcers or appendicitis?

(A) There may be the possibility, but not in the present. There are some lacerations from acidity, but those would be helped by the taking of charcoal

tablets. These would be absorbing and healing for the body. Preferably use those prepared by Kellogg - Battle Creek. These are prepared with honey. One tablet a day is preferable.

15. (Q) Is there a vitamin deficiency causing the craving for liquor?

(A) This is another process, but if we will follow through with these things indicated, we will find better conditions - when we build up the body afterwards, by adding the vitamins. But we would not add these until after the operation.

16. (Q) What causes jittery nerves while sleeping?

(A) The broken relationships between sympathetic and cerebrospinal system, as indicated.

17. (Q) Is too much coffee and smoking dangerous for his nerves or stomach?

(A) Not necessarily. Depends upon how it is prepared. With milk it is very dangerous.

Smoking in moderation is not harmful, but don't smoke more than twenty in one day.

REPORTS OF READING 3477-1 M 23

R1. 11/7/49 Wife's letter:

Association,
Gentleman,

About 7 yrs. ago I wrote the association for a reading for my husband, [3477], at that time we were residing at . . . I have moved around quite a bit since, due to the housing shortage, and it seems that I just can't find that reading. However, I do not recall destroying it so it must be mislaid. Would it be too much trouble to send me another copy. If so, I am only interested in the ointment which was to be used after the operation, would you please send me another copy.

R2. 12/3/49 Wife's letter to GD:

Aysh, Conn.
Miss D. Gladys Davis,

Thank you for your kind response. But as yet there has been no surgery, up to last year the doctor claims that the odds are all against him. However, I'd like to keep this on file in case the day does come.

The response to a peculiar street, could only be the fact that it is a business section, being just married it was the only flat we could find at the time. Since then we have a daughter 5 yrs. and has had the same type of surgery on her eyes as is prescribed for her father. I tried to get the oil ointment but so far without success.

Sincerely, Mrs. [. . .]

INDEX OF READING 3566-1 M 70

ASSIMILATIONS: POOR

CATARACTS

CIRCULATION: POOR

DEBILITATION: GENERAL

Electrotherapy: Violet Ray: Debilitation: General Par. 9, 11, 16

Physiotherapy: Massage: Lanolin: Debilitation:	
General	Par. 10, 12, 13, 16
: Nujol:	Par. 10, 12, 13, 16
: Oils, Olive:	Par. 10, 12, 13, 16
: Pine Needles Oil:	Par. 10, 12, 13, 16
: Sassafras Oil:	Par. 10, 12, 13, 16
: Packs: Potato: Cataracts	Par. 18, 19

Prescriptions: KalDak: Debilitation: General Par. 14, 15

SPINE: SUBLUXATIONS

Surgery: Preventive: Cataracts Par. 17

BACKGROUND OF READING 3566-1 M 70

B2. 1/7/44 [3566]'s Wife's letter:

House on . . . Post office add. . . . Real Estate Broker Box . . . , California

Dear Mr. Cayce

Received your letter appointing Sunday Jan. 16 at 12: 30 to 1: 30 PW Time.

Is there anything Mr. [3566] can do to retain or help his eyesight? or improve his general health? Hoping this is clear & sufficient.

Yours sincerely (Mrs.) [. . .]

TEXT OF READING 3566-1 M 70

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 16th day of January, 1944, in accordance with request made by the self - [3566], new Associate Member of the Ass'n for Research & Enlightenment, Inc.

P R E S E N T

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Harmon Bro. , (Grace Premo).

R E A D I N G

Time of Reading 4:05 to 4:20 P.M. Eastern War Time. . . . , Calif.

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, [3566].
3. As we find, while there are disturbances there, the course of the stream of life has long run with this body.
4. These disturbances, as we find, may be materially aided. These have to do with general debilitation as has become existent in the body, as well as those of more specific conditions, - where those of lack of circulation has allowed those accumulations as cause the creating of disturbances as related to the vision, - or the forming of a character of cataract on the eye.
5. As we find, there are, in the third cervical, the second and third dorsal, those of specific disturbances; and that as hindered this circulation.
6. Those of conditions through improper assimilation in the body caused the vital lack of energies as will aid in replenishing the vital forces in those of body energy.
7. These may be materially aided by the addition of compounds as carry those of vital forces, - in such combinations and proportions as to stimulate better assimilation and better general health through the body.
8. These are to be applied daily, as will be indicated.
9. Also, there should be used, that of the low electrical forces, - or vibrations from those of the violet ray. This, not more than a minute, or a minute and a half, - specifically on and about those of the third cervical; those of the second, third and fourth dorsal.
10. Follow these with about 15 minutes to 20 minutes of thorough massage, - with the combination of oils as will be given, - in the area where there is applied those of the electrical vibrations; and on either side of the nerves and tendons of neck, up to those of the areas under the mastoid, - but not too far forward, - but over the mastoid area; under the chin; and up to the temple on either side of face.
11. Do not apply the electrical vibrations on these areas. Apply the electrical vibrations on those of the third cervical; second, third and fourth dorsal.
12. These are the combinations of oils to be used with the massage; for adding energies and vitality to the body:
 - Nujol or Usoline. 2 ounces,
 - Olive Oil. 1 ounce,
 - Oil of Pine Needles. 1/2 ounce,
 - Oil of Sassafras Root. 1/4 ounce,
 - Lanolin. 1/2 ounce.
13. Shake these thoroughly each time before a quantity is poured into a saucer to massage, - or dip the finger tips in, and massage into the body. Do not pour any back from that the hands are dipped in.
14. Use KalDak as that of an tonic. This should be taken, a level teaspoonful in a glass of milk. Dissolve the KalDak in a little hot water, and then add milk and

