

**Circulating File**

## **LARYNGITIS**

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

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## LARYNGITIS CIRCULATING FILE

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

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

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

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

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

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of the Edgar Cayce psychic readings on laryngitis. 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.

## Laryngitis

<u>Contents:</u>	<u>Pages:</u>
A. Introduction to the Edgar Cayce Readings on Health and Healing	5
B. Case Studies from the Readings	
1. Reading # 191-1, 25-year-old woman	10
2. Reading # 257-7, 31-year-old man	14
3. Reading # 257-127, 40-year-old man	19
4. Reading # 257-159, same man as above	24
5. Reading # 264-51, 46-year-old woman	27
6. Reading # 294-164, 56-year-old man (Edgar Cayce)	30
7. Reading # 294-165, same man as above	32
8. Reading # 1100-7, 41-year-old woman	35
9. Reading # 2309-1, 39-year-old woman	39
10. Reading # 2396-1, 59-year-old woman	45
11. Reading # 4176-1, 9-year-old girl	48
12. Reading # 4871-1, adult woman	52
C. Articles:	
1. "Castor Oil Packs and Hoarseness"	56
2. "Tonsillitis"	56
E. Related Circulating Files and Research Bulletins* :	
1. Aphonia (Loss of Speech)	
2. Appliances: Violet Ray	
3. Bronchitis, Vol. 1 & 2	
4. Colds	
5. Suggestive Therapeutics, Vol. 1 & 2	

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

LARYNGITIS CIRCULATING FILE

## 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.

## LARYNGITIS CIRCULATING FILE

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

## LARYNGITIS CIRCULATING FILE

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.

## LARYNGITIS CIRCULATING FILE

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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## LARYNGITIS CIRCULATING FILE

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

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

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

Blessings,  
A.R.E. Member Services Team

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 191-1 F 25**

Bronchitis: Toxemia	Par. 3, 5
ELIMINATIONS: POOR: CURED	
Inhalants: Alcohol, Grain: Cough	Par. 7
: Benzoin:	Par. 7
: Creosote, Rectified:	Par. 7
: Eucalyptol:	Par. 7
: Tolu In Solution:	Par. 7
: Turp, Rectified Oil Of:	Par. 7
Laryngitis: Toxemia	Par. 3, 5
Physiotherapy: Baths: Feet: Mustard: Toxemia	Par. 8
: Massage: Camphorated Oil: Toxemia	Par. 8
: Mutton Tallow	Par. 8
Prescriptions: Cascara Sagrada: Eliminations	Par. 6
: Leptandrin:	Par. 6
: Podophyllin:	Par. 6
: Sanguinaria:	Par. 6
Tonsillitis: Toxemia	Par. 3, 5
TOXEMIA: ELIMINATIONS: POOR	

**BACKGROUND OF READING 191-1 F 25**

None.

**TEXT OF READING 191-1 F 25**

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Virginia, this 20th day of January, 1930, in accordance with request made by self, through her husband - Dr. [204].

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Dr. [204] and wife [191].

**R E A D I N G**

Time of Reading 3: 15 P. M. Eastern Standard Time. ..., Virginia.

(Physical Suggestions)

1. EC: We have the body here, [191]. Now, we find there are specific disorders accentuated in the physical forces of this body, and these may be corrected in such a manner as to bring a normal physical functioning. The conditions, as we find, have to do with eliminations, the effect same has produced on specific organs and the result of this effect.
2. These, then, are the conditions as we find them with this body, [191] we are speaking of, present in this room.
3. First, in the BLOOD SUPPLY - here we find the conditions are an overtaxed blood supply, through the manner in which eliminations have been carried on in the system. This leaving drosses, especially in the alimentary canal, affecting directly the liver, and this re-infection, as it were, from the poisons in system, produces an over-abundance of the blood supply so contaminated, as it were, in the throat, the bronchia, the larynx, the pounding to the head, and the flow becomes such as to produce temperature in the blood supply. This from the character of the dross accumulation, produces in the blood stream - and not sufficient of the leucocyte that destroys the tissue that becomes involved - and is carried off, or SHOULD be carried off, in elimination.
4. In the NERVE SYSTEM - this, we find, becomes taxed through the over supply of blood from the solar plexus UPWARD, especially - and at times causes both sympathetically and specifically, ganglia to work in an extraordinary, or an abnormal manner. Hence the fast pulsations as felt in the upper portion of body, through head, through neck, at times even in the palms of hand; yet the tendency in the lower portion to feel chilly, with hot and cold sensation. These are reflexes from sympathetic and nerve plexus in the cerebro-spinal system.
5. In the functionings of the ORGANS, these show specific conditions as exist - in that of the pressure in head, causing headaches, that take peculiar TURNS, as it were, through the head. Eyes at times burn, WITHOUT any PARTICULAR effect to vision. Throat irritation. Larynx - this shows the greater effect of the plethora condition existent in the upper portion of system, or the radiation of the blood supply above the diaphragm. Inflammation ensues from same. Lungs themselves very good, though soreness naturally occurs from the feeling of irritation in the bronchia and larynx. In the digestive system, with the blood supply above the diaphragm - naturally the digestion becomes poor, and

## LARYNGITIS CIRCULATING FILE

insufficient activity carried on. The condition in LIVER, sluggish in its activity - with the tendency towards the INACTIVITY of the bile ducts, as also of the spleen's reflexes in the activity of digestion. Hepatic circulation becomes cold, or slow so that the tendency is the OVER crowding of the lower hepatic circulation, and the inactivity of same.

6. To meet the needs of the conditions, so that there IS the PERMANENT elimination of the disorders from the system: First we would use those of an ELIMINANT that will cause activity within the blood stream proper, and the causing of an activity in the hepatic circulation as to produce a normal return of the plasm in the division of the blood supply, producing an activity in the liver at the same time. These we would find in this, and we would take three of these, one day apart; that is, take one - rest a day and then take the next - rest a day, taking the next - see?

Podophyllin.....1/2 grain,  
Leptandrin.....1/4 grain,  
Sanguinaria.....1/4 grain.

This should be put in capsule, and this divided into the three doses, see? To add with this, as the CARRIER, we would take those of the Cascara Sagrada 1/2 grain, making then the capsule of the whole amount into three divisions, after they are well compounded.

7. Following this, we would use - or use throughout - those of the inhalant as would be prepared in THIS manner: To 4 ounces of grain alcohol, in an 8 ounce container, add:

Oil of Eucalyptol.....20 minims,  
Rectified Creosote.....5 minims,  
Benzoin.....5 minims,  
Rectified Oil of Turp.....5 minims,  
Tincture of Tolu in solution....30 minims.

Shake solution together when it is to be inhaled. Keep this in a glass corked container. Inhale THROUGH the mouth, principally, into the lungs and larynx. This may be taken often when coughing, or when irritation of the throat or of the larynx occurs, and will PREVENT coughing. Do not inhale too deep in the beginning. Will also be well that this be inhaled (shaken each time before it is inhaled) through the nostrils. This will clarify the condition in the head and reduce the pressure to the soft tissue of face and head.

8. Well that each evening, before retiring, the feet - to the knees - be bathed in hot water, to which MUSTARD is added. To the gallon of water, half a teaspoonful of mustard - rubbing in the sole of the feet, following same, those of mutton tallow and camphorated oil. This acts in THIS manner: This will produce a circulation through the extremities that, added with the stimuli to the hepatic circulation, will aid in EQUALIZING and caring for the conditions as PRODUCE drosses in the body. Ready for questions.

9. We are through for the present.

LARYNGITIS CIRCULATING FILE

**REPORTS OF READING 191-1 F 25**

R1. 1/25/30 Husband [204] wrote she was already showing decided improvement after just beginning to follow the directions. Later she told GD that the disturbing conditions had entirely disappeared.

R2. 12/1/30 Mrs. [191] had a Physical Rdg. for her small son [203].

R3. 1/16/31 She had a Physical Rdg. for her other small son [138].

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 257-7 M 31**

ANEMIA

Business Advice Par. 16, 17, 24-A--28-A

Circulation: Lymph: Eliminations: Poor Par. 5, 10

COLD: CONGESTION  
: Susceptibility

Par. 5

Debilitation: General Par. 20-A

Diet: Anemia Par. 12

ELIMINATIONS: POOR

Glands: Peyer's: Eliminations: Poor Par. 10

Inhalants: Benzoin: Cold: Congestion Par. 12

: Eucalyptol: Par. 12

: Pine, White, Oil of: Par. 12

: Tolu, Tincture of: Par. 12

LARYNGITIS

Names: Organizations Mentioned: Irving  
Furniture Factories Par. 27-A

Osteopathy: Assimilations: Eliminations:  
Incoordination Par. 13

Prescriptions: Water, Drinking: Eliminations: Poor Par. 13

Prophecy: Confirmed Par. 10

**BACKGROUND OF READING 257-7 M 31**

B1. 2/19/24 He obtained Ck. Physical Rdg. 257-6 giving advice for keeping an even balance.

B2. 11/20/24 He wrote: "I contracted a cold shortly after you left N.Y. [10/15/24] and for 2 wks. could not speak above a whisper."

B3. 1/12/25 He was present, submitting questions about his continuing laryngitis, etc.

**TEXT OF READING 257-7 M 31**

This psychic reading given by Edgar Cayce at the Cambridge Hotel, Apt. 106, New York City, N. Y., on this 12th day of January, 1925, in accordance with request made by self - [257].

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno. [257].

R E A D I N G

Time of Reading 4: 15 P. M. New York Time. New York City, N.Y.

