

Circulating File

GOLD: INTERNAL USAGE

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

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GOLD: INTERNAL USAGE 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*.

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

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

Blessings, A.R.E. Member Services Team

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

This Circulating File consists of the Edgar Cayce psychic readings on gold taken internally versus using gold with the wet cell battery or radio-active appliance. The information is not intended for self-diagnosis nor self-treatment. Please consult a qualified health care professional before following any advice contained within this file.

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

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

Gold: Internal Usage*

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

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1065-1, F adult [glandular incoordination]

After the end of the electrical treatment period or round, begin with the properties internally (not through the vibratory forces of the Appliance, but internally) of Chloride of Gold with Bicarbonate of Soda. Not Bromide of Soda, but Bicarbonate of Soda. The two solutions would be prepared, and kept separate: (prepared in these proportions)

To 1 ounce of Distilled Water add 1 grain of the Gold Chloride. This would be one solution.

To 1 ounce of Distilled Water add 2 grains of Bicarbonate of Soda.

When the doses are taken, they would be in the manner as the Atomidine had been taken, before the morning meal; that is:

Put 1 minim of the Gold solution and 2 minims of the Soda solution in half a glass of water and drink before the morning meal.

Every OTHER day increase the dosage one minim of the Gold solution and two minims of the Soda solution, until eight minims of the Gold Solution and sixteen minims of the Soda Solution are being taken at the one dose.

Then leave off for a week - five days of a week.

And then begin again with the one minim of the Gold solution and two of the Soda, and so on.

1329-2, M adult, not recommended [debilitation, polio & cold after effects]

We would add also the vibratory forces from the Wet Cell Appliance AS indicated. These are much preferable to taking injections of the Gold, or taking same internally. For, we will have a better reaction and better vibratory forces as relating to the creating of resistances in the body.

Introduction to the Cayce Readings on Health and Healing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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

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BACKGROUND OF READING 120-2 F 72

B1. See 120-1 on 9/18/29 for rheumatoid arthritis. On 10/22/29, she entered Cayce Hospital for treatment.

TEXT OF READING 120-2 F 72

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 23rd day of October, 1929, in accordance with request made by self, and by doctor in charge.

1. EC: Yes, we have the body here, [120]. This we have had before. In some respects there are changes in the physical conditions at present from that as we had before. These are not material changes, for some of the activities, or some of the changes have tired, strained, and affected the body - not to detriment, as we find, as yet.

2. Would those conditions as have been outlined be followed, we find there should come, as given, the improvements for the body.

3. Would be well that, with changing of the light rays for the body, in the violet ray, there SHOULD be those of Bromide of Soda and Chloride of Gold given internally, in this proportion: The Chloride of Gold should be made, 15 grains to 15 ounces distilled water. The Bromide of Soda 10 grains to 1 ounce distilled water. When the dose is given, begin with 2 drops the Chloride solution and 4 drops the Bromide solution, in half a glass of water. Let this be taken at least an hour and a half to two hours before the treatment with the violet ray is given. This will act in this fashion or manner with the system: Assisting the eliminations, aiding the system to function through the glands - where assimilation has been hindered, that causes tautness in the centers about nerve ends, where they join in the joints or sinews of the body.

4. The manipulations should be gentle, [GD's note: Drs. Grace C. Berger and Cora C. Hansen, sisters, were resident osteopaths at the Cayce Hospital while Mrs. [120] was a patient there. You will notice that they were present for this reading and some others.] as given, and only about once each week should there be any attempt to rotate or to adjust, and then not without first applying heat - preferably that of the wet heat, or wet packs and heat applied.

5. As given, be mindful of the diet - following those much in the manner given, changing when there is found that disorders arise from any specific change. Ready for questions.

6. (Q) Is there any organic trouble with kidney?

(A) Not organic, functional. This - a portion of the disturbance in the elimination, and the adrenals - especially - will be aided by the application of the Gold in system, with that of the vibratory rate changed, in violet ray. Do not apply the ray of such a period as to produce irritation, but of sufficient that there may be a stimulated lymphatic and capillary circulation.

7. (Q) Would the use of hot compresses be advisable?

(A) When there are changes or corrections to be made, advisable. Or for relief of pain, advisable.

8. (Q) Should patient continue with the aspirin?

(A) Gradually get relief from this reaction in the system, as is possible with the changes as should come from the relief of pressure in the system, by the changes as are brought about by the manipulations and by the diet change. These may be necessary at times, but RELIEVE these.

Were these changes - or, should these become necessary, change to THIS character of stimuli, that will not be so severe: That of:

Eucalyptol.....1 minim,
Rectified Oil of Turp..... 1/2 minim,
Benzosol.....1/2 minim.

This may be placed in a carrier of simple syrup, or may be taken in capsule. These will relax and ease, where the acid causes congestion in the alimentary canal. These, as given, would absorb in that of the FUNCTIONAL system, as related to assimilation, without leaving drosses.

9. (Q) How often should violet ray be given?

(A) At least every other day. Oftener, [if it will] will it give relief. There will be periods when it would be hard for the body, but will be beneficial to the condition, so this must be judged according to the conditions as they arise with the system, [120] we are speaking of.

10. (Q) Would sweat baths be beneficial for this body?

(A) After rest for three to four days, they would be beneficial, if not given too severely - and the addition of properties in the steam, or placing the medicants in the vapor, would be beneficial to the body when these are taken. Begin first with, to the pint of water to be vaporized, put at least a teaspoonful of witchhazel.

11. (Q) How often should osteopathic treatments be given?

(A) Every day.

12. That is all the questions regarding this body.

13. We are through with this reading.

REPORTS OF READING 120-2 F 72

R1. 10/26/29 See Ck. Physical Rdg. 120-3, requested by the patient and also Dr. Grace C. Berger of the Cayce Hospital staff.

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BACKGROUND OF READING 173-1 M 59

B1. 7/27/26 Letter from [173]'s daughter, [174]: "...My mother wired you Thursday night in regard to my father who is mentally unbalanced. He has been in this condition three years. He has lost all confidence in himself, and is suffering from delusions of fear and shame. We have not been able to make him talk freely of what is on his mind, but we are under the impression that he thinks he has done a great injury to someone - we do not know who and that they (we think he refers to officers of the law) are after him and want to kill him. He also thinks he talks when he doesn't. We have worked hard to get him well, and though he has improved, he is still unbalanced. We are just distressed and since Mr. [2901] of ..., South Carolina wrote us of your successful diagnosis of his case, we feel confident that you could give my father as satisfactorily a reading. I beseech you to give this case your earliest attention and let us know what to do to clear my father's mind of his delusions..."

TEXT OF READING 173-1 M 59

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 10th day of August, 1926, in accordance with request made by his wife via his daughter, [4568]'s brother-in-law, [2901].

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

3. Now, we find there are those conditions in the physical, and the mental, abnormal. This condition is the form of hallucination dementia, and is produced, as we see, by a physical condition existent in the physical structure that prevents the normal flow of all blood to the brain in all its parts, for, as we see, with a nerve structure debarred by pressure from normal action, we have the same corresponding reaction in the brain proper. With this reaction, the supplying nutriment as is necessary to keep normalcy in body is hindered, through the inability of blood stream to furnish the rebuilding forces to that portion of the brain proper as becomes affected by this subluxation.

4. In times back (some years ago), we find there existed in the body that of a disturbance in the glands of the gestation [regeneration]. In times following this there was an injury to the cerebrospinal system, in the coccyx (3rd from end), also in the last lumbar. With this defection in the nerve system, with the subluxation of those centers that brought, and do bring in normalcy, those connections with central brain forces (situated here in the normal portion, above the central and to the central portion in the right lobe), we find this brought about, then, to the mental forces of the body, that of first melancholia, of despondency, of fear, through a retraction of the gland running through the body, situated at the base of the medulla oblongata [pituitary gland?], and connecting in a threadlike manner through the system to the generatory system, forming, as has been called, to the central portion of the brain, by some, the apostles in the brain [Rev.21: 14], each representing their separate portion of the twelve fundamentals going to make up that of the physical being in its reproductive forces. This subluxation, bringing this detrimental condition, brings about these depressions, and the gradual softening of this center in brain proper.

5. In the treatments as have been applied at various times to the body, we find these have assisted, in that the brain has been kept near normal in its ability of eliminating from system, through its clearness, and in its rebuilding to other tissue. This prevents an inroad to surrounding tissue, and has helped, yet does NOT remove the cause, nor does it remove the impressions as are made in the system.

6. To overcome this condition in the present body, would, with care and strict attention, be brought about in this way and manner:

7. Correct through adjustments, chiropractically or osteopathically (so they are done properly) those subluxations in the coccyx and in the dorsal and lumbar - last lumbar, coccyx - last dorsal. This will remove strain, yet would not enliven tissue in itself.

8. We begin, then, giving INTERNALLY, and through a vibratory force, those forms of soda and gold, internally, that rejuvenate the whole system, as to re-propagation of nerve energy. Stimulating same, see? In these proportions:

9. To 15 ounces of distilled aqua pura, add 15 grains Chloride of Gold, see? with 20 grains Bicarbonate of Soda. The dose would be: Begin with 3 drops twice each day, increase each day, drop by drop, until there is 10 drops being given at the dose. Stop for 2 days, then begin with the 3 drops, going and repeating over, see? This given in half a glass of half carbonated, half insipid or flat water.

10. In the vibration to the nerve system, to apply this same through the vibratory force, apply Gold 15 grains, to 10 ounces of pure water; the vibration from same applied through the Radio-Active Appliance.

11. We would find it would be necessary to keep the adjustments in the system, and all, under the care of a competent physician, guiding through these conditions, as is necessary, those of the mental forces, to relieve the pressure in mental and in physical. Do that.

12. With these applied, we would find, in 3 to 6 months, this body, [173], normal.

13. We are through for the present.

REPORTS OF READING 173-1 M 59

R1. GD's note: See Source File Key #1800 [explaining theory of the Radio-Active Appliance] for all current reports, supplements and professional commentaries.

R2. 9/26 Report from [173]'s wife: "...Your reading of Mr. [173] is very near correct. He has been sent to the Still-Hildreth Sanatorium in Macon, Missouri. Am sure the osteopathic lesions will be corrected..."

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Physiotherapy: Massage: Adhesions: Lungs	Par. 10, 13

PNEUMONIA: AFTER EFFECTS

Prescriptions: Apple Brandy: Adhesions: Lungs	Par. 10, 11
: Balsam, Canadian:	Par. 10, 11
: Drugs: After Affects	Par. 5
: Gold Chloride: Pneumonia: After Effects	Par. 8, 15, 17-A
: Horehound Syrup: Adhesions: Lungs	Par. 10, 11
: Nujol:	Par. 14
: Pepsin, Lactated, Essence: Digestion	Par. 7
: Rhubarb, Syrup of: Adhesions: Lungs	Par. 10, 11
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: Tolu, Balsam of:	Par. 10, 11
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Rest: Adhesions: Lungs	Par. 9, 18-A

BACKGROUND OF READING 294-209 M 67

B1. 3/14/44 EC obtained Ck. Physical rdg. 294-208. Previously he was on the verge of pneumonia and allowed the sulfa drug to be given to him, which apparently reacted adversely, causing lung adhesion.

TEXT OF READING 294-209 M 67

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 27th day of July, 1944, in accordance with request made by the Self - Mr. Edgar Cayce - Honorary Member of the Ass'n for Research and Enlightenment, Inc.

2. EC: Yes, we have the body here: Edgar Cayce; this we have had before.
3. As we find, there are many changes in the general physical forces of the body. Not all of these are for helpful influences. For, since the experience with the near-pneumonia, the lobe of the left lung, especially in the tracheal vein to the thrombose area, to the shoulder and the arm, shows a great deal of inflammation and thus the continued course of reactions when there are those paroxysms of coughing and still a good deal of phlegm indicated.
4. While these are not infections, unless there is sufficient heat produced there and unless the dissipation of the inflammation through the adhesions there may be strong enough, lesions may be built such as to cause a thrombose heart disorder. For this is considerably engorged, from the activity there, and with the weakness which has ever been indicated in the gall duct and the liver, these in sympathy form a great deal of disturbance as to assimilation or as to the digestive foods or flows.
5. Here we would find that there should be added, either in one form or another, sufficient of the lactic fluids which would produce better assimilation, and thus we would change the whole condition through alimentary canal and thus alleviate the body-forces from those necessities for those forms of the eliminating fluid which are gradually causing a weakness of the peristaltic movement throughout the alimentary canal, and especially through the lower right portion of the colon, or that in the caecum area. These, of course, depend upon those conditions there but the greater trouble to be worked with or to be aware of is that coming from those conditions in the left area of the trachea from circulation. There is no infection, as indicated, of tubercular inflammation but the adhesions, and these were produced by the after-effect of the sulpha drug. While this, to be sure, destroyed those inflammations of the natures in the lobe of the lung itself, yet it is like saying the operation is successful but the patient died; so it is successful in eliminating the character of inflammation or the bug which was infectious, but the adhesion in same is causing the greater trouble.
6. In relieving same, we would find it would be necessary that there be, besides that for the general system, the digestive foods, digestive fluids.
7. Taking of the Essence of Lactated Pepsin following each meal will be beneficial.
8. Chloride of Gold taken internally, a few drops, (two drops) every other day will be most beneficial in producing the character of acid necessary for stimuli to the energies of the nerve forces of the body.
9. A great deal of heat is needed, a great deal of rest through the lung, with plenty of open air.
10. Balsam would be well to be taken, as the combination with Horehound, Balsam of Tolu and the Syrup of Rhubarb. These combined together in formations as an active force, with the exercise and massage breaking same up, with the radio-short-wave then eliminating same, may eliminate this from the body. We would do that.
11. In the preparation of the compound we would put first:
Syrup of Horehound.....1/2 oz., Syrup of Rhubarb.....1/4 oz.,
Apple Brandy which has been set with compound Simple Syrup.....3 oz.

- Put these together. A dose would be a teaspoonful morning and evening.
12. Then the short-wave would be given at least once or twice a week.
 13. The massage for the breaking up of this through the shoulder, left side, arm, neck and the brachial center would be given at least twice each week. Do that.
 14. The diet: Keep the better assimilations, those foods which are not too much acid-forming. And keep away from too much of mineral salts, use oil in the place of same, or Nujol, Usoline or such.
 15. Do have the acids from the Gold as indicated.
 16. Ready for questions.
 17. (Q) How should the gold be prepared?
(A) One grain to one ounce of distilled water, and take about two drops about once every other day.
 18. (Q) Would the contemplated trip to Florida be advisable at this time?
(A) This, if desired would be very well, if there is plenty of rest taken and not too much in the open where cold or congestion would be contracted.
 19. We are through with this reading.

REPORTS OF READING 294-209 M 67

R1. 8/11/44 EC obtained Ck. Physical rdg. 294-210 for continued infection through the lungs, enlarged heart, etc.

INDEX OF READING 404-12 F 52

ELIMINATIONS: POOR

Intestines: Colon: Impaction	Par. 15-A
: Colonics: Eliminations: Poor	Par. 16-A
Osteopathy: Relaxation	Par. 12-A
Physiology & Anatomy: Sciatica: Eliminations: Poor	Par. 14-A
Physiotherapy: Baths: Sweats: Sciatica: Tendencies	Par. 6
: Heat: Wet:	Par. 6
Prescriptions: Eno Salts: Sciatica: Tendencies	Par. 8
: Gold Chloride Sodium:	Par. 4, 7
: Rochelle Salts:	Par. 8
: Sal Hepatica:	Par. 8

SCIATICA: TENDENCIES

BACKGROUND OF READING 404-12 F 52

B1. See 404-10 on 2/27/42.

B2. 3/17/42 She phoned questions: "I just can't seem to get any better, though I'm trying to do everything as the Rdg. said. As long as I lie down I'm alright, but the minute I get on my feet I feel like needles are sticking in my legs, and under my heel gets to paining me so that I can't stand or sit. Even sitting down hurts. Whether I eat or don't eat, the pain is just as severe. Please ask these questions, and if I get bawled out I can't help it - I want to know what to do to get well... Is there any misplacement to the hip that causes the pressure to the sciatic nerve? After walking a little the distress begins. Can only get relief when I lie flat on my back."

TEXT OF READING 404-12 F 52

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 18th day of March, 1942, in accordance with request made by the self - Mrs. [404].

2. EC: Yes, we have the body here, [404].
3. As we find, the nerve forces, especially in the limb, are still very sensitive. This is from the lack of elimination, and from strain through the body.
4. We find that applied heat, as in hydrotherapy, and rest, and the taking internally of Chloride of Gold and Soda, would be the more beneficial in the present.

5. This would necessitate the taking of an eliminant following same; that is, we would take the treatments in this ratio:
6. First, we would have a good cabinet sweat, and a gentle but thorough rubdown. Lie in hot water before the spray and rubdown, for some ten to twenty minutes. Apply heat to the hip and sacral area during the period of the rubdown; this preferably wet heat.
7. Then take that evening, stirred together in water, two drops of the Gold Solution (in the proportions of one grain Chloride of Gold to one ounce of Distilled Water) and four drops of the Soda Solution (in the proportions of two grains Bromide of Soda to one ounce of Distilled Water).
8. The next morning following same, take a mineral salts, - such as Rochelle Salts, Sal Hepatica or Eno; any of these, so as to flush the system.
9. After two days repeat the whole procedure. Then in two days, if the condition continues, have another course; letting two days elapse between the cabinet sweat and rubdown, see?
10. In the diet, keep to those things for better elimination.
11. Ready for questions.
12. (Q) I have had 4 osteopathic adjustments but as yet do not feel any response from them.
(A) Let's have these, then, now, after the cabinet sweats. This will relax the body so the adjustments may be better made. The osteopathic treatment may be the day between same. Continue these adjustments at least for two or three more, until there is the relaxing of the body. But the eliminations must be stirred up.
13. (Q) Please outline the diet specifically for one day, and the activities for one day.
(A) This has been indicated. Keep towards the better eliminations.
14. (Q) Explain why the colon affects the sciatic nerve?
(A) Because the nerves connect directly from one to the other!
15. (Q) Are there ulcers in the colon, or are the small intestines affected in any way?
(A) There are packs in the colon and inflammation in the smaller intestine, or jejunum.
16. (Q) Would a colonic irrigation be well?
(A) Be helpful to the body. But we must give better eliminations, as indicated. Do as outlined, for better conditions for this body. We are through for the present.

REPORTS OF READING 404-12 F 52

R1. 4/11/42 See 404-13.

INDEX OF READING 464-1 F 51

ASTHENIA

BLOOD: HEMOGLOBIN: DEFICIENT

Circulation: Lymph: Glands: Incoordination Par. 3

Diet: Beverages: Milk: Glands: Incoordination Par. 4

: Glands: Incoordination Par. 4

: Nuts: Glands: Incoordination Par. 4

Electrotherapy: In-Mo-Ray: Glands: Incoordination Par. 4

: Violet Ray: Par. 4

GLANDS: INCOORDINATION

LOCOMOTION: IMPAIRED

Physiology & Anatomy: Blood: Glands:

Incoordination Par. 3

Prescriptions: Gold Chloride: Glands:

Incoordination Par. 4

: Soda, Bicarbonate: Par. 4

: Water, Distilled: Par. 4

BACKGROUND OF READING 464-1 F 51

B1. 5/29/26 "... 13 years of semi-invalidism. The doctors do their best but are unable to locate the cause of so much disturbance. My trouble is a mystery to all of my friends, to see a person to all outward appearance so well. Appearances are deceiving. It is nothing but will power that has kept me alive, and the miseries of my condition no one knows but myself....

TEXT OF READING 464-1 F 51

This Psychic Reading given by Edgar Cayce, this 22nd day of June, 1926.

2. EC: Now, we find this body would be a real study from the psychological standpoint of the physical conditions that have been brought about by seeming small insignificant conditions in the beginning, yet the constant strain as was produced on the body, in the development of the body, has in these last years brought about conditions that are hard to cope with. The vitality, and the rebuilding cellular forces in their coordinating with each other, is the condition produced by this as had to do with the developments of the glands in the pelvic organs, and of the ductless glands, or the effect this condition produced in the general system. Hence we have a body apparent from the exterior conditions as well, yet without the abilities to cope with physical exercise, physical conditions in the normal way and manner. Over strain, over stress of any character, physical or mental, excitement or of sorrow, all bring this reaction in the system, as it were, to destroy the rebuilding cellular units that go to make up each central force in the functioning of the system. Hence we find ALL the organs of the body suffer at various times. It (the condition) has been called almost every name, nature, for the characteristics as are seen in the condition are such as to bring about disturbances in almost all portions.

3. The real condition then, as is seen, is in the inability of the blood as is created in the system to meet the needs of the system, in the system's taking that resuscitation necessary from that assimilated. Hence we have a blood condition. We have one that is affecting the system's white and red, also the lymphatic circulation and the whole of the lymphatic and the emunctories. See how these all connect together?

4. Now, there may be two ways of meeting or coping with this condition. One would be by the body taking that vibration of the In-Mo-Ray (electric) and living entirely on the milk and nut diet, see? doing so all the time that this was being applied to the system, which would necessitate at least thirty to sixty days such treatment to overcome the conditions in the system; or of applying purely the vegetable diet for the body - ALL NATURES - (vegetables), with taking internally, beginning with small quantity - that is, one to three drops of solution of Chloride of Gold - one ounce of distilled water and one grain Chloride of Gold, with 6 grains of Carbonate of Soda - that is, 15 grains to 15 ounces of water, with 60 grains of Carbonate of Soda. We would take first two to three drops, taking this every day. One drop until ten drops are being taken - this be taken once each day. Then leave off one day, then begin with two to three drops, increasing one drop each day until ten taken, until at least this is carried out ninety to a hundred and twenty days, see? Beginning at about half the time - that is, after thirty days of taking the Chloride of Gold, with the Violet Ray over the whole entire cerebro-spinal system, following out each center in its regular order over the nerve centers from the spine, beginning with the first and second cervical, following out each all the way - this directly to the SKIN, so we will be applying this vibration directly to each center in its regular order. This would necessitate, of course, twenty to thirty minutes of such treatment, so this would be run at the low rate, see? This should be done - the Gold taken of morning. An hour after the dose of Gold is taken, this vibration given, so we will have the re-vibration in the system of the metal with the electricity, and a whole vegetable diet. This, as we see, would take longer, but both will bring their same condition, removing the troubles as are seen with this body, [464]. Do that. We are through for the present.

REPORTS OF READING 464-1 F 51

6/29/26 EC's letter: . . . Now, as I understand it, from past experiences, the In-Mo-Ray and nut and milk diet is what is termed or called naturopath treatment, and you would find such a machine used by physicians who give the naturopath treatments. Now, the next one is the Gold and the vegetable diet, beginning with the Violet Ray, after you have been taking the Gold for about fifteen or twenty days. This, of course, you can take at your home, without going to any physician, but it will be necessary for you to have someone to give you the treatment. If you think this would suit you better, I would carry this out and be very consistent, and very persistent, with the vegetable diet and Gold - I should think you would still be able to take small quantities of tea, but with the first treatment as I understand it, you would only have the nut and milk diet. . . . Hoping to hear from you soon, I am Sincerely, Edgar Cayce [EC: GD]

P.S. With the vegetable diet, as I understand it, it means vegetables the chief or main diet - of course, eggs and cereal may be taken in moderation, or one meal in a day. Cereal, as I understand, is as much a vegetable diet as anything else. The principal thing is DO NOT EAT MEATS!

INDEX OF READING 464-4 F 52

[edited]

Electrotherapy: Violet Ray: Glands: Incoordination	Par. 3-A, 10-A, 11-A
GLANDS: INCOORDINATION : Pineal: Locomotion: Impaired	Par. 12-A
Neuropathy: Locomotion: Impaired	Par. 4-A, 11-A
Prescriptions: Gold Chloride: Glands: Incoordination	Par. 3-A, 10-A, 11-A
Prophecy: Prognosis: Locomotion: Impaired	Par. 4-A
Psychosomatics: Healing	Par. 4-A, 7-A, 8-A, 10-A
Vertigo: Glands: Incoordination	Par. 3-A

TEXT OF READING 464-4 F 52

This Psychic Reading given by Edgar Cayce, this 21st day of April, 1927.

2. EC: Yes, we have the body. This we have had before. There are some improvements as we see in the general physical condition of the body, and there is not being exerted that in the mental forces of the body towards its own condition as has been outlined for same, yet there is seen that, with the massage, manipulation, and the keeping up of those properties as has been outlined, the body is on the improve, see? Ready for questions.

3. (Q) Why does the gold and violet ray cause weakness and dizziness?

(A) These do not of themselves cause weakness and dizziness. Does the body desire [If the body desires] that the condition be improved, these must be applied in the way and manner given; that is, have gold in the system and the assimilation taking place when the violet ray vibrations are applied to the body, for this becomes necessary in that same way and manner as a purgative causes dizziness and sickness of stomach when there is congestion in liver. In the nerve centers as are acted upon by the active principle of gold in the system, functioning with the glands that give rejuvenation to all of the system, these being in that state of abnormal, or below normal, in their activity, the vibration set up by the action of electrical forces produces dizziness. This stood for a little, will bring conditions to the body, will the body [if the body will] apply same, see?

4. (Q) How long treating neuropathically will it take to relieve the condition of the back - the vertebra that is hardening?