cream. This to be taken of a morning and the same quantity taken in the afternoon.

15. Take this every day for 14 days, then leave it off for 5 days. Then take again for 14 days, then leave off for 5 days, and then take it again.

16. Each day, use those of the electrical vibrations for the minute, - or minute and a half; - and DO use the massage.

17. We will gain better conditions for this body. These should, if followed persistently, even prevent the necessity of waiting for operation, - for we should increase circulation.

18. DO NOT make any applications directly to the eyes, unless there is pain. If there is pain as there are the additions in the circulation, scrape Irish potato and apply this as a poultice over the eye-socket, - with the eye closed.

19. This may be done every day, or every other day. Upon removing the poultice, use the alkaline antiseptic as a wash. Do that!

20. Keep eliminations good. Use those of the vegetable compounds as laxatives.

21. Ready for questions.

22. We are through with this Reading.

REPORTS OF READING 3566-1 M 70

None.

INDEX OF READING 3943-1 M ADULT

CATARACTS

ELIMINATIONS: POOR

Nervous Systems: Incoordination Par. 7, 9-A

Osteopathy: Spine: Subluxations Par. 7, 8

Physiotherapy: Rubdowns
: Water, Cold: Circulation Par. 8

Prophecy: Prognosis: Eyes Par. 9-A

SPINE: SUBLUXATIONS

Suggestion: Auto: Eliminations Par. 6, 7

Surgery: Preventive: Cataracts Par. 10-A

BACKGROUND OF READING 3943-1 M ADULT

None.

TEXT OF READING 3943-1 M ADULT

This Psychic Reading given by Edgar Cayce in Birmingham, Alabama, this 27th day of October, 1922.

P R E S E N T

Edgar Cayce; Frank E. Mohr, Conductor; Stallings, Brazelton & Hale, Court Reporters, Steno. Mr. [3943].

R E A D I N G

Time of Reading 10:30 A.M.

1. FEM: Now, Mr. Cayce, you are going to sleep. (Pause) Now, Mr. Cayce, you are asleep, and all the organs of your body will function properly. You will please hear me and answer all of my questions. You have before you this morning the body of [3943] present in this room. I want you to go over his physical condition and tell me what causes his eye trouble, and also tell me whether there are any other ailments that need correction in this body; [3943], present in this room.

2. EC: Yes, we have the body here. Now, this body we find is very good throughout all of the organs, and we find the organs functioning in their normal way. The action of the blood force over the system, save where we have conditions that have prevented the blood circulation from being carried in the performance of its natural function. The nerve force in the body expresses the condition as exists in the functioning of the organs that they themselves control, especially those that have to do with the sensory organism; that is to do with the condition of the eyes.

3. Which is produced by the blood not taking away the used forces as is used in the organ, or the eye, to give vision; that is when any nerve energy is expended by vision, or by whatever action it may be used in the body, there are used forces to be eliminated, either by the direct circulation through that organ, or by other means furnished; either by the blood circulation or or emunctory or lymphatic circulation, producing that constituency necessary to remove from that portion of the body, or organ, those used forces, and they are to be eliminated through their proper channels. Here in this body we find the used forces being not carried away properly.

4. Hence the condition begins to form hindering the vision of the eye itself, or of the light from entering through its proper manner being deflected.

5. Now, this being caused by the nerve force being misdirected, and misdirected blood circulation and lymphatic forces as taken in this body.

6. So to relieve this condition we would, with the action of mental force, or expression, over the sensory system so control the circulation as to cause the proper elimination, or eliminating channels to be directed to the specific cause.

7. And with the assistance of mechanical forces so adjust all of the system as to make the direct action of both mental and spiritual being centered in the condition to be removed. That is by gentle manipulation along the centers that govern the nerves from the cerebro spinal nerve center itself, and the plexus governing the symphatic or soul forces and their conjunction points with the sensory organism, and we would then direct, as it were, the energies of the mind and soul forces with the physical attributes in the body to this condition that we wish to remove from this body. Those centers we will find at the cervical region from the 2nd cervical to the 3rd and 4th dorsal.