1. GC: You will give a physical, mental and business reading on this body, with suggestions for the improvement of any or all of these. You will answer any questions relative to any of these that I will ask you.
2. EC: Now we find there are many changes in the physical conditions of the body since we had it here before. There are specific conditions in the body at the present time that need correction. These have to do with the eliminations in the system and with congestion in tissue, producing a specific condition in portions of the body, deflecting the functioning of portions of the system, disintegrating the eliminating system.
3. Now these are conditions as we find them at the present time.
4. IN THE BLOOD SUPPLY, we find this deficient in the red blood corpuscle, for the system has been warring against contaminations in the coagulating system, until the unbalance between the white and red blood has become of such proportions as to deplete the vitality of the constitution. Hence the body easily becomes fatigued, to the point of hindrance to the system, this destroying the red blood count, or numbers, sufficient for normal conditions.
5. IN THE NERVE SYSTEM, this we find very good in many ways. In some respects too strong for conditions in the organs, and the functioning system, for with the vitality used in nerve supply it strains the lymphatic and leukocyte system to such an extent as to make congestion (with the depletion in body) too easy for the body to take on. Hence we find many of the mucous producing portions of system exaggerated in their functioning, as we find in nostril, in throat, bronchials, thyroid region, in the hypogastric and pneumogastric plexus, and the taxing of the hepatic circulation creates that condition in the lower hypogastrics that borders on to specific functioning conditions in kidneys, and in the digestive system; that is, lower digestion. Hence portions of the system are being overtaxed too severely through nerve reflexes, nerve strength, and the vital portions in eliminating system, and in lymphatic system, are being put in that condition of distress.
6. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, we find the brain forces functioning good. More of this in mental.

7. In throat, bronchials, larynx, we find the overflow of the lymphatic in mucous producing conditions, through congestion and the conditions as given in system.
8. In lungs there is shown effect of the condition in blood supply, and the cellular forces are irritated to such a state where there must be care taken with same.
9. Heart's action abnormal, on account of over stimulation through nerve system. Good in some respects, bad in others for the body.
10. In the digestive system there is shown again, especially in lower digestion, the effect of conditions in lymphatic and emunctories, as given. In the Peyers' region, there is shown the strain on system. Hence the portions of body where the care, especially, must be taken, else development later of stomach and intestinal conditions, that would be detrimental to the physical welfare of the body, for with congestion, and the depletion in blood supply, and strain on nerve system, with thinning of the walls of the upper portion of intestines, such conditions will be felt in the body when recuperation and perfect coagulation and assimilation is established, unless there is care taken at the present time. [GD's note: This prophecy was fulfilled. He had surgery in his late forties for cancerous growth in intestines. See 257-220.]
11. In the conditions in pelvis, throughout the functioning of the organs of pelvis, these are better, yet with the strain placed on system it gives that weakness to the vital forces of the organs that would prove embarrassing to the body in times to come.
12. Then, to give the relief to the body, it will necessarily require care and attention, and rest for the body at this time; taking those properties as the diet that give the rebuilding for the blood supply of system, as we would find in meat broths, beef or mutton, and of quantities of celery and of all green vegetable forces that will digest with the system, and relieve strain from the nerve supply, that with the assimilation of same gives that vital force necessary for the rebuilding in nerve supply through each plexus; using for the congestion those properties as would be found in the inhalation of equal parts of: Eucalyptol Benzoin Oil of White Pine, Tincture of Balsam of Tolu, or Tincture of Tolu, in very hot water, and inhale these fumes deep into the bronchials and lungs, and through nostrils also.
13. Keep the system clear by the digestive system eliminating properly, drinking large quantities of water. Well that the body have four to five deep osteopathic manipulations, to cause all properties taken to assimilate with the functioning system in the proper manner; that is, the centers about the lower cervicals, the upper dorsal and lower lumbar, be so stimulated with the manipulation that the functioning organs radiating from these plexus perform their normal functioning, receiving their equalized supply of blood force and nerve supply from the system.
14. Do that.
15. In the mental, we find the body very good. This still shows that development as has been outlined for the body, and we would keep in that way in which the mental will lead the physical and the spiritual elements of the body to that way leading to life everlasting.
16. In the business relations in this body, and others, these too we find some change from that as we had before. While the developments in many of the lines



have been in keeping with those as were outlined for the body, the body is not satisfied with some other conditions. These, as we find, will develop themselves with the physical forces better attuned to care for same when development time arrives.

17. Keep, then, in that way that the physical may be able to care for and manifest the developments for the body, in the mental and in the business relations.

18. (Q) Why does body lose voice?

(A) This has been given.

19. (Q) Is the body working too hard?

(A) This has been given.

20. (Q) What should his hours be?

(A) Those in keeping with the vitality of the body. When the body finds that it becomes necessary to draw upon the reserve of the mental, and the nerve forces, to force the actions in physical, time to quit, else we will have conditions arising as have been given for this body.

21. (Q) How should he plan his day?

(A) As outlined.

22. (Q) How can he improve his earning capacity?

(A) By improving his physical health.

23. (Q) Is the body standing better in the eyes of his Maker?

(A) As given, the improvement through the mental forces, and the relation with the spiritual forces, has shown those developments, does show those developments, as outlined for this body.

Keep in that way.

24. (Q) What are the prospects for 1925 for the body?

(A) Very good. As has been outlined, and given, the body first MUST, under present existing conditions, care for the physical body, that the other may manifest.

Do that.

25. (Q) Should the body start the mail order department he has had in mind?

(A) Very good to start in April.

26. (Q) What ads would take best?

(A) Not given from here.

27. (Q) Will this body remain with the Irving Furniture Factories?

(A) If so desires.

28. (Q) What do the forces advise for this body?

(A) Prepare the physical condition to meet the conditions as arise. Meet those as they arise.

29. We are through for the present.

### **REPORTS OF READING 257-7 M 31**

R1. 2/1/25 He wrote: "I had a very hard spell with my cold, but it was, as you said, due to my overwork. I feel very fine now ready to go at it again. Many problems I have, but God willing I will work it out, especially with your aid, and of course the working out of my plans will work out yours."

LARYNGITIS CIRCULATING FILE

He requested 4177-1 for his business associate, 325-6 for his mother, and wrote: "Third - my own - because I want to follow the lines as laid down exactly - so that I will keep my health - first of all as you say that's important - and I still have my cold - I feel a little uneasy."

R2. 2/12/25 He obtained Ck. Physical Rdg. 257-8.

R3. 4/13/25 See 257-9 advising that the inhalant given in 257-7 be resumed.

R4. 5/17/26 Mother [325]'s letter: "Young [[1856], my grandson] had a terrible cough. I let him inhale [259]'s medicine that you gave him for his throat [257-7]. It is fine for the croup and it helped [1856]."

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 257-127 M 40**

Business Advice	Par. 17-A--27-A
Cold: Congestion	Par. 2--10, 14-A--16-A
Cough: Cold: Congestion	Par. 2, 4
Diet: Menu: Cold: Congestion	Par. 6--10, 11
Ears: Cold: Congestion	Par. 15-A
Healing: Consistency & Persistency	Par. 27-A
Laryngitis	Par. 2--10, 14-A--16-A
Names: Organizations Mentioned: Carolina Wood Products	Par. 17-A--23-A
: Kahnstant Koolers	Par. 26-A
: Paris	
Medicine Co.	Par. 25-A
: People Mentioned: Jonas, Ralph	Par. 24-A, 25-A
: Lande, Isaac	Par. 20-A, 21-A
: McRoberts, General	Par. 25-A
: Morris, Gilbert	Par. 17-A, 20-A
Osteopathy: Cold: Congestion	Par. 15-A
Prescriptions: Alcohol, Grain: Cold: Congestion	Par. 3, 4
: Calisaya Elixir:	Par. 3, 4
: Glycerine:	Par. 3, 4
: Honey:	Par. 3, 4
: Horehound Syrup:	Par. 3, 4
: Rhubarb, Syrup of:	Par. 3, 4
Rest: Cold: Congestion	Par. 2
Temperature: Fever: Cold: Congestion	Par. 2, 14-A

**BACKGROUND OF READING 257-127 M 40**

B1. 1/4/34 He obtained 257-126.

B2. 1/22/34 He phoned for Physical rdg. 257-127, so that if possible he could get well enough to leave for Asheville, N.C. on business at 3: 30 p.m. [He had severe cold, laryngitis, cough, temperature, etc.]

**TEXT OF READING 257-127 M 40 (Sales Mgr., Hebrew)**

This psychic reading given by Edgar Cayce at the home of Mr. and Mrs. Ernest W. Zentgraf, 400 St. Paul's Ave., Stapleton, Staten Island, New York, this 22nd day of January, 1934, in accordance with request made by self - Mr. [257], Active Member of the Ass'n for Research & Enlightenment, Inc.

**P R E S E N T**

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

**R E A D I N G**

Time of Reading 9: 50 to 10: 15 A. M. Eastern Standard Time. N.Y.C.

(Body and enquiring mind, who seeks advice and guidance as to his physical health, so that he may - if possible, and advisable - leave for Asheville this afternoon at 3: 30. Questions.)

1. EC: Yes, we have the body, the enquiring mind, [257]; this we have had before.
2. As to the physical forces of the body, we find that to consider such a trip, such an undertaking, would be rather detrimental to the conditions of the body; though, if the body finds that the temperature has entirely allayed, there may be taken those precautions that might make it possible, but not altogether advisable. It would be better to delay for twelve to twenty-four hours, with the use of the following as an expectorant and as an addition to the system for making the better reactions in the blood supply and in the whole of the digestive system, and as related to the causes of infectious forces and irritation to the throat, to the bronchi - compounded in this way and manner:
3. To 2 ounces of syrup of Horehound, add:  
    Strained Honey.....1 ounce,  
    Glycerine.....10 minims,  
    Elixir of Calisaya.....40 minims,  
    Syrup of Rhubarb.....1/4 ounce.
4. Add to this then one and one-half ounces of pure grain alcohol, 195% - or centigrade. Shake this together before the dose would be taken, which would be a teaspoonful every three or four hours. This, as we find, will allay the tendencies of cough, will reduce the temperature, will make for the ability to expectorate that from the throat that will come by the little coughing that would ensue.
5. These, as we find, would bring for the physical forces of the body at this time those corrections for making a better reaction in the system.
6. Be mindful that there is not too great a quantity of food taken; this would be rather an outline for the time being:
7. No meats of ANY character.