(A) With the application of the gold and the vibratory forces in the violet ray, the neuropathic forces should show the effective forces in same in thirty to sixty (30 to 60) days, see? would the body [if the body would] apply self toward the recuperative or the POSITIVE, rather than negative, attitude of self's being improved or corrected, see?

7. (Q) What can I do to comfort the heart while the treatment is in progress, and to arouse the life forces that seem to be dormant?

(A) Apply self toward that of the constructive rather than of negative forces. Think - THINK - and be as the body thinks! And do not apply self in "I will do it, but I know I'm not going to get better." These are mental conditions!

8. (Q) Have I left anything undone that I should do with the prescribed course of healing?

(A) Ask the self - for we find there are many variations that have been given from time to time. Apply same in that direct way and manner as has been outlined for the body. Do that, would the body [if the body would] receive those benefits as are derived from applying self physically, mentally, and in fact, to the setting up of the correct vibratory forces within the body for a UNISON of the physical, the mental, and the spiritual forces of the body, [464].

10. (Q) Shall we try the gold and violet ray again?

(A) Not only try it - DO IT! if the body would be well! If the body finds that the amount as given is too much, decrease the amount, see, until the system reaches that stage equal to the vibrations as is necessary to be set in body through such forces, see? even though only one drop taken! Then the body find that it is the mental attitude as well, for if the body would not BE well, it would NOT BE well!

11. (Q) Is it advisable to take the gold and violet ray and neuropathic massage at the same time? Which is the best for me?

(A) All of these - for, to be sure, the violet ray and the gold work towards the correction of the condition as from internally, and the massage is as correcting those that are in adjustment by the vibration as set up, see? for one will not be taken as the other is taken, but following same, see?

12. (Q) What is "tied up" or where the "tie up"?

(A) In the nerves as give the vibration to the glands in the reproductive and in the vibratory rate set through the pineal gland, and the branches of same in each major ganglion along the spine, as well as those that show contraction. Correct these conditions in that way and manner as is outlined. Do that.

13. We are through for the present.

REPORTS OF READING 464-4 F 52

R1. 5/18/27 Daughter, Miss [2144], requested a Life Rdg., saying, "Mrs. [464] is improving."

R2. 5/31/27 "I am following the tr. as prescribed as near as I know how. Gold at 7 a.m., violet ray at 8 a.m. Have done so for 30 days so far. Sometimes I feel better than others. Today I am all in. No good at all. I was in hopes I would have better news for you, so did not write. I have been faithful to the tr. and intend to keep right on in the face of all opposition."

INDEX OF READING 631-2 F 37

Abrasions	Par. 20-A
Appliances: Radio-Active: General	Par. 27-A, 28-A
ARTHRITIS	
Diet: Arthritis	Par. 9--13
: Menu: Arthritis	Par. 10--12
ELIMINATIONS: POOR	
Healing: Consistency & Persistency	Par. 15-A, 23-A
: Oneness	Par. 23-A
Names: People Mentioned: Willard, Frances S.	Par. 2
: Similar	Par. 2
Osteopathy: Arthritis	Par. 25-A
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: Douches: Atomidine: Venereal Diseases: After Effects	Par. 6
: Packs: Epsom Salts: Arthritis	Par. 5
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: Gold Chloride:	Par. 8, 26-A
: Olive Oil:	Par. 13
: Soda, Bicarbonate:	Par. 8
: Yerba Mate: Not Recommended	Par. 24-A
Prophecy: Prognosis: Arthritis	Par. 16-A

BACKGROUND OF READING 631-2 F 37

B1. See 631-1 on 8/9/34.

B2. 8/27/34 She submitted questions, including these which did not get asked: "Should the same treatment be kept up or what changes should be made? Will it be alright to continue using the Atomidine as general antiseptic for the douche? Should any stretching exercises be given? Why do I have an inclination for a bowel movement several times a day without results every time?"

TEXT OF READING 631-2 F 37

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of August, 1934.

2. Yes, we have the body here; you see this was the name once - Frances and Willard too! but what a difference! We have had this body before.

3. As we find, there are some improvements in the general physical forces of the body.
4. There are still those distresses from the aggravations in the system by the poor eliminations, so there should be continued for the present much that has been outlined for the body.
5. We would continue with the Epsom Salts baths, and when the body is in severe pain (they should have the water somewhat hotter than it has been, too!), we would apply locally to the extremities and even to the torso the hot packs of saturated solution of Epsom Salts.
6. At present we would continue with the douches of the Atomidine.
7. Also we would take Atomidine internally, but small doses.
8. Occasionally we would take the Gold and Soda also; about three times each week.
9. Be very mindful that the diet does not have too much of starches nor too much of the sweets. While it is necessary that there be the elements or vitamins in the various forms for the better production of assimilation and better eliminations in the body, as we find, an outline as follows would make for the bettered conditions in the body:
 10. Mornings - gruels, hot or cold either, and with such we would take the psyllium seed; coddled egg, only using the yolk - a cereal drink, or coffee without the caffeine in same.
 11. Noons - a well-rounded portion of fresh raw vegetables, with an oil dressing that makes same more palatable.
 12. Evenings - stewed lamb, roast chicken, smothered chicken, occasionally fish, and a well balanced vegetable diet - but all growing above the ground; two of the leafy to one of the pod.
 13. We would also take internally small doses of olive oil, but at regular periods for three to five days at a time; that is, take a quarter to half a teaspoonful every half an hour (during the waking state; don't wake the body up to give it to her), which will rest the body much better and overcome much of this pain and these contractions through the body. Then leave it off for several days, then begin again.
14. Ready for questions.
15. (Q) Just what changes can be looked for in this body to show that it is improving?
 - (A) The relief from much of those pains very soon. The tendency for the strained condition, also.

Be consistent and persistent, and it will be worth while; and life again - and the outlook on life - will be worth while to this body.
16. (Q) How long should it be before the swellings and discomforts in the joints show improvement?
 - (A) In the next two weeks.
17. (Q) What can be done to relieve condition of discomfort?
 - (A) As indicated, the oils and the rubs will be the better.

18. (Q) Why does the body feel cold and stiff after the Epsom Salts baths, and continued stiffness after rubdown?

(A) Too much of the superficial circulation easily returns to a deeper circulation, but if these are continued as we have indicated we find this should soon be overcome.

19. (Q) About what temperature should the Epsom Salts baths be?

(A) About 110.

20. (Q) What is the cause of irritation on the hip and what should be done for it?

(A) This where there has been an abrasion before, and where there is continued to be the poor eliminations - causing the poisons to settle. The applications as indicated for such conditions would be the best for removing same.

21. (Q) What are the nerve and blood building foods, also the best alkaline foods?

(A) These have been outlined.

22. (Q) Have all the treatments been given properly?

(A) Been very good; only these alterations as we have indicated.

23. (Q) Am I responding as I should to those treatments?

(A) Responding; while not as fast as might be desired, be patient and be consistent - for each body can only have applied to same that which will induce the life forces, as it were, to give the soul another chance - by manifesting in the material things in the present.

24. (Q) Do you recommend Yerba Mate?

(A) We do not.

25. (Q) Should any adjustments be given?

(A) As the conditions are relieved somewhat, adjustments will be made - or should be made - along not only the cervical and upper dorsal but in the lumbar and lower dorsal also. Not too severe, but just that there may be the loosening of the segments for the better circulation.

26. (Q) Should the Nitrate of Silver treatments with the Radio-Active battery be given?

(A) No. This would be as adding fire to an already irritation in the lymph. The Gold, as indicated [GD's note: "as indicated" - Evidently this referred to manner in which the Gold had been recommended for other individuals, since it had not been mentioned in 631-1.]; but this preferably internally.

27. (Q) Should the Radio-Active battery be given at all?

(A) Radio-Active plain is very good; good for everybody!

28. (Q) How often?

(A) Twice a day if the body feels like same; at least once every day.

29. (Q) Any further advice?

(A) These things as we have outlined would we do for this body, [631].

30. We are through with this reading.

INDEX OF READING 676-1 F 53

ARTHRITIS

CIRCULATION: POOR

Diet: Arthritis

Par. 7

Electrotherapy: Violet Ray: Arthritis

Par. 6, 15-A--17-A

ELIMINATIONS: POOR

LOCOMOTION: IMPAIRED

Physiotherapy: Massage: Benzoin, Compound

Tincture of: Arthritis

Par. 4, 5, 15-A

: Cedar Wood Oil:

Par. 4, 5, 15-A

: Coal Oil:

Par. 4, 5, 15-A

: Mustard Oil:

Par. 4, 5, 15-A

: Oils, Russian White:

Par. 4, 5, 15-A

: Pine Oil:

Par. 4, 5, 15-A

: Witchhazel:

Par. 4, 5, 15-A

: Packs: Hot Salt:

Par. 6, 15-A--17-A

Prescriptions: Gold Chloride: Arthritis

Par. 8--11

: Soda, Bicarbonate:

Par. 8--11

: Water, Distilled:

Par. 8--11

Prophecy: Prognosis: Arthritis

Par. 17-A

BACKGROUND OF READING 676-1 F 53

B1. 9/21/34 Daughter's letter: "She has been ailing for a good many years, at present being confined to a wheel-chair."

"The most important question is whether her condition is such as can be cured, and if so, how such cure may be effected. I should also like to know what the condition is attributed to, as no definite diagnosis of same has been made."

TEXT OF READING 676-1 F 53

This psychic reading given by Edgar Cayce, this 1st day of October, 1934, in accordance with request made by the daughter - Miss [...]

2. Now, as we find, there are very troublesome conditions in the physical forces of this body. These have been the outgrowth of minor disorders at first; and the neglect of the care respecting the eliminations brought about the thinning of the walls in the blood supply as related to the lymph circulation, producing those conditions first of the nature of swellings in portions of the body. Later these have taken on more of the ARTHRITIC tendencies. And adhesions have been made in portions of the system that have affected the locomotion, especially in the lower portions of the body; the UPPER portion having adjusted itself somewhat to the general conditions, though still affecting the body in part.

3. This produces in the BLOOD SUPPLY a very poor circulation in the extremities, making for a bad superficial circulation. And in the beginnings of applications for those things that would be the more helpful, in bringing about changes that would be beneficial, the applications in this direction would be the more helpful. While there will be changes necessitated as conditions develop and as changes are brought about, we will find these WILL bring to the activities of the body much of an improvement, making for a RELEASE of much of those tautnesses and pains that are suffered by the body at times.

4. In the beginning, then, we would prepare a compound to be massaged into the body, in these proportions and combined in the order named:

5. To 4 ounces Russian White Oil, add:

Cedar Oil (Oil of the wood, NOT nut oil)...1/2 ounce,

Oil of White Pine.....1/4 ounce,

Witchhazel.....1 ounce,

Oil of Mustard.....5 minims,

Coal Oil.....2 ounces,

Tincture of Benzoin.....1/2 ounce.

These will tend to separate as they stand in solution. Before using as a massage shake well together and pour a small quantity into a saucer or open container. Begin with the massage on the spine at about the 9th dorsal area. Massage in a circular motion to the lower end of the spine, all the body will absorb. Then begin along the hips and down to the lower portion of the feet and ankles, where the swelling tends to come at times. We would also begin then in the brachial area, or at the 1st and 2nd dorsal, massaging to the points of the shoulder blades and out the arms. Then a little to the base of the brain. This we would do at least every other day, requiring about thirty minutes; take this much time in the massage, not too severe but gently.

6. On those days when the above oil rub is not given, it would be well to use first warm packs of plain salt; preferably the heavy coarse salt heated in bags and placed along the spine, massaging THROUGH the salt packs gently along the spine and also on the limbs - not to produce irritation; but the heat IN the sacks AND the massage will be the aid. Afterwards apply the violet ray (hand machine, bulb applicator) over the same areas, and across the abdomen and down from the area of the diaphragm (right and left across the body), then down over the liver and over the caecum and up and across the colon area and down, following the outline across the abdomen, see?

7. We would be mindful, too, that the diets are rather of the semi-liquid or semi-solid foods, that will not make for too great a heaviness. But let one meal each day, whether morning, noon or night, be of RAW vegetables - combined in a salad or eaten separately; such as lettuce, celery, carrots, beets, turnips, spinach, peppers, tomatoes, cabbage (white and red) - all of these may be used, or they may be used in pod, but at least some time during each day let all of these in their VARIOUS ways be combined, you see. The other meals should be of those foods such as indicated, and no great heavy amount.

8. Also we would prepare two solutions to be taken internally, in this manner:

9. 1st solution: To 1 ounce distilled water add 1 grain Chloride of Gold.

10. 2nd solution: To 1 ounce distilled water add 5 grains Bicarbonate of Soda (plain baking soda).
11. Keep these in different solutions. Preferably in the evening before ready for retiring, we would begin with taking 1 minim of the Gold solution and 2 minims of the Soda solution in half a glass of water. Each day increase the quantity of the Gold solution 1 minim, and the Soda solution in proportion, until 5 minims of the Gold and 10 minims of the Soda are being taken each day. Then leave off one day. Then begin again with the 1 minim. Keep this up until the SECOND quantity of the compound for the rub has been used.
12. Then we would give further instructions, [676].
13. Ready for questions.
14. (Q) Is this condition curable?
(A) It can be aided materially, and very helpful to the body.
15. (Q) In giving the oil massage on the limbs and arms, would the whole limbs be massaged or just the joints?
(A) The whole limbs would be massaged. Begin from the 9th dorsal downward on the spine; that is, from the 9th, 10th, 11th, 12th dorsal, 1st, 2nd, 3rd and 4th lumbar, through the sacral area; then across the hips and down the whole of the limbs to the toes. Then begin with the 2nd and 1st dorsal and go upward to the shoulder blades; then across the shoulders and down to the arms. This should be done every other day, taking about thirty minutes for the general massage.
- You see, we are working on the superficial circulation FIRST; not that there are not other conditions that will need attention, but these now. The properties internally, with the application of the violet ray as indicated (after the salt packs first to produce an activity from the superficial to the sympathetic and to the deeper circulation), will be helpful to this body, [676].
16. (Q) How long should the salt bags stay on before the violet ray is given?
(A) Have a bag of salt about the thickness of half an inch, so that the portions of the body may be massaged with the hands THROUGH the pack. Let this remain on until cool; but on warm or hot and let remain until cool.
17. (Q) Should the salt bags be used on any other portion of the body except the spine?
(A) Only on the spine; though the massage with the violet ray is to be over the abdomen as indicated, across the diaphragm, over the liver, down the caecum, up the ascending, transverse and descending colon. All of these receive impulses of circulation from the centers along the spine as indicated, in the area from which they are to receive impulses. And the activities of the violet ray are only to make for the electrical rejuvenation of nerve energies that have been depleted through the inactivity of the whole system of the body.
- We will have the body walking!
- It takes time; must be patient, must be persistent. Do not make applications MERELY as ROTE. KNOW and FEEL that these WILL bring, and are bringing, NEW LIFE to the portions of the body.
18. We are through for the present.

INDEX OF READING 742-2 F 86

APOPLEXY

Appliances: Wet Cell: Apoplexy Par. 2, 7-A

ARTERIOSCLEROSIS

Physiology & Anatomy: Appliances: Wet Cell Par. 7-A
: Arteriosclerosis Par. 7-A
: Prescriptions: Gold Chloride Par. 3
: Soda, Bicarbonate Par. 3

Physiotherapy: Applications: Aconite:

Locomotion: Impaired Par. 4

: Laudanum: Par. 4

: Packs: Epsom Salts: Par. 4

Prescriptions: Codeine: Sedation Par. 5

: Gold Chloride: Arteriosclerosis Par. 3

: Soda, Bicarbonate: Par. 3

: Water, Distilled: Par. 3

BACKGROUND OF READING 742-2 F 86

B1. See 742-1 on 11/22/34 (for Apoplexy, Arteriosclerosis, Hypotension) and subsequent Reports.

TEXT OF READING 742-2 F 86

This psychic reading given by Edgar Cayce, this 21st day of January, 1935, in accordance with request made by the doctor - Dr. [657].

1. EC: Yes. Not so good in the immediate, as we find; yet we find there are some improvements. Naturally, from the very age and the general conditions, the reactions for the betterment are slow.
2. We would continue with the manipulations that have been indicated; using the vibrations from the Wet Cell Battery for bringing strength to the body.
3. And, as we find, the body would be aided materially were there given internally very small quantities of Gold with the common Soda. The two solutions would be made in these proportions, and kept separate: One solution would be in the proportion of 20 grains Bicarbonate of Soda to 10 ounces of distilled water. The other solution would be in the proportion of 1 grain Chloride of Gold to 1 ounce of distilled water. Do not put the two together until the dosage is to be taken, which should be the first day 1 minim of the Gold solution and 2 minims of the Soda solution in half a glass of water. Increase each day 1 minim until there would be taken 5 minims of the Gold solution and 10 minims of the Soda solution. Then leave it off for five days. Then begin with the 1 minim of the Gold solution and 2 minims of the Soda solution, gradually increasing each day in the proportion

indicated. Repeat this procedure for three or four rounds. While the Soda is a very strong alkalin, and the Gold is an acid, with these combining with the gastric flow of the stomach we will find they will become active with the reproductive glands in ALL portions of the system. They will make for the flow and stimulation to the flow of the nerve forces in a much bettered condition.

4. For the condition in the hip and that which has caused and does cause such excruciating pain, the inability for the locomotion or for the body to stand, we would continue to use the massages or rubs. And we would apply the saturated solution of Epsom Salts in hot packs, following the application of those properties combined that will relieve the pains - such as we have indicated for such conditions; that is, whenever the pain is VERY severe, spread on the area of the hip FIRST - before the use of the Salts packs, a combination of three parts Tincture of Laudanum to one part Aconite - PAINT the hip with it. These, as we find, would be the more helpful for this body.

5. Be patient. Be persistent. And, as we find, while we may not CURE entirely, we can - through these measures - bring relief from the suffering WITHOUT the administering of the narcotic effects upon the system. If these are ever resorted to, we will find that the Codeine will be the more effective and the less harmful to the body; one-eighth to one-twentieth of a grain.

6. Ready for questions.

7. (Q) Having never handled a Wet Cell Battery -

(A) (Interrupting) Then use it just as we have given! Note these changes - these are the effects it creates: An equalizing of the circulation from the head to the feet, to the lower portions. Possibly you've never noticed, either, that there is a difference in the pulsation in such a body in the various extremities! that is, there would be found in the right wrist a different pulsation to that in the left ankle, a variation of some five beats; or in one that would be 80 and the other 85 to 89, see? These are, then, the characterizations; that we will find a more uniformity when these applications are put on - to pass directly through from one plate or anode to another; we will find the body more quiet; we will find the general mental reactions more normal. These, in this particular body, are the reactions from such applications. We are through with this reading.

REPORTS OF READING 742-2 F 86

R1. 1/25/35 Dr. [657]'s letter to EC: "Your check reading was received and the additional treatments for [742] noted. She started with this yesterday. But yesterday she seemed to take a turn downward. Her speech became thick and once her bowels became incontinent. This latter, however, may have been due to the laxatives and oil she takes. But her whole demeanor was not encouraging today. However, we shall continue with your instructions for a while anyway, and hope for the best..."

R2. 1/31/35 EC's reply: "...I'm very sure [742]'s condition is a very precarious one, and there is so very little vitality to build on that it becomes a real problem. It will require, I'm sure, very careful attention and will necessitate your using good judgment and a great deal of your initiative in meeting emergencies as they arise in any case that we may give information concerning..."

INDEX OF READING 743-1 F ADULT

ASSIMILATIONS: POOR

Diet: Neuritis	Par. 17
Eyes: Nervous Systems: Incoordination	Par. 6
Headache: Neuritis	Par. 2, 10

NERVOUS SYSTEMS: INCOORDINATION
NEURITIS

Osteopathy: Neuritis	Par. 15, 16
Prescriptions: Gold Chloride: Nervous Systems: Incoordination	Par. 12--16
: Soda, Bicarbonate:	Par. 12--16
: Water, Distilled:	Par. 12--16
Sedation: Not Recommended	Par. 20-A

SPINE: SUBLUXATIONS

TEXT OF READING 743-1 F ADULT

This psychic reading given by Edgar Cayce, this 23rd day of November, 1934.

2. Now, as we find, many conditions-physical are very good; yet there are those tendencies we find in the system the correction of which in the present would prevent distresses later on. And removing the causes in the present not only prevents disorders that may arise, or would arise, but will remove those things which at times in the present give distresses to the system. These, as we find, are the effects that arise from the lack of proper coordination in that which is assimilated and that which is distributed in the physical forces of the body; producing at times the effects of tendons and muscular forces, locomotory activities, becoming taut. And straightening or strengthening these will make for conditions that would be much more satisfactory. These produce also the effects of a tiring at times to the body from these strains; a pinched character of headache that is peculiar to the nature itself, making for a centralizing of same in the middle portion of the head, and causing then an undue form of nervous reactions over the body.

3. These, then, are the conditions as we find them with this body:

4. The BLOOD SUPPLY indicates that there are the effects of an improper balance in the form of the chemical reactions in the system from that which is assimilated; that is, not so much that the glands refuse to function but with the

general nerve strain that arises from a condition that exists in the 11th and 12th dorsal center - which makes for a heaviness through the functionings of the organs of the pelvis as related to the activities of the nervous system - there is produced a strain upon those conditions that are acting upon the organs as related to the flow of the impulses in the locomotory forces. Hence the heaviness at times across the lower portion of the abdomen, but across the lumbar and sacral area. At times there is a heaviness in the brachial center or under the shoulders, that makes for a heaviness for the body. These, of course, are but the indications; though the subluxation that exists in the 11th and 12th dorsal center is the basis or cause for the disturbance to the lacteal duct area functioning in its assimilating from the sustaining forces in the diet of the body.

5. In the NERVOUS SYSTEM, the natural reactions are for the effect to the nerve centers to the head, as to the heaviness that is produced in these portions of the body; and an uneasiness at times that is experienced by the body is the incoordination between the impulses through the sympathetic and the cerebrospinal system, that is produced from those reactions we have indicated.

6. As to the ORGANS themselves of the body, it may be seen from such reactions that naturally there are disturbances at times to the organs of the sensory system, so that the auditory forces, the vision, the portions of the system show unusual reflexes that cause at times some burning for the eyes, an unusual effect upon the body by various odors, the activity that may be seen by the reflex in the vision that is experienced through these TENDENCIES in the system. Not that they have become as effective conditions, but tendencies; so that if these may be corrected in the present we will make for a much nearer normal body.

7. The circulation through the throat, bronchi, lungs and larynx, is near normal.

8. From the very nature of those things that have been taken at times for rest, for the periods of reactions in the system, there is not a perfect or normal heart reaction; yet not an organic disturbance - but a tendency for the needs of these conditions, unless changed, will make for a much more abnormal reaction.

9. From the very nature of the disorders indicated, the digestive system at times becomes upset. Not that we would say the CAUSE arises from the digestive disorders, but rather the ASSIMILATING disorders - from those reflexes as indicated.

10. As to the pancreas, spleen, liver and the ducts of same, these make for periods when there is an uneasiness rather than pain - and these are the contributory causes to the headaches of the peculiar type or nature, that may arise from reflexes; but these are not the causes, as indicated.

11. Then, in meeting the needs of the conditions in this body, if these would be corrected in the PROPER relationships one to another we find there would not be a great deal of discomfort or disorder experienced in making for a much nearer and almost a normal body throughout.

12. First we would prepare two solutions in this manner, that would be kept separate:

13. We would take three to six grains of Chloride of Gold, and add to one ounce of distilled water for each grain of the Chloride of Gold.

14. Then we would prepare the Sodium Bi-carbonate solution; five grains to each ounce of distilled water, for ten grains to two ounces - which should be sufficient.

15. Then, when these are to be taken (not in large quantities but), add one drop of the Chloride of Gold solution and three minims or drops of the Soda solution in half a glass of water. This would be the dosage, and should be taken immediately as it is prepared; for the reactions begin as soon as the Gold and Soda are combined with the gastric juices of the salivary glands - that should be in an alkalin state (but do not always remain so with this body); so the combined alkalin and acid will make for a stimulation to the glands in such measures - AS the corrections are made osteopathically, which we will designate - as to create for a balance to overcome the tendencies towards the salts or the acidities in the system to accumulate in the muscular and tendon forces of the extremities. This dosage of the combined Gold and Soda solutions would be given once each day, preferably upon retiring - one minim of the Gold solution and three minims of the Sodium solution. Given in such small quantities a little time will be required for the reflex action through the system, but it is to be given in such a way and manner as to not make for a shock but a growth to the system that assists in not only absorbing but in setting up drainages and making for the solving of those tendencies for accumulations in the knees, toes, hips, and across portions of the shoulder and arms. For these are the pressures upon the locomotions, as indicated.

16. Also, during the same period the Gold and Soda solutions are being taken internally (for these treatments are to work together cooperatively), we would have made the corrections - either osteopathically or through the masseur - in the 11th and 12th dorsal center, as indicated. Two or three times each week these adjustments should be made, and at the same period a general manipulation and massage over the whole of the cerebrospinal system.

17. As to the diet, keep more of the alkalins. No heavy foods that EVER are fried. And let one meal each day be of only raw green vegetables; not green in color necessarily, but in their very nature - those that carry all the vitamins necessary in creating the effluvia within the blood and nerve supply that is revivifying in its very nature.

18. Do these, and we find we will bring the much nearer normal condition for this body.

19. Ready for questions.

20. (Q) Are there any other suggestions for the better physical conditions at this time?