8. These we would use by gentle massage or manipulation, or by rubbing with cold water, to produce shock, and then by fast vibration, which would bring the blood to these centers. Do that. Not of operative forces, but do that if we would bring the conditions normal again in this body.

9. (Q) Can there be any improvement made?

(A) We have just given the expressions and suggestions that are to be used for the sensory system, and its connection between the physical forces in the body, which will direct the blood supplying forces and nerve energy to this portion of the body. When we correct one, we will correct all of the attributes of that sensory organism. See?

One is to help the other; when one is impaired the other is sensitive; that is, the hearing is sensitive when the sight is impaired, and they all suffer. In this body we find all do that.

10. (Q) Mr. Cayce, the specialist who examined the eyes of this body claims there is a cataract, and that it needs an operation. You said no operation. What have you got to say about this?

(A) We have given the condition, and what has produced it, and we have given that which will relieve it. Either do that, or leave it. We are through.

REPORTS OF READING 3943-1 M ADULT

None.

INDEX OF READING 4215-1 F ADULT

CATARACTS

CIRCULATION: IMPAIRED

ELIMINATIONS: POOR

Glands: Thyroid: Nervous Systems: Sensory	Par. 2
Healing: Consistency & Persistency : Spiritual	Par. 3 Par. 3, 4
Osteopathy: Spine: Subluxations	Par. 3, 4
Physiotherapy: Packs: Potato: Cataracts	Par. 3, 4
Psychosomatics: Cataracts	Par. 3, 4
Religion: Unity: Cataracts	Par. 3, 4
SPINE: SUBLUXATIONS	

BACKGROUND OF READING 4215-1 F ADULT

None.

TEXT OF READING 4215-1 F ADULT

This psychic reading given by Edgar Cayce in Selma, Alabama, this 23rd day of June, 1922.

P R E S E N T

Edgar Cayce; (?), Conductor; (?), Steno.

R E A D I N G

Time of Reading Unknown.

1. EC: Yes, we have the body here. Now the abnormal conditions as we find in this body, Mrs. [4215] of whom we are speaking, have more to do with the nerve systems and the distribution of nerve forces in their effect through the circulation to the upper portion of the body. The nerves with the muscular forces and the distribution of the forces as supplied by the circulation and distribution of used forces not being eliminated from the system. Now, these are the conditions we find in this body.

2. The circulation of the body, for one of its age and condition, is very good, but we have an impaired circulation to certain portions of the body. This has been of a gradual growth, that is, there are certain centers that have thickened so that the ganglia through the distribution of the nerve and blood forces has become impaired, so that the circulation to certain organs in the body have become impaired and

become defective in their response to the effect as produced by the nerve forces in their action through the sensory system, and it has produced a growth or skim as we have here in the eyes over the retinae itself. That is the cause of the non-action of the organ itself in its action and duty to the rest of the body. This has affected the distribution of forces as used through the sensory organism when distributed through the thyroid glands. These ductless glands absorb from the system through the sensory organisms those things needed to be removed - as used nerve and cellular forces in the body - that is, as we have here.

The voice, the hearing, the touch, the sense of sight and the sense of smell are governed by nerve forces that show their effect in their absorption of forces through these glands. First we begin here with the secondary cardiac plexus, then the condition comes reflexly through the 3, 4, and 5 cervicals.

The thyroid gland and its action on this portion of the head is also affected. As these forces were not properly distributed they left first in the back of the eye here the thickened forces - the eyes became dull through the effect of this thickened wall about the retinae. Then as this began to grow the forces were not absorbed through any of the ducts and it has grown more and more as time has gone on, and it has increased faster in later years than in former.

3. It will only be by persistent care taking, and action both of the spiritual and mental forces with medicinal properties to remove the condition and bring about better normal conditions in the body, but with patience, persistence and correct thought in the body, it can be performed. We would first do this to the body to assist it in being brought to a normal condition.

Now, the rest of the conditions are reflex from this and have nothing to do with the conditions she wishes corrected here in the eyes. First, apply to the eye itself what is commonly called the Irish potato, old not new, scrape well and apply to the eye, with the eyes closed and bandaged about in the evening. This will relieve or produce [remove?] inflammation. When this is bathed off in the morning there will be a discharge from this that is taking away the abnormal condition.

Then we will begin by very, very deep manipulation, or osteopathic treatment, from the seventh cervical to the first cervical- only that portion of the body - just enough to the rest of the body to give proper relaxation and proper distribution throughout the rest of the system.

Treat the mind through the mental forces, as is treated through that of the Unity. Relief must come through spiritual and mental as well as physical. You will find that of the Unity is stationed here. . . Unity Building, Kansas City, Mo. It would be well if she was there.

4. It will be well for her to receive treatment of Unity three or four weeks after receiving this treatment for three weeks, not before or while it is being given, but afterwards. This is the place where prayers [are] wont to be made. We are through.