8. Mornings - citrus fruit juices with cakes and honey, and coffee.
9. Noons - rather fruit of some character or nature. Oranges, pears, bananas, or the like.
10. Evenings - rather an all vegetable diet. In the evening there may be taken a little spiritus frumenti for stimulation to the system, but do not take meats or large quantities of bread or starches or potatoes or the like.
11. This, of course, is only to meet emergencies in the present, so that there may be the proper eliminations throughout the system. Of course, juices of vegetables, or soups or broths may be taken in the evenings. See?
12. Do this, as we would find, for the better physical forces of this body, [257].
13. Ready for questions.
14. (Q) In case the temperature is allayed and the body leaves for Asheville, what treatment should be taken enroute?
- (A) This that we have outlined for the body, see? Do not attempt to leave unless the temperature is wholly allayed.
15. (Q) Is the left ear in perfect condition?
- (A) No, not in perfect condition; for there have been the tendencies for accumulations there from the congestions in the head, where the inflammation has affected those portions of the system. Well that as soon as there IS the opportunity there be a good manipulation osteopathically; not of massage, not of sweats in the present, for these would only open for congestion, but adjustments osteopathically in the upper dorsal and throughout the cervical area, making particular adjustments in the 2nd and 3rd cervical centers.
16. (Q) Will the treatments suggested relieve the pressure in the side of the throat?
- (A) As given, will relieve the pressure.
17. (Q) In reference to Asheville, it is necessary that I join in the purchase of Carolina Wood Products with Gilbert Morris, if a factory is to operate so that I will have the sales representation of factory. Please advise me what will be the quickest manner in getting the organization into shape at Asheville, and how to get the government loan the quickest at Washington.
- (A) As we have indicated respecting the conditions and the involvements that will naturally arise from the purchase or running of such an undertaking, if there is made the arrangement for the purchase - though the body insists upon joining in to gain the position as the representative or sales representative of same, this should not be - as indicated dependent upon other than the activities of the body in relationship to the output of the Products Company, see? For, if it is compulsory that the body join in for the preparation and for the arrangements of each week or month for the overhead, there will not be sufficient in the first six to twelve months of operation to care for this without making for entanglements. For, the loans will depend upon the ability of those that are to put the organization into operation of furnishing sufficient amount of capital for the RUNNING of the organization for a sufficient time to enable same to adjust itself. Through those regular channels may the loans be obtained, but it must be maintained by those applying for some that the organization and the activities will make for the sufficient activity of sufficient number of the local peoples that are to

be employed in the operations of such an organization to JUSTIFY the proper or serious consideration. There are those regular channels in each location, in each city, through whom such applications and such loans are made. As we find, if the necessary requirements as indicated are made, this may be expected to be obtained in the next thirty to sixty days.

18. (Q) What man in Washington would be the quickest help?

(A) Through those REGULAR channels that act upon the various applications from the varied sections of the country. To attempt to make for other than those through the regular channels will be very apt to make for a disappointing application on the part of all concerned.

19. (Q) When should I go to Washington?

(A) Upon this application, that there is sufficient amount of capital being put into position for use with the activities in the operating of the organization. Then it may be hurried, as it were, by presenting the claim by self and others when these are in order or can be shown those in position for making same. Not until then is there the need for going there, upon THIS project.

20. (Q) Should Morris and Lande accompany me?

(A) If they are a portion of the representative conditions, and if they are furnishing the greater portion of the capital, yes.

21. (Q) What special work can Lande do while at Asheville in this connection?

(A) Only as to the gaining of the records as to the numbers, as to the effects, as to the aid of such operations to this portion of the country.

22. (Q) How can I overcome the fact with the government that some of the records are missing from the old administration?

(A) It will be necessary that this gap be supplied by bonified evidence from those that have been in charge, or may be in direct or sympathetic charge with the organization. They will have to make affidavits for what HAS BEEN accomplished through those periods.

23. (Q) Please guide me step by step that the factory may be organized properly, that the government will be satisfied with the set-up, and that I will be able to be successful in handling my part of the business.

(A) This has been outlined again and again, that there must be not only the desire for the activities in the operation through the actions of the organization, but there must be sufficient capital supplied from the outside to satisfy all the needs; and do not attempt to run same on a shoe string, or from week to week, for it will require - under the reconstruction activities - to maintain for at least six to nine months of activity before there may be expected any adequate returns in the activities of the organization.

24. (Q) Is it necessary for me to see Ralph Jonas today at 115 B'way, reference two medicine deals, or will the matter better await my return?

(A) The matter would better await the return.

25 (Q) Is it possible to put over the Paris Medicine sale or the Eno medicine sale from Canada through Gen. McRoberts with the Jonas Group?

(A) Possible, but will require - as we find - some alterations or changes from the present set-up, of how the preparations would be made FOR the sale - see? [See 257-127, Par. R5 and R6.]

26. (Q) Is there anything that I could do in Washington personally to bring about the closing of the water cooler deal?

(A) As given, the allowances have held up these conditions. Is the body able to insist upon those in authority to allow such and such activity for a service not needed in the present? Not hardly! Let this rest for the present. It must eventually come through.

27. (Q) Any other advice or counsel for the body at this time?

(A) Be mindful regarding the health of the body; remembering that for a great period there has been given as to how, the manners in the various activities, as to what, as to how the body should conduct self respecting its mental material and its physical activities for the betterment of the conditions that surround the body as a whole. No use to gain the whole world and then leave it for someone else to act upon. No use to leave entanglements by the overanxiety of the moment. Be patient, be persistent, but - above all - be CONSISTENT!

28. We are through.

**REPORTS OF READING 257-127 M 40**

R1. 2/4/34 His wife's rdg. 903-22 gave further advice for Mr. [257]'s cold.

R2. 2/12/34 He wrote: "I've not been out yet. I still feel very weak, but will go tonight to see Trommer. [903] is up and better, also the boys [[759] & [773]]... "I am on my way out now - will write again later. I feel so tired, and I've done little but rest for four weeks."

R3. 2/22/34 He obtained 257-128.

R4. 4/16/34 See 257-130, Par. 30-A--31-A in re Paris Medicine deal.

R5. 5/31/34 His sec'ty Miss [349] wrote: "I see today that Edwin Grove, Jr., died yesterday. I wonder how that will affect [257]'s suit?"

R6. 6/1/34 Mr. [257] wrote: "Did you hear that Edwin Grove died Decoration Day? Please look up date of prophecy - which stated three years would be his end if he continued to drink. It's a good thing we instigated suit when we did."

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 257-159 M 42**

APHONIA

Business Advice Par. 7-A--11-A

COLD: COMMON

COUGH: COLD: COMMON

Diet: Cold: Common Par. 3

LARYNGITIS

Names: People Mentioned: Burnett, Guy Par. 7-A, 9-A--11-A  
: Sailors, Leslie Par. 7-A

Physiotherapy: Baths: Sweats: Cold: Common Par. 2  
: Turkish: Par. 2  
: Massage: Oils: Par. 2, 5  
: Rubdowns: Alcohol: Par. 2  
: Salt Rum: Par. 2

Prescriptions: Castoria: Cold: Common Par. 2  
: Whiskey: Par. 3

Prophecy: Confirmed Par. 4, R5  
: Prognosis: Cold: Common Par. 4

Speech: Warnings Par. 11-A

Truth Par. 11-A



**BACKGROUND OF READING 257-159 M 42**

B1. 10/11/35 He obtained Ck. Physical Rdg. 257-158 for occasional pain around heart and continued show of blood from rectum.

B2. 1/4/36 A.M. He phoned from Chicago giving GD the questions. He was so hoarse that she could hardly understand him; he said he had a severe cold, a cough, and laryngitis.

**TEXT OF READING 257-159 M 42**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of January, 1936, in accordance with request made by the self, over telephone, 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. Helen Ellington and Margaret Wilkins.

**R E A D I N G** Room 2908 Time of Reading Medinah Club,  
12: 05 to 12: 15 P. M. Eastern Standard Time. 505 N. Mich., Chicago, Ill.  
(N.Y.C.)

(Question Suggestion)

1. EC: Yes. We have the body here. This we have had before.
2. The use of those properties that have been indicated for such conditions would be well; that is, taking first an eliminant - or about eighteen hundred (1800) drops of the Castoria, but NOT at once. Take it in very small or broken doses. After the first container or bottle has been taken in these proportions, which should be about eight-thirty or nine o'clock this evening, THEN take the Turkish Bath; that is, first the sweats, then the salt rum rubs, and then the alcohol rub after the oil rubs, see?
3. And during the whole period keep more of an alkalin diet. No white bread. Principally use fruit juices, and citrus fruit juices at that! A little coffee without cream may be taken as a stimulant, or a little whiskey and soda later in the evening may be taken.
4. And the body should feel physically fit by morning.
5. Afterwards, then, keep the general rubs and the stimulations through especially the lower dorsal and throughout the lumbar area.
6. Ready for questions.
7. (Q) What procedure should I go through, and plan of discussion with Burnett and Sailors, for successful year with them?  
(A) Keep in that same attitude, that same manner of activity that HAS BEEN indicated for the body; for those special portions of the territory as outlined.
8. (Q) What should I do for a big market success?  
(A) First be physically fit. Then meet the trade in that manner indicating, and sure in self, that the proper character of merchandise is being presented for those of that particular portion or vicinity. The periods, rather than the extreme styles, are those portions of same that are to be carried on.