(A) We would keep these in the present. For, as we find, the PREVENTATIVES are much preferable to those attempts of corrections or curative influences in the body. These are tendencies that have not taken hold. Keep as far away from sedentary conditions as possible, or the very natures that produce inhibitions IN the activity of the glands themselves - such as sedatives of any nature.

Do these, and we will bring the better conditions for this body, [743].

21. We are through for the present.

INDEX OF READING 849-24 M 30

ARTHRITIS: TENDENCIES

CIRCULATION: LYMPH

Prophecy: Prognosis: Arthritis: Preventive Par. 4

Psychosomatics: Healing Par. 7-A

BACKGROUND OF READING 849-24 M 30

B1. See 849-23 on 12/11/37 and subsequent Reports.

TEXT OF READING 849-24 M 30

This psychic reading given by Edgar Cayce, this 24th day of January, 1938.

2. As we find, there have not been kept the eliminations as there should. Hence we have - with the reactions of those influences given for the activity of the lymph - produced a rheumatic reaction to the lymph circulation, especially in the lower portions; and a breaking down of that cellular force that produces - from the lymph and the activity of the assimilating system - the necessary forces for MUSCULAR reaction.

3. While those administrations that are contemplated are well, if there is persisted that there be not the injections but internally - and a SMALL injection - of the Gold, these as we find would be the better conditions for the body.

4. Unless there is used that which would act as a drying of the circulation, this need not become arthritic in its nature.

5. If it is kept in more of the fever state, with those activities or reactions from the elements of the Gold nature in the system, these would be the better.

6. Ready for questions.

7. (Q) Any mental or spiritual advice for the body at this time?

(A) Keep the optimistic attitude. Do not allow the disturbances to become overpowering; for know, ever - Let thy attitude be: "THY WAY, O GOD - THY WAY!" We are through for the present.

REPORTS OF READING 849-24 M 30

R1. 1/30/38 Mr. [257]'s letter: "[849] is in bad shape at New York Hospital - he went in for six weeks. [1102] and baby are home - they seem to be fine."

R2. 2/3/38 EC's letter to Mr. [257]: "Yesterday had a letter from your friend Mr. [[1534]'s brother] for an emergency reading. Well, would be a week before could possibly get to it and have so written him. Then, too, there is no use in undertaking it when his brother [1534] is in the hospital already - can't possibly help - only make a lot of question marks that are not good for anyone. We will have to get better recognition before we can undertake anything like that.

"Yes, [849]'s condition is a good example of just what I am talking about - one can't ride two horses at once in such, nor change in midstream. He knows it and realized it, but can't help himself. Certainly hope he gets the right break and comes out of it all OK."

R3. 2/4/38 Mr. [257]'s letter:

"[849] is in very bad shape at the New York Hospital. They are giving him typhoid slowly and he is able to be up on crutches a couple of hours a day. You might like to write him a letter. I think he was rather disappointed that Hugh Lynn did not contact him while here but I suppose he was so busy in the short time he had that he couldn't do so. I will explain it to [849] when I see him. I do know that he religiously followed the Readings the past four or five months to prove to [1102] that the Reading would do what was necessary for him. I wish you would, some time when you are getting a reading for him, find out just what he didn't do so that I will have it for my information as a lot of people are watching his case right now.

"I am sorry that the change came with the baby because it gave [1102] just that much ammunition to use [[1521] - See 1102-3, Reports, etc.]. However, [849] will be a hard one for her to dislodge and I think she, herself is changing her attitude. She has gone through plenty what with having her baby and having a sick husband on her hands. [849] will be at the hospital for six weeks so you can see what she is up against. [903] had her taken home by [...], our house man] with the baby and we are keeping in close touch with [849] all the time."

R4. 2/28/38 Ltr. to EC:

Dear Eddie: -

We were very much encouraged by the effects of artificial fever in the hospital. I was well except for a weak right leg when I left. But the fever was not raised high enough, apparently, and most of the soreness has returned. My good knee swelled to twice the proportions of the bad knee and we are holding things at bay with short-wave diathermy will searching for an adequate cabinet-fever machine that will raise the fever high enough to kill the infection.

If there is a spare Check Reading (you can tag me on at the end) I'd like to ask the information: a) is the infection killed? b) if not what is next step? c) will fever of higher degree do it? d) is operation on knee indicated in future? e) what is cause of occasional pains in rectal area?

I will like this third eventually, and meanwhile, although I bow to the Lord's will, I know that he expects me to fight with every weapon at my command, and I will. [See his report on baby's Life Reading under 1521-1.]

It is now two months that I have been on crutches. My arms are sore from hypodermic needles most of the time, and my back is sore and weak. That is why I have not written to you sooner. But remember that, sick as I may be, I will "keep the faith", as the readings have so often told me to do.

Our love to all, [849]

R5. 3/10/38 See 849-25.

INDEX OF READING 849-29 M 31

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ARTHRITIS	
Physiotherapy: Baths: Epsom Salts: Arthritis	Par. 12
: Massage: Cocoa Butter:	Par. 14
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Prescriptions: Atomidine: Arthritis	Par. 4--11
: Gold Chloride:	Par. 4--11
: Soda, Bicarbonate:	Par. 4--11
: Water, Distilled:	Par. 4--11

BACKGROUND OF READING 849-29 M 31

B1. See 849-28 on 6/21/38.

TEXT OF READING 849-29 M 31

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 7th day of July, 1938.

2. As we find, there are some improvements since last we had same here. While there is a great deal to be warned of as to conditions and things that may arise, we find there are indications that the body is responding to the applications and the vibratory forces being set up.
3. We would continue with those things that have been indicated, and in the manner as they have been given.
4. About five days before the next period of the Epsom Salts Bath, we would take Atomidine AND Chloride of Gold with Soda internally, alternately; that is, one day the Atomidine, the next day the Gold and Soda - for five days before the Epsom Salts Bath is to be taken, so that there may be a reaction of these properties through the system.
5. The Gold and Soda would be prepared in separate Solutions, and then combined when the dose is taken; that is:
6. Add one grain of the Chloride of Gold to one ounce of Distilled Water. This would be one Solution.
7. Five grains of Bicarbonate of Soda would be put to one ounce of Distilled Water, and this would be another Solution.
8. Then alternate the doses. The Atomidine would be taken every other day, you see, as has been indicated - for the five days BEFORE the Epsom Salts Bath is to be taken; while the Gold and the Soda would be combined and taken in between. That is, there would be three doses of the Atomidine and two of the Gold and Soda, you see; before the Epsom Salts Bath would be taken.

9. The dosage of the Gold and Soda would be two minims of the Gold Solution and four minims of the Soda Solution put together in about half a glass of water.
10. In preparing the Soda Solution, use Bicarbonate of Soda; or baking soda, if the Cow Brand or the Arm & Hammer is used.
11. This has nothing to do with the Gold Solution being taken in the regular order through the Appliance, you see; but would be taken internally with the Soda Solution, the Atomidine one day and this combination the next, for five days.
12. Then when the Epsom Salts Bath is taken, this should indicate a reaction that would be most beneficial through those areas especially in the hip, and then where there is the indication of static conditions in the muscular forces; provided the other vibratory forces of the Gold and Silver have been kept up.
13. Keep the anodes polished, in the use of the Appliance; keep them very clean. Take them OUT of the Solutions - the lead anodes - when not in use; but keep the Solutions closed, you see; that is, not open to the air. And recharge the Solutions regularly.
14. Also when the massages are given, we would use Cocoa Butter as combined with Olive Oil to massage INTO the hip, the limb, the knee, the WHOLE of the limbs. These will, through the absorption and through the very activity of same, with the electrical forces, prevent the portions becoming atrophied, or keep the nerves from becoming deadened.
15. Keep the diet. Keep more activities as the body is able to move about.
16. Ready for questions.
17. (Q) Are all of the treatments being correctly followed?
(A) As indicated, we would be mindful of these conditions as have been warned of here.
18. (Q) Any other advice for the body?
(A) Be patient, but be persistent; and we will find it worth while.
19. We are through with this Reading.

REPORTS OF READING 849-29 M 31

R1. 7/12/38 HLC's letter:

We are all hoping that the second round of your treatment will get you on your feet. Keep us advised so that we can check up from time to time. Whenever you feel able to make the trip down this way let me know and I'll come up and get you. I do not see now how I can get away until around the first for a trip up there unless you are able to come down, then I'll stretch a point. I have an offer for camp again from Aug. 7 to 21, but will gladly let this slide if you can be down here for part or all of that month.

R2. 8/2/38 [849]'s letter to EC:

Dear Eddie,

We have a little better report for you this time following the bath and the five days we waited for a reaction. Two things were very noticeable. First the condition in my right hip improved, and second I gained a lot of strength generally. The boy who came to give me the bath and massage said he felt more tone in the muscles and the lady who comes to give me massages in the

interim finds the general tone of the body to be much better. She said to me this afternoon while she was working on my back, "there has been a change in your whole system for the better."

So far as the hip is concerned it still keeps me in bed because it causes the leg to shake when it is moved sideways and I have to keep the right knee in contact with the left leg unless there is support for the right thigh. However, the improvement is in the fact that the soreness has gone out of almost all of the hip and leg, and even when it shakes, although this is distressing, it is no longer very painful.

We are now trying to inaugurate a set of exercises which will strengthen the leg muscles and get rid of the shaking, which is largely due to atrophy. This requires something of an effort but the time has come to get on the move. If there is a chance for a check reading before the next bath I would like to ask about any specific exercises that the reading might suggest, and I would like to ask about my left elbow. This has been affected slightly all along, but lately it has become worse and the muscles in the upper part of that arm are atrophying. The joint itself is swollen and its movement is very limited.

Otherwise we are just plugging along, hoping and praying that the improvement will continue. I wish I could advance as rapidly as my daughter, who will be walking before I am if I do not hurry up. In another six days, on the tenth of August, we will have to change our battery again. We have not missed a single day with it so far, so if Hugh Lynn can send up the ingredients for us we will be very grateful. [1102] is getting a fresh solution of silver nitrate today, and is raising it from three to four percent. If this is not enough let us know.

We hope you are all well and enjoying your summer at the beach. There is no place else we would rather be than with you right now.
Love, [849]

R3. 8/4/38 See 849-30.

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Physiotherapy: Massage: Cocoa Butter: Arthritis	Par. 5, 6
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: Packs: Epsom Salts:	Par. 9-A
Prescriptions: Gold Chloride: Arthritis	Par. 4

BACKGROUND OF READING 849-30 M 31

B1. See 849-29 on 7/7/38.

TEXT OF READING 849-30 M 31

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 4th day of August, 1938.

1. EC: Yes - we have the body, [849]; this we have had before.
2. As we find, CONSIDERABLE improvement is indicated in the GENERAL conditions of the body.
3. We would keep those applications that have been indicated.
4. And at least four or five days before the NEXT Bath we would increase by one drop or minim the Gold Solution taken internally; and keep the vibratory forces of same, as well as the Nitrate of Silver - which may be gradually increased; at least a four or five percent (as ye would term it) may be used in the present.
5. In the massage keep plenty of the Olive Oil AND Cocoa Butter, one time with one, the next time with the other. This will supply food values for the muscular forces of the body, as well as those vibratory forces in the impulse of the nervous system through the muscular forces.
6. Especially those areas in the brachial center (for the arms) and in the lumbar plexus (for the lower limbs) should receive SPECIFIC massage with the Oils, to supply nutriment to the ganglia of the nerve system from which or through which impulses for activity to the limbs are received.
7. As soon or as fast as possible, use those characters of exercises as may be gradually obtained from the ROWING machine. This will produce muscular reaction, tend to make for an activity which would bring into play the muscular forces of limbs, torso and the whole of the bodily forces.
8. Ready for questions.

9. (Q) What is the condition in the elbow?

(A) This is just from the accumulations and the indications as we have given, where these become so specific. Where there is swelling, apply the Epsom Salts Packs, see?

10. (Q) What exercises may be taken to strengthen leg muscles -

(A) (Interrupting) As indicated, gradually work towards those where the body would be SET on the rowing machine!

11. (Q) Is the Appliance being given alright?

(A) As indicated, keep these treatments in the manner they have been given.

12. (Q) Is the diet alright?

(A) Keep all of these, as just indicated, in the manner that has been given.

13. We are through with this Reading.

REPORTS OF READING 849-30 M 31

R1. 8/16/38 [849]'s letter to EC:

Dear Eddie:

Thank you for your letter, and also for the reading, which verified our own observations that I am becoming better. I have been able to exercise myself somewhat, and have made a start on the rowing machine exercise which was recommended. I do a portion of it while sitting on the side of the bed, and I have had a panel put on the wall from which ropes are strung to the bed. With these I am pulling myself up, and it is strengthening my arms and my back. The general condition in the right hip and leg continues to improve slowly, and perhaps after this next bath on Friday there will be a big step forward.

After that we will report to you on everything. In the next check reading I wish to inquire about the change of climate which obviously will be necessary in the fall. My doctor here feels that I should get into the water as soon as possible and stay there as long as I can every day. Even at the present rapid rate of recovery I will not be able to do this before October, so that means going down to Florida. Through the editor of the ... Magazine I am making inquiries about ..., which is on the west coast, is inexpensive, and provides salt water bathing without surf - enabling me to walk into the water and remain at any depth I choose. I would like to ask in a reading about this plan. I have an idea the reading will also suggest bathing, since it is really the only efficient way to restore atrophied muscles. Of course, getting on my feet and getting around on crutches is the main objective now, and I cannot plan to leave here until that is possible. I believe another six weeks or two months will see it accomplished and I have a feeling that it will be done in much less time.

R3. 8/30/38 See 849-31.

INDEX OF READING 849-48 M 32

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Healing: Nature: Natural	Par. 18
Injections: Hypodermic: Cobra Venom: Arthritis	Par. 5--7
Osteopathy: Paralysis	Par. 6, 7
PARALYSIS	
Physiotherapy: Baths: Epsom Salts: Arthritis : Massage: : Oils, Olive: : Peanut Oil:	Par. 14--16 Par. 14 Par. 8 Par. 8
Prescriptions: Atomidine: Arthritis : Bromide of Soda: : Gold Chloride: : Water, Distilled:	Par. 11--13 Par. 11--13 Par. 11--13 Par. 11--13

BACKGROUND OF READING 849-48 M 32

B1. See 849-47 on 1/4/40.

TEXT OF READING 849-48 M 32

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 8th day of February, 1940.

2. EC: Yes, we have the body here.
3. As we find, the conditions with this body continue in some directions to be on the improve, and in others we find they are causing some anxiety, - especially as to the conditions which exist in the locomotory areas, or in those centers from which the nerves of the lower limbs receive their impulse.
4. Now, we would change considerably the applications being made for the body in the present. We would leave off the vibrations of the Camphor and the Atomidine through the low electrical forces, yet these should be taken - or especially the Atomidine - in another form and manner, as also the Gold, for the general conditions; though we would keep the vibrations of the Gold through the Appliance.

5. Keep up the reducing of the pain through the use of the cobra venom, which as we find would be kept now about three times each week in the present, especially while there is the breaking up of those conditions which exist in the limbs as well as in the lumbar and sacral areas.
6. And there will be required a great deal more of the manipulative forces, - these deeply given through the sacral and lumbar especially, and especially the limbs. These would be given especially after there has been, or is the effect of the venom in the system. Attempt to straighten, or stretch the limbs more; though DO this OSTEOPATHICALLY, see? that is, relaxing the sciatic nerve center - both ends, - that about the lower portion of the sacral and that about the end of the cerebrospinal system, and also under the knee.
7. The rubs should be continued, but MORE the corrective forces osteopathically through the sacral and lumbar and the limbs should be given especially while the body is under the influence of the venom. These we would make, then, at least three times a week. These should be given the day following the venom, or after there is the effect of same, or at least ten hours after the venom is given, see? but give these corrections DEEP; not, of course, to bruise the body, but to STRETCH same, see? for these conditions will be absorbed in the system not only through the gold taken internally but as applied vibratorially, as well as from the effect of the Atomidine upon the internal activities of the system as affected by the heavy Epsom Salts Baths given as we will indicate.
8. Give the rubs daily, after or before the bath is given, - using Peanut Oil and Olive Oil - the mixture, half and half.
9. The Appliance attachment for the Gold would be to the lumbar center and to the umbilical plexus - each day, as well as taking the Gold internally.
10. The solution for charging the Appliance should be at least double strength, as indicated; that is, instead of the one and a half pounds to the gallon and a half of water, use three pounds. The zinc also would be doubled. The strength of the Gold would NOT be doubled. Of course, the other ingredients, as the Acid, should be doubled. Do not increase or double the Charcoal, - in fact, this may be left off entirely in this case.
11. Prepare the Gold in this manner for being taken internally: Add one grain Chloride of Gold to one ounce of Distilled Water. Also add two grains Bromide of Soda to one ounce of Distilled Water.
12. For five days in succession, give one drop of the Gold Solution and two drops of the Soda Solution in a good swallow, or small glass, or jigger of water.
13. On the fifth day, leave off. Rest one day, and then begin with one drop of commercial strength Atomidine in a quarter glass of water each day for five days (leaving off the Gold and Soda during this period, but continuing the Gold vibratorially throughout the entire series of both the Gold and Atomidine internally, see?).
14. At the end of the fifth day of the Atomidine, give a heavy Epsom Salts Bath; letting the body REMAIN in the water for at least twenty to twenty-five minutes, as warm as the body can well stand same; being massaged especially in the limbs and through the hips during this time. This will require at least two individuals to give same, for at least the first four or five periods. Only give same

about twice a month, or a little bit oftener, - only at the end of the five day period of the Atomidine. Use at least twenty pounds of Epsom Salts to thirty gallons of water, and let this be hot!

15. Do not necessarily apply the Packs when or during the next series that the Baths are given, but the rubs daily as indicated.

16. After the Bath, leave off the Atomidine for one day; then begin with the Gold and Soda again for five days; leave off one day, and then the Atomidine for five days, - and THEN the Bath again!

17. Do that, and keep the diets and the general conditions as we have outlined; and we should see, in the changes that are coming about, and the change in the seasons, the better abilities of the body to get out more in the open air, and the conditions improved.

18. The Ultra-Violet Ray is very well, but ONLY during those periods when there is not the sunlight and the air that may be let into the room from same, or the body in same; for nature's sources are much preferable to the supplying of same through makeshifts. However, on dark days give the ultra-violet ray - EVERY DAY that it is dark and gloomy, and the ozone that is produced in the room should be KEPT in the room and breathed by the body.

19. Do these for this next period. We are through with this Reading.

REPORTS OF READING 849-48 M 32

R1. 2/18/40 EC's letter to Mr. [1005]: "[849] had his treatments changed a few days ago and each time it upsets him for a few days at least, but seems to be on the improve. Has put on a bit more weight - but can't get the kinks out of his legs as yet, but a little more movement in them."

R2. 2/28/40 EC's letter to Mrs. [903]: "[849] seems to be on the improve. The Dr. who has been giving the cobra venom said to HLC last summer that nothing could be done but keep [849] easy, but he told [849] yesterday, 'Well, soon now we will have you on crutches and you will get better faster.' Some difference - but what a siege that boy has had!"

R3. 3/5/40 EC's letter to Mr. [779]: "[849] is doing very nicely. The Dr. who comes 3 times each week to give him cobra venom said last summer he couldn't get any better. Told [849] last Friday, 'Well, [849], if you keep this up we will have you on your feet this summer.' That has boosted him a lot."

R4. 3/26/40 See 849-49.

INDEX OF READING 849-49 M 32

Appliances: Cell: Paralysis ARTHRITIS	Par. 6
Cold: Congestion	Par. 14-A
Diet: Vitamins: E: Wheat Germ Oil: Arthritis	Par. 10, 15-A
Injections: Hypodermic: Cobra Venom: Arthritis	Par. 9
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Osteopathy: Arthritis PARALYSIS	Par. 9, 14-A
Physiotherapy: Baths: Epsom Salts: Arthritis : Massage: Epsom Salts:	Par. 7, 8, 10, 17-A Par. 8
Prescriptions: Alka-Seltzer: Cold: Congestion : Atomidine: Arthritis	Par. 16-A Par. 7

BACKGROUND OF READING 849-49 M 32

B1. See 849-48 on 2/8/40.

TEXT OF READING 849-49 M 32

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 26th day of March, 1940.

2. EC: Yes, we have the body here, [849].
3. As we find, conditions are developing along the lines that have been indicated, as application is being made. Some, then, are developing very well, helpful; others not so well; others not much at all.
4. There should be more consistency as to the time and manner of administering those suggestions that have been or may be indicated. That there are helpful forces is indicated in the general welfare, though the specific movement is not as much improved, nor the flow of impulse and the eliminations of those disturbances which hinder the activity in the lower limbs as active as they should be.
5. In the present, then, - these we would do:
6. Keep the application of the low electrical forces carrying the Gold. Leave off taking the gold internally.
7. Continue the Atomidine; this would be increased at those periods or days just previous to giving the Epsom Salts Bath. Five days before the Bath, you see; three to five drops taken each day.

8. The Epsom Salts Bath should be given every ten days, at least. There should be a great deal of massage and stretching done while in the Bath.

9. The osteopathic adjustments or massages should be more in the order and at the times indicated; while the body-physical is under the influence of the Venom, and not afterwards or before. For there needs to be some IRRITATION caused by the adjustments, so that there will be a reaction in those areas where static or atrophied inclinations have been indicated.

10. Instead of the Gold internally, give FREE Germ Wheat Oil; this to be taken EACH day just before the time for retiring; or just before the wine is taken, take three to five to ten drops, - that is, gradually increase from three to ten drops; giving the three drops for three days, then five drops for three days, and ten drops for three days. This should be arranged, you see, so that the time of the Epsom Bath comes at the period when there is the greater quantity of this active in the system, and is assimilated by the system by the aid of the electrical vibrations as well as the Bath and the massages.

11. Do that.

12. Ready for questions.

13. (Q) What causes the nausea, and what should be done for it?

(A) Leave off those things as we have indicated. These changes will make quite a difference in the feelings of the body.

14. (Q) What should be done for the cold and congestion?

(A) Alkalize; and more of the osteopathic adjustments, including treatments, of course, through shoulders, chest, head and neck.

15. (Q) Any suggestions to relieve the suffocation while in the Bath?

(A) This will necessarily be affected more by the Germ Oil than other influences; but this is something with which the body has to work! If it is ready and willing to give up, and to stay as it is, then alright! If it desires to make the effort, that there may be the resuscitating forces, then put forth some will, some effort! For, as indicated, the results will depend upon the desires and the working towards same!

16. (Q) Should he stay in bed while the cold is causing difficulty?

(A) Stay in bed, but have the treatments as indicated; and alkalize with more of soda or any alkalizer. Alka-Seltzer is very good for such, for the body; this taken repeatedly, of course, - but it will necessarily have to be worked off by the massage AND the better eliminants - such as the colonics, of course, or the like.

17. (Q) Has the Epsom Salts Bath been given properly? Has it been prepared correctly, with enough of the Salts, etc?

(A) These have been very good. There needs to be more of activity of the body itself, you see. For, just as soon as possible, there should be about twice as much water, so that the body would attempt to move about in same.

18. (Q) Any other suggestions for the body?

(A) Do these for the time being. We are through with this Reading.

REPORTS OF READING 849-49 M 32

R1. 4/29/40 EC's letter to Mr. [257]: "[849] is doing very well - doesn't make as much exertion as he might, but guess when he gives out he just gives out."

INDEX OF READING 915-2 M 62

Appliances: Radio-Active: Dementia Praecox : Wet Cell:	Par. 2, 6-A--8-A Par. 7-A, 8-A
BRAIN: LESIONS DEMENTIA PRAECOX GLANDS: INCOORDINATION	
Hospitalization: Home: Dementia Praecox	Par. 9-A, 10-A, R1
Nursing: Attendants: Dementia Praecox	Par. 9-A, 10-A
Prescriptions: Bromide of Soda: Glands: Incoordination : Gold Chloride: : Water, Distilled:	Par. 3, 5-A Par. 3, 5-A Par. 3, 5-A
Work: E.C.: Readings: Physical: Not Followed	Par. R1

BACKGROUND OF READING 915-2 M 62

B1. See 915-1 on 5/2/35.

TEXT OF READING 915-2 M 62

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of June, 1935, in accordance with request made by the wife - Mrs. [618].

1. EC: Yes, we have the body and those conditions that disturb the mental and physical forces.
2. As we find, the application of the Radio-Active Appliance in the experience in the present would be most helpful for this body; also those vibrations through the same activity carrying the Chloride of Gold into the system.
3. Or the Gold may be taken internally in very minute doses, for the stimulation of those gland secretions that make for creative energies and forces through the activity of all the glands in the body; thus making coordination between the reproductive forces or glands and the pineal and the adrenal. These would be the more helpful in the present.
4. Ready for questions.
5. (Q) Which would be the better way to take the Gold, internally or through the Battery Appliance?
(A) Internally, as we find. Prepare two solutions in this manner, and keep separate:
Add 1 grain of Chloride of Gold to 1 ounce of distilled water.
Add 5 grains of Bromide of Soda to 1 ounce of distilled water.

When the dosage is to be taken, put first 1 drop of the Gold solution in half a glass of water and THEN add 2 drops of the Soda solution (always adding the Soda solution TO the Gold solution; that is, put the Gold solution in the water first, THEN add the Soda solution). This dosage would be taken night and morning.

6. (Q) Where should the Radio-Active Appliance be attached to the body?