REPORTS OF READING 4215-1 F ADULT

None.

INDEX OF READING 5222-1 F 54

Clairvoyance of E. C.: Incorrect?	Par. R4
Doctors Suggested: Erlanger, Gustave: M.D. : White: D.O.	Par. 7, R2 Par. 6, R1
Electrotherapy: Erlanger: Eyes: Cataracts	Par. 7
EYES: CATARACTS: TENDENCIES	
Nervous Systems: Incoordination: Eyes: Cysts	Par. 4
Osteopathy: Eyes: Cataracts	Par. 6
Physiotherapy: Applications: Boracic Acid: Eyes: Cataracts : Glyco-Thymoline:	Par. 6, R2 Par. 6, R2
Spine: Subluxations: Eyes: Cataracts	Par. 4
Surgery: Eyes: Cataracts	Par. 6

BACKGROUND OF READING 5222-1 F 54

B1. Born May 6, 1989 in New York; resides in N.Y.; single; no occupation.

B2. 9/15/43 Letter: "A friend of mine told me of the article in 'Coronet'. . . Since birth I have been afflicted with an eye condition caused, doctors say, by spots on the retina. For the last 10 years, my eyes have steadily grown worse and now there is a decided cataract condition developing. . . "

TEXT OF READING 5222-1 F 54 (Protestant)

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 13th day of June, 1944, in accordance with request made by the self - Miss [5222], Associate Member of the Ass'n for Research & Enlightenment, Inc. , recommended by article in Coronet Magazine.

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. 10:30 to 11:30 A.M. Eastern War Time. N.Y., 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 help and relief of this body; answering the questions, as I ask them:

2. EC: Yes, we have the body here [5222].

3. As we find, there are disturbances which are preventing the better physical functioning of the body. These, as we find, have existed for some time back, thus will require, with the correction, that there be those cares taken for the organs involved in same until the system has been adjusted sufficiently to relieve these tensions.

4. This has to do with subluxations which exist in the brachial area of the cerebrospinal system, 1st, 2nd, 3rd, 4th dorsal and in the 1st and 2nd cervical. These make for incoordinations between the sympathetic system and the organs of the sensory system, in this particular instance the pressure from both the dorsal and the cervical, but the impulses to the vision of the body.

5. Thus there have been, as is experienced in the present, those tendencies for accumulation or the forming of a cataract over the optic forces of the body.

6. These would be materially aided by long duration and the operative forces, but if there are in the present the corrections by the specialist, Dr. White, making the corrections in the dorsal and cervical areas and at the same time keeping the applications which tend to keep a better form of reaction in the secretions to the vision, keeping them alkalized by the use of acid and alkalizers, we will make for better conditions for the body. We may even prevent the formation of the cataract.

7. There may be the necessity for the application of electrical forces for dissipation of the accumulations directly to the eye, or the putting of the glass over the optic itself and the electrical forces for dissipation of the accumulations directly to the eye, or the putting of the glass over the optic itself and the electrical forces through the hands to the body for correcting the disturbance.

8. Do that if we would make better conditions for this body.

9. We are through with this reading.

(Dr. White mentioned, if you are not already acquainted with him - Apparently he is a well known osteopathic finger surgeon.)

REPORTS OF READING 5222-1 F 54

R1. 6/21/44 Dr. Coulter's letter: "I can find no such individual in the vicinity as Dr. White [John F. White, D.O., Syracuse, N.Y. ?], an osteopathic finger surgeon, upon consulting all directories at my disposal. The recommendation for osteopathic manipulation, I of course, can take care of and have practiced for many years finger surgery in the nose, throat and eye. However, the treatment is not specific in the Physical Reading. It also mentions keeping the secretions of the eyes alkalized, but no mention is made of method or to what degree. The use of electrical application is made, but no frequency - or method stated. Reference is made to the use of a glass, which I take to mean glasses. I promised Miss [5222] to get in touch with you to ask you to review the Physical Reading, and possibly get us straight as to the proper treatment required."

R2. 7/12/44 GD's letter to Dr. Coulter: "Regarding the case of [5222], I think the Boric Acid eye wash one time, and Glyco-Thymoline the next time is what is referred to, using about half Glyco-Thymoline and half water; for instance, one of these solutions in the morning and one in the evening. The electrical treatment, I

believe, which is possibly to be necessary later, is that such as given a few years ago (we have not been in touch with him since) by Dr. Gustave Erlanger."

R3. 3/4/47 Friend's letter: "Miss [5222], my friend, had a reading, and would like to consult you further about her treatments. At the time, it was not possible for her to find the address of the doctor who was to give the treatments, and I do not think she heard further from you. The reading was in reference to her eyes. She was gradually losing her sight."

R4. 9/22/60 GD's note: "Could it be that Dr. Charles S. Green was meant in the reading? It seems to me he was recommended several times previously to give finger surgery treatments. Four other readings were given on the morning that Miss [5222] had hers, and this was the period just prior to EC's physical breakdown and the end of his readings."