9. (Q) What is best approach to Burnett to have him understand thoroughly the radio business and the payment of proper commission, and to induce him to take large business this year?

(A) Make for first the activities of the body, as we have indicated. Then, show the ability for commissions that may be had in such ways, such a manner as to prove to be helpful and money-making. For remember, not only Burnett but those furnishing the money (or the banks) must be satisfied also. This makes the hardship.

10. (Q) What day is best for discussion on this subject?

(A) On Thursdays!

11. (Q) What should Mrs. [189] say to Burnett as to our general condition in N.Y.?

(A) The truth, nothing but the truth, and the whole truth!

12. We are through for the present.

GD wired as follows: (DAY LETTER - COLLECT)

TWO BOTTLES CASTORIA IN SMALL DOSES. AFTER FIRST BOTTLE IS FINISHED, AROUND NINE O'CLOCK THIS EVENING, TAKE TURKISH BATH, SWEAT, SALT RUM RUB, AND THEN ALCOHOL RUB FOLLOWING OIL RUB. EAT PRINCIPALLY CITRUS FRUIT JUICES, NO WHITE BREAD, A LITTLE COFFEE WITHOUT CREAM, WHISKEY-SODA LATE THIS EVENING.

#### **REPORTS OF READING 257-159 M 42**

R1. 1/2/36 He referred 1092-1.

R2. 1/7/36 He referred 1095-1; also 1099-1, 1113-1.

R3. 1/12/36 He referred 1099-1, 1169-1, 1160-1, 1110-1.

R4. 1/16/36 He obtained 257-160.

R5. 2/2/36 He wrote: "While in Chicago I felt miserable, but after taking the day's rest and the bottle of Castoria, and the rubs, I could talk the next morning, and was at work all day Sunday at the Mart. Then I took the rubs three days afterwards, and once a week since I am home.

"I had a little attack of indigestion today, but my cold is better and only a little hack."

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 264-51 F 46**

Appliances: Wet Cell: Tumors: Uterus	Par. 7, 14-A
COLD: CONGESTION	
Diet: Citrus Fruit: Cold: Congestion	Par. 5
Doctors: Wahlen, Ada: D.C.	Par. R2
LARYNGITIS	
Physiotherapy: Baths: Feet: Circulation: Incoordination	Par. 9
Prescriptions: Ventriculin With Iron: Anemia: Tendencies	Par. 8, 12-A, 13-A
Rest: Cold: Congestion	Par. 6
TUMORS: UTERUS	

**BACKGROUND OF READING 264-51 F 46**

B1. 12/18/35 She obtained Ck. Physical Rdg. 264-49 advising cont'd tr. for overcoming uterine tumor without surgery.

B2. 6/21/36 She obtained Ck. Life Rdg. 264-50 giving spiritual advice about her health.

B3. 10/27/36 She requested 264-51, for laryngitis.

**TEXT OF READING 264-51 F 46**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 27th day of October, 1936, in accordance with request made by the self - Mrs. [264], 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: 10 to 11: 25 A. M. Eastern Standard Time. Washington, D.C.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. As we find, in the present the resistance has been allowed to run a bit low. Hence the mucous membranes of the throat, head, through the general system, from an indiscretion more than otherwise, produce congestion, cold - or cold and this produces congestion.
3. This makes for a drawing upon the vitality of the system, especially using up the destructive forces or the destroyers or warriors in the blood system. Consequently it makes for an uneasiness and an unpleasantness throughout the body.
4. Then the natural condition from those effects, as has been given, makes for this to become more apparent; though in many respects we find the growth somewhat in a condition where there might be the more helpful forces.
5. As we would find in the present, we would have particularly the orange juice or orange diet and citrus fruits of all kinds; until there is more resistance and more of an alkalinity built up.
6. Keep rather quiet, though take sufficient of the exercises.
7. And we would find that use of the Wet Cell Appliance would be most helpful. This should be attached to the 4th lumbar. The plate would necessarily be made so that the body can lie upon same without being too painful or hurtful to the body; rather flat, just a little cupped but a little bit larger than the ordinary. And that passing through the solution (which should be Atomidine, half strength - Distilled Water half, Atomidine half, see?), which would be the nickel plate, you see, would be attached over the swelling itself, or directly through this, that would aid in dissipation of it.
8. We would take the enzymes as has been indicated for the body, to assist in building up the strength. For this supplies in its assimilation, especially in an alkalinity, a greater supply and abundance of those cellular forces being used up.
9. Take these precautions. Take the rubs.

## LARYNGITIS CIRCULATING FILE

10. Be mindful of the feet. Take the rubdowns in hot water and then followed by cold or cool. These will assist in keeping the circulation better in the lower extremities.

11. Ready for questions.

12. (Q) Is Ventriculin what is referred to as the enzymes?

(A) Ventriculin is that referred to. This with any of those in the diets that make for quantities of the enzymes.

13. (Q) How much of the Ventriculin should be taken at a time and how often?

(A) Teaspoonful once a day.

14. (Q) How long should the Appliance be used at a time?

(A) Twenty to thirty minutes each day.

15. We are through for the present.

### **REPORTS OF READING 264-51 F 46**

R1. 10/27/36 Immediately following 264-51 rdg. see EC's Ck. Physical rdg. volunteered - under 294-186.

R2. 11/8/36 She wrote: "Am so much better but still have room for improvement. The growth is going away, is getting smaller all the time. It is quite a strain on me, but I do not mind, just so I can stand it, and I am sure I can.

"My cold is better. I had what is known as laryngitis. The rdg. was right when it said I got that condition through 'an indiscretion.' I ate the wrong things for several weeks after I came home from Va. Beach, as [853] and I tried a boarding house again, thinking it would be cheaper. The lady promised to give me green vegetables, but instead we had all starches, such as dried white beans, fried corn, rice, macaroni, etc. AND pork. I ate a little of it, so with what I ate, and the lack of what I should have eaten, my vitality got pretty low. I got such an acid condition that my mouth was raw, and I was almost raw all over. That condition passed in a few days after I got the rdg.

"Am trying to arrange with Dr. Ada Wahlen [D.C.] to let me take the Wet Cell battery with her. She has an apt. now. I could not keep the battery here, as it would be moved every day."

R3. 12/22/36 She referred Mr. [1311] for a Physical Rdg.

R4. 6/23/37 She obtained emergency Ck. Physical 264-52 for her heart.

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 294-164 M 56**

BRONCHITIS

COUGH

LARYNGITIS

PNEUMONIA: TENDENCIES

Prescriptions: Pinex: Cough

Par. 2-A

Rest: Work: E.C.: Readings

Par. 1, 3-A

**BACKGROUND OF READING 294-164 M 56**

B1. 11/22/33, 11/24/33 EC obtained health advice in 294-163, and experienced a psychic healing of his pneumonia on the night of 11/24/33.

B2. 11/28/33 Following rdg. 461-1, HLC gave EC the suggestion to obtain further advice for his physical welfare, especially a severe cough and laryngitis.

**TEXT OF READING 294-164 M 56**

This psychic reading given by Edgar Cayce at the Arlington Hotel in Washington, D.C., this 28th day of November, 1933, in accordance with suggestion for advice for EC's health following 461-1.

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. Mr. [461].

R E A D I N G

Time of Reading 11: 05 A. M. Eastern Standard Time. ..., D.C.

(Periodic suggestion for EC's welfare)

1. EC: The area of congestion in lung has spread, making for the accumulations in the bronchi that prevent the normal activity of the vocal cords. It is a STRAIN for the body to work [give rdgs.] under such conditions. We would rest the body.

2. (Q) Any suggestions for the relief of the severe cough?

(A) Relaxation physically, and KEEPING the body alkalin - and the expectorant that has been given for such conditions. [Pinex - 288-32]

3. (Q) Any suggestions for relieving the congested area?

(A) Rest.

4. We are through.

**REPORTS OF READING 294-164 M 56**

R1. 11/28/33 At 1: 30 P.M., EC, HLC and GD caught a bus to Virginia Beach. That night GC and GD fixed cough medicine for EC [288-32].

R2. 12/4/33 EC obtained Ck. Physical rdg. 294-165.

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 294-165 M 56**

BRONCHITIS

Diet: Laryngitis	Par. 5
Electrotherapy: Vibrator: Laryngitis : Violet Ray:	Par. 8-A Par. 3, 8-A
Habits: Smoking: Laryngitis	Par. 4
Healing: Magnetic: Laryngitis	Par. 3, 8-A, 9-A, 10-A

LARYNGITIS

Prophecy: Prognosis: Laryngitis	Par. 12-A
Rest: Work: E.C.: Readings	Par. 7-A
Suggestive Therapeutics: Laryngitis	Par. 3, 8-A, 11-A, R2



**BACKGROUND OF READING 294-165 M 56**

B1. 11/28/33 EC obtained 294-164 for severe cough, laryngitis.

**TEXT OF READING 294-165 M 56**

This psychic reading given by Edgar Cayce at his home, Arctic Crescent, Va. Beach, Va., this 4th day of December, 1933, in accordance with request made by self - Edgar Cayce.

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mildred Davis, L. B. and Hugh Lynn Cayce.