(A) It is more preferable that the first anode applied be attached to the 1st and 2nd cervical, then the other anode (last attached) to the umbilical plexus or over the lacteal duct area. The next day make the first attachment to the right wrist, the other to the left ankle. Then the next day attach the first anode to the right ankle, the other to the left wrist. Then the next time go to the body again, see?

7. (Q) The first reading suggested the use of the Wet Cell Appliance.

(A) The Wet Cell Appliance is MORE HELPFUL, or STRONGER. And if it is used, make the attachments in the same way and manner as we have indicated for the Radio-Active Appliance.

8. (Q) The PLAIN Wet Cell Appliance is preferable, but not carrying the Gold?

(A) The PLAIN Wet Cell Appliance is preferable (with taking the Gold internally); but that isn't what we find they have here, - it is rather the Radio-Active.

9. (Q) Any further suggestions for the body's welfare, now that he is under changed environs?

(A) Keep those conditions of quietness about the body, yet gradually - with the conversation and activities - make for interests of a more general as well as specific nature. These are the better relations.

10. (Q) Any advice or counsel that will be of help to his wife in taking care of him?

(A) Keep the same attitude of helpful helpfulness.

11. We are through with this reading.

REPORTS OF READING 915-2 M 62

R1. 2/9/38 GD's note: Mrs. [618] said Mr. [915] had been returned to the asylum for some time - she was not able to keep him with her - the Appliance was never used - she was unable to follow the treatment for him.

INDEX OF READING 949-3 M 17

Arts: Creative: Writing : Poetry	Par. 14-A Par. 14-A
Appliances: Radio-Active: Poliomyelitis: After Effects	Par. 2, 5
Environment: Atmosphere: Locomotion: Impaired	Par. 8-A
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POLIOMYELITIS: AFTER EFFECTS

Prescriptions: Gold Chloride: Poliomyelitis: After Effects	Par. 6
: Soda, Bicarbonate:	Par. 6
: Water, Distilled:	Par. 6
Transportation: Locomotion: Impaired	Par. 10-A
Vocational Guidance: Arts: Music: Composition	Par. 11-A--13-A

BACKGROUND OF READING 949-3 M 17

B1. See 949-1 on 11/3/31 for polio.

TEXT OF READING 949-3 M 17

This psychic reading given by Edgar Cayce at his office, 105th St. & Ocean, Va. Beach, Va., this 22nd day of February, 1932.

1. EC: We have the body here, [949] - this we have had before. As we find, there are some improvements in the physical forces of the body. There is sufficient change in the vibrations to alter or change somewhat the applications as would be made for further corrective measures.
2. In those vibrations from the Radio-Active Appliance, use them in the same manner as HAS been - save there would be the attachment passing through the Chloride Gold solution. The proportions, one grain to one ounce of distilled water. Attach that one to the ankle that carries the Gold, FIRST; then the one to the wrist on the opposite side of the body.

3. At least twice each week we would massage the lower portion of the spine, across the sacral, coccyx region, and to the ends of the nerves - especially that make for the LOCOMOTARY actions in the lower limbs, with this solution: Take one gallon of PLAIN or ordinary gasoline; to this add one and a half ounces Oil of Cedar; then one ounce Oil of Mustard; and cut up one and one-half drams of Gum Camphor. Shake the solution together. Use in the massage for the sacrum, or sacral region, and upper portion of the hips, about one ounce; and about half an ounce in the massage along the limbs, ESPECIALLY along those of the sciatic nerve root and about the knees.

4. The rest we would keep for the next sixty days, in an order or manner as has been outlined. This we would give (the massage) Tuesdays and Fridays.

5. Keep the battery appliance as given, save with the addition of the Gold solution.

6. Once each week take INTERNALLY as this: Prepare Chloride of Gold solution one grain, to one ounce of distilled water, and CARBONATE of Soda three grains to each ounce of water. When the dose is taken, to half a glass of plain water add the Gold solution two minims, the Soda solution four minims. This taken during the next sixty days, not oftener than once each week.

7. Ready for questions.

8. (Q) What is cause of pain in right ankle in changeable weather, and can anything be done to relieve same?

(A) We have set about that which WILL, if applied, relieve same. In the reactions in the physical being, we find that the change in pressure is a change in the vibrations of a physical being. ESPECIALLY is this so, or true, where there is an extra amount of cartilaginous forces, either from injuries or from scar tissue in portions of the system. Hence one that has had nerve injuries, or retardment in developments (as in this), or that suffers from rheumatics or any of the kindred nerve pressure conditions, suffers under pressure of changed atmosphere.

9. (Q) What is cause of nose bleeds I have experienced lately?

(A) The blood supply attempting to adjust itself, and causing an overflow. Nature, as it were, taking care of itself. With these rubs and these changes as are made, these conditions will not occur so much - until the latter portion of the next sixty day treatment, when this may or may not reoccur; not so often, or profuse, but a change will have taken place - are these applied. Do that.

10. (Q) Should my physical condition prevent me from driving an automobile during the summer?

(A) By the latter portion the body should be able to drive, especially if there are those precautions and the preparations made for the taking care of the emergencies in such conditions.

11. (Q) Following suggestion in life reading [See 949-2 on 1/28/32], what type of music composition, classical or modern, should be studied?

(A) Classical.

12. (Q) Where and under whom should same be studied?

(A) There are very good associations and connections in the present. Later these may be done abroad.

13. (Q) Should I begin at once or complete a regular college course first?

(A) Better, as we find, that it be rather combined - or during the completion of the college course, make the proper connections and associations for the leading up to these.

14. (Q) Have I any talents in the field of writing prose or poetry?

(A) Some of the prose are very good; much of the poetry is VERY, VERY good! These deserve recognition, and - as we would find - would receive same, in the manner, were these presented through those channels for aiding those that are beginners in such. We are through.

REPORTS OF READING 949-3 M 17

R1. 3/15/32 (Tuesday) [949]'s letter to EC:

Dear Mr. Cayce,

I am now taking the second set of treatments, that containing the gold. But we would like to know how long the battery will last. We have used it for 36 days and would like to know if this same battery will last the remaining 60 days for the gold treatments.

We are sure there has been some improvement since the applications started. Not only has my leg developed a bit, but I have gained ten pounds in the last month.

Today I had the first massage with the oil of mustard, gasoline, etc. I can't say as I enjoyed the experience, (which is, of course secondary) for the mustard made it unpleasant for he who massaged and he who was massaged. I feel sure that it was effective because I still feel a slight tingling in these portions.

When I last spoke to Mr. Kahn, he remarked that you would soon be in new York. I am looking forward to meeting you sometime in the near future.

Sincerely, [949]

R2. 3/23/32 EC's letter to [949]:

I was more than glad to have yours of the 15th, and to know that you feel there is some improvement since you started the applications. We realize this has to be a consistent and persistent thing on your part, in order to get back to a normal condition; and you no doubt realize that it will be a long, hard pull - but it will be such a wonderful thing for you, I am sure, to know that you are a normal, healthy man - and this I feel will come about. Through the years we have had some very serious conditions of this nature, and now in a great number of those you could scarcely tell it - and in some instances not at all. One young lady I remember very well, whose limb dragged very badly, and only with a crutch did she get along at all. It is true she had some two and a half years, but now she is a teacher, and enjoys all outdoor sports, is a wonderful dancer, and you could not tell she had ever been lame in her life. It was some little time before the limb filled out, yet once it started why it went right along.

Yes, the battery will be good for the remaining sixty days. You only have to keep the little plates clean, polished off each day, also the wire that goes into the Gold solution. To be sure, if one of these was to break, you would want it replaced immediately. You will have to change the Gold solution, to be sure.

That should be changed about every fourteen or fifteen days, unless it is used up sooner.

I am sure the massage with the compound of mustard oil and gasoline is somewhat severe, both on the one applying it and on yourself, but such - if it is effective - of course means very little. It should not be so severe, however, as to produce irritation outwardly, but this can be judged best after you have used it for some little time.

I certainly appreciate your letter, [949], and I hope that you will let us hear from you from time to time. I am looking forward to meeting you in person. Just now I do not know when it will be possible for me to be in New York, but I hope to see you then - if you do not come to the Beach before that time.

We have had some wonderful letters from several of the people whom your father has interested in obtaining readings. I appreciate his interest on the behalf of others, as well as ourselves.

Again thanking you for your letter, and with kindest personal regards and best wishes to you and yours, I am
Sincerely, EC: GD

R3. 3/27/32 Mr. [257]'s letter: "[437] said write him and don't be bashful (asking for help) as he is tickled with [949]'s improvement. The boy walked for the first time in ten years a distance of five blocks - from 81st to 86th Street - with- out stopping. He has hobbled along before. He feels life in his leg and it is one-half inch larger around - so, Judge, you are doing for humanity, and God will help you I'm sure."

R4. 5/9/32 (Monday) [949]'s letter:

Dear Mr. Cayce:

On Tuesday, May 10, my last period of applications ends. I would like a check reading as to further instructions, and would like to ask the following questions.

1. Was the treatment suggested properly applied and has it had a satisfactory result? 2. What further treatment, if any, is suggested? 3. I feel that my sensory system, particularly in respect to my eyesight, needs some adjustments. Is this so.

Please let me know as to the time of my appointment. See last paragraph under 949-2, Life Reading Reports.

R5. 5/19/32 See 949-4.

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**ARTHRITIS: TENDENCIES
CIRCULATION: INCOORDINATION**

Electrotherapy: Diathermy: Arthritis: Tendencies	Par. 15
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BACKGROUND OF READING 982-5 F 36

B1. See 982-3 on 10/15/35.

TEXT OF READING 982-5 F 36

This Psychic Reading given by Edgar Cayce, this 27th day of May, 1937.

1. EC: Yes, we have the body, [982]; this we have had before.
2. As we find there are a great many changes in the physical forces of the body since last we had same here.
3. While the greater part of these are for improvements, there are still those conditions and inclinations that should be or must be reckoned with, if there would be kept the near to normal physical reactions.
4. These are the conditions as we find them in the present.

5. As we find in the blood supply, there is that inclination for it to slow through portions of the superficial circulation. There is the inactivity of the structural portions in aiding to supply sufficient of the red blood cellular forces.
6. Hence we have an intermittent pulse and an inclination towards subnormalcy in the circulatory forces.
7. These as we find in part arise from pressures that are produced in segments along the cerebrospinal system.
8. Hence the tendencies for portions of same, as between the shoulders, at other times across the upper portion of the hips, through portions of the lower lumbar, to feel a heaviness, a stiffness at times. These are then produced and also become contributory causes to those disturbances that are indicated.
9. These arise in part from some injections that have formerly been used, and those after affects still from a subjugation of the impulses between the deeper circulation as to the nerve forces and the sympathetic nervous system.
10. This makes the inclination at times for the body in its mental and physical reaction to appear to incoordinate; producing lapses of the return flow in impulses between the deeper circulation (that is, the deeper flow of the nerve impulse) and the refractory reactions from the superficial and sympathetic and vegetative nerve system to impulses in the physical body.
11. These make not for mental deficiencies but a slowing of same by this suppression, that is still contributory to the physical conditions in the circulation and the effect of these upon the system.
12. The inclinations then from the lack of these activities are as we find a tendency towards an arthritic reaction.
13. In meeting then the conditions as we find indicated:
14. Once a week, or once in ten days would possibly be preferable, we would have the hydrotherapy treatments. Included with these, not each time to be sure but when the eliminations through the alimentary canal are sluggish, we would have enemas; not too high but so as to cleanse the colon from the poisons. Also we would have the steam or cabinet baths; preferably the fume baths - these as we find would aid in making a better coordination when the massages or the Swedish massages are given following same. Let the fumes be from the Oil of Wintergreen. Such a steam or cabinet fume bath, as indicated, would be given about once in ten days. Sometimes use the enemas, at others only the fume baths and the thorough massage afterward.
15. Also we find that an effective help would be to give the deep therapy with these other treatments, or that not of the vibrating nature but of the deep therapy that creates heat WITHIN the body - the diathermy, you see; this to be given for thirty to forty minutes about each time the baths and rubdowns are given; though there should be, after such an application of the diathermy, half an hour to an hour's rest following same. Hence this would preferably be given after the massage has been given, you see.
16. Each day we would use the Radio-Active Appliance. Every other day (and these we would have re-hauled or over hauled, for there are some connections that need to be adjusted with the Appliance that has been used), we would use the Wet Cell Appliance, the low electrical vibration, carrying the Chloride of Gold

- proportions for the solution, three grains to one ounce of distilled water. The attachments would be made, now, in this manner: The small plate would be attached first, to the lumbar axis; while the larger plate, through which the Gold Solution passes, would be attached last, to the umbilicus and lacteal duct center, or three fingers on this body from the umbilicus plexus or navel to the right. The attachments would be made for thirty minutes, only every other day - but not on the days that the diathermy treatment is given, you see.

17. Also we would prepare a solution of the Chloride of Gold to be taken internally with a Bromide of Soda solution. Prepare the two solutions in this manner, and keep separate:

18. One grain of Chloride of Gold to one ounce of distilled water. This would be one solution.

19. Three grains of Bromide of Soda to one ounce of distilled water. This would be another solution.

20. The dosage would be: One minim of the Chloride of Gold solution and two minims of the Bromide of Soda solution in half a glass of water each day for three days, leave off for five days, take three days again. This procedure would be repeated for at least five to six different periods or rounds of taking same.

21. Doing these, with those precautions that have been taken by the body oft in its general activities, should bring about the better conditions of the body. Keep in the open as much as possible at most times, and the activities that produce better coordination in the sensory forces of the system.

22. Do that. Ready for questions.

26. (Q) What can I do to increase my mental ability, or power of mind?

(A) As we find, as indicated, this is much a physical condition; and if there is a better coordination by the use of the Appliances as indicated and the massages as given, there will be produced a better coordination and thus make for the better mental reactions to sympathetic and also static forces as would reflect in the mental and physical activities of the body.

27. (Q) What is the reason for the tension in my spine and muscles, especially between shoulder blades and at back of my neck?

(A) As has been indicated, this is the inclination that arises from the poor coordination between the deep circulation and the superficial circulation, owing to the lack of the system's reproducing sufficient cellular forces from structural portions of the body.

Hence a glandular reaction, as indicated by the administering (through those suggestions made) of the varied forms of the electrical vibrations of the body as produced by the Radio- Active Appliance (for it is only active when attached to the body), the low electrical vibrations carrying an active force upon the assimilating and glandular force of the body. These would restore then near to normalcy, if there will be consistent, persistent use of those things given.

28. We are through for the present.

INDEX OF READING 1031-2 F 45

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BACKGROUND OF READING 1031-2 F 45

B1. See 1031-1 on 10/25/35, and 3/3/39 letter under 1031-1, Par. R2.

TEXT OF READING 1031-2 F 45

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 9th day of March, 1939.

2. EC: Yes, we have the body here, [1031].
3. As we find, we have had this body before; and there has been the lack of the application of those things or elements which, as indicated, would have prevented a great deal of the present disturbance with this body.
4. For, now, we will find there should be more extreme measures taken, - if there would be the corrections brought about with and for this body.
5. We find that the circulatory system is hindered by the lack of proper assimilation, owing to inactivity and the improper balance in the glandular forces of the system.
6. While there has been SOME help through the administration of glandular injections for activity, these lack in producing the proper balance, - owing to the static condition produced between the sympathetic and the cerebrospinal nerve impulse as indicated through especially the lumbar, sacral and the effects that are produced to the lower extremities, and THEIR effect upon the locomotory system, and especially to sciatic center.

7. In the nerve forces, as indicated, the incoordination has existed and does exist mostly between the superficial circulation and the deeper circulation. And these center mostly from the lumbar, sacral and ileum plexus; thus hindering in the activities, causing the lack of a superficial circulation in many conditions through the special lower portions of the body.

8. These pressures will necessarily need relief, but there must be such a stimulation as to make for activities from the external applications.

9. We find that the organs themselves are affected in their functioning owing to the glandular disturbance; and these as we find not only include the thyroid but also the ducts and glands as related to liver and the circulatory forces as from secretions through pancreas, spleen AND the effect of the gall duct activity.

10. Then, in making applications in the present:

11. First, there should be for at least six weeks the almost daily use - or every other day at least - of the hot and cold water applications, or steam, - and the massage following same; stressing, though, the hot and cold water applications. Not the osteopathic adjustments, but more of a neuropathic adjustment following such water applications.

12. Also we would begin taking internally, alternately, doses of Atomidine and Chloride of Gold; two days of one, two days of the other, - prepared and taken in this manner:

13. Prepare the Chloride of Gold Solution in the proportions of one grain to one ounce of Distilled Water.

14. Also prepare two grains of Bromide of Soda to one ounce of Distilled water. Keep these two solutions separate, except when the dosage is to be taken.

15. When taken, there would be one drop of the Gold Solution and two drops of the Soda Solution taken in half a glass of water. Add the drops to the water and take immediately. Take this dosage of evening before retiring, for two days in succession.

16. Then the next two days take one drop of commercial strength Atomidine in half a glass of water before any meal of morning.

17. Continue alternating these in this manner; taking the Gold two days, the Atomidine two days, etc.

18. After the third or fourth week of the hot and cold water applications, we would then begin also with the low electrical vibratory forces as would carry the Gold Solution into the system vibratorially. This would be through the use of the Wet Cell Appliance, which would be given at the time the hot and cold water applications are given; being applied just afterward, and THEN the gentle massage given after same, see? This would be attached for thirty minutes, then, every other day - at the time of the hot and cold water applications. The attachments would be made to the lumbar axis with the small plate, and to the umbilicus and lacteal duct plexus with the larger plate through which the Gold Solution passes (in the proportion of two grains to each ounce of distilled water).

19. As to the diets, - these have been varied for the body.

20. As we find, it is well not to use any fried foods. Have at least one meal each day when only raw vegetables would be taken. These may be a combination, with or without dressing, - according to the taste of the body.

21. Do these, consistently, and we will find great help for this body, [1031].
22. Ready for questions.
23. (Q) Would Dr. Backman be suggested for the hot and cold water treatments, and for the applying of the Wet Cell Appliance also when the time comes for that part of the treatment?
- (A) Backman would be excellent for such treatments!
24. (Q) Why are veins uncomfortable, also tissues of body dead and inactive?
- (A) Owing to the incoordination between the superficial and the deeper circulation. Hence the need of those applications such as suggested, for the stimulating of the system to carry the circulation back and forth through the body.
25. (Q) Should gland injections and nerve remedies be continued?
- (A) These as we find had best be left off, if those applications here suggested are to be kept up. But DO NOT use one portion of the treatment here outlined and not the other! These are supposed to work together. Either be as consistent and faithful as is the desire for help, or leave it all off!
26. (Q) Why does vibration seem to upset me and let everything down?
- (A) Owing to the lack of stimulating the coordinant activity of the superficial and cerebrospinal nerve impulses. Hence the need for the water treatments first, and NOT the vibratory forces or electrical forces until there has been a semblance of stimulation, - and THEN only the LOWEST form, as indicated, by the use of the low Wet Cell Appliance.
27. (Q) Why has not osteopathic treatment benefited me, except occasionally?
- (A) This has not been able to reach the cause. And there hasn't been consistent activity. If there had been the CONSISTENCY in the beginning, as was indicated, there wouldn't be the disturbance there is now!
- Do that indicated. We are through for the present.

INDEX OF READING 1065-1 F ADULT

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TEXT OF READING 1065-1 F ADULT

This psychic reading given by Edgar Cayce, this 25th day of November, 1935.

2. Now, as we find, from the disturbances that may be described or given as causing the disorders, the condition may appear to be very distressing.

3. However, if the precautions are taken in the proper directions in the present, we find that these disturbances might easily be dissipated and the general physical forces of the body aided to become near to a normal condition. Thus the body may find greater opportunities, greater experiences in this material plane.

4. The disturbances, as we find, are more particularly what might be termed glandular. Yet there are causes that produce these in the system. Hence the causes, with the EFFECTS produced in and upon the functioning of the system, produce or make for the activities that cause in the body the disorders.

5. These, then, are the conditions as we find them in the present with this body, [1065] we are speaking of, present in this room:

6. From the BLOOD SUPPLY we find the indications are seen as to the character, the nature of the disturbance, as well as the causes of same. Not that the blood is so contaminated in the DIRECT manner; rather it would be termed the LACK of those very influences or forces. For we find a deficiency first in the red blood cells.

7. We find an excess at times, and at others quite a deficiency, in the white; and the leucocytes or the warriors in the plasm of the white at most periods are efficient.

8. Hence we have rather an UNUSUAL condition, as might be said, by an analysis of the blood stream within this body.

9. In the factors in the hemoglobin there is the lack of enzymes that make for the proper balance in the hormones - that create from not only the structural portions of the body but from all portions where the plasms are created for the activity within the blood supply. For, as we find from the bone structure itself, as in the activity of the rib, as in the activity of the portions even of the larger structural bone, there is created an element that forms the plasm about which the central activity of a blood cell is the active force that forms with the plasm of the secretions from glands. For glands are the creators of forces that make for the secondary or (what may be called) the negative force about a positive center that moves through the system in the form of a blood cell.

10. Hence from these conditions, the causes then must be from what is the source of that inability of there being the proper amount - or numbers, as it were - of those units or atomic structures about each of these cells.

11. What causes, as it were, the lack of the proper enunciation of the enzyme in its minute structure being assimilated, when there have been those changes of the diet and those activities that should form a portion of the influences within the system itself? or those additions of properties for the activities of glands that have, according to the outer appearance, caused the disturbances in the metabolism? For these make for an alteration in the pulsation, and the flow of the blood through the arterial forces, through the lungs, through the liver. Yet most of these organs in their test are found to be near NORMAL in their functioning. However, there is the inability for the body to gain strength; there is the inability to overcome the taxations, nervousness, the headaches. Also tiredness comes to various portions, and a stoppage - as it were - of the circulation through portions of the body itself. So, there is a coldness in the feet and the hands; also the tendency for SHIVERY feelings that come at times when there is no apparent cause, other than a nervousness that reoccurs or that is active within the system.

12. The causes, then, must be such as to have prevented the sufficient cellular force in the form of the hormones in the enzymes' activity - from its SOURCE of activity within the body itself!

13. In times back, then, at those periods when there were the presentations of the activities in the drainages upon the body (at the birth of a child), there was a drain upon the system and upon the activities - through the manner in which such influences caused the drainages; for there was the lack of that which made for the full activity.

14. And in the ducts (that are ductless glands, as may be said - or gland ducts), as in the lacteal ducts coordinant with those above the capsules of the kidneys themselves, there were made strictures - in the lacteals. And their effects were to bring a strain on those activities through the adrenals.

15. Hence during the recuperative periods for the body, there were those continued drainages upon the system, before the organs of the pelvis had adjusted themselves - or before there were those activities in the system through the sealed gland's general influence - or the Lyden [Leydigian] gland.

16. And, there being a drawing upon the pineal gland, there was caused a drainage from the system of elements that, then - with the stricture as caused in a portion of the lacteal area, gradually produced the cause for the inability of assimilation, or of stimulating the body sufficiently that there might be produced a normal balance.

17. Hence the system, in its attempt to adjust itself, has brought about those changes as to the sources of the disturbances. Hence under examinations first one thing and then another has been pronounced as being the cause; the lack of activity through the thyroid, lack of activity through the ilium plexus and its ASSOCIATED activities with the secretions from the kidneys and those portions of the intestinal system. Again there has been the determinations that the cause must be in the unbalancing through the liver and its secretions, with the pancreas and the spleen; because these at various times, in attempting to create a normal balance in the body, brought a distress in the area that was indicated in the period of examination.

18. Yet we find the cause arises rather from a STRICTURE in the lacteal ducts. Why the stricture there?

19. The attempts of the body to draw from that assimilated the sustenance for self and for the body dependent upon same for its rebuilding. And it did so through the anxiety of the body to supply, even at the detriment of self's OWN condition.

20. Hence we have pathological - yes, and psychological effects produced.

21. So there is caused a drying, as it were, in a portion of the body. Hence at times the body feels, as it were, a little stitch or a little catch in the right side. Not close to the liver, but between the liver and the caecum, or a portion of the umbilicus center. This is from the attempts of the body to force THROUGH, as it were, the emunctory circulation in this particular area. Hence we find at times also, from the emunctory disturbance, that under the arms, in the groin, in portions where this circulation is closer to the surface, there is a drying; or it is as if the body was ADHERED in these particular places. So it makes for something

of a stiffness in the movements. Not a great deal, but there is the AWARENESS of the presence of the conditions.

22. Then, in the functioning of the NERVE FORCES as related to these, there is - as it were - a strain continually upon the blood supply, to furnish to the system those necessary influences for the compliance - as it were - with the necessary functionings throughout the system.

23. Or the nerve energies from the psychopathic condition, or from the mental attitude of the body itself, form a portion of a disturbance in the nerve forces themselves. Not that the body becomes hypochondriac in its supply, but rather that there IS a PHYSICAL disturbance and NOT MENTAL that causes the nerve "jitters, " as it were; or causes the body to respond to those things of particular anxiety to the mental forces of the body. This is whether they apply to the physical or to the reactions from without; but they produce a STRAIN.

24. This is from the attempts of the nerve forces, or the sympathetic and the cerebrospinal nerve systems, to coordinate in their functionings.

25. At TIMES the body is able, as it were, to control its emotions; at others they break loose, as it were, and everything is - as it were - tumbling upon the body itself. Or it is as if the weight of all the disturbances throughout the world was a portion of the body itself!