INDEX OF READING 5388-1 F 64

CATARACTS

Chiropractic	Par. 10, B1
Circulation: Poor: Eyes: Cataracts : Neuritis	Par. 14-A, 15-A Par. 14-A, 15-A
Diet: Toxemia : Vitamins: B Complex: Toxemia	Par. 12 Par. 10, 11
Electrotherapy: Short Wave: Toxemia	Par. 11
Eyes: Cataracts: Toxemia	Par. 5, 7
Neuritis: Toxemia	Par. 7, 14-A
Physiotherapy: Heat: Dry: Circulation : Wet:	Par. 10 Par. 10

TOXEMIA

BACKGROUND OF READING 5388-1 F 64

B1. 9/20/43 Letter: "It seems now my eyes are my worst trouble. Three oculists have told me cataracts are forming behind my eyesight and they can give me no glasses that will help or no operation can be had. I cannot distinguish one's features more than about 25 yards and cannot see very much with my right eye, and there is a blur over the pupil of the right eye. . . About a year ago I had ulcer of the duodenum and colitis but both are relieved, I believe, or the ulcer, as I never have any more pains and indigestion, though have gas on my bowels and a secretion from my rectum - no odor but a little speck of blood sometimes when I strain the least bit at the stool. I have been constipated I suppose all my life. . . have not eaten meat for several years. . . am taking tablets the chiropractor told me to take and said were supposed to dissolve the calcium formation behind my eyes. . . I have taken chiropractic treatments for years and they claim to help one's eyes but don't seem to have helped mine, in fact they've grown worse the last 6 months."

B2. 7/22/44 "My lame knee gets better, then worse. Just now I can hardly get around on it - driving my car may have made it worse." 1. What steps must I take to have a perfect healing, to regain my vision and relieve the condition of rectum, colon and prolapsed intestines? 2. How long will it take? 3. Are natural living and healing principles sufficient for me? 4. Should I continue with the Dr. [. . .] system of chiropractic, or go back to the Palmer H.I.O. system, or go to an osteopath?

TEXT OF READING 5388-1 F 64

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 22nd day of August, 1944, in accordance with request made by the self - Mrs. [5388], 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, Grace Premo, Stenos.

R E A D I N G

Time of Reading Set bet. 10:30 to 11:30 A.M. Eastern War Time.

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, [5388].
3. As we find, there are the complications of disturbances, and while those administrations for some may at times appear to interfere with the other disturbances, we find that these may be applied in such a manner as to contribute to the betterment of the physical forces of the body in all directions.
4. These, then, are the conditions as we find them, which are to be met:
5. First, in the blood supply, this, we find, indicating there is a great deal of dross that should be eliminated being carried through circulation.
6. These are indicated in the lymph and emunctory supply, as related to the organs of the sensory system, especially, the accumulations or formations on portions of the eye, and especially where there is a hindrance to the optic nerve supply.
7. Then, as we find, through the lower portions of the alimentary canal, as indicated at times by the conditions which arise from neuritic tendencies in the lower limbs, knees, and ankle, there is indicated the manner in which pressures upon nerve forces through the circulation cause these anxieties; and the accumulations, as indicated, in the optic forces.
8. In the nervous system these pressures are produced upon various portions of nerve, especially in the superficial nervous forces, and these, of course, maintain their activity from centers and ganglia that supply energies for the circulation, both of nerve and blood forces from the center along the cerebro-spinal system.
9. As we find, so far as present applications are concerned, these we would not change, for these can be helpful. We would add to those applications. Unless these changes would be agreeable or be made by the one giving the treatments, then change to one who will:
10. First, there should not be too much adjustment - but relaxing, by wet heat, as well as dry heat, but wet heat through the lumbar and sacral areas. There will be a better circulation, not only to the alimentary canal and colon (which show improvement) but we would keep the administrations in the supply of the energy, as through combinations of the B and B complex vitamins. These we would keep added to the system.
11. In the neck and head, and down to the brachial centers, we would add the short wave electrical forces, to aid in breaking up the accumulations, so that the

stimulated circulation by the vitamin forces, as well as relaxing of tensions through the areas from at least the 4th and 5th dorsal to the 1st cervical, may remove these tensions of the body.

12. In the diet, keep away from meats, or those things that would add a great amount of drosses. More of the vegetables, and raw vegetable juices. These should be taken rather freely. Also, whole grain cereals, fruits of all characters that agree with the body. While milk should be added, the calcium may make for disturbances, and thus, we would find that milk of the soya bean, milk made by compounds (as malted milk), will be more preferable for the body.

13. Ready for questions.

14. (Q) What should be done to or for my lame knee?

(A) Just as has been indicated. With corrections through the dorsal and lumbar and sacral areas these will allow for better circulation in better manners. We should remove the causes of the disturbances.