**R E A D I N G**

Time of Reading 10: 50 to 11: 05 A. M. Eastern Standard Time. ...., Va.  
(Physical Suggestion)

1. EC: Yes, we have the body here, Edgar Cayce; this we have had before.
2. In the present the cold, congestion that has existed in the lungs, larynx, bronchials, in the head, has taxed the system such as to cause the hoarseness; produced by the larynx and vocal cords being taut, through the inflammation and congestion exhibited there, the poisons from same in the system producing the disturbances through the alimentary canal.
3. Then, in the present, there may be either the increase of the circulation by magnetic influences or through the application of heat, with the vibrations of electrical forces in the violet ray over the area, or through the COMBINED application of these with suggestion.
4. We would also have the body refrain from smoking entirely until, at least, the congestion has been removed.
5. Keep a fruit and vegetable diet only, with the alkaline reaction in same.
6. Ready for questions.
7. (Q) Should the body refrain from giving readings until this condition is removed?  
(A) The body should rest; not be out in the air. With suggestions in the readings for one thing to happen, and then to be in the air and to continue to strain the mental and psychic forces of the body, there is caused this localization.
8. (Q) What should be the suggestion that should be given at the present?  
(A) Increasing circulation to affected areas in such a manner as to relieve the congestion. Then, with the magnetic forces from body to body, and the vibrations of the electrically driven vibrator over the areas in the cerebro-spinal system from which bronchi and larynx receive their impulses for circulation; then following same with three to five minutes of the violet ray over the vocal cord or box area.
9. (Q) Where should the magnetic contacts be made?  
(A) Over the 3rd and 4th cervical, and over the throat or the vocal cord area.
10. (Q) Who should give these?  
(A) Whoever has the greatest magnetic forces in body!
11. (Q) Should I now give the suggestion to increase the circulation, or is there other information to be given?

LARYNGITIS CIRCULATING FILE

(A) Be well were applications made daily, and the suggestions for increased circulation be given AFTER such treatments.

12. (Q) Any other suggestions at this time for the benefit of this body?

(A) Do that. Should be well by Tuesday or Wednesday.

13. GC: That is all.

**REPORTS OF READING 294-165 M 56**

R1. 12/5/33 At end of Ck. Physical 462-4 EC warned of straining himself and that he should not give further rdgs. until he had rested and thrown off his cold.

R2. 12/15/33 A.M. 11: 00 o'clock, at beginning of Physical Rdg. 469-1, after first suggestion and EC's starting to repeat it, EC interrupted himself by saying in normal voice:

1. EC: Remove this pressure off my head, and then we can take it [the reading]!

2. GC: This pressure will be removed from off the head. [Pause, then: ] How should this be done, if it hasn't been done?

3. EC: It's gone! Don't you see it? It's been recognized - by the word!

4. GC: What caused the pressure, or what was it?

5. EC: Do we want the reading? [469-1]

6. GC: We want the reading. [She repeated the suggestion to get 469-1.]

R3. 1/6/34 EC obtained Ck. Physical rdg. 294-166.

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 1100-7 F 41**

BRONCHITIS

Clairvoyance Of E.C.: Conditions Confirmed Par. 9, R1

COLD: COMMON: SUSCEPTIBILITY

Diet: Body-Building Par. 12, 13

Doctors: Thompson, John R.: D.O. Par. R1

Eliminations: Poor: Cold: Common Par. 20-A, 21-A

LARYNGITIS

Liver: Cold: Common Par. 20-A, 21-A

Osteopathy: Cold: Common Par. 15, 19-A, 20-A  
: Throat: Streptococcus Par. 15, 19-A, 20-A

Physiotherapy: Baths: Feet: Mustard: Cold: Common Par. 5  
: Massage: Camphor: Cold: Common Par. 5  
: Mutton Tallow: Par. 5  
: Turpentine: Par. 5  
: Spray: Throat Par. 18-A

Prescriptions: Alcohol, Grain: Throat Spray Par. 7, 18-A  
: Atomidine: Resistance Low Par. 10, 19-A  
: Benzoin, Compound Tincture of:  
Throat Spray Par. 7, 18-A  
: Caroid Bile Salts: Liver Par. 20-A  
: Eucalyptol, Oil of: Throat Spray Par. 7, 18-A  
: Liver Extract, Valentine's:  
Eliminations Par. 11  
: Turp, Rectified Oil of:  
Throat Spray Par. 7, 18-A  
: Water, Distilled: Par. 7, 18-A  
: Zilatone: Liver Par. 20-A, 21-A

Streptococcus: Blood: Cold: Common Par. 3

THROAT: STREPTOCOCCUS

**BACKGROUND OF READING 1100-7 F 41**

B1. See 1100-6 on 11/24/35.

B2. 10/21/36 Wire: "Please take emergency if possible. Severe throat condition. Ask concerning building general resistance. Wire."

**TEXT OF READING 1100-7 F 41**

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 21st day of October, 1936, in accordance with request made by the self - Mrs. [1100], 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. L. B. Cayce.

**R E A D I N G**

Time of Reading 4: 30 to 4: 40 P. M. Eastern Standard Time. ..., Mich.

(Physical Suggestion)

1. EC: Yes, we have the body here; this we have had before.
2. As we find, there are acute conditions produced by a general debilitation from overexercise or activity, and cold and congestion, which have made for infectious forces through the tissue of the throat, the bronchi and larynx.
3. This as we find is producing pus forming in the blood and the distribution of same causes the general aching, the general reaction to the excretory and secretive system, and temperature.
4. As we would find, in meeting the emergencies, first we would give:
5. Rub the feet and lower limbs, after very hot mustard bath with equal portions Mutton Suet, Spirits of Turpentine and Spirits of Camphor. Keep them very warm. This to act upon the circulation and to overcome this general tendency for colds.
6. Make for a spray with this:
7. To 1/2 ounce of Grain Alcohol - at least 95% - add:  
Distilled Water.....2 ounces,  
Oil of Eucalyptol.....5 minims,  
Rectified Oil of Turp.....2 minims,  
Compound Tincture of Benzoin.....10 minims.
8. Use this as a spray.
9. This we find should, within twenty-four hours, ease the body a great deal.
10. For the general building up of the system, we would take first a course of Atomidine; beginning (after this has been eased) first with one minim in half a glass of water before the morning meal, two minims before retiring. The next day two minims before the morning meal, three minims before retiring. The next day three minims before the morning meal, five minims before retiring. Then rest one day and begin all over again, see?
11. We would also take the Valentine's juices of liver or liver extract.
12. And be mindful that in the rest of the diet it is kept close to the alkaline, or twenty percent acid-producing to eighty percent alkalin-producing food values.

## LARYNGITIS CIRCULATING FILE

13. Plenty of corn bread, in whatever way prepared. The scalded or the egg bread. This with the meal cakes even of a morning. Honey as a carrier with same or to eat with same is very good.

14. These as we find should make for corrections.

15. To be sure, have manipulations to reduce that swelling in the upper dorsal and throughout the cervical area, with the treatment around the head, the neck, and especially back of the ears and over the vagus center.

16. Do these.

17. Ready for questions.

18. (Q) How often should the spray be used?

(A) Every two or two and a half hours.

19. (Q) How long should the Atomidine be kept up, or should the two courses only be taken?

(A) Take first the two courses, rest a week and take another two courses.

These should balance the system, if the other things are kept; that is, the manipulations and the stimulation for a general building up.

20. (Q) How often should the manipulations be given?

(A) This depends upon the response of the body. These may be given every day until there is the reduction of these conditions, or else we may localize the conditions, see?

Of course, keep an eliminant through the alimentary canal to work off the poisons. The Caroid and Bile Salts Tablets or Zilatone Tablets are those that will stir the liver the better. These to be taken, to be sure, after the first day or so of the spray and the combinations and the applications of the manipulations.

21. (Q) How should these be taken for this body?

(A) Preferably Zilatone taken one after the morning meal (half an hour), one after the noon meal, two after the evening meal. This should be sufficient. If the Caroid and Bile Salts are taken, take two after the evening meal, two after the morning meal.

22. We are through for the present.

Wired as follows:

RUB FEET, LOWER LIMBS, AFTER HOT MUSTARD BATH, WITH EQUAL PARTS MUTTON SUET, SPIRITS TURPENTINE, SPIRITS CAMPHOR. KEEP FEET WARM. TO HALF OUNCE NINETY-FIVE PERCENT GRAIN ALCOHOL ADD DISTILLED WATER TWO OUNCES, OIL EUCALYPTOL FIVE MINIMS, RECTIFIED OIL TURP TWO MINIMS, COMPOUND TINCTURE BENZOIN TEN MINIMS. USE AS SPRAY EVERY TWO HOURS. MANIPULATIONS DAILY TO REDUCE SWELLING UPPER DORSAL, THROUGHOUT CERVICAL. HEAD, NECK, EARS, VAGUS CENTER. FULL INFORMATION SPECIAL.

### **REPORTS OF READING 1100-7 F 41**

R1. 10/25/36 Letter: "...How thankful I am to the good Lord to have you when we need you! You were kind, indeed, to answer my appeal so promptly and I want you to know how greatly I appreciate your doing so. Guess I was much sicker than I realized, but began to improve immediately on starting the hot mustard foot bath. The sore throat started a few days before I wired you but, of course, I didn't

## LARYNGITIS CIRCULATING FILE

realize it would be so severe. Went down to Dr. Thompson on Monday and Tuesday but didn't respond all, so said to him, 'I cannot go on like this, as I am feeling miserable, so am going to wire Mr. Cayce.' I did so and must say that I have been improving ever since. Am following all suggestions but must say the liver extract is a terrible dose. I don't mind that, though, because regardless of what it tasted like I would take it if you told me to do so. I knew that my resistance was terribly low, although I did not realize I have been too active, so shall slow down, after I am able to be out..." [She referred Mrs. [1281] for Physical Reading.]

R2. 11/16/36 See 1100-8.