26. In the PHYSICAL forces: As indicated, there are distresses at times - as indicated in the face, through the soft tissue of the nose or the nasal passages, in the antrum and in the soft tissue - these become, as it were, more aware to the body by ATMOSPHERIC changes, than being expressed in purely a physical condition. But it is the lack of blood flow, and not an organic nor even a functional disturbance - save from the lack of the rich blood flow with the proper elements or enzymes, or the forces IN same to supply the nutriment for the rebuilding and the eliminating of used forces and drosses from particular portions of the body.

27. Then, as to the ORGANS, we find:

28. Throat, bronchi, lungs and larynx all show these same characterizations. For at times they become, as it were, dry. Hence there appear the sharp sticking pains; but these may soon be dissipated by either heat or the activity of the body as to cause the circulation to be increased by the disturbance itself through the body. And there is the continued attempt that makes these disturbances move about the body.

29. In the heart's activity there is an irregularity, to be sure, but not an organic nor even a functional condition - save as sympathetic to the disturbances in the body. Don't be afraid, then, of any of THESE disturbances!

30. In the digestive forces of the body - being the basis of that which is the cause of the disturbance - we find at times a great deal of anxiety, more than real distress. But the position of the stomach itself is not wholly normal, for there's a tendency for tipping; and this causes more of the conditions where fermentations appear at times, than any GASTRIC disturbance - save when there is a drain upon the system in the lack of nutriment for supplying elements in the glands' activities.

31. In the organs of digestion - as the spleen, the pancreas, the liver, the hepatic circulation, the activities through the jejunum, the activities through the colon: All of these at times become distressed. But, as indicated, these are only SYMPATHETICALLY involved.

32. And if there are those applications to remove the cause, or to allow activity that will make for the replenishing and rebuilding and resuscitation forces in the disturbed factors - or areas as indicated, these would gradually disappear. And the body's resistance, the body's conditions would become more and more to normal.

33. Not that this would occur, as it were, overnight, but it must be a growth. But once set in motion in the correct direction, it will not only be resuscitating to the glands, to the digestive forces, to the activities through the system, but the whole of the responses of these through the mental and physical body - COORDINANT - will bring the near to normal conditions for this body.

34. Hence we would find, in making applications for these conditions that are causes and effects in this body of [1065], we would begin first in this manner:

35. While these forces that have been taken within the system - to create a better balance in the circulation, as in the foods that are a portion of gland secretions - have been very well, these have been only as palliatives. And we would add these in a different form, which we find would be more effective.

36. While care must be taken as to the activities, as to the diet, as to the general mental and physical activities, these should be considered from the NORMAL standpoint - and not as that, well "I can't do this, " or "I can't do that, " or "I can't do the other!" But DO this or that, so that conditions WILL respond in the body. DO, rather than being in the attitude of "I can't do!"

37. Hence we would begin first with those influences that would add to the system the elements that would cleanse the activity of gland secretions and influences.

38. These will in the beginning cause apparently an adverse reaction. But do not become anxious. Just adjust self to the changes as would be indicated.

39. Begin with small doses of Atomidine. These, as we will find, will cause at first the apparent tendency for cold, or for the extra secretions through the nostrils - and the tendency of being a little shivery at times. Also there will be the feeling at times of, "Well, I don't feel exactly right!" But hold to the principles and the necessary activities will be brought about.

40. Begin with one minim (that is, one DROP - but a full drop) of the Atomidine in half a glass of water, before the morning meal. Each day increase this one drop, until there are five drops being taken at the one dose - before the morning meal.

41. Then leave same off for two days.

42. Then begin again with the one drop, and so on.

43. Continue taking the Atomidine for three such periods or rounds, or for fifteen doses - with the days of rest between each round.

44. Then leave off for a week - seven days.

45. Then begin with an ELECTRICAL vibration that would pass through the body from the lumbar plexus - the 4th lumbar - to the lacteal duct center. And these vibrations, as we find, would be from the PLAIN Wet Cell Appliance, or the

galvanic electricity passing directly through the body from the lumbar plexus (with the copper anode attachment) to the lacteal duct center (with the nickel anode attachment).

46. You see, the activity of same travels along the connection of the adrenals and their associations to the lacteals, in their associations with the assimilating forces. And these having been cleansed by the activity of the iodine (Atomidine) in the system, and the making for a nearer balance between the iodines and the potashes in the body, become more effective.

47. These vibrations we would take each day for a period of two to three weeks; not over thirty minutes at each application - when it is the period for same to be used - over that time will produce nausea.

48. Throughout the whole period, use the stimulation through the Ventriculin internally, which adds the enzymes necessary. And alternate between the Ventriculin WITH iron and the Ventriculin WITHOUT iron. That is, take the first bottle WITH iron and the next WITHOUT iron. See?

49. After the end of the electrical treatment period or round, begin with the properties internally (not through the vibratory forces of the Appliance, but internally) of Chloride of Gold with Bicarbonate of Soda. Not Bromide of Soda, but Bicarbonate of Soda. The two solutions would be prepared, and kept separate: (prepared in these proportions)

50. To 1 ounce of Distilled Water add 1 grain of the Gold Chloride. This would be one solution.

51. To 1 ounce of Distilled Water add 2 grains of Bicarbonate of Soda.

52. When the doses are taken, they would be in the manner as the Atomidine had been taken, before the morning meal; that is:

53. Put 1 minim of the Gold solution and 2 minims of the Soda solution in half a glass of water and drink before the morning meal.

54. Every OTHER day increase the dosage one minim of the Gold solution and two minims of the Soda solution, until eight minims of the Gold Solution and sixteen minims of the Soda Solution are being taken at the one dose.

55. Then leave off for a week - five days of a week.

56. And then begin again with the one minim of the Gold solution and two of the Soda, and so on.

57. By the time there has been the second round of taking these, then begin with the general manipulations; but these should be given with those properties that STIMULATE the superficial circulation. That is, not of the osteopathic nature but of rather the NEUROPATHIC nature - that following the nerves. And instead of using powder (as some do), use Olive Oil; cleansing the body after each treatment with a weak solution of NOT the alcohol that has been diffused, but with grain alcohol - the proportion about one to thirty, or one ounce of alcohol to thirty ounces of water. Let these massages be at least three times a week.

58. Do not discontinue the Gold and Soda, but just begin with the massage after the second round of same - see?

59. In the diet: Keep those that are blood and nerve and body building. At least once or twice a week have calves' liver, tripe, pig knuckle or the like. Once or twice a week have shell fish, especially as lobster, or those things that are of the

conch nature - as conch soups. Well, these would be hard to get unless in a different climate! But the broth of the conch is most excellent for the body; for it carries the greater quantity of phosphorous than any food that may be assimilated by man - the conch! (This would be well to consider in some other directions.)

60. Keep a balance between the leafy vegetables and the pod vegetables. No red meats; and those characters taken should be broiled. No foods ever fried.

61. Do these, and we will find the near normal conditions coming for this body.

62. Ready for questions.

63. (Q) Should I continue the Thyroid Tablets?

(A) This, of necessity, will be governed by the mental forces. If the Ventriculin is taken, and the foods indicated are used - these will be better assimilated than the Thyroid. For in one we have an active principle, and in the other we have a dead one and the system works by fooling - and you wouldn't want to fool yourself!

Keep the mental attitude helpful, hopeful.

Know in self that all healing comes from Creative Forces. And those things to be applied to self, in the elements, are the Creative Forces manifesting themselves in a material world.

As man, or woman applies same - then KNOW that working WITH Creative Energies makes for the manifestations in self of a hopeful, helpful outlook. Not only be good; be good FOR something!

64. We are through for the present.

REPORTS OF READING 1065-1 F ADULT

R1. 11/25/35 Her son, only child, obtained a Life Rdg. - See 1066-1, Par. 53-A indicating his mother won't tell him anything about his father. This is interesting in light of the reference to physical and "psychological" effects of childbirth 25 yrs. ago. GD.

R2. 12/18/35 "I have gained three pounds and am feeling quite decent, all things considered. I never missed the thyroid tablets. In a few days I start with the battery, which Mr. [470] has kindly offered to prepare for me. I intend to be very faithful to the whole treatments, as I am confident I shall feel better...."

R3. 1/19/36 "Will you kindly arrange for a check reading for me? I have not been feeling so good the past week. Would you please ask if anything can be suggested for the headaches from which I suffer frequently? Also, what will relieve the condition of constipation?"

R4. 1/25/36 "That day will be alright and I shall be here at home. I shall also endeavor to be in the receptive mood you suggest. Sometimes I feel as tho' I was in such a mood constantly. I am SO weary and tired but always hopeful that soon I shall find some energy and strength.

"No doubt the reading may cover the headaches and constipation, but these are the only questions I can think of. However, exhaustion is my main and ever present trouble, but I am confident it will be mentioned in the reading."

R5. 2/5/36 See 1065-2.

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BACKGROUND OF READING 1106-1 M 26

B1. 1/13/36 Father [388]'s letter: "...My wife and I will be in prayer that in some way you may reach his case... I believe if the desire for drink could be taken away he would be different in a spiritual way...drink is his worst and only bad trait, but that overshadows all good...tell us what we may do for his body or soul that he will not take strong drink and will come to himself, seek a job and be able to hold it..."

TEXT OF READING 1106-1 M 26 (Bookkeeper, Auditor, Protestant)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 16th day of January, 1936, in accordance with request made by the father - Mr. [388].

2. As we find, while there are physical disturbances with this body, these arise as much from the mental attitudes - that were in the beginning taken as poses, and have grown to become rather conditions that are of the SELF; or as habits, as requirements, that have taken on those aspects from the MENTAL standpoint that are ALMOST - or at times, and under or in certain environments, become - POSSESSIONS!

3. For in its final analysis, in the physical and mental activities of a body, it - the body - MENTALLY - is continually meeting itself and that it (the body, mentally) has done about CONSTRUCTIVE or creative forces within the body itself.

4. Then, as we find, to meet the needs of the conditions in this body, it must - or will - require that which will enable the body to either BECOME determined within itself to MEET its own self in SPIRITUAL reaction, or such a change of environment that will require the mental and physical reactions of the body to be such as to ENABLE it (the body, mentally AND physically) to INDUCE that within the physical reactions to take possession in the place of, or to replace, those habit-forming conditions in the mental, as to rid the body of these conditions.
5. These, as we find, then, will AID in doing this:
6. Let the environs, in the first, be whereunto that the body will make a study of that which IS expressed or shown in the reading (not only reading but the FEELING AS reading) of the twelfth chapter in Romans, and then the 14th, 15th, 16th and 17th [fourteenth, fifteenth, sixteenth and seventeenth] chapters of John.
7. And during such periods, or throughout such periods of study, we would take internally a combination of Chloride of Gold and Bromide of Soda. Prepare the two solutions and keep separate, in this manner; in these proportions:
8. Add one (1) grain of Chloride of Gold to one (1) ounce of distilled water. This would be one solution.
9. Add three (3) grains of Bromide of Soda to one (1) ounce of distilled water. This would be the other solution.
10. When taken (which would preferably be of a morning before the meal is eaten), the dosage would be:
1st day: One (1) minim (or drop) of the Gold solution and two (2) minims (drops) of the Soda solution, in half a glass of water.
2nd day: Two (2) minims of the Gold solution and 4 minims of the Soda solution.
3rd day: Three (3) minims of the Gold solution and 6 minims of the Soda solution.
11. Then leave off for three days. Then begin again. Continue in this manner.
12. This will, as we find, AID the body PHYSICALLY to RESPOND MENTALLY to the impressionable forces that are made upon the body through the reading of those texts or portions of writing indicated.
13. If this is done, we will find there CAN be the response - provided the body will DETERMINE it within itself.
14. Do this for a period of thirty-six days, and we will give further instructions.
15. In the diet, let it be regular.
16. Let the body keep the surroundings such that will be in keeping with those things that are DETERMINED within self; to be good FOR something, that there may be the expression of the spirit that is interpreted in the body being the temple of the living God - and hence should, by all right, be kept holy, inviolate, and presented as a living sacrifice, holy, acceptable unto Him.
17. Then know and realize the truth of those words set forth in the prayer, the meditation of the Master; "Lo, I am with thee always - be NOT afraid; trust in me, for in my Father's house are the mansions." Within thine own self are the abilities to meet, to do, to accomplish. DO it! We are through for the present.

REPORTS OF READING 1106-1 M 26

R1. 11/24/36 Father of [1106] reported that son had not consented to following the treatment.

INDEX OF READING 1371-1 F 13

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BACKGROUND OF READING 1371-1 F 13

B1. Ques. submitted which did not get asked: "What is matter with her brain? Was condition caused by hard convulsions after the whooping cough? Can anything be done to develop brain? To improve speech beyond that of small child? Any advice to the mother?"

TEXT OF READING 1371-1 F 13

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 15th day of May, 1937.

2. Now as we find, the general physical conditions are very good with this body.
3. These is as we find, from pressure which has existed, a lesion in the lumbar area that prevents a normal flow and development in the mental forces of the body.

4. From the nature of the pressure, there is the incoordination also in the organs of the sensory system.
5. These then are the conditions as we find them with this body, [1371] we are speaking of: First,
6. IN THE BLOOD SUPPLY, this we find near normal, and there is a near normal development of the physical organisms of the body.
7. IN THE NERVOUS SYSTEM, here we find the base or the cause of the disturbance, or the non-development of the responses; and the lesion is rather in the nervous system than in the brain force itself.
8. Hence as there is the impulse from the activity through the adrenals to the glandular forces in the base of the brain, in the lyden [Leydig] and through the medulla oblongata, the pressure or incoordination - coming upon those branches of the cerebrospinal system from which the organs of the sensory forces receive their impulse - causes the lack of developments in these activities.
9. Hence we find the pressures in the upper lumbar and the last dorsal, that arose from the manner of presentation at the time of birth; for in the turning (for it was first a breach presentation) there came that pressure which, with a later development of a condition that affected primarily the lymph circulation, has formed the lesion in the upper lumbar, and a coordinant one - that produces incoordination in the sympathetic or the vegetative nerve system - in the lower portions of the cervical area.
10. So there is rather the retarding or non-development by the prevention of the flow of the impulses as received to the system from the brain to react; this preventing a normal development.
11. Because there has been a long stage, and there has already begun the changes that come about with the natural impulses from the sensory system, for those periods of elimination and the development for the genital forces in the body, these then make for more of a serious disturbance to be reckoned with.
12. Yet as we find, with patience, persistence, and with the attention to the imaginative forces as well as the impulses that may be created by suggestive forces in the periods when the subconscious force of the body is the more susceptible, we may bring near to normal forces for this body.
13. Thus we will find, when the periods come for the next cycle, or at seventeen to eighteen, a near to normal development - if there is the consistent application of these suggestions we will make here; and a fast development which must be reckoned with, and not overtaxed during a portion of the periods.
14. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, as has been indicated, these are near to normal. For the impulses that are hindered are as we find, as indicated, dealing with the the nervous systems of the body, and a deflection from the activity of a glandular force from the adrenals and the activity of these as they supply the growth to the reflexes from the brain center.
15. That these have at various times impaired portions of the other organs of the sensory system has not been so noticeable, but there have been periods when the eyesight has been affected, also the hearing, the ability to differentiate in sound, in colors, in touch, and in the normal reflexes from feeling; yet these as changes have come have been somewhat improved.

16. AS WE FIND THEN, IN THE BEGINNING:

17. Through the applications of the basic forces that will produce a coordination in the vibratory forces of the body, we will find - as conditions develop - it will be necessary to change at times for short periods to the high deep therapy of a form of electrical vibration.

18. But in the present, in the beginning, these vibrations MUST be - if there would be help - of the very LOW form; and that which will assist with the applications that are to be made to bring to the flow, in the nerve matter itself, impulses that will not only overcome the lesions as formed but allow for the proper impulse.

19. So, because we will find periods when there will be, with the awakening and developing body, an unusual mental reaction, do not become alarmed; but keep the body as quiet and in as pleasant surroundings during such short periods that will occur as is possible.

20. Hence as we find these will be, and should be expected to be, the nominal or normal developments as the changes are brought about.

21. In the beginning then, begin by having periods of three to four days when there would be applied each evening as the body is ready to retire the very warm (as hot as the body can well stand) Castor Oil Packs, across the lumbar and lower dorsal area. Three to five thicknesses of the flannel would be the better. Sponge off the body afterwards with a weak soda solution, and massage immediately with this combination.

22. To 2 ounces of Oil of Cedar Wood as the base, add - in the order named:
Oil of Wintergreen.....1/2 ounce, Russian White Oil.....1 ounce,
Sassafras Oil.....1/4 ounce.

These will separate, but shake together before they are massaged in the area over which the Packs have been applied.

23. Use the Packs for three to five days, rest from same three to five days, then begin again. Each evening, you see, for three to five days. If three days, rest three days If five days, rest five days. Then begin again.

24. After the third period of the Packs, apply same also - the same character of Packs - across the area just between the shoulders and extending to the 3rd and 4th cervical center. Then this area would be massaged afterwards also with the same combination of Oils as would be the lumbar area.

25. Begin from the first with the use of the low electrical forces as from the Wet Cell Appliance, carrying the Chloride of Gold. After this has been taken for twenty-eight days, then recharge same. The proportions of the Gold Solution would be three (3) grains to one (1) ounce of distilled water. The attachments would be made in this manner - keeping the plates or connections very clean, and in perfect contact but not binding:

26. The small applicator would be attached first, to the 1st and 2nd lumbar center; while the larger applicator - through which the Gold Solution passes - would be attached last, to the lacteal duct and the umbilicus center, or three fingers' breadth from the navel center absolutely in a straight line toward the right side.

27. This treatment would be taken in this manner for thirty minutes each day for twenty-eight days. Then rest from same for a period of a week, and begin again - changing the solutions and recharging the Appliance during the weekly period of rest, see?

28. When the Packs are begun to the upper dorsal and cervical area, begin with taking internally the Chloride of Gold with Bromide of Soda - prepared in two solutions in this way:

29. The Chloride of Gold Solution would be in the proportion of one (1) grain to one ounce of distilled water.

30. The Bromide of Soda Solution would be in the proportion of three (3) grains to one ounce of distilled water.

31. Keep these solutions separate. Only combine the dosage of each when ready to take.

32. The dosage would be one (1) minim of the Gold Solution and two (2) minims of the Soda Solution in half a glass of water, or a small glass, each day for fifteen (15) days, then left off for five (5) days, then taken for fifteen (15) days more, and so on.

33. Because there are those periods of anxiety in the activity of the body, violent reactions even in the mental forces, do not become alarmed; but, as has been indicated, keep the body quiet, keep in as pleasant environment as possible during such reactions. For we will bring normal forces for this body if the suggestions here are adhered to.

34. After six months we will change some of these applications.

35. Ready for questions.

36. (Q) Is it true, as the psychiatrist says, that her speech will develop as, or if, her brain develops?

(A) This is true, to be sure; because, as has been indicated, first we are to break up the lesion, by the application of the Oil and rubs. Then we begin to break up the lesion in the areas from which the sensory forces receive their impulses from the nervous system, you see; that is, the speech, the hearing, the eyesight, the feeling; the voice. Hence as these develop and the conditions are broken up, the brain forces will develop nominally.

It is retarded. The lesion is in the nervous system, NOT the brain - as some have suggested.

37. (Q) Is it true, as the doctor says, that her brain will never develop beyond that of a 6 yr. old child?

(A) What have we been talking about? Either accept it or leave it alone!

38. We are through.

REPORTS OF READING 1371-1 F 13

R1. 7/19/37 Mr. [333]'s letter: "We ([602] and I) went out to ... twice to see Mrs. [...] about the reading you gave last May for her little girl. We set up the battery and helped her to lay out the entire program for the treatment and we will keep after it and change the solutions in the battery at the end of 28 days."

R2. 2/13/38 See 1371-2.

INDEX OF READING 1474-2 F 61

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BACKGROUND OF READING 1474-2 F 61

B1. 11/11/37 When obtaining her Life Reading, 1474-1: "What shall I do to correct this high blood pressure, arthritis, and kidney trouble? Also I am subject to sudden and unexpected sweating."

TEXT OF READING 1474-2 F 61

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 31st day of January, 1938.

2. As we find, in the physical forces of the body there are the inclinations and the activities that are abnormal.
3. However, they are being produced by infection which arises from an unbalanced condition in the coordinating of the sympathetic AND the imaginative or active forces - more specifically - of the locomotories.
4. The infectious conditions arise from an unbalanced chemical reaction from assimilations; and the specific infection is in the covering of nerve tissue impulse reaction - hence it has been termed of an arthritic nature.
5. For it then prevents the movements in the locomotories of the extremities when it becomes acute.
6. These as we find then, with persistence may be eliminated from the system. But it will require that there be NOT a resorting to diets that bring about the disturbance in the balance of the chemical reaction in the blood flow, and in the assimilations in the activities of the glandular forces of the body - even after there is a great deal better feeling.

7. Then, these conditions produce resistances; or the organs attempt to build up that which will resist the inroads and activities of the disturbances.

8. Hence this in itself brings about disturbing forces that produce reflexes as to cause disturbances from time to time in the digestive forces, in the circulatory forces and in the activities upon the nervous system.

9. But if there is the adherence to those influences as we find that may eradicate the disturbance, and with the keeping of the balance in the assimilating forces, better conditions may come about for this body, [1474].

10. In making applications for the body, then:

11. First we would begin with an eliminant that is of the vegetable nature rather than of the mineral compounds; as may be had in the combination of California Syrup of Figs with Fletcher's Castoria - about half and half of each. Not in large doses, but take sufficient; that is, about a teaspoonful at a time; so as to have a perfect or good reaction through the alimentary canal. Take a teaspoonful at least an hour or two hours or three hours apart. This depends upon the reaction of same, but take until there is a THOROUGH evacuation before beginning the rest of the treatment in the order as we will outline.

12. Then each time, or after each round of the California Syrup of Figs and Castoria compound, be sure to take - after this has acted well - a HIGH ENEMA; to eliminate all the drosses that are excited by the activity of the lymph through the alimentary canal from the colon.

13. We would begin then, after the enema, but letting a day elapse, with taking internally a combination of the Chloride of Gold and the Bromide of Soda solutions. But prepare these solutions separately, and keep separate, in this manner:

14. The Gold Solution would be in the proportions of three to five grains of the Chloride of Gold in three to five ounces of Distilled Water, see? that is, one grain to each ounce of the Distilled Water. This would be the Gold Solution from which the dosage would be taken to be added to the Soda Solution.

15. The Soda Solution would be in the proportions of two grains Bromide of Soda to an ounce of Distilled Water; or six to eight grains to three to four ounces of Distilled Water these proportions. This would be the Soda Solution from which the dosage would be taken to be added to the Gold Solution.

16. Then, the dosage would be taken morning and evening. Begin with ONE minim (drop) of the Gold Solution and TWO minims of the Soda Solution - put together when ready to be taken, you see, in half a glass of water. Take this dosage before the morning meal and before retiring of evening. Do this for two days.

17. Then increase the dose to TWO minims of the Gold Solution and FOUR minims of the Soda Solution. Take this dosage for two days.

18. Then increase to THREE minims of the Gold Solution and SIX minims of the Soda Solution. Take this dosage for two days.

19. Then leave off; and the next day take a FUME Sweat, see? The fumes would be from the iodine solutions; a teaspoonful of Tincture of Iodine in six ounces of water heated for the fumes in the cabinet bath, you see - or that proportion.

20. Following the Fume Bath, sponge off and have an Olive Oil massage.
21. Then the body would refrain from taking any of the treatments for three to four to five days.
22. Then repeat the whole of the activities as indicated.
23. And after the Fume Baths have been begun, begin using the Radio-Active Appliance as a coordinator for the circulation which will have been so stimulated through the body. These treatments would be continued then. Circulate the attachments about the body; that is:
24. The first day, make the first attachment to the right wrist, the last attachment to the left ankle.
25. Next day, make the first attachment to the left wrist, the last to the right ankle.
26. Third day, make the first attachment to the left ankle, the last to the right wrist.
27. Fourth day, make the first attachment to the right ankle, the last to the left wrist.
28. Then begin over again. In this manner the attachments have circulated the body, you see; the first plate attached being the positive, the last attached being the negative.
29. Continue alternating the attachments in this manner, using the Appliance for thirty to fifty minutes each evening, when ready to retire. Take the Appliance lying prone.
30. Use that period for not deep thinking but rather for spiritual meditation on CONSTRUCTIVE forces; philosophy and theology, and the relationships of self to Creative Forces, and to the fellow man - IN the light of SPIRITUAL understanding.
31. In the diet: Be mindful that there are no white breads taken, nor white potatoes - save the skins; though the yams may be taken. That is, when white (or Irish) potatoes are taken, only eat the jackets and that portion close to same. And do not combine macaroni and spaghetti, or cheese and macaroni, with any breads - that is, no two of these at any one meal. Do not take fried foods of any kind. Do not take any of the foods that make for fermentation. No beer or heavy drinks, EVER; though red wine may be taken of an afternoon AS food - with rye or whole wheat wafers but take very slowly, AS a food, not as a drink. The meats should consist of fish, fowl and lamb, or such natures.
32. If these are kept, if these are made persistent, we will find bettered conditions for this body.
33. Ready for questions.
34. (Q) May I continue to use milk, butter, eggs, whole wheat bread?
(A) May continue to use these in moderation. Better to use only the yolk of the egg, and do not have eggs EVER fried! We are through for the present.