15. (Q) What is the cause of my condition?

(A) All of these combinations of the same disturbances which we have indicated.

16. We are through with this reading.

REPORTS OF READING 5388-1 F 64

R1. 9/25/44 She wrote: "There is no osteopath here - the D. C. give me too many adjustments, I think - he doesn't have the kind of electrical machine the reading recommended. . . I am going to visit my children where I hope to be able to follow the treatment in detail. . .

"My knee has improved since the first wet heat application and is just about normal, thanks to Mr. Cayce and my reading and [. . .] who told me of Mr. Cayce's wonderful power."

R2. 10/8/47 Report requested.

R3. 10/25/47 Letter: "I couldn't get short wave in . . . that was advised thru Edgar Cayce for me to use for my eyes, etc., but can still apply wet heat myself.

"It seems the vision in my left eye grew less when I didn't get short wave heat, but nature cure doctors are giving me treatment by magnetism massage and chiropractic, and they say my eyes will improve and not grow worse. Mr. Cayce also advised chiropractic adjustments. So I am hoping my eyes improve. I do not want to have an operation on them. . .

"Will be glad to hear more of your work. . . I never forget you in my prayers."

INDEX OF READING 5544-1 M 47

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BACKGROUND OF READING 5544-1 M 47

B1. 1/12/31 Letter verifying appoint for self and wife [1083] submitted these questions:

"What method should I pursue to obtain employment? If able to obtain the kind of employment I had during the summer shall I take it? Shall I continue all insurance policies or drop some as I contemplate? What particular thing to do to overcome condition which causes bleeding during bowel movement? Shall I re-establish a home? What to do to overcome the wearing of glasses and to improve sight generally? Shall I take trips contemplated? Any special diet to go on? Exercise?"

TEXT OF READING 5544-1 M 47 (Salesman, Unemployed)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 15th day of January, 1931, in accordance with request made by self - Mr. [5544].

P R E S E N T

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

R E A D I N G

Time of Reading 11:00 A.M. Eastern Standard Time. Brooklyn, N.Y.
(Physical and Mental Reading, with Questions)

1. EC: Yes, we have the body, the enquiring mind of the body, [5544].
2. In the physical forces of the body, these we find rather as conditions that should be warned against; for in the physical functioning we find disorders that, while at present do not present such obstacles as to prevent a CHARACTER of functioning, allowed to become a portion of the system - or the system's adjusting itself to the inconveniences that are produced in the functioning - the conditions must become either constitutional or chronic; while the removal of that producing same in the present would make for a nearer normal functioning and give a better opportunity for the mental and material development of the body's conditions and surroundings.
3. In the eliminations do we find the greater distresses produced, there having been builded by these poor eliminations those conditions in the upper dorsal and cervical regions such obstructions in the sympathetic and cerebro-spinal centers as to prevent a normal functioning (physically) of the sensory organism. More particularly is this seen in the eyes, and those accumulations in and on the retina proper. This is a form of toxin in the system that makes for a character of filament that becomes an obstruction in the vision. This may become acute, or becoming centralized or localized may produce growths of a nature either as to obstruct vision or attack the lachrymal ducts (as it does at times), producing granulation, or becoming more acute or centralized attack that of the optic nerves themselves, filling up also the ducts in the throat and head in a manner as to produce disorders in the soft tissue, or in the soft structural portion, and thus produce a condition of disorder that might become permanent.
4. These that are being given are possibilities from disorders seen in the present.
5. Also we find there are reflexes of this condition, especially in the colon - and in the transverse and descending colon a tendency for that of prolapsus from lack

of the proper evacuations in the system, producing in the valves of the rectum themselves those of prolapsus that become in the form of bleeding, or protruding, or blind pile. These in the present condition are merely indications for conditions that may arise, unless corrections are made in the present.

6. These conditions, as we find, are produced by that of improper diet - or disregarding of the diet; also by lesions that are indicated in the upper cervical regions and in the dorsal region. These being the conditions existent, coordinate - or coordinating one with the other. Superacidity is a result; tendency of dyspepsia, indigestion, headaches, pains in the eyes, heaviness in feet, perspiring feet, melancholia, sleeplessness - these are heirs of such condition, and are manifested to a greater or lesser degree at times in the physical body, [5544].

7. In meeting the needs of the physical conditions, we would - through osteopathic manipulation AND adjustment - correct those conditions in the cerebro-spinal system; making local applications for the conditions in the sensory system (eyes, throat, ears) by those more of the nature that will be antiseptical in their activity; using, then, the violet ray following each treatment, the anode or applicator (the bulb) across the whole of the cervical area, up over neck, around the face, back of head, using the double EYE applicator at least once each week, and at least two or three times each week an application of a mild antiseptic as an eye wash to remove those refuse forces and to cleanse lids and eyeball itself - this may be done with any of the mild antiseptics - the better, as we find, would be a boracic acid solution.