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 2309-1 F 39**

ASSIMILATIONS: ELIMINATIONS: INCOORDINATION

BRONCHITIS

Clairvoyance Of E.C.: Conditions Confirmed : Discretion	Reports Par. 22-A
Diet: Vitamins: B-1: Assimilations: Eliminations: Incoordination : Vit. G:	Par. 18 Par. 18
Doctors: Bright, S.H.: D.O. : Hudgins, Frank Curtis, Jr.: D.O.	Par. R1 Par. R2, R4
Electrotherapy: Vibrator: Lesions	Par. 14
Healing: Consistency & Persistency	Par. 21-A
Inhalants: Alcohol, Grain: Bronchitis : Benzoin, Compound Tincture Of: : Eucalyptol: : Tolu In Solution: : Turp, Rectified Oil Of:	Par. 15--17 Par. 15--17 Par. 15--17 Par. 15--17 Par. 15--17
Insomnia: Lesions	Par. 13, 14

LARYNGITIS: TENDENCIES

LESIONS

Lungs: General	Par. 7
Neuritis: Tendencies	Par. 9
Osteopathy: Relaxation	Par. 11, 12, 24-A
Uricacidemia: Tendencies	Par. 9

**BACKGROUND OF READING 2309-1 F 39**

B1. 7/18/40 She was present for the reading, indicating that she was suffering from chronic bronchitis and chronic laryngitis.

**TEXT OF READING 2309-1 F 39**

This psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 18th day of July, 1940, in accordance with request made by the self - Miss [2309], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Mrs. [603].

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Miss [2309] and Mabel L. Ruehe.

**R E A D I N G**

Time of Reading 10: 45 to 11: 05 A. M. Eastern Standard Time. ..., Va.

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, [2309].

3. Now as we find, there are conditions the correction of which in the present would relieve a great deal of tension and disturbance, and prevent a great deal of trouble which may arise unless such corrections are made and changes are wrought in the conditions of the body.

4. These as we find, then, have to do with inclinations, tendencies and weaknesses which have existed within the physical force.

5. Then, these are conditions as we find them with this body, [2309] we are speaking of, present in this room:

6. In the blood supply we find indications of congestion through the system; that is, rather of the acute nature; yet this congestion, and the effect as produced upon the general system arises from an inclination, tendency or weakness which exists in the bronchi and larynx especially, and where there are those lesions and tendencies that keep a condition that is constantly irritating.

7. These have not assumed those proportions as to cause other than a weakness through the lungs, but without these being corrected this would eventually become a part of the condition; because the body is constantly - as every body - in the position of either meeting or being subject to those inclinations for infectious forces that may attack the tissue through the lung area.

8. This causes those conditions through the face and nasal passages, the antrum, that at times cause a great deal of disturbance.

9. These then are constantly allowing drainages into the system from the poisons and congestions, that cause the lack of the vital energies being created in the assimilating forces of the body. Thus we have an upsetting at times of the digestive system, the inclination for trouble with the eliminations as produced by congestion through the liver, or the taxation at other times from these through the areas of the upper hepatics as combined with the lower hepatics. Thus irritation is caused through too much of the poisons being as accumulations from the toxic



## LARYNGITIS CIRCULATING FILE

forces from kidneys, or a neuritic and a uric condition that tends to make for accumulations in the muscular forces of the body - that are already weakened by the disturbance in the blood system, that causes disturbance to the locomotions of the body.

10. As indicated, these are tendencies, - that at times arise to give disturbances to the body.

11. As we find, then, in making corrections, - first we would have occasionally, about once a week, a thorough osteopathic relaxing of the body; not a stimulating treatment, but a relaxing treatment; with special reference to the area from the 6th dorsal to the first of the cervicals.

12. Then, after two or three of these are given (and we would have them at least a week apart), we would coordinate the 9th dorsal, 4th lumbar and coccyx area, with corrections and those activities that will have been created by the applications to the upper dorsal.

13. With the conditions in trachea and bronchi, these often cause pressures so much upon the system as to disturb the rest of the body. Thus insomnia becomes a portion of the disturbance.

14. Hence, throughout the period, that there may be the better rest for the body, we would use each evening the electrically driven vibrator. Use the sponge applicator about the face, head and neck, and especially over the antrum, back of the head, the throat and the neck. Use the cup applicator along the cerebrospinal system and the upper portion of the body, across the diaphragm; so as to produce a stimulation to the superficial circulation. Take at least fifteen to twenty to thirty minutes to give self this treatment, or to have it done, each evening.

15. As an aid to the disturbance through the bronchi and larynx and trachea, we would use an inhalent; just the fumes from same, not as a spray. Put this in a large mouthed bottle, at least an eight ounce bottle. Prepare so that there may be two vents through the cork, and both vents may be kept tightly corked when not being used. Put in such a bottle this combination of ingredients:

16. To 4 ounces of Grain Alcohol (at least 90% proof) add, in the order named:  
Oil of Eucalyptol.....20 minims,  
Rectified Oil of Turp.....5 minims,  
Compound Tincture of Benzoin....30 minims,  
Tolu in Solution.....20 minims.

Use this at least twice a day. When to be used, shake the solution well, remove the corks, and inhale the fumes that would be thrown off from same - deep into the throat and lungs two to three times, also in each side of the nasal passage. Of course, neither of the vents would extend into the solution, but only into the space above the solution. Inhale this regularly, and it will be found to keep down the cold and clear up this condition, - with the other treatments.

17. Do not take one part of the treatment without the other!

18. As to the diet, - take plenty of food values that carry Vitamin B-1 and G. These are found especially in carrots (cooked or raw - and we would have them both ways often), the yellow neck squash, yellow peaches, cereals - especially oats and corn. These should be in the diet almost daily. Give these combined in

different forms. Plenty of orange juice for the body, but do not take cereals and orange juice at the same meal. No fried foods at any time. Plenty of boiled onions. These should be a part of the diet once or twice a week. Fish, fowl and lamb should be the principal meats. Whole wheat bread always, and preferably this toasted.

19. Do these, and we will bring near to normal conditions for this body, [2309].

20. Ready for questions.

21. (Q) Will it take me long to get well?

(A) Depends upon how consistent and persistent the body is in following the treatments suggested. It should not take long.

22. (Q) Should I answer a letter received from "A"?

(A) This had best be answered from within self first, and then if it is in keeping with the aspirations and hopes, answer.

23. (Q) Will the office situation straighten out so my work will be more pleasant soon?

(A) It will.

24. (Q) What osteopath would be suggested to treat me?

(A) As we find, any in sympathy with the information here indicated, who will give them in the manner outlined; that is, not a stimulating but a relaxing treatment, and AS indicated.

As we find, ANY of those best suited to the body itself would be well.

25. We are through for the present.

(GD's note: See extra sheet of directions [which was enclosed] for Osteopath; also extra sheet of directions [which was enclosed] for druggist in preparing inhalant.)

### **REPORTS OF READING 2309-1 F 39**

R1. Very pleased with Rdg.; decided she would try to go to Dr. Hudgins, since he used to be associated with Dr. Bright. She took treatments from Dr. Bright and was helped so much. This trouble with her voice has been strenuous lately, since Dr. Bright died and she hasn't been able to get the treatments; is taking singing lessons from Miss [...].

Has been on Glad Helpers prayer list of the Ass'n for several years.

R2. 8/30/40 letter from [2309] to EC: "Please find enclosed herewith a payment on my rdg. [2309-1] which you gave me on 7/18/40, at which time I paid \$5.00, and this payment of \$5.00 deducted, leaving \$10.00 still due, which I surely hope to pay soon.

"I am carrying out the treatment - just as instructed, as far as I possibly can, and am much better. Dr. Hudgins is giving the osteopathic treatment once a week and he keeps a copy of your instructions right before him. One thing bothers me exceedingly and that is the cough which I still have. However, I suppose this too will vanish. My voice is almost normal.

"I was so sick I was forced to take a leave of absence from the office and as this was without pay I got behind, but hope to get both on my feet and up with my obligations soon.

LARYNGITIS CIRCULATING FILE

"By now I hope you have recovered from your recent illness of which Dr. Hudgins told me.

"If consistent, will you please acknowledge receipt of the enclosed?

Yours faithfully, [2309]

P.S. "With regards to both Mrs. Cayce and Miss Davis, who were so kind to me at the time I was at your home for the reading."

R3. INDIVIDUAL CASE REPORT TO A.R.E. 9/8/40:

Date of Reading - July 18, 1940 Case No. 2309-1

PLEASE ANSWER THE FOLLOWING QUESTIONS CAREFULLY

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

(2) Give symptoms of condition described correctly? "Congestion in larynx, trachea and bronchi, disturbed digestion and disturbances in face and nasal passages exactly as described by reading."

(3) What was the physician's analysis of this condition? "Danger of congestion reaching lungs - also chronic laryngitis."

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

(5) For how long? "About a month."

(6) Describe the extent to which improvements have resulted? "100% - can talk in normal voice - only a little hoarseness showing in laugh. Wheezing in chest disappeared."

(7) Comment. "Improved 100% since the reading."

R4. 9/10/40 OSTEOPATH'S REPORT TO A.R.E.:

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

Name Miss [2309]

(1) (A) Did the Reading presented to you describe the condition of the patient?

(b) Explain any variation. (c) Give technical diagnosis. (A) "Yes, upper dorsal and 9th dorsal. Coccyx" (b) "None" (c) "Chronic bronchitis"

(2) Were the suggestions for treatment in your opinion proper for this condition? "Yes"

(3) For what period of time has the patient followed directions given in the Reading under your care? "About 2 months"

(4) What results have you observed? "Improvement"

(5) Comment. "Patient is quite satisfied."

Signed F. C. Hudgins, Jr.

R5. 12/24/40 Letter from [2309] to EC: "I have just received \$10.00 from a friend as a Christmas gift and am sending you half of it as a payment on my bill of \$10.00 for the [7/18/40] reading. I don't suppose you will get it in time to help you celebrate Christmas but I hope it will help you some anyway. This leaves a balance of \$5.00 which I still owe you and I hope you won't have to wait as long for that as you have had to wait for the other 'installments.' The most remarkable

LARYNGITIS CIRCULATING FILE

thing about it is that you have not once asked that I hurry the payments or bothered me in any way and I think that is wonderful. Here is my record:  
July 18th, 1940 (in person)...\$5.00 August 31st, 1940.....\$5.00 December  
23rd, 1940.....\$5.00 Total: \$15.00 Balance due: \$5.00

"I want to wish for you and yours and the Glad Helpers the Highest that the New Year can mean to you all.