REPORTS OF READING 1474-2 F 61

R1. See subsequent correspondence under 1474-1, her Life Reading Reports.

INDEX OF READING 1512-3 F 64

ARTHRITIS

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BACKGROUND OF READING 1512-3 F 64

B1. See 1512-2.

TEXT OF READING 1512-3 F 64

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 20th day of October, 1941.

3. As we find, the body reflexes and responses are going backward. The tendencies that have existed before show more crystallization, or more inflammation now towards crystallization, in the nerves and tendons in the extremities, - hands as well as knees and limbs. These are in the nature more of arthritic reactions, poisons and accumulations not eliminated, waste conditions in the general system turning more and more to a form that arises from too much of the chemical forces reacting from silicon.

4. In the present we would use the Epsom Salts Packs; either these or the Epsom Salts Baths. For the body in the present we would use first the Epsom Salts Packs, over the hands, elbows, knees and feet particularly; saturated solution of Epsom Salts; using heavy, large towels wrung out of a saturated solution of Epsom Salts as hot as the body can stand same. Wrap up the areas in them, you see; changing them about every half hour for two to three hours each day.

5. After such Packs are used, massage the areas thoroughly with Peanut Oil, - all that the body will absorb. Do this each time after a series of the Packs. If the Packs are used more than once a day, then use the Peanut Oil more than once also.

6. The regular massages we would have at least every other day, if it is practical. This would include stimulations along the spinal system, through the shoulders, across the hips and, of course, on the limbs also; not too heavy, but following the nerves - in the manner of the neuropathic treatments, see?

7. Take internally small doses of Olive Oil, all that the body will assimilate. Take about a teaspoonful four times each day, - morning, noon and evenings, - or in the morning, then in the mid-morning, in the mid-afternoon, and at retiring, see?

8. Also take internally the Chloride of Gold and Bromide of Soda. Prepare two solutions in this manner:

9. Add one grain Chloride of Gold to one ounce of Distilled Water.

10. Add two grains Bromide of Soda to one ounce of Distilled Water.

11. Keep these solutions separate until ready to be taken.

12. Then take one drop of the Soda Solution (put in first) and one drop of the Gold Solution, stirred together in half a glass of water; each evening for ten days. Then leave off five days, then take ten days more. And continue in this manner until conditions have improved. Drink the water immediately after stirring the Soda and Gold Solutions into it.

13. In the diet, - keep closer to the vegetables and vegetable juices. Have plenty of carrots, lettuce, celery and the like. These may be made into juices or they may be eaten in bulk raw, or they may be eaten cooked; but have plenty of these. Not that the diet would consist only of these.

14. But refrain from too much of meats, though a little fish and fowl may be taken at times.

15. Eggs - only eat the yolks of these.

16. Do these, and we may make for better conditions with the body.

17. Ready for questions.

18. (Q) Should I continue walking each day?

(A) Continue as much exercise as practical. DO NOT give way too easily. Don't strain self when this is too hard, but be able to keep away from the sedatives as much as possible; these are only palliative and are habit-forming, but at times may be necessary to be taken.

19. (Q) Are the capsules A, B, DOL with C what I should take? If not, just what vitamins should I take?

(A) These are alright. Do not take these too often. One of these a day should be sufficient, if the diet is kept in the proportion of those things indicated. All forms of vegetables, but as much of the leafy nature as practical. Do not take too much of turnips nor of other root vegetables, such as potatoes of any kind, rutabagas or any of those natures. The oyster plant as a root vegetable, however, is not so bad. The only root vegetable that should be taken plentifully is carrots, or beets. We are finished with this Reading.

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BACKGROUND OF READING 1517-1 F 50

B1. 1/5/38 [1517]'s ltr. to EC:

New York City

Dear Mr. Cayce:

As you know, my trouble is physical, for I am sure that when that is cleared up, the way will be pointed out for the betterment of my economic situation. I am convinced that both health and productiveness are in store for me and am looking forward to my reading as I will do everything in my power to follow any suggestions made and I am definitely sure you are going to aid me.

Following is my case history on which I will base my questions:

1924- First symptoms of arthritis in swelling of small joints of hands and toes- I did not recognize them, however. Later, pain in shoulder which would not respond to heat or rest.

1925- Hysterectomy, after which pains were renewed. Diagnosed as arthritis and had teeth X-rayed and thoroughly gone over. Also took injections, colon treatments and various drugs. I was working steadily full time during all this period except the time off for operation and convalescence.

1926- Pain in joints became acute and I became so crippled that I had to stop work and go to my family. I expected to take a better position in the fall. Summer- five weeks at Mt. Clemens Fall- Tonsil operation- frontal sinus operation By Christmas I could hardly move, walked with difficulty with two canes. Had osteopathic treatment and rigid diet.

1927- Grew steadily weaker- Had surface tumor operation. Surgeon recommended feeding me up. Said, however, that tumor had no connection with arthritis. I began to grow better. Went to California in the fall.

1928- Returned from California in June very much better. Improved steadily, used only one cane.

1929- Went to work with old organization half time in the fall. Work hard but everyone kind and hours short. Used cane one year.

1930- Gave up cane, continued to work, felt better.

1931- Reached the peak of feeling good, work harder.

1932- Began to go down so gave up work in the fall.

Since that time I have done a bit of work here and there but have not been able to keep at it. I am now trying to earn a bit writing articles but have not been good enough yet. However, I know, that, if I am to be successful, I will be, and if I am not, something will come to me. So that does not worry me.

What has worried me is that a year and a half ago my condition became acute again and has become steadily worse with the exception of ten weeks when I had gold injections. They were an alleviation not a cure, even the doctor did not offer permanent relief. I am now using some radio-therapy from a machine sent me by a doctor cousin in the west who believes that that sort of deep heat treatment will help me. My chief difficulty now is pain and stiffness in the right knee and left ankle. The other joints trouble me some but do not forbid movement.

I should like to know: What was the original cause of my trouble? After I recovered to such an extent, what did I do to cause a relapse? What shall I do now to rid myself of my present acute condition? When I am rid of it, what rules of living shall I follow to remain well? Is there anything I can do, not only to further my physical health but to contribute something to the world?

I shall observe the meditation hour. I cannot tell you how grateful I am for your kindness. Your great gift has truly been given to the right person.

Sincerely, Yours, [1517]

TEXT OF READING 1517-1 F 50

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 12th day of January, 1938.

2. Now as we find, conditions that arise from the arthritic reaction are effects and not causes.

3. For in most all of such conditions there is a source of infection that affecting the system brings about in the lymph and the activity of the coordination of eliminations the disturbances that produce the varied forms of an arthritic disturbance.

4. These, as has been indicated in this body, have at times been helped; by the removal of the poisons from the system; but not having removed the cause or the source of the infectious forces, then this has returned more or gradually rebuilt the effects in the system.

5. As we find, the source in this particular case is from a condition in the activity of the pelvic organs when there was an injury to the coccyx end of the spine.

6. This pressure upon the system as related to the activities of the coordination between the sympathetic and cerebrospinal impulses that direct the circulation through the portions of the body brings about the disturbance.

7. These as we find may be materially aided. While it will be somewhat of a long process, we find that in consideration of the help that may be had it would be very short.

8. As we find then, these would be the manners for it:

9. First we would have corrections CHIROPRACTICALLY made in the coccyx and the lumbar, and in the lower dorsal areas - such as by Miller.

10. Then apply - that is, during the periods that the corrections are being made - the low form of electrical vibrations that HEAT the body. These would be the low form of the reverse coil, through those activities of the Sinusoidal Ray. This would only be given sufficiently long to arouse the activity of the dormant associations and connections between the cerebrospinal and the sympathetic system, you see. Hence the connections would be made to the lumbar and the coccyx areas AND to the lacteal duct center - very low, and only about three or four such treatments.

11. Then leave off the electrical vibrations entirely, but continue to stimulate through the corrections the activities in the areas necessary - and give internally very small quantities of Chloride of Gold AND Soda. These solutions should be made separately, and the dosage taken from same; that is:

12. The Gold Solution would be in the proportions of one grain of the Chloride of Gold to one ounce of Distilled Water.

13. The Soda Solution would be in the proportion of three grains of the Bicarbonate of Soda to an ounce of Distilled Water.

14. Then, once each day, preferably in the evening, the dosage would be two drops of the Soda Solution and one drop of the Gold Solution in half a glass of water - taken immediately when the two solutions are put into the water.

15. Continue taking in this manner for a period of three weeks, then leave off for a period of three weeks.

16. During the period that the properties are left off, give the low form of electrical vibration in the Wet Cell Appliance CARRYING Gold - or the vibration from the solution of Gold in the proportion of two grains Chloride of Gold to six OUNCES of Distilled Water. This is a very weak solution, but if it is carried vibratorially in this manner it will be sufficient in the beginning. At the next period the quantity given vibratorially in this manner would be increased.

17. The attachments of the Appliance would be made as follows: The small copper plate would be attached first, to the lumbar plexus - 4th lumbar; while the larger nickel plate would be attached last (this carrying the Gold Solution, you see), to the umbilicus and lacteal duct plexus.

18. Attach the Appliance in the above manner each day for thirty minutes, for the three weeks.
 19. Then commence at the beginning of the entire treatments outlined and repeat the whole procedure; but at the next round of the Appliance increasing the quantity of the Gold Solution as indicated.
 20. Throughout the entire periods keep up the manipulations in the coccyx area, the lumbar, the 9th dorsal; and of course coordinating the upper dorsal and cervical area with the rest of the system.
 21. Be mindful of the diets.
 22. Keep well the eliminations by diets as well as by the general respiratory reaction.
 23. Do these and as we find we may bring a much nearer normal condition for this body of [1517].
 24. Ready for questions.
 25. (Q) About when was the injury to the coccyx and in what manner?
(A) This was an injury in some times past. This was some years even before the first - This was, as we find, in eighteen or nineteen ('18 or '19).
 26. (Q) After I recovered to such an extent, what did I do to cause a relapse?
(A) As indicated, the poisons from the condition were relieved but the CAUSES were NOT relieved; hence gradually grew back again.
- Do these things as we find, keeping the attitude of a prayerful meditative mind throughout. Be consistent, be persistent. We are through for the present.

INDEX OF READING 1553-22 F 74

edited

Appliances: Radio-Active: Nervous Systems:
Incoordination
: Wet Cell: Not Recommended

Par. 25-A

ASSIMILATIONS: POOR
ELIMINATIONS: POOR
NERVOUS SYSTEMS: INCOORDINATION

Prescriptions: Acigest: Assimilations
: Gold: Not Recommended

Par. 25-A

Par. 25-A

BACKGROUND OF READING 1553-22 F 74

B1. See 1553-21.

B2. Much better than she has been at all. Dr. Taylor said this was the worse case he ever saw, to show any improvement at all. MD's gave her up long ago.

TEXT OF READING 1553-22 F 74

This Psychic Reading given by Edgar Cayce, this 30th day of April, 1941.

25. (Q) Would it be beneficial to give the Gold Solution by mouth, alternating with the Atomidine?

(A) Under the present conditions it would be much preferable to give it vibratorially. To be taken by mouth in the present would upset much of that as should be accomplished by the Acigest, as well as that which has been accomplished with the applications for better eliminations.

Later, there may be given smaller quantities of Gold by mouth, but when doing so it should ever be in combination - for this body - with the Bromide of Soda; and the proportions would be twice the quantity of the Soda to that of the Gold.

[Proportions of Gold and Soda as given in Readings to be taken internally - when the time comes:

Add 1 grain Chloride of Gold to 1 ounce of Distilled Water.

Add 2 grains Bromide of Soda to 1 ounce of Distilled Water.

Keep these two solutions separate. When the dosage is to be taken, take:

1st day - 1 drop Gold Sol'n and 2 drops Soda Sol'n in water.

2nd day - 2 drop Gold Sol'n and 4 drops Soda Sol'n in water.

3rd day - 3 " " " " 6 " " " " "

4th day - 4 " " " " 8 " " " " "

5th day - 5 " " " " 10 " " " " "

Then leave off a few days, and commence all over again - and so on.]

INDEX OF READING 1553-24 F 74

Doctors: Taylor, William D.: N.D. Reports
Naturopathy: Nervous Systems: Incoordination Par. 10

NERVOUS SYSTEM: INCOORDINATION

Physiotherapy: Massage: Oils, Olive: Eliminations Par. 12
: Peanut Oil: Par. 12

Prescriptions: Acigest: Assimilations: Eliminations: Incoordination Par. 11
: Bromide of Soda: Nervous Systems: Incoordination Par. 4--9
: Gold Chloride: Par. 4--9
: Water, Distilled: Par. 4--9

Psychosomatics: Healing Par. 13

Suggestive Therapeutics: Nervous Systems:
Incoordination Par. 13

BACKGROUND OF READING 1553-24 F 74

B1. See 1553-23.

B2. Much better - now wants to know how to give the Gold, etc., as they have not yet been able to secure a Radio-Active Appliance.

TEXT OF READING 1553-24 F 74

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 23rd day of July, 1941.

2. EC: Yes, we have the body here; this we have had before.
3. Changes are coming about with this body, and most of these are beneficial.
4. As we find in the present, to attain and to gain the activity of the glandular force - as related to stamina and stability in the nerve supplies - we would give the Gold internally. For, the body is now sufficiently able to assimilate it, if it is given properly; and it will aid in bringing greater strength in this direction.
5. Prepare two solutions in this manner, to be kept separate except when the dosage is to be taken:
6. Add 1 grain Chloride of Gold to 1 ounce Distilled Water. This would be one solution.
7. Then add 5 grains Bromide of Soda to 1 ounce Distilled Water. This would be another solution.
8. When the dose is taken, add in an ounce of water (this may be tap water), and in this order: 1 drop of the Gold Solution and 1 drop of the Soda Solution.
9. Then take immediately. For better results, give this preferably each evening when the body is prepared for retirement, for five days. Then leave off five days. Then give again, and so on periodically in this manner.

10. As to the manipulations and adjustments, let them be given deeper - especially in the ileum axis and throughout the lumbar AND the dorsal areas. One would be an easy, gentle treatment, the NEXT would be given deeper and more thorough. These treatments we would give at least three times a week.

11. The Acigest we would continue. This is adding better influences for the assimilation, and creating a proper balance in the chemical forces of the system, - both to the lacteal and the other forces in the glandular secretions from the salivary functions as well as from the liver and the areas in portions of the stomach itself.

12. These we would do, keeping the general precautions as to the eliminations (for these are improved). At times these are sufficient, at other times not quite enough; but stimulate by the massages with the oils over the abdomen and especially the diaphragm area; and we will find we will gradually bring the bettered conditions.

13. Keep up those suggestions for helpful, constructive forces. Create more and more the belief and the expectancy for helpful forces, not only in the mind of the individual entity but in thine own self. We are through with this Reading.

REPORTS OF READING 1553-24 F 74

R1. 9/10/41 Daughter's letter to EC:

..., New Jersey

Dear Mr. Cayce:

We feel mother has responded to the treatment in the last reading and think it time for another check reading.

I am not enclosing many questions as we are anxious to get the present physical and mental condition of the body at this time and any added or increased treatments. In other words we feel that now she is responding better and is more able to take treatments.

Dr. Taylor seems pleased that she now takes her adjustments etc., so much better.

As usual we are anxious for the new reading and are awaiting hopefully for this further encouraging word.

Tell Gladys I spoke to Dr. Taylor about the technical name of Mrs. [1553]'s illness but he feels there have been so many explanations that it is a special case.

[1561] joins me in sending love to you all, [...]

INDEX OF READING 2010-1 M 30

ALCOHOLISM

Appliances: Wet Cell: Alcoholism	Par. 6--8, 10, 15-A
Doctors: Berg, William M.: PhT. : Miller, Mary A.: D.C.	Par. B2 Background, Reports
Electrotherapy: White Light: Alcoholism	Par. 7, 10
Prescriptions: Gold Chloride: Alcoholism : Water, Distilled:	Par. 9 Par. 9
Psychosomatics: Alcoholism	Par. 10--13
Will: Alcoholism	Par. 5, 10

BACKGROUND OF READING 2010-1 M 30

B1. 12/28/38 [2010]'s Mother's letter to EC: "...Having heard of your wonderful cures that have been made through your diagnosis, I thought you could help me with my son. He is thirty years old and his constant drinking has become a great problem. It has definitely made him unfit to hold a responsible position that he is capable of holding ordinarily..."

"Quite recently he has been smashing up my car and burning holes in his bed clothing when he has fallen asleep with a lit cigarette in his hands. Since my husband is dead (September, 1938) I feel the full responsibility more than ever. My son has not held a position in more than a year and a half, though he has been selling on a straight commission and has not been making enough to pay his own expenses. This, of course, is a source of great emotional up-set to him. "As a child he was the sweetest, kindest, gentlest, most considerate youngster I have ever known. He was very sensitive, but never showed his feeling. He also had a very happy disposition. When he was two years old his little sister, Betty, was born, and then his joy knew no bounds. For four years the two of them were all in all to each other; you never saw them apart. They awoke in the morning like the birds, always singing. Then Betty passed on, and his grief was beyond words. Years afterwards, he was still looking for her in every little girl that was beautiful and had long, golden curls.

"[2010] and I have always been so close that we have never needed words between us to express our feelings or thoughts.

My husband realized this, and resented the close spiritual tie between us, and 'took it out on my son' by constantly criticizing him and belittling him. Naturally this developed a marked inferiority complex in [2010], which took all my tact, understanding and constant working to keep from having it ruin him altogether. He tells me now that from a small child he was always afraid of his father, though he loved him devotedly, and always hoped that he might please him.

"We have always, up to the past few years, had sufficient means, so that [2010] has had most of the things that he has "wanted, and everything that the other boys had that he associated with.

"At present he is entangled with a young woman who isn't helping the situation any as she keeps him away from his home and likes to drink also.

"I might add that my husband, in his latter years, was a constant drinker himself.

"Dr. Mary Miller has talked to my son several times, and she suggested that you were the one who would be able to help us. She is writing to you at this same time about him.

"I will be anxiously awaiting your advice as to the type of reading, when, and the cost..."

B2. 12/28/38 Dr. Mary A. Miller's letter to EC:

"...Mrs. [...] [[2010] 's mother] is writing you in reference to a reading for her son [2010] and has asked me to add a word. I have had him in my care for a short time and well understand his problem, so it seemed the wise thing to advise his mother to ask your help on it. I was not sure, under the circumstances, how to advise her as to the best type of reading - Physical or Life, but I am sure you can decide after reading her letter.

"The drink problem is so serious I hope you will be able to give the reading at an early date. When next you write to either Florence [Florence Evelylinn Campbell, numerologist friend] or me, would you be good enough to send a copy of the prescription for the drink problem. You sent one to Florence but it is apparently mislaid and she is so swamped with work at present I cannot ask her to search the files for it....

TEXT OF READING 2010-1 M 30

This psychic reading given by Edgar Cayce, this 23rd day of September, 1939.

3. Now as we find, there are disturbances. Some as we find, in special reference to the desire for drink, are the after effects of the indulgence in same, and the effect upon the nervous system as well as the liver, the pancreas, the spleen and the kidneys.

4. As we find, in making helpful suggestions, - we find we have some physical disturbances that contribute to the desire, or the gratifying of the appetites for alcoholic indulgences.

5. Yet these aided, and combined with those influences which would eradicate the innate desire - if there is the application of will force in respect to same, there may be brought a change in the mental and physical attitude of the body, as well as the desires respecting such conditions.

6. Necessarily, there needs to be those conditions which would aid in the creating of the nearer normal vibratory forces between the upper and the lower hepatic circulation. These as we find may be materially aided by the application of the low form of electrical vibratory forces that work upon the central nervous system as related to the governing of same.

7. The attachments of such a low form of electrical vibration, as well as the aiding through the White Light, would pass through the ganglia as from the 9th dorsal, - between the 9th and 10th dorsal, and the lacteal and umbilical plexus.

8. This given about twice each week would aid, and with same give the low vibratory forces from the Chloride of Gold. Let this be in or pass through the negative anode or plate as attached to the body at the lacteal or umbilical plexus, giving the vibrations of same. This may best be done by the use of a lead U passing through the solution (in the proportions of one grain Chloride of Gold to each ounce of Distilled Water), and connected with the electrical forces themselves so that the current from the negative end passes through the solution. Change the Gold Solution every fifteen days, or every fifteen applications, - or every forty-six days.

9. In the administrations also we would find it well that small quantities of a Chloride of Gold Solution be taken internally. Begin with one minim in half a glass of water (the solution being in the proportions of one grain to one ounce of distilled water, see?), every day for five days. Then take two minims every day for five days, then three minims every day for five days, then four minims every day for five days. Then leave off for five days. Then begin with the one minim again, and so on.

10. These, as combined with the activity of the system through the White Light, as well as the low electrical forces passing through the system, should eliminate the desires - if there is the application at ALL of the will of the body.

11. For these will create a normal balance in the system to supply those forces as will make for better creative energies and activities in the constructive forces within the bodily force itself.

12. It will be found that these will make the body very sick if there is the drinking again. But if there is the INSISTENCY on doing so, then - of course - it will be worse than if these were not undertaken.

13. Do that, and as we find we will bring better influences and forces for this body. Ready for questions.

15. (Q) By the electrical appliance do you refer to the Wet Cell Appliance carrying Gold?

(A) This may be given this way, or with any of the very LOW electrical vibrations prepared in the manner indicated. We are through for the present.

REPORTS OF READING 2010-1 M 30

R1. 9/23/39 EC's letter to Dr. Miller:

"The reading for Mr. [2010], from our experiences with such cases - the Physical has proven the most helpful in practically every case, so that is what we undertook here. Hope it proves just as helpful for him as it has in quite a number of tries; when see you, would like to talk with you about some of these. A few, just as here, has insisted there was a physical condition that contributed to the craving. Am anxious to see what you find upon examination of the suggested areas. In the others of this nature, have been assured by the Dr. that they found definite disturbances where and when indicated - the corrections have proven helpful....

INDEX OF READING 2161-1 M 38

ALCOHOLISM: CURED

Appliances: B Battery: Alcoholism	Par. 25
Body: Triune	Par. 32
Diet: Alcoholism	Par. 27--31
Glands: Adrenals: Alcoholism	Par. 11
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Will: Birthright	Par. 32, 33

TEXT OF READING 2161-1 M 38 (Auto Salesman)

This psychic reading given by Edgar Cayce, this 5th day of April, 1940.

2. EC: Yes, we have the body here, [2161]; those conditions physically and mentally as disturb and surround the activities of this body.
3. As we find, in the physical forces there are those conditions rather of which warnings would be given, - as to the tendencies and inclinations, and as to how - without making some corrections - the destructive forces are to be the result of conditions physical and mental which exist in the body at present.
4. These are rather of the specific nature, yet their effect is upon the system in such a manner that it is often called or said to be a predisposition, or the lack of will power in the physical actions, and in the conditions having to do with appetites in the body.

5. Then, these are conditions as we find them with this body, [2161] we are speaking of, present in this room:
6. In the blood supply there are the indications of the effects of such stimulations that are quite destructive to the physical functioning of organs that are becoming involved, by the use of such stimulations.
7. Also there are those conditions existing in the glandular system that are gradually becoming more and more involved by the continued use of such, or by the abuse of the conditions in the system.
8. There are those physical conditions which are the basis or cause of such a desire in the mental to react upon the organs of the system, as to produce the inordinate or unusual desire in the direction for supplying those stimulations to the system that would - and do - become so detrimental; not only to the body-physical but to the mental, taking away those influences that supply the necessary nutriment, so that eventually the system must become wrecked by such.
9. We find that there are TWO existent specific or direct causes.
10. In the 6th and 7th dorsal center we find a subluxation that was caused sometime back, by an outside influence or strain to that area, which caused an excess flow of conditions in the form of nerve impulse to the digestive system, that calls for appetite satisfaction.
11. Then, in the glands of the body - in the adrenals - there is the lacking in sufficient supply to the system for the coordination between the cerebrospinal and the sympathetic nerve centers, that are active through the coordinating center of same at the base of the brain.
12. Hence we find there are periods or conditions in which the body will swear, declare to self he WILL not, - and yet with the associations, the environ that offers the opportunity, these become impelling influences as of a possession by those forces that will supply that lacking in the glandular reaction, and that which satisfies the appetite for the excess of flow through the natures indicated.
13. Then, these are sapping the nerve impulse, and will not only produce a physical distortion but eventually must so affect the mental body as to become incapable of taking care of or directing its own affairs.
14. This, as indicated then, is of a physical and of a mental process, - as is apparent in the system, - which causes conditions that, unless corrected or changed, must cut short the activities and abilities for a developing such as is the privilege and the opportunity of this body in its physical functioning and in its relationships to its fellow men, in its relationships to the creative forces or the God-force within self.
15. As we find, then, these must all be taken into consideration, when there are applications made which would enable the body to alleviate, or assist the body in alleviating the desire, and also supply those influences or forces within the body-physical and the body-mental that will give the opportunities and the abilities to throw off same; also replacing same with a physical activity that will will enable the body to take its rightful, normal, nominal place in the activities of its home, its associates, and with its fellow man.

16. First, then, there must be specific corrections made - from the physical angle, to be sure - in the cerebrospinal system. These corrections should be made osteopathically. WE would suggest an osteopath who is in sympathy with the SOURCES of these suggestions for helpful forces in the body.

17. There would be required some eight or ten adjustments for full correction. These we would take about twice each week.