8. We would also be mindful of those pressures existent in lumbar and lower dorsal, as related to the prolapsus (or tendency of) the colon and the lower portion of the jejunum. Be mindful that in cleansing the colon at least that portion in the caecum region, or area, is also cleansed. Any of those antiseptics or ointments that may be used for the protruding or bleeding condition in rectum may be used, but we would - for at least four such evacuations - use the high enema, or PREFERABLY those of the colonic irrigations, being mindful that too much irritation is not created in the first operation. Do not attempt to cleanse too much of the colon in the first operation; taking one each week until at least four have been taken. This, we find, will bring a near normal condition.

9. Be mindful that the diet is kept in a more ALKALIN reaction. This (though it may be altered) would be as a sample:

10. Morning - citrus fruit juices, or a combination of same with a little gruel and coffee or tea; PREFERABLY those of the Ovaltine or a cereal DRINK.

11. Noon - Only green vegetables, or salads, or soups. No coffee OR tea, though milk may be taken.

12. Evening - principally a vegetable diet that is WELL cooked. this may include soups. Fruits - prunes, apricots, peaches, apples, pears, plums, cherries - but do not COMBINE the fruits too much with cooked vegetables. ALTER them more than COMBINING them. Beware of too much meats, and especially of condiments, during this period.

13. In the mental and the material conditions - these, as we find, have SOMEWHAT to do with the nervous conditions of the body - but do not become

in too much of a pessimistic manner. Rather fit the circumstances, or conditions and circumstances, as correlative in their effect upon the body, making those changes or alterations necessary to meet the needs of the body, physically and mentally. Do not become panicky because conditions do not seem to break just proper for the body. Seeking associations and connections through the channels in which the body has labored, these offer the better or the proper relations and associations for the better conditions of the body. Ready for questions.

14. (Q) Shall I continue all insurance policies or drop some, as I contemplate?

(A) To meet the present situations, these would be well to curtail to SOME extent - but do not so curtail same as to make conditions unsatisfactory to self or the relationships of the body.

15. (Q) Shall I re-establish a home?

(A) In the Spring, yes.

16. (Q) Shall I take trips contemplated?

(A) These would be well as the conditions, surroundings, circumstances, justify.

17. (Q) If able to obtain the kind of employment I had during the summer, shall I take it?

(A) This association can be made and established. Take it.

18. We are through for the present.

REPORTS OF READING 5544-1 M 47

R1. 1/24/33 Letter: ". . . Shall indeed be glad to have you put me on record and to get from you the reports on your work, though at this time I am financially unable to contribute as I have been out of work for a long time. . . "

R5. 2/30/36 He requested introductory material mailed to a couple of his friends; 3/5/37 he also requested such material for several friends.

R6. 12/1/37 Letter: ". . . Want to tell you how much I have enjoyed your talk while in New York recently.

"Will appreciate your giving me some information about your son's case that you spoke about; am anxious to show it and get some folks interested. So send all the information you can, about what happened to his eyes, what the M. D. 's said and what you suggested be done and how many years have elapsed since this happened. . . "

R7. 12/11/37 EC's letter: "Thanks for yours of the first. Wish I had known you were at the meeting so I could have had the chance to talk with you at some length. Happy to know that you enjoyed the meeting. We haven't a printed report of the case you speak of; that is, my son's case, my there are quite a number that are published every month or so in the Bulletins...."

"Thanks ever so much, Mr. [5544], for taking the time to write and if I can be of help in any way I am glad to do so."

R10. 8/58 Routine mailing to Mr. [5544] was ret'd marked DECEASED.

Reports from Members

Report, February 15, 1950:

A.R.E. member practical nurse reported that she had tried the treatment for cataracts, as given in [2445], for an 86 year old patient: "The good eye is growing stronger and the eye which is completely dark often has a white light before it, as if she might see presently. "

Report from RTS, June 30, 1962:

"... You'll be interested to know that the file on "Cataracts," which I will soon return, has obtained for me the progressive restoration of vision in my right eye...."

Report from JHS, July 3, 1962:

"... Five years ago the eye specialist told me that I had the start of cataracts on both eyes. When he told me I asked him of exercises would help my eyes and he laughed and said: 'When cataracts start to grow NOTHING will stop them. All we can do is wait until the five years are up and operate.' I didn't say any more to him, but I sent for the file on cataracts. I also learned from J.I Rodale, editor of *Organic Farming* that sunflower seeds were excellent for the eyes.

"So I started with the Cayce exercises* and the sunflower seeds and I used the eye drops from the specialist. Two weeks ago I went in for the verdict. He checked my eyes and at the end of the examination he said: 'It is very seldom that I have to tell a person what I am going to tell you now. Your eyes are in far better shape than when you first came to me. You will be an old, old lady before anything, if anything, will need to be done to your eyes. Are you doing anything to your eyes that I do not know about?'