"Again thanking you, I am..."

"I still have the cough but as I get stronger, it gets less.

"If it isn't too much trouble I wish you would send me receipt."

R6. 12/26/40 Letter from EC to [2309]:

"Thanks for yours of the 24th - also for enclosure, was very lovely of you to divide with us your lovely Christmas gift. No never like to ask people for money, have to at times, but wish never had to even make a semblance of a charge - would like to be able to give it all and let them pay as their heart prompted them to do.

Don't know whether that is right or not - for have found by experience where one makes an effort and some sacrifice to get and pay for a reading they get more help than where some one gives them the reading.

"Whether there is a law we do not oft recognize or not don't know but is certainly true in the last 40 years of experience with the work.

"But thank you very much, and do hope you are feeling lots better and will continue to do so.

"Let us hear when you can - and come in and see us when you have the chance.

"Hoping all the good things you have wished for come to you in the New Year..."

R7. DECEASED - July 25, 1941 - after an illness of 2 months, according to paper. Died in a hospital.

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 2396-1 F 59**

BRONCHITIS

Diet: Bronchitis	Par. 20-A
Doctors Suggested: Reilly, H. J.: PhT.	Par. 18
Inhalants: Benzoin, Compound Tincture of: Bronchitis	Par. 14
: Eucalyptus, Oil Of:	Par. 14
Laryngitis: Bronchitis	Par. 6
Physiotherapy: Hydrotherapy: Bronchitis	Par. 13, 18, 19-A
: Massage:	Par. 13, 18, 19-A
Prescriptions: Egg: White: Bronchitis	Par. 15
: Lemon Juice: Bronchitis	Par. 15
Prophecy: Prognosis: Bronchitis	Par. 16, 19-A

**BACKGROUND OF READING 2396-1 F 59**

B1. 11/11/40 She was present for the reading, being concerned about her bronchitis and laryngitis which prevented continuing her work.

**TEXT OF READING 2396-1 F 59 (Biochemist)**

This Psychic Reading given by Edgar Cayce at the home of Mr. David E. Kahn, 20 Woods Lane, Scarsdale, N.Y., this 11th day of November, 1940, in accordance with request made by the self - [2396], new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by Miss Nancy Lansdale.

**P R E S E N T**

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. [2396] and Nancy Lansdale.

**R E A D I N G**

Time of Reading 11: 25 to 11: 45 A. M. Eastern Standard 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. You will answer the questions as I ask them:

2. EC: Yes, we have the body here, [2396].

3. Now as we find, the body-physical is very good in most respects. However, there are acute conditions in the present that prevent the normal physical functioning.

4. These arise from infectious forces from cold, produced by dust AND cold that has produced a condition in the bronchi and trachea which affects the circulation; producing a film that prevents the normal activity of the circulatory forces through the trachea and the bronchi.

5. Then, these are conditions as we find them with this body, [2396] we are speaking of, present in this room:

6. The blood supply indicates hindrances of a local nature to the organs of the vocal box as well as the whole sensory system. This pressure has prevented the normal impulse of eliminations in the activity of this flow through the upper portion of the respiratory system.

7. This is acute and not deep-seated; though, unless measures are taken for the removal of the acute disturbance through the circulatory forces, we may find the disturbances taking hold that may hinder the activity of the system as related to the eliminations THROUGHOUT the body.

8. In the nerve forces, - here we find sympathetic reactions, especially from those areas from the 1st, 2nd and 3rd dorsal and throughout the cervical areas.

9. These as we find are sympathetic, not compound, nor lesions that are of a deep-seated nature as yet.

10. In the organs of the body, - the responses, the reflexes throughout the system are very good.

11. The activities of the sensory organs are affected; the bronchi and the trachea and larynx show the areas where infectious forces prevent their being eliminated nominally or normally.

## LARYNGITIS CIRCULATING FILE

12. Then, in making applications for the removal of these disturbances:
13. We would first give that there be a GENERAL relaxing of the system by the hydrotherapy method, through the mechanical means; that is, the heat - preferably the dry heat - to coordinate the activity of the superficial and the deep circulation. Then the deep thorough massage, - not as corrective measures, but stimulating measures to the areas especially as indicated - the 1st, 2nd and 3rd dorsal and throughout the cervical areas - and about the throat and the chest. This would be done mechanically.
14. Of an evening we would inhale the fumes from an equal quantity of Compound Tincture of Benzoin and Oil of Eucalyptus. Put half a teaspoonful of each in a pint of water and allow to boil. Breathe in the fumes from same, with a sheet or covering over the head, you see.
15. Prepare the white of one egg. Beat very thoroughly. Mix with this froth a teaspoonful of fresh lemon juice. Take two or three doses of this, a teaspoonful or two at a dose, taken slowly.
16. And we will find in two days we will be rid of the disturbances.
17. Ready for questions.
18. We would have such an one as Reilly for the cabinet AND the massage.
19. (Q) How many of these hydrotherapy treatments would be necessary?  
(A) ONE should be sufficient - to rid the system of the acute condition. Of course, set up eliminations through diet - these with ALL the applications suggested should be sufficient. They may be repeated if necessary. We do not find that more than two applications would be necessary.
20. (Q) What diet should the body follow?  
(A) An eliminating diet.
21. (Q) Will the body be able to leave within a week or ten days as she has planned?  
(A) If so desired, - but there's much work to be done here!
22. We are through for the present.  
(11/11/40 GD's note: See extra sheet [which was enclosed] of directions for: Dr. H. J. Reilly, The Reilly Service, R.C.A. Bldg., New York City.)

### **REPORTS OF READING 2396-1 F 59**

None.

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 4176-1 F 9**

Clairvoyance Of E.C.: Conditions Confirmed : Unusual	Par. R1 Par. 1
Exercise: Head & Neck: Glands: Thyroid	Par. 1, 2
GLANDS: THYROID: HYPOTHYROIDISM: CURED	
Laryngitis: Glands: Thyroid	Par. 1
LIVER: MALARIA	
MALARIA: CURED	
Prescriptions: Capsicum: Malaria : Leptandrin: : Podophyllin: : Sanguinaria:	Par. 1, 2 Par. 1, 2 Par. 1, 2 Par. 1, 2
Speech: Vocal Chords: Glands: Thyroid	Par. 1
SURGERY: PREVENTIVE: THYROIDECTOMY: NOT RECOMMENDED	
Temperature: Fever: Malaria	Par. 1



**BACKGROUND OF READING 4176-1 F 9**

None.

**TEXT OF READING 4176-1 F 9**

This psychic reading given by Edgar Cayce in Selma, Alabama, this 25th day of June, 1922.

P R E S E N T

Edgar Cayce; L. B. Cayce (?), Conductor; Ether McGee (?), Steno. Parents, Mr. [779] and Mrs. [780].

R E A D I N G

Time of Reading 5: 30 P. M.

1. EC: Yes, we have the body here. She is in this room, but not with us. Now, there are some few abnormal conditions that exist in this body. These have to do with that which is carried into the circulation, rather than the functioning of the organs or organic conditions. Now, these are the conditions as we find in this body here. [4176] of whom we are speaking. First within the circulation we find malarial bacilli being carried in the blood. This is from conditions existing through the hepatic circulation, or as it were toxins being carried in the system, producing this condition in the body, and which shows itself by being carried in the circulation - that is, the condition existing in the circulation produces at times temperature in the body, deep-seated. It shows also the effect of this condition as being carried in the system in the functioning of the glands of the throat here. This is a reflex condition, not organic. The nervous systems of the entire body are very good. The body is rather predisposed to be of a rather nervous temperament, yet well balanced through the cerebro-spinal and sympathetic nervous systems. The sensory organisms of the nerve forces are well balanced, but at times the vocal cords are contracted by the condition in the throat, head and nasal passages. This as we have given, is only a reflex condition, not a condition existing or produced by the organs themselves, but reflexly to these organs. In the organs themselves, we find this condition first here in the head and through the nasal passages. We find a show of the affectation through that of the circulation to these portions of the body also that of the functioning of the glands of the throat and the thyroid glands producing to the tonsils the condition as existing here. To correct this condition, as we will reach here, we correct this condition with the exercises to the body that are necessary. Through the lung forces of the trunk part of the body, we find these good. There is some tract [trace?] of inflammation by induction in the circulation showing through some portions of the larynx, but only at times spasmodically. Through the digestive tract we find the seat of the trouble. The congestion is shown in the right lobe of the liver produces the toxins carried back into the system. The correction of the conditions existing here in the duodenum and stomach would act on the liver and cause it to give those properties in the system that would assist these organs to function in the proper way. We will supply that which we have through the head and neck by specific exercises of the body, with the rest of the body functioning normally and in the proper channels and give distribution and incentive to the system to retain those cellular forces sufficient to rebuild in each organ itself.

## LARYNGITIS CIRCULATING FILE

That is, each organ is supposed to function within itself, or to take through the circulation those units or forces or cellular building forces to build and supply the body as is shown in a growing body, or a body developing as is this body here.

We would take into the system this:

Podophyllin.....5 grains,  
Leptandrin.....10 grains,  
Sanguinaria.....2 grains,  
Capsicum.....1 grain.

2. Mix well together - fill capsules, small size. Dose one capsule before retiring. This keep up for three days - then skip three days before taking again. The action of these principles in the system is to relieve the congestion of the liver, to make the proper secretive forces function through the liver in the proper or intestinal digestion, and rid the lower end of the stomach of that which forms in the stomach with this kind of condition in the body. This will carry in the circulation the destruction forces, or create in the blood more of the white blood cells or forces to destroy the bacilli in the body. Then for the condition as we have in the throat we would take head and neck exercises. This will have to be done with the body proper. Three times to the front, three times to the back, three times to either side, then the rotary motion three times - reverse the rotary motion three times, night and morning. Do not operate on the throat or nasal passages. This is not necessary.