18. As indicated, make correction in the 6th dorsal area; COORDINATING, to be sure, the rest of the areas along the cerebrospinal system with same. Of course, with this subluxation, there will be found a tenderness in the 4th lumbar area and in the upper cervical, - where there is and has been at times even an enlargement in the segments in that portion of the body.

19. Then, there must also be the addition to the system of those properties that will enable the functioning of the system to supply the lack in the clarifying of the system, and assisting in taking away the appetites for destructive forces within the body itself.

20. For short periods of time, then, - that is for five days at a time, and then a rest period from same of five days, - we would take internally a combination of Gold and Soda. Prepare two solutions, in this manner:

21. The Gold Solution would be in the proportions of one grain Chloride of Gold to one ounce Distilled Water.

22. The Soda Solution would be in the proportions of three grains Bromide of Soda to one ounce Distilled Water.

23. The dosage would be twice each day, of morning before any meal is taken, and of evening before retiring; one drop of the Gold Solution and two drops of the Soda Solution, in half a glass of water.

24. Keep this up for five days; then leave off for five days.

25. After the five day rest period from taking the Gold and Soda internally, - we would attach to the body each evening for twenty minutes the electrical vibrations from a Dry Cell Battery, which would be prepared so as to carry the Gold Solution (not the same solution as taken internally, of course, for this would be prepared in a little different manner), into the body itself. This is to be so prepared that there are plates, with long wires from the Battery, see? One is to be of nickel, the other of copper. The nickel plate, with the wire so arranged that it passes through the Gold Solution (in the proportion of fifteen grains Chloride of Gold to four ounces of Distilled Water), with a lead wire lead, would be attached to the umbilical and lacteal duct plexus, or just four fingers from the umbilical plexus towards the right side - two fingers up in direct line from the umbilical center on the right side, see? while the copper plate would be attached to the lower portion of the 9th dorsal center.

This attachment would be made each evening for twenty minutes, for ten days. Change the Gold Solution every fifteen days, or after fifteen applications.

26. Then leave this off and take the Gold and Soda internally again, - and so on.

27. Now, as to the diet through these periods:

28. Take plenty of raw vegetables, - especially plenty of canned or raw or fresh tomatoes; plenty of carrots, celery and lettuce. These would not be the only things, to be sure, but these should be the greater part of one meal each day.

29. Keep away from BEEF! Fish, fowl and lamb are to be taken as meats.
30. Have plenty of cooked vegetables also.
31. DO NOT take any alcoholic drinks! These will make the body ill, if taken AFTER there has been at least a series of the osteopathic corrections and of the Gold in the system.
32. Then, in the mental attitude, - this, to be sure, is the better or the real portion of the entity or body; for the mind is the builder. Here one finds self - as this body - body, mind, soul. We have a deficiency in body, an overstimulation, and a deficiency in the mental processes of coordination between body, mind and soul. WILL is the factor, the birthright of each entity, each soul. Ye may not be able of thyself, but in the application of those influences indicated (which are of God's creation), to stimulate the BODILY functions to normal, and the will set in that direction to trust in Him who is the Maker, the Creator of all that is good, pure and perfect, ye may accomplish that which will enable the body, the mind and the soul to coordinate as necessary to carry on as it is capable of doing, in such measures as to bring the greater, the better influences for good into the experience of this body.
33. Do not attempt to do one portion of the treatment without the other. If the body doesn't make up its MIND to give God an opportunity, through an honest, sincere trial in the manners indicated, then it will be as He indicated, of those who would offend one of the little ones.
34. Ye have the opportunity, ye have those surroundings, ye have those opportunities for making and becoming that which has been thy desire, thy hope. Give God a chance with thy soul. For He hath not willed that any soul should perish, but hath with every temptation prepared a way, a manner. For as His promise has been, "If ye call, I will HEAR!" and will answer speedily.
35. Forsake not that which is set before thee. Make thy paths straight. Ye CAN in Him.
36. And when this has been accomplished, within the next six to ten months, there will be ways opened for thee to carry on in thy associations, thy activities with thy fellow man, that will bring harmony and truth in thy life, thy home, thy associations. Ready for questions.
38. (Q) For how long a period should this outlined treatment be continued?
(A) Until there is no desire for the return to drink.
39. (Q) Would it be advisable for me to get in a different kind of work?
(A) As indicated, see self in the light of its possibilities, its real abilities; and within that time as indicated conditions will open for thee. For is not the earth the Lord's and the fullness thereof? Are not the silver and the gold His, and the cattle upon the hills?
Isn't it true, then, that if thou putttest thyself in His hands ye will be able to live that way among thy fellow man?
Be true to thyself, and to that promise ye make when ye undertake to apply His forces, His ways in the earth, to make that association in the body and mind; then live it in thy home, in thy associations with others.
40. We are through for the present.

REPORTS OF READING 2161-1 M 38

R1. 5/7/40 [2161]'s mother's letter:

"...Have you wondered what had become of the [2161]'s? I think it now time to report on the reading you gave to my son [2161] in April.

"He went to Dr. Tucker in Raleigh as soon as he received the reading. Dr. Tucker was very understanding and sympathetic. He wrote out the prescriptions, and gave [2161] a treatment. Before he gave the treatment, or just as soon as he had finished reading the 'reading' he turned to [2161] and said 'Son, you'd better do everything this man says for I've never known him to fail if instructions were followed. This man has something I haven't got.' I asked him if he knew you personally, he said 'No, but I am going to know him very soon, for I am going to make the trip to the beach just to see him.'

"As soon as he put his hands on [2161]'s back he said - 'Well, here it is, just as he said.'

"We came home, got the medicine, which was hard to find, could not get it until next morning as it had to come down from the wholesale house. But we got it before breakfast and he took his first dose, stayed in bed all day and the next. I ordered the battery just as per instructions; told them to send it C.O.D. immediately. We have never heard a word from it, so as the time went on we were so anxious about it, my son [...], who is quite a good electrician said he could make it. He followed instructions and made the battery. [2161] finished the first series of those last night and now begins his second series of the gold solution taken inwardly.

"He is following minutely everything in the reading, and believe it or not, he has been a new creature from the first week. He is now back at work, looks like the dear boy I used to have; sings and whistles around the house and you know how my heart sings for joy.

"I said to him a few days ago that unless he was hiding it from us that he had not had the awful fight that you had suggested that he might have. He replied that he had had a lot of help, and he had in the prayers of his friends..."

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TEXT OF READING 2214-1 F 20

This psychic reading given by Edgar Cayce, this 16th day of October, 1930.

1. EC: Yes, we have the body here, [2214]. Now, we find there are conditions-physical as cause disturbance in the physical forces of the body. There are conditions also psychopathic, that are as an aid TO those conditions as produce disturbance; so that with the combination existent these find those of an exceptional or unusual nature in the effect created in the physical functioning. These, as we find, have to do with the voluntary and involuntary muscular reactions in locomotories of the system. In the psychopathic effect as created in the functioning of the glands, these - as we find - aid or abet in this impression, or in the subligation [subluxation?] as exists in the region where the locomotories function with the sympathetic and cerebro-spinal system, so that the axis - or the plexus from which the locomotion, especially in the lumbar and sacral, has its inflection to the lower limbs - brings that inability of the muscular contraction sufficient to carry forward those locomotory centers; so that contraction in the muscular sinew in their reflexes through the lower limb, from those centers that govern not those of the axis of the larger nerves themselves, but those of the sympathetics as come with their impulse, show that the activity is of a stilt motion; not as of an impending from the reflexes of the accentuation in locomotion, but rather as of the stilted motion.

2. In the conditions, then, these are they as we find them with this body, [2214] we are speaking of:
3. THE BLOOD SUPPLY first shows there is a lack of sufficient of the red, as well as a deficiency in plasm in the white - though their coagulation and coordination in the functioning is very good.
4. IN THE NERVE SYSTEM we find those of the system as related to that in the coccyx and in the lumbar show the pressure as CAUSES that impulse in the glands of the system, as related to those of the endren [adrenal?] and also to the pineal - which produces the inflection as exists between sympathetic and cerebro-spinal in the brush end of the cerebro-spinal center, and the last cords as function with the sympathetic in the lower sacral.
5. IN THE FUNCTIONING OF ORGANS THEMSELVES - these are very good in most of their activity. Only when overtaxed sympathetically do we find any reactions as cause disorders, as to the breathing, to the central nervous system, to the tendency of the lightheadness or dizziness. This not as of headaches, but rather the feeling of an emptiness - or a fullness in the LOWER portion of the stomach and as a WAVE toward the head. These are impulses from the sympathetic system.
6. In meeting, then, the needs of the conditions as we would find them, we would first find that we would make those corrections necessary to relieve the pressure existent in the coccyx proper, and in the lower lumbar region; so that there is an alignment in this region.
7. When such corrections are made, we would massage - following such adjustment - into the lumbar and sacral region - small quantity of Balsam of Sulphur.
8. We would also take internally the Chloride of Gold with the Potash or Bromide of Soda, see? making the Gold solution one to ten - one grain to ten ounces distilled water. Keep in a separate solution. Make the Bromide of Soda one to five - one grain to five ounces distilled water, see? In the dosage, begin with one drop of the Gold with two drops of the Soda solution in one ounce of CARBONATED water, see? CARBONATED water - charged. Then the next day two of the Gold, two of the Soda - see? The next day three drops of the Gold, still two of the Soda, see? The next day four of the Gold and six of the Soda, see? This, then, would be changed to the one with the two of the Soda. Then after the second round, this would be increased until there is taken eight to ten drops of Gold with the Soda increased only to as much as eight drops in the ounce of the carbonated water.
9. In the matter of the diet and the exercise - these should be kept as those that will build for the greater number of vitamins in the system, and especially so shall there be given those foods which will carry the most phosphorus in same - especially those of the tubular natures, as of carrots, salsify, turnips, parsnips, and the like, that carry the most phosphorus. Also it will be found that any of the mollusks that may be had will be most helpful, ESPECIALLY THOSE that are of the LARGER - or of the nature as of those in the waters of the more semi-tropical region, see?

10. These, as we find, will aid and bring the near normal conditions for the body.

11. The adjustments should be at least twice each week, though those of the gentle massage may be given every other day. Following the adjustments, be sure the small quantity - one ounce - of the Balsam of Sulphur is massaged into those portions of the lumbar, sacral and coccyx region, and especially over the locomotory centers, going down the sciatic nerve to the knees and to the feet, see? Do that. Ready for questions.

12. (Q) How long should the Gold and Soda be continued?

(A) Until we find there are the full reactions from same in system, so that the glands of the system are functioning nearer normal, until we see a full pulsation in the face, in the neck, and ESPECIALLY in the activities of the genitive system.

13. (Q) Was one of the contributing causes the bringing in of a foreign substance into the body?

(A) This produced from serums as taken for the glands' activities, see? This makes it of the psychopathic nature with the glands' functioning. Hence with removing of the pressure, the adding to these properties as will build again the functioning of the glands themselves - as are so deadened or atrophied in their functioning - will RESUSCITATE the forces of the body. We are through for the present.

REPORTS OF READING 2214-1 F 20

R1. 4/22/31 She and her husband referred Mrs. [4184] for a Physical Reading.

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TEXT OF READING 2297-1 M 42

This Psychic Reading given by Edgar Cayce, this 3rd day of July, 1940.

3. Now as we find, there are disturbing conditions which prevent the better normal physical functioning; and we find that these have to do with the assimilating and the digestive system.

4. In relationships to these also there would be warnings as to activities that are causing the greater disturbances, that hinder these from reacting to ministrations that might aid or bring about the better conditions.
5. These, then, are disturbances as we find them with this body, [2297] we are speaking of, present in this room:
6. First, in the blood supply we find an activity indicating there are those influences about the body which cause a condition through the liver and the stomach itself, - that continues to cause the effect to the whole bodily functionings.
7. Thus the nausea, a gnawing at times in the lower portion of the stomach and the duodenum. As the warnings would be given, this is gradually causing conditions in the liver that will cause greater conditions that will be harder to deal with.
8. The upsetting of this also causes conditions with the lower hepatic circulation. Thus the excess poisons to be eliminated, that are NOT acted upon because of the congestions in the liver area and through the stomach itself, produce uric acid in the system that will gradually affect not only the nerve system but also the muscular forces themselves, - unless there are changes wrought.
9. In the nervous system we find there are those conditions that are contributory causes to the disturbances in the stomach, or cakes - as it were, or thickening of the walls; not as ulcers, not even the tissue being other than just thickened. But this is the cause in the duodenum of these heavy pains that arise at times, and the abnormal appetites that arise also.
10. As we find, unless the impulses are increased that are slowing the circulation, the causes of these disturbances may not be eliminated.
11. Thus the conditions in the whole of the cerebrospinal upper dorsal area - 2nd, 3rd, 4th and 5th dorsal, as well as in the 9th dorsal - need correction. Also in the upper dorsals, the 1st, 2nd and 3rd, we will find the need for the segments to be moved to the LEFT, while those in the 9th dorsal will need to be to the RIGHT, - rather than down or to the left.
12. If these areas were X-Rayed there would be seen these indications here of a variation in the cerebro-spinal system.
13. This pressure causes nervousness, the inability at times to control the emotions of the body, - and these effects arise from the conditions which exist there.
14. As to the organs themselves of the body:
15. Brain forces are very good. Discernments, and the reactions of the sensory forces, are very good. There are strains at times with the eyes. Also the throat, bronchi, lungs and larynx show the effect of the conditions in the blood supply being impoverished. Though there is not what would be called anemia, there is an impoverishment, - and with a variation as to the numbers of the red blood and the white blood supply at times, - as indicated by the activity through the bronchi, larynx and lungs.
16. The heart's activity shows an irregular pulse. This is more from the nerve reflexes than from any organic disturbance.

17. The organ disturbed is the liver. This condition also is contributed to, as indicated, by the reflexes from the impulses in the nervous system. This is becoming organic, unless it is changed; and necessarily produces a reflex only as yet, though this might become organic, in the liver area.
18. As we find, in making corrections, - it will require the mental as well as physical reactions.
19. First, then, - we would begin with osteopathic adjustments, to be taken about twice a week until six or eight are taken - before beginning the other applications.
20. Then we would begin with the use of the low electrical appliance that would carry GOLD into the system. This should be the Dry Cell, two units, prepared so that there would be a connection passing through a Gold Solution in the proportions of one grain to each ounce of Distilled Water. The attachments would be made in this manner:
21. The small copper plate would be attached to the 9th dorsal, - the upper portion of the 9th dorsal; while the larger nickel plate, through which the Gold Solution passes vibratorially, would be attached to the umbilical and lacteal duct center.
22. These attachments would be made each evening, for only twenty minutes in the beginning. After being used for some five to ten days, then they may be attached for thirty minutes.
23. With the increasing of the time of attaching the Appliance, we would then begin also to take the Chloride of Gold internally, WITH Bromide of Soda. Prepare two solutions, in this manner:
24. The Gold Solution would be in the proportions of one grain Chloride of Gold to one ounce of Distilled Water.
25. The Soda Solution would be in the proportions of two grains Bromide of Soda to one ounce of Distilled Water.
26. Each morning, before the meal is taken, take one drop of the Gold Solution and two drops of the Soda Solution stirred in half a glass of water. Keep this up for five days, leave off for five days, then take again for five days, and so on.
27. Throughout the period it would be best that the body refrain from any stimulants of alcoholic content; else these would cause a great deal of nausea; and if these are continued it will be very harmful, - for it is the alcohol in the system that is AFFECTING the liver AND the kidneys. This MUST be left off, if the physical conditions of the body would be brought to anything near normal conditions.
28. But with the adjustments, with the taking of the properties vibratorially to increase the generative forces of the blood supply, as well as the nerve forces of the body, we find that the stimulants with alcohol content will be much more easily resisted, and the CAUSES of these desires will be eliminated, - IF THE MIND is kept in a constructive way and manner!
29. Then, as to diets, - keep a well balanced diet, free from too much of fats, but supply an abundance of sweets - not too much, but an abundance, but PREFERABLY in the form of fruits; and when other forms are desired, use honey.
30. These as we find will bring much nearer normal conditions for this body.

31. Ready for questions.

32. (Q) The suffering in my back is caused by what?

(A) The subluxations in the areas indicated, especially in the upper portion of the 9th dorsal which is the subluxation as we have indicated that needs to be shifted to a plumbness with the upper dorsal and cervical.

33. (Q) Any suggestion as to what osteopath would be best?

(A) As we find, Hudgins would be well, or any of those in sympathy with the suggestions here indicated.

34. (Q) What diet would you suggest to make me gain in weight?

(A) As indicated, a well-balanced diet but tending towards the characters of sweets indicated.

Do these and we will bring much better conditions for this body.

Be consistent, be persistent.

Keep away from those drinks even that are of carbonated waters. These are NOT well for the body, especially for the LIVER conditions - though these might be and are helpful at times to the kidney eliminations.

But with the corrections of the subluxations, and the vibrations as well as the Gold and Soda internally, we will find that all of these conditions should improve much better.

Keep the eliminations near to normal. We are through for the present.

REPORTS OF READING 2297-1 M 42

9/3/40 Osteopath's Report:

Association For Research And Enlightenment, Inc., Virginia Beach, Virginia

Date of Reading: July 3, 1940 Case No. 2297-1

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

Name: Mr. [2297]

(1) Did the Reading presented to you describe the condition of the patient? (b) Explain any variation. (c) Give technical diagnosis. (A) Yes. (b) None. (c) Alcoholism.

(2) Were the suggestions for treatments in your opinion proper for this condition? Yes.

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

(4) What results have you observed? Great Improvement.

(5) Comment. The lesions here were upper and mid dorsal (lesioned to right) - 9th Dorsal (lesioned to the left).

Date: 9/1/40 Signed: F. C. Hudgins Jr.

INDEX OF READING 2359-1 M ADULT

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TEXT OF READING 2359-1 M ADULT

This psychic reading given by Edgar Cayce, this 9th day of September, 1930, in accordance with request made by his daughter.

2. Now, we find there are conditions that may be materially aided, as we find, as affect the physical force and physical functioning of the body. While there are pressures as have caused ruptures in the blood stream, these have been active only in such a nature - thus far - that they may be aided in being segregated, or through absorption and drainage prevent further inroads in their activity as DESTRUCTIVE forces for the locomotion, and particularly for their production as for INCOORDINATION between sympathetic and cerebro-spinal nerve supply, or that pressure as hinders in the impulses through brain activities; also those conditions as make for the repressions and overactivity in the heart's action, and the pressures as are producing same are - as WE find - FUNCTIONAL, rather than organic in their nature. While the stimuli as has been and is used aids in

keeping this in check, yet - as we find - these may be altered as to BETTER assist the circulation and heart's action, and respiration, were those SOURCES from which this FUNCTIONAL disorder emanates given more consideration, which - with the activity in the nerve reflexes - is seen from those of the cardiac plexus, especially as related to the crossing in the hypogastric and pneumogastric region. This, as we find in this PARTICULAR case, seen in the 2nd and 3rd dorsal and in the 4th, 5th AND 3rd cervical centers, especially as their radial activity have to do with the central circulatory and nerve system.

3. In the activities, then, as would bring about the better coordination and make for an easier and for a much nearer NORMAL reaction, as we would find, would be with the drainages set up in the respiratory system, the removing of the pressures through manipulations in the upper dorsal and the cervical region, with the stimuli for heart's action changed to those which do not tend to engorge same, with a stimulation in the circulation and elimination with Gold Chloride and Bicarbonate of Sodas with same - these will make for a stimulation as will aid most. When this is IN-system, stimulate same also through the centers along the cerebro-spinal system with the VIOLET ray, using the applicator or appliance as will be moved about the system - the regular or glass anode. Also following such, that that carries the vibrations to the central nerve system, but DO NOT increase the vibration to too high a tension. Not the ultra violet in the beginning, but the VIOLET. Let those of the properties of the Soda and Gold be in system - taken internally, through the mouth - for at least thirty minutes but not OVER that period, before the application of the electrical forces are given.

4. The manipulations will be as for stimuli to the drainage and to the circulation, especially as related to those centers as has been indicated.

5. As much of exercise in the open as is in keeping with the strength of the body, though we would not overtax same; as to those conditions as we will find that will be in the beginning of the changes or alterations, in the superficial activity of the capillary circulation, this will be a RESULT of these applications, not a cause from other sources - but these will be met by the usages of those of the sweats in the bath as carries the FUMES of iodine, that these may be allayed in their activity, and that taken in THROUGH the respiratory system, through the pores of the skin of this nature, will be healing and also addition to the lymph and the emunctories, preventing that tendency of quivering and giving more stability in the circulation.

6. Ready for questions.

7. (Q) Will his mental condition improve or be cured entirely?

(A) This, as we find, will MATERIALLY improve. As to cure entirely, that will depend upon the RESPONSES in the system. The PRESSURES as exist in the present PREVENT the normal reaction between sympathetic and cerebro-spinal impulses. Not dementia; not a softening, not even a distribution of disorders as of a malignant nature, or of a conservatory nature - yet these are as distortions of the sympathetics, attempting to coordinate in or under pressures.

8. (Q) If this treatment is followed, how long will it be before he will be cured?

(A) The RESPONSES should show their BEGINNING in three to five weeks. As to be cured, that will depend upon the response of the system.

In the matter of diet during the whole of the treatments, this must of necessity be kept in as alkalin reactory force, so that - as the blood supply, through the impulse in the system, is aided - the replenishing will be to carry more of those of less acid in same. After the third WEEK, we will find that the ash - medicated ash - in the eighth grain doses - one each day - will be most helpful in releasing carbon and reducing gas. Not in the beginning, for the responses of too much oxygen released in the system would be too severe, until the heart's action is made nearer normal.

9. (Q) Will he be able to go back to business?

(A) That depends upon the responses. Let's begin with this and THEN worry about that as we get farther along!

10. (Q) What was the cause of his condition?

(A) The overtaxation of the system, physically and mentally - and the excess as caused eruptions in the blood cell itself.

11. (Q) Was it through the fault of any particular person that his illness was caused?

(A) Most himself, but the response was from outside forces, to be sure. These through mental forces, however.

12. (Q) How often should the manipulation be given?

(A) This will depend upon how the drainages set up in system. It will be found that for the heart's action it will be necessary to treat lightly and often, while for those of the conditions to the head and for the setting up of stimulation in the circulation, these will be deeper but NOT so often given; that is, in the upper dorsal and throughout the cervical region. Of course, not neglecting those in the lower centers, where cerebro-spinal and sympathetic coordinate for the locomotories - for we would not have that tendency as to where the slowed circulation causes too much swelling in the lower limbs.

13. (Q) What dosage of the Chloride Gold and Soda?

(A) Prepare as this: The one grain of the Chloride of Gold to one ounce of distilled water. Five grains of Bicarbonate of Soda to one ounce of distilled water. When the dosage is given, give - in the beginning - one drop Chloride of Gold the first day - two drops of the Bicarbonate of Soda. Increase the dosage in the same proportion, one drop each day of the Gold, two of the Soda, until there is ten drops being given. Then rest one day. Then begin all over again, one drop - increasing each day. This given thirty minutes BEFORE the application of the VIOLET ray, see? This should be applied along those centers, especially, of course, from the solar plexus radial centers and those that work from same, both to the front and back, for at least five increasing to fifteen minutes - a little bit more each day as the dose increases. Then, for at least five to fifteen minutes have that anode as held in hand - body lying prone. This for the internal, or the charging of the system, see?

14. (Q) How often should the sweats be given?

(A) These, we will find, about once to three times each week. DO NOT raise the temperature of the box, or of the cabinet bath, HIGHER than ninety, allowing the fumes to be the active force in system, see? Be mindful, when such are given, as to the heart's reaction to same.

15. (Q) What treatment for the abdominal hernia?

(A) This, as we will find, will come with the manipulations and the binding of same in the beginning. Later, as we increase the strength of the body, we will find that by placement and by bandaging, and by the masseuse of same with oils that are a combination of mineral and vegetable, this may be SO strengthened as to be reduced entirely.

16. (Q) Is the mental condition of body such that he recognizes relatives?

(A) At times this is vague; at others VERY definite.

Do as we have given. Then the changes, as they appear, may be aided.

17. We are through for the present.

REPORTS OF READING 2359-1 M ADULT

None.

INDEX OF READING 2983-1 M 7

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BACKGROUND OF READING 2983-1 M 7

B1. 4/19/43 Letter from mother: "We have read with much interest the pamphlet on your life and work. We have a little boy 7 years old who the dr.'s tell us has muscular dystrophy, for which there is no cure and which they say is progressive. He is perfectly normal and healthy otherwise and we just cannot believe that this affliction cannot be overcome, and believe that you can help us."

TEXT OF READING 2983-1 M 7

This Psychic Reading given by Edgar Cayce, this 1st day of May, 1943, in accordance with request made by the parents - [...].

2. EC: Yes, we have the body here, [2983].
3. Now, as we find, there are conditions that prevent the normal development, or normal activities in portions of the development of this body.
4. The sources are a glandular condition in the assimilating system; thus forming, not the true but, a form of multiple sclerosis - or the lack of the abilities of the glands in the liver to supply that in the nerve stamina to produce the normal reflexes from the locomotory centers.