"I told him no. I knew it would not do any good to tell him about the eye exercises and the sunflower seeds. I am continuing with the same procedure. (He said he didn't want to see me for another three years)...."

* See Pages 184-185 of the I.R.F.

Cataracts Drop Right Away

Dr. David Williams, *Alternatives*, February 2006

A reader from my neck of the woods wrote in recently to say that he was developing a cataract in his left eye, and wondered what I would recommend he do. Cataracts are a leading cause of blindness, and can be the result of anything from diabetes to steroid use.

You'd certainly rather prevent cataracts than treat them after the fact. I've written about cataracts numerous times in the past, and how bioflavonoids and antioxidants can help you avoid the problem in the first place. If you already have a cataract, like the reader, there is still hope.

There has been some very promising research out of Russia that I have been following for the last few years in relation to cataract treatment. Dr. Mark Babizhayev and his colleagues at the Helmholtz Eye Institute in Moscow have been studying the effects of the natural compound N-acetylcarnosine (N-AC – not to be confused with N-acetylcysteine, which I have written about often and is used to boost glutathione levels) since about 1991.

During this time, Dr. Babizhayev's work has progressed from extensive laboratory testing in animal models to human studies. (*Life Sci* 05, Dec. 29) (*Drugs RD* 05;6(6):345-369) (*Rejuvenation Res* 04;7(3):186-198) (*Drugs RD* 04:5(3):125-136) (*Drugs RD* 02;3(2):87-103)

Dr. Babizhayev has discovered that he has been able to prevent cataract formation by applying a 1-percent liquid solution of N-AC directly to the eye. Even better news is that his eye drops have actually reduced and eliminated age-related cataracts. These results have all been accomplished without surgery or drugs.

Cataracts result from a clouding of the eye's lens, which never stops growing – much like your hair and nails. Lenses grow from the outside in, though, meaning that the cells at the center are the oldest. As the cells age they are subjected to oxidation and a process called glycation, in which sugars combine with proteins. N-AC eye drops have been shown to prevent and reverse the cross-linking of the lens proteins that leads to opacification and impairs vision.

Measurable effects have been seen using the drops after only a month of use, and there have been no side effects. (Some of the patients I've spoken with, however, did occasionally notice a temporary “blurring” in their vision for an hour or two following their use. This effect appears to be from the “melting” or breaking-up of the cataract.)

Dr. Babizhayev's reports suggest that the reversal of the cataract starts at the periphery and works its way inward. During the process, which seems to take about six months, vision becomes clearer. He has shown that over a six-month period of treatment, over 41 percent of the eyes treated with N-AC eye drops exhibited improvement in transmission of light through the lens, 88.9 percent showed significant improvement in glare sensitivity, and 90 percent had a significant improvement in visual acuity. In no instances did eyes treated with the drops worsen in any way. His trials have extended for periods of up to two years with only continuingly positive effects being seen.

Dr. Babizhayev recommends applying one to two drops of N-AC solution in each eye twice daily. The maximum effect on visual acuity generally occurs within the first three to five months of therapy. Those who had their cataracts for less than seven years experienced the quickest and best results. Individuals with cataracts for seven to 15 years obtained good results. While those with cataracts for more than 15 years still showed improvements, they had the least response.

See Your Way to the Drops

I've been following this research for years, but it's only recently that the therapeutic eye drops have become available commercially. Thanks to the Internet, you can now obtain Dr. Babizhayev's formulated product (called Can-C) in the US. There are some competing products that are also being sold in this country. Due to FDA considerations, however, no one marketing these products in the US will advertise their products as being a treatment for cataracts. Instead, they will be for "eye health," et cetera.

I've spoken with numerous individuals, and the two formulas that I will mention below appear to work equally well. The standard package available for sale (five 2-mL vials) costs around \$40 and will last 35 days if you use two drops per eye per day, or 75 days if you use only one drop per eye. It's definitely a bargain in anyone's book when you compare the other options for getting rid of cataracts – such as surgery.

You can order Dr. Babizhayev's Can-C product from Smart Nutrition, 1765 Garnet #66, San Diego, California 92109. Their Web site is www.Smart-Nutrition.net and their phone number is 858-270-9015.

A similar N-AC eye drop product, which costs a couple of dollars less, is Eye D'Clare. It can be purchased from Life Enhancement by calling 800-543-3873 or on their Web site at www.Life-Enhancement.com.

The enormous benefits of N-AC eye drops should be the topic of every nightly newscast and front page headlines on every newspaper – but you and I both know that just won't happen. Cataract surgery and treatment has become too big of a business. With the oldest baby boomers just now beginning to reach the age where cataracts start to form, the condition will become a surgical "cash cow."

Unfortunately, not everyone in the world can afford surgery. Around the world, cataracts account for over 40 percent of all cases of blindness, affecting over 17 million people. Now, for less than \$200, the world is revealed again.

Take care,
Dr. David Williams