### **REPORTS OF READING 4176-1 F 9**

R1. 9/30/40 Report by parents, Mr. [779] and Mrs. [780]:

ASSOCIATION FOR RESEARCH AND ENLIGHTENMENT, INC., Virginia  
Beach, Virginia

#### **INDIVIDUAL CASE REPORT**

Date of Reading June 25, 1922 Case No. [4176]

**PLEASE ANSWER THE FOLLOWING QUESTIONS CAREFULLY**

(1) In your opinion did the analysis of the Reading cover the condition? Yes, very exact as far as we could tell.

(2) Give symptoms of condition described correctly? The condition of head, nasal passages, throat and of the body in general.

(3) What was the physician's analysis of this condition? No physician has been consulted.

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

(5) For how long? Capsules given us as suggested. Exercise was kept up over a long period of time.

(6) Describe the extent to which improvements have resulted? The body became quite well and strong and up to present time no operation has been necessary.

(7) Comment. This was our 1st or 2nd experience with Mr. Cayce's work. The results being so satisfactory we now have readings regular for the whole family.

Date Sept 30 1940 Signed Mr. & Mrs. [...]

## LARYNGITIS CIRCULATING FILE

R2. 9/1/41 Father [779]'s letter: "...Daughter [4176] is having some trouble with her Thyroid Gland. She is so fat and stout. The Dr. has put her on treatment and a very rigid diet. You know her Father-in-law is a Dr. in ... I would feel better about it if she would have a reading on the condition..." [No further readings were applied for.]

LARYNGITIS CIRCULATING FILE

**INDEX OF READING 4871-1 F ADULT**

ANEMIA

Assimilations: Eliminations: Incoordination	Par. 10-A
Laryngitis: Tendencies	Par. 4
Lungs: General	Par. 13-A
Osteopathy: Relaxation	Par. 5, 6-A--8-A, 18-A
Pelvic Disorders: Eliminations: Poor	Par. 4, 9-A
Prophecy: Prognosis: Anemia	Par. 18-A, 19-A
Sterility: Tendencies	Par. 4, 9-A
Tonsillitis: Tendencies	Par. 4
Tuberculosis: Tendencies	Par. 14-A--17-A

**BACKGROUND OF READING 4871-1 F ADULT**

None.

**TEXT OF READING 4871-1 F ADULT**

This Psychic Reading given by Edgar Cayce at Phillips Hotel, Dayton, Ohio, this 20th day of June, 1923.

P R E S E N T

Edgar Cayce; Linden Shroyer (?), Conductor; Fay Autry (?), Steno.

R E A D I N G

Time of Reading 5: 40 P. M. ..., Ohio.

1. EC: Yes, we have the body here. Now we find this body very good throughout. There are some conditions existing in the body that the body needs be wary of, the development of, and some abnormal forces that may be corrected throughout the system, though very good in all of the potential forces toward the elements needed to produce the correct incentive toward the developing body and of the better forces in the mental and physical being.
2. Now these are conditions as we find them in this body, [4871] we are speaking of: First, in the blood supply we find the body very good throughout. There is the lack in one of the elements in the blood forces needed to give the vitality to the body necessary for the body to give the best of itself to this physical plane, that in the hemoglobin that produces the vital force necessary to build the cellular unit that produces the propagation of the unit itself without calling upon the strength and vitality of the system.
3. In the nerve forces in the body, the body is very good so far as the physical elements enter into the condition. With the brain forces and the elements thereof the body at times allows the individual self to over-ride the better forces in its own disposition or nature. This at such times works the hardship to the nervous system.
4. In the functioning of the organs themselves we find the brain forces very active in their elemental force, that is, the purpose and intent of the members of the brain's action are under the subjugation will of this organism. In the throat and larynx we find there is some temporary inflammation at times that is forced through the system by most of this condition being eliminated through this channel. The lung forces are very [good] for the condition of the blood supply. We need to be careful there, that cold or congestion does not enter in at this time in this system. Of that be wary under the present conditions. In the liver and intestinal tract with the hepatic circulation and the digestive forces themselves, we need only to keep the body well prepared for the emergencies that might arise under the weakened condition and not overstimulate through any means, these conditions, else we may produce that which will become the burden to the whole system. Through the organs of the pelvis region we find some strain produced over the system by this condition that lends of the inflammation produced by poor excretory functioning. This coming through this manner needs only the rest, the attention to the system that elimination is kept up as near as possible throughout the system.

LARYNGITIS CIRCULATING FILE

5. To do this we would first be sure the osteopathic forces as applied to the system, relaxing the condition from the lower lumbar to the upper cervicals and giving the relaxation of taut muscular force about the upper trunk portion and the eliminating forces through the lower portion of body. Work with the excretory and secretive functionings as we would correct these conditions. Do that.
6. (Q) How often should these osteopathic treatments be given?  
(A) Every third day.
7. (Q) How long should they be given?  
(A) Two moons.
8. (Q) How long is two moons?  
(A) Fifty six days.
9. (Q) This body has been married, and why couldn't she ever have any children?  
(A) We have given this in this through the secretions here necessary to reproduce in the glands were overstimulated until with the proper secretions these were not allowed or did not give off that as necessary to meet the conditions in gestation to produce. We have given this here. This may be overcome by the stimulation now, if needs be.
10. (Q) What is the seat of this condition in this body?  
(A) That as is produced through the lack of the blood forces to supply those elements needed to give the better building and regenerating forces in the system without using the reserve force. The stimulation to the centers over the whole body are to give the better development of the whole system in elimination and assimilation to rebuild without producing the strain on the organs themselves.
11. (Q) What is the scientific name for this trouble?  
(A) Anemia.
12. (Q) Has this body nasal catarrh at present?  
(A) No, only the secretions as shown in the circulation from non-elimination in proper form. Secretions are attempting to be eliminated through other forces of the body picked up by the lymphatic circulation. We have given these conditions as go here, you see.
13. (Q) Does this body have any spots on her lungs?  
(A) None to be troubled with at present. All have some show of spots on lungs. No abnormal condition there at present.
14. (Q) Has there been an abnormal condition there in times back?  
(A) There has.
15. (Q) Did this body have consumption?  
(A) No.
16. (Q) What was the trouble in the lungs or scientific name for this condition?  
(A) Tubercular germs.
17. (Q) Are these germs eliminated from this body?  
(A) These germs are all corralled or cocooned, so set about by the leukocyte in the body as to become non-affective in the system.
18. (Q) When this body takes the osteopathic treatments for two moons, will she be absolutely normal?  
(A) She will be.

LARYNGITIS CIRCULATING FILE

19. (Q) Is there any special diet for this body?

(A) No. That, that is outlined by the doctor or physician in charge here, you see. Do as we have given, and we will bring this body to its normal forces, which will be good. The body through its mental forces only needs to control self to be able to give the best of itself to this plane of development. We are through.

**REPORTS OF READING 4871-1 F ADULT**

None.

### **Castor Oil Packs and Hoarseness**

A 12-year-old boy found that he became hoarse. When instructing his school chums at the street crossing, and his teacher called this situation to his mother's attention. It was found that the hoarseness was only temporary: after sleeping through the night, the boy would awake the next day with his hoarseness gone; however, any strain on his voice became sufficient irritation to cause it to reoccur. His parents became concerned, and took him to an ear-nose-throat specialist, who did a laryngoscopy and found two large nodules on the vocal cords. Mother was well versed in the value of castor oil packs, so she put off any thought of surgery (the condition was not thought to be cancer) and applied packs to the neck three days in a row, left the treatment off for two days, and then repeated it. This regimen was continued for three months. The hoarseness gradually disappeared, and there were no symptoms when the packs were discontinued. A year later, the throat was re-examined by the same specialist, and all that was found was some minimal scar tissue - no nodules, no irritation. Three years afterward, there still were no symptoms.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, July, 1977, Volume 12, No. 4, page 177, Copyright © 1977 by the Edgar Cayce Foundation, Virginia Beach, VA.]

### **Tonsillitis**

One of the values of research at the personal level is the realization by the individual that something real has happened within his own experience, and that he has produced data that, once shared, may be meaningful and helpful to other people. Ian Dorian, an A.R.E. member from St. Louis, shared this bit of information with me and I'm passing it on, because it may stimulate in some of you who read these pages a desire to see if such effects in the human body can come about in your own experiences. This research deals with the use of castor oil packs.

Ian has been afflicted recurrently with acute tonsillitis. He began using castor oil packs around his throat and found that one hour-long treatment produced excellent results. Five times he repeated this and now, for the past five-and-a-half years, he has had no recurrence of the tonsil infection.

Being an enterprising soul, Ian sought out a niece and a friend-both of whom had laryngitis-and suggested this kind of treatment. The results? "Excellent." In another instance, his wife developed a uterine infection, which became the object of further research. Three times he had her apply a castor oil pack on her lower abdomen for 1 to 1 1/2 hours. The results? The same. Perhaps Ian's enthusiasm colors the outcome a bit, but perhaps his desire for good results brings that healing energy that one does not always find readily available. Whatever the full story -whether it be the *Racinus communis* and its oil, the pure desire for healing, or the vibratory healing quality generated by our correspondent - the outcome, in the eyes of the individuals involved, was healing of the human body. Perhaps that's what it's all about.

[Note: The preceding report was provided by William McGarey, M. D. and is excerpted from *The A.R.E. Journal*, September, 1982, Volume 17, No. 5, page 224, Copyright © 1982 by the Edgar Cayce Foundation, Virginia Beach, VA.]