5. This deflection in the beginning came from a manner in which the body was presented at the time of birth. And a pressure created in the coccyx center has been a part of that which has hindered in the supply of nutriment to the body-forces in bringing normalcy in the locomotion.
6. The administrations that have been made from time to time have in part contributed to, rather than aided in correcting, the disturbances.
7. As we find, while it will require a little time and patience, and persistence, this may be eliminated entirely from this body. And by the second cycle it should be a normal body, at that period of change - when puberty has developed nominally. With some of the administrations, this may be brought about too soon.
8. But these applied, as we find, we may bring normalcy in the use of the body and its activities - by the time it has reached full puberty.
9. In making the administrations, these - then - we would do; for, as we find, the rest of the body is very good. While there will be changes, while there have been some conditions that have altered reactions, the mind and the body DO coordinate. And when reflexes are builded so that there ARE those reactions that will bring about normalcy in the glandular forces, as related to this assimilation, and the removal of the pressures in the coccyx area, we will find quite a difference in the conditions with this body.
10. These, then, we would do - and these will be changed at times. After a period of some six months, we would give further instructions.
11. Begin in the present, then, with these:
12. Each evening when the body is prepared for retiring, after a good, warm bath, - massage the lower portion of the spine, - this through the sacral and down the sciatic nerves, - with an equal combination of Peanut Oil and Olive Oil. In the beginning the body will absorb a great deal. When this is massaged, let this be done thoroughly, gently; not to be hurried through with, but in a rotary motion from the top of the pelvic bone to the end of the spine, then down the other side, and in the center of the groin to the knees and to the feet, and to the bursa of the feet.
13. Once each week have an osteopathic adjustment with special reference to the coccyx and sacral area. Not too hard, not attempting to make all corrections at once. Have such an one as Kline in Jacksonville to make corrections. These should be given only once each week, you see, - just once each week for the six months.
14. Prepare two solutions as follows:
15. Add one grain Chloride of Gold to one ounce of Distilled Water. This would be one solution.
16. Add two grains Bromide of Soda to one ounce of Distilled Water. This would be the other solution.
17. Keep these separate, you see.
18. Once each week, - say on Monday evenings - preferably, - take one drop of the Chloride of Gold Solution and two drops of the Bromide of Soda Solution, in half a glass of water. Do not mix these until ready to be taken, you see, and take only once each week. Keep this up regularly, and have regular periods.

Take for ten periods, - that is, - ten weeks; then leave off for ten weeks. Then take again for ten periods, you see; and so on.

19. We would not take too much of certain vitamins. We would leave off the others for the present, and take only the combinations in the B-1 Complex - the One A Day brand, and one tablet a day, of the B-Complex.

20. Do these, and in six months (we will see changes for the better) - then we will give further instructions.

21. Ready for questions.

22. (Q) Will the Gold Solution deteriorate, or will it keep until the Solution is used up?

(A) If kept in the dark, tightly corked, - just make one ounce of it, you see, with one grain, - this will keep. The Soda will necessarily be changed; this not too much - but this will require changing during the period.

Do these; be patient, be persistent, be prayerful; and we will find we will bring normal forces for this body. We are through for the present.

REPORTS OF READING 2983-1 M 7

R1. Remarks of mother immediately following the reading 2983-1, 5/1/43: "Most wonderful present could have - the promise of absolute normalcy. Will do everything. Doctors only giving expensive vitamins, in great quantities, teaspoonful of liquid a day, etc., but say it can only check and not cure. We had planned to go from here to Johns-Hopkins to see Dr. Harriet Guild, Assistant head of Children's Dept., who has shown such an interest in our boy, and we feel might cooperate with the Reading. However, now we think it would be better just to send her a copy of the Rdg., and tell her we have decided to follow it - I believe she'll be interested, as she has frankly admitted there was no hope - nothing to be done (don't know cause or cure)."

R2. 9/22/43 Mother's letter to EC: "I have intended so many times to write and thank you for the rdg. you gave us. I can never tell you just what it has meant to us. It has changed our whole outlook on life for the better and we both feel little [2983] is some better. I went to Dr. Kline just as you suggested and have been following out her orders as nearly as I could - also have done everything you suggested doing, when and how you suggested. However, the other day I was going over your reading again and I don't believe I am rubbing exactly as the reading said although I am doing it just as Dr. Kline said and wondered if I could not have a check reading now to see whether I am doing it right. I am so anxious to do it just right, as both Mr. [...] and myself have such faith in your work. I am due another reading the first of November, which is six month since the first one. Until I started reading 'There is a River' I did not know you could have a check reading to see if the treatments were being carried out correctly.

"Please let me hear as to the amount of the check I should send to the Assoc. for this check reading and don't forget I have a date Nov. 1, for the regular reading.

"Thanking you so much for all you have done..."

R3. 11/1/43 See 2983-2.

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BACKGROUND OF READING 2983-2 M 7

B1. See 2983-1.

TEXT OF READING 2983-2 M 7

This Psychic Reading given by Edgar Cayce, this 1st day of November, 1943, in accordance with request made by the mother.

3. Yes, we have the body here; this we have had before. Now as we find, conditions are not progressing as favorably as they should for this body.
4. The osteopathic adjustments have not been made as indicated in the lumbar-sacral, and especially in the coccyx area. These should be made. Do have these made in these areas especially, coordinating the other areas after the corrections have been made, and there will be found a difference. Don't begin at the top but begin in the lumbar and sacral. To be sure, these have not been pointed out to the operator at times as being the correct way, but for this body they must be made in that manner - if there will be the improvement that should come to the body. THEN coordinate the upper dorsal and cervical areas with the corrections made in lumbar, sacral and coccyx.
5. Do not give more of the Gold and Soda internally for at least another six months. But do give the Gold vibratorially, prepared in the regular solution (one grain to each ounce of distilled water). Use this through the Wet Cell Appliance, regular charge. Make the attachments for thirty minutes every other day. The small plate would be attached at the 4th lumbar. The larger plate, through which the Gold Solution passes vibratorially, would be attached at the umbilical and lacteal duct plexus - which, for this body, would be two fingers to the right from the navel center and three fingers up from that point.

6. Each time when the Appliance is removed, do give the body a full massage with this combination of oils: Olive Oil.....1 ounce, Peanut Oil.....1 ounce, Lanolin (liquefied).....1 tsp.

7. Ready for questions.

8. (Q) What should be done to correct the turning in of his feet, which seems to be getting worse?

(A) This indicates the necessity for those corrections being made in the sacral and throughout the lumbar and coccyx area, so that the activities of the nerves and muscles of the lower limbs will be controlled.

9. (Q) Overweight of body, which makes it difficult for him to get up when he falls and slows up his movements in general?

(A) If normal activities are brought, the body will not be allowed to become too heavy.

10. (Q) Should he be given any special exercise or diet?

(A) A normal diet, and no special exercise other than the regular activity with others. We are through with this reading.

REPORTS OF READING 2983-2 M 7

11/8/43 Mother's letter: "Thank you so much for the reading. I was surely glad to get it, but awfully sorry the adjustments had not been properly made. However, Dr. Kline is coming out to the house Wed. night and we are going over the rdg. carefully together and I do hope this time they will be done right. I would like very much to have another rdg. in about a month to see if they are being made correctly. I would certainly hate to go on and on doing it the incorrect way. Getting these treatments correct means more to me than any thing in the world.

"There are a few things I don't quite understand. Should I continue to rub every night with half olive oil and half peanut oil or just rub every other night after the electrical treatments and should I continue to give him 'One a Day Brand Vitamin B'?

"We have ordered the electrical appliance and hope to receive it in a few days.

"Also please let me know how long this new treatment should be given before another reading is given to change it. Thank you so much for all your help."

12/29/43 Father's letter to EC: "We have just received the wet cell appliance and are preparing to use it in accordance with the last rdg. for [2983]. According to the rdg., the appliance was to be used with gold solution and was to be used every other night for a period of thirty minutes followed by a thorough massage with the combination of peanut, olive and lanolin oil. Up to this time we have been giving [2983] a warm bath every night followed by a massage of peanut and olive oil in accordance with the first rdg. We are very anxious to know should we continue doing this on the nights we do not use the wet cell appliance...

"I know you realize how vital this is to us and while I know you are extremely busy it would be very much appreciated if you will let us know how soon you can give us another rdg. so that we will know whether or not the osteopathic treatments are now being administered properly....

1/19/44 See 2983-3.

INDEX OF READING 3005-1 F 63

CHEMICAL IMBALANCE

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PARKINSON'S DISEASE

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"Channel Of Blessings" Par. 30-A

BACKGROUND OF READING 3005-1 F 63

B1. 4/3/43 Friend Mrs. [2946]'s letter: "She has some sort of palsy which is supposed to be incurable; nevertheless she goes about her business with joy and great common sense."

TEXT OF READING 3005-1 F 63

This Psychic Reading given by Edgar Cayce, this 17th day of May, 1943.

3. As we find, there are conditions that are preventing the better physical functioning through the body.
4. The causes and the sources of the disturbance, we find, are far from the effect produced in the body.
5. This as we find arose in times back, from an unbalancing of the chemical forces of the body in the assimilating conditions; allowing the arterial bodies to become involved, as to allow seepages. Hence incoordination has been produced along centers in the spinal system, in the ganglia of the sympathetic and the voluntary and involuntary nerve reactions.

6. Thus the nerve flexes that should be controlled by sympathetic ganglia become involuntary; and thus the condition in the right portion of the body, especially, - the arm, the limbs.
7. There is NOT, as we find, any brain lesion, but rather the ganglia in the areas that control the locomotory flexes.
8. Thus there are periods, - as when at rest, as when at ease, - when this involuntary reflex does NOT occur.
9. These, then, in their reactions, are the deflection of control of nerve forces that direct the activity of the ganglia between cerebrospinal and sympathetic nervous system.
10. The areas where the pressures occur in the present are in portions of the lumbar axis, that control those flexes from the knee and thigh; while those in the upper area - in the 6th to the 4th dorsal - control the activities to the arm and muscular forces.
11. To be sure, there are deflections also through other areas.
12. We find that these may be materially aided, if there is the consistent and the persistent application of those influences which as we find may bring the balance in the chemical forces of the assimilating system, as well as controlling those damages already done to the ganglia and nerve plexus.
13. So, each phase of this should be taken into consideration when applications are made for betterment of the condition with this body.
14. We would have - daily, preferably when the body is ready to retire - a gentle massage along either side of the cerebrospinal system with a combination of (these proportions) two ounces of Peanut Oil and a quarter teaspoonful of dissolved Lanolin. At each period massage into the body all that it will absorb.
15. At least every other day include in the massage the brachial center, and across to the shoulders, and up to the point of the shoulder blade, and in the LUMBAR center - entirely across the upper portion of the hip bones, and down the sciatic nerve. When massaging the arm, extend along the inside of the arm, and especially to the centers inside of the elbow.
16. This should not be done just to be gotten through with, but gently, firmly, EXPECTING and giving the best in the application of self while the oils are being massaged into the body.
17. We would take internally small quantities of Chloride of Gold. To be sure, this is poison - but in the quantity indicated here, and in the manner taken, it should build with the assimilating system sufficient of the stamina in nerve and nerve plexus to control the activities of same. Take in very small quantities, not too often, but in this manner; preparing two solutions:
18. Add one grain Chloride of Gold to one ounce of distilled water. This would be one solution.
19. Add two grains of Bromide of Soda to one ounce of distilled water. This would be the other solution.
20. Keep these separate until the dosage is to be taken. Then:
21. Every other day, at bedtime, take one drop of the Gold Solution and two drops of the Soda Solution, in half a glass of water.

22. Keep this up at least until there is indication of the improvement, or until necessary for further directions.
23. As the body gains the better use, loses those tendencies for the inability to control the muscular centers, then these properties would be gradually diminished and left off entirely.
24. As to the diet:
25. Include each day SOME form or manner of sea foods.
26. Do include often - three or four times a week - beets and carrots. Prepare these in varied manners, all save with any vinegar or acid with same. The carrots may be eaten cooked and raw. Cook the beets and eat the tops cooked with same.
27. These, combined with regular foods, and most of the vegetables, fruits and the like.
28. And we will find that if these are applied - together - beneficial results will come to this body.
29. Ready for questions.
30. (Q) How can I change my mode of living to be stronger and more helpful to my family?
- (A) As the disorder and disturbance has caused the greater part of the changes in the present, we find that as conditions improve, and as the opportunities are given, the body may apply self in those directions that are given from time to time.
- For, each entity should be a channel of blessing and of helpfulness to others. Little has been given here as to the attitude, for this special reason; for the body in itself as to its mental attitude is well. For, to be of help to others is the ideal of the entity. Keep that. Never as of a self glory, but to the glory of the Son in the Father, and to the honor of self.
31. (Q) What have I done, or what thoughts have I had, to cause this thing to happen?
- (A) As indicated, this rather from the lack of keeping the proper chemical balance in the system; and has caused - through the assimilating system - a thinning of the walls, and that has caused a strain on the nerve ganglia, broken tissue. Hence the need of the massage daily, in the manner indicated.
32. (Q) Do the organs of the body function correctly?
- (A) Save as indicated, as related to liver. As we find, these will be altered by the change in diet and by the change in the chemical forces needed in the system.
- Do that, and we will find bettered conditions for this body.
33. (Q) When you say sea foods, do you mean salt water or fresh water?
- (A) Salt water, not fresh water fish. It is the iodine that is needed in the body, WITH the gold. This is better than being taken even in the form of non-poisonous iodine. If the fish or sea food disagrees, we would change - but these as we find, if prepared properly, will agree - not fresh water but salt water fish.
34. We are through for the present.

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BACKGROUND OF READING 3079-1 M 55

B1. 4/26/43 Wife [5020]'s letter:

. . . My husband - [3079] was obviously taken sick a year ago (I say obviously because for years I felt he was not well, but the few doctors he saw said nothing was wrong but what a bit of good luck and business would cure him).

Our doctor here in ..., Mass. after diagnosing it as diverticulitis still did not feel satisfied and sent him to the Mass. Gen. Hosp. There X-rays showed he was right, but found something much worse - his skeleton was being decalcified very badly and probably for years, also two collapsed vertebrae.

None of the doctors knew or could find the cause. They sent my husband home prescribing a special diet, extreme care in exercise (no gardening, no lifting anything over 5 lbs., etc.) and injections of Testic. Extr. After 3 months of this regime my husband was sicker than before. So I went to our doctor here and implored him to think of something. He repeated that this case was practically unique and he could only make a stab in the dark. Still after thinking it over he suggested the following:

Intramuscular injections of Adrenal Cortex (and we began by 10 cc two times a day). Vitamin B complex (Lederle) - orally twice a day. Tablets of Sodium Chloride 1 gm. twice a day. Navitol capsules - 2 a day. Ascorbic Acid pills - 1 a day. At least 1 quart of milk a day.

After about 2 months my husband was if not better, still holding his own. We lowered the Adren. Cort. injections dose and in one month he had a slipped back again. We raised the dose. In November X-rays were taken of his skeleton - they did not show either improvement or more loss of calcium. At that time my husband complained that so much milk upset his digestion (never very good at any time). So he was advised to drink less milk but take Calcium Lactate powder - two dessert spoons a day. Also Thyroid pills were added - 2 grains a day. We tried to lower the Adren. Cort. inj. dose, but less than 3 cc per day definitely seems bad for him.

With all that the doctors can only say that they hope we are doing the right thing. But that it is practically a unique case, so nobody knows why the skeleton is decalcified or if these treatments are actually doing him any good.

B2. 8/28/43 Wife [5020]'s letter: "...Since my letter to you on April 24th, '43, asking for a physical reading for my husband things have changed. In-as-much as he decided to discontinue (for a time at least, the Adrenal Cortex injections, his physician requested X-rays taken to see the state of his skeleton now. We have the report and it seems he is not improving. The doctors in ... Hospital are completely baffled and now think it may be tumors of the parathyroid glands. But as the blood calcium is normal the only way to find out is an exploratory operation. Meantime my husband says he feels better (though this last news has of course depressed and worried him) and he will not ever consider an operation. I agree with him, especially as the doctors honestly admit they are fumbling in the dark and guessing. As you see, dear Mr. Cayce, your help is very badly needed..."

B3. 6/18/43 Wife [5020]'s letter:

"...We both await this reading impatiently and with hope and faith, and will be at that time at ..., Mass. I am enclosing a copy of my first letter of 4/26/43, with the diagnosis of a year ago and prescribed treatments. You have my second letter of May 31st in which I told you about the last and unsatisfactory report of the X-rays. All may be used as questioner at the reading to see if the doctors are right at all. The questions we also would like to ask are these: 1. What causes a sort of stiffness or weakness in the knees and sometime lately in the elbows? 2. What causes easy general tiring? I notice my husband gets a grayish-blue color

around his mouth and eyes when tired especially. At the same time his eyes look queer. 3. Is there any connection with above and poor digestion which comes in spells? We will be infinitely grateful for any suggestions to help my husband. As you see the doctors not only have no suggestions but only make wild guesses. It is frightening and discouraging so far and breaks my heart. I want so to help and do not know how. Please help us, dear Mr. Cayce. God bless you..."

TEXT OF READING 3079-1 M 55

This Psychic Reading given by Edgar Cayce, this 2nd day of July, 1943.

4. As we find, these conditions have gradually grown to be of a very serious nature. The crystallization of the segments, or the cartilaginous forces in the segments of the spine have become gradually so taut, from the accumulations because of lack of eliminations from the body, that this stiffness in the lumbar and lower dorsal area is almost static.
5. The approach to these, in the administrations, as we find, has not altogether been proper. There is the lack of certain elements in the hemoglobin of the blood supply, that is a creative and an active force from digestive forces through the liver itself. And this in its organic reaction has become involved also.
6. As we find, these may be aided - but will require a very persistent, a very consistent application of various influences that may become helpful for the body.
7. And through these administrations we will find times when apparently the body will be much worse; that is, suffering from what may appear to be inflammation and swelling somewhat in the lymph forces through the lower portion of abdomen and the back, as well as in the extremities of the body.
8. Hence the body must choose for itself as to whether it will give those suggestions an honest try as may be made from here, or whether it will continue to entrust itself - and the disturbances - to those administrations that have been given.
9. As we find, first, in making application, the body will necessarily not attempt to do a great deal of heavy work, of ANY kind. Not that it must become static, just sit down or lie down and do nothing. For this will allow the disturbances to become not only more static but more inflamed, when administrations are begun to be made.
10. First, we would begin taking into the body small quantities of Atomidine; one minim (drop) in half a glass of water each morning before any meal is taken.
11. Each evening when the body is ready to retire, do massage into the sacral and the whole length of the spine, but more in the sacral and lumbar area, an equal combination of Peanut Oil and Olive Oil - all the body will absorb.
12. Do have at least once a week, as these other administrations are made (the Atomidine as well as the rubs daily), a colonic irrigation - even though the eliminations may be full. Have an enema or a colonic oftener, if better eliminations are not set up. In the water to be injected, use a heaping teaspoonful of table salt and a level teaspoonful of baking soda to the gallon and a half of water, body temperature.

13. After two weeks of taking the Atomidine, leave this off - and begin taking Chloride of Gold with Bromide of Soda. Prepare two solutions and keep these separate until the dosage is taken.
14. The Chloride of Gold Solution would be made in the proportions of one grain to one ounce of Distilled Water.
15. The Bromide of Soda Solution would be two grains to one ounce of Distilled Water.
16. Each evening, when ready to retire, take one drop of the Gold Solution and two drops of the Soda Solution, stirred together in half a glass of water. This would not be taken during the period the Atomidine is taken, you see, but should only be begun AFTER the two weeks of taking the Atomidine in the manner indicated. Take this - the Gold and Soda - for ten days. Then leave off.
17. Then have two more weeks of the Atomidine, then ten days of the Gold and Soda.
18. And then seek further instructions.
19. Throughout the period the Peanut and Olive Oil massage would be given daily.
20. In the matter of the diet, - do have a great deal of the juices of water cress; at least drink four ounces of this each day - or one day, and the next day take four ounces of carrot juice with lettuce, the next day beet juice, and the next day the combination of celery and lettuce, the next day apple juice prepared from fresh apples, the next day grape juice - fresh grapes, not the canned or prepared juice, but prepared fresh as it is to be taken. These may be prepared in a juicer. Change these from day to day.
21. And do have two to three times a week the juices of sea foods, - as the meats of sea foods, and the juices of these made into stews, soups or the like.
22. Have plenty of corn bread, yellow corn bread. A little of fowl, chicken - the bony pieces, these stewed, but not the white bread or dumplings with same.
23. These should be much of the diet.
24. But during the last period of the Gold, have further instructions.
25. Ready for questions.
26. (Q) Is there a stone in the kidneys?
(A) There is inflammation - as we find, not a stone. The disturbance with the kidneys may be materially aided, whenever there is a heaviness, by the application of three to four thicknesses of cotton cloth saturated with Glyco-Thymoline - applied over the area. Even if an electric pad is placed over same, it will be helpful. Let this remain on for thirty minutes to an hour. If dried out by the use of the heat, moisten the cloth again thoroughly with the Glyco-Thymoline.
27. (Q) Is there a tumor in the parathyroid glands?
(A) This is not a tumor, but rather a heaviness - or a cyst, not a tumor.
28. (Q) [GC question for clarification] Four ounces of the juices, alternated, should be taken each day?
(A) At least two to four ounces. This need not be taken at one time, but may be sipped through the day, but change or alternate from day to day with the various things indicated.

29. (Q) Is there a loss of calcium in the bones?

(A) This is more the lack of iodine in the system than of calcium.

30. (Q) What causes a sort of grayish-blue color around mouth and eyes?

(A) The poor circulation.

Do these things as indicated. Then, as the changes come, we will give further instructions from here. But first, choices must be made by the entity.

When these have been followed, we will give further instructions.

31. We are through for the present.

REPORTS OF READING 3079-1 M 55

R1. 7/14/43 Wife's letter: "...You can't imagine how safe and secure we feel since my husband is in your hands. We are following your instructions to the letter. My husband now is in his second period of Atomidine. He has another week to go before going back to the Chloride of Gold, when you told us to write you for a check reading. He has had no swelling of the abdomen, nor any other discomfort. I do not think the colonics (he gets about 2 a week) have achieved much improvement. Though he says his stomach feels better, he still gets as easily tired and his knees and elbows still get that "gone" feeling. We know you are going to help him and we on our side will be patient and will faithfully follow all your instructions..."

R2. 7/18/43 Wife's letter: "...There never was any question of our hesitating or choosing between your advice or the former doctors. So we have started all the treatments you want for my husband. I am grateful to say I can do everything you want for him, myself. Am I right in understanding that except for the special foods you recommend the rest of the diet can be a more or less ordinary one? And is one half hour massage before bedtime enough? The chemist here is not sure he can get the pure Chloride of Gold you want for the second period, as nowadays they use only Chloride of Gold sodium. But he is checking thoroughly and I hope gets the pure Chloride of Gold... Thank you again and again..."

R3. 7/22/43 EC's reply: "...The gold that you wish to use is Sodium Chloride of Gold... You are correct as to the diet. Those things suggested should be used more often, but stick as close to the entire suggestions as is practical."

R4. 8/26/43 Wife's letter: "Thank you for your nice letter of the 18th. We found it here in ..., Mass. upon our return home yesterday. As per your instructions in his first reading, we are now asking for a Check-Physical Reading, as my husband is in his second period of taking the Chloride of Gold Sodium. He started it on August 22nd and his last dose will be taken on August 31st. As I told you in my previous letters we are following all of your instructions meticulously and with great care. My husband wants me to tell you that on the whole there is no appreciable change in the way he feels, except his stomach which he thinks is better. We will be infinitely grateful for a check reading and will await your letter impatiently, telling us when to be ready for it. Should it be impossible for you to give us a check reading before the last dose of Chloride of Gold on August 31st,

will you be so kind as to advise us what to do between August 31st and the time for the check reading. You say in your letter that you appreciate my confidence - it is complete faith in your help and the loveliest feeling of peace and security you have given me...and God bless you."

R5. 8/28/43 EC's reply: "...The first possible period we have for a check reading is the morning of October 7th, from 10: 30 to 11: 30, E.W.T.

"In the meantime do keep up all of the suggestions that are made in the reading. As you will notice, after the period of the Gold solution is to be taken, rest three days and then begin with Atomidine again and do keep up the massage. If there is trouble in the lower portion of the spine, use the Glyco-Thymoline packs as suggested. After taking the Atomidine, rest again and begin again with the Gold Solution. In fact I would keep up all of these until we have the opportunity to get a check reading..."

R6. 9/20/43 Wife's letter: "...My husband looks better, acts and reacts to things better and even volunteered himself that he felt better. Of course I realize we probably are still at the bottom of the hill and it will take patience and perseverance to really make him well. But it is such happiness to at least seem him more like what he should be. We faithfully keep on with all the treatments. The swelling you speak of as possible in his back - is there, on the left side of the spine in the lumbar area. It seems to be static, about 2-1/2 inches wide and 5 inches long. My husband says he does not feel it at all and if I did not say it was there he would not know it. It is not bad, nor inflamed or hot. We have not used the Glyco-Thymoline packs because this swelling does not seem to bother him at all. But I would be grateful if you told us - should we use it anyway, and if so how often and for how long. The water cress (4 ozs.) juice which he gets every 6th day seems occasionally to upset him a little bit (the other juices do not.) Shall I keep on giving it to him? We will be very grateful for the check reading on Oct. 7th..."

R7. 10/3/43 Wife's letter: "Thank you for your letter. We are so eager and ready for the morning reading on October 7th. As you suggested, here is a list of questions. Though with the complete faith we have in you and the reading, I imagine it will cover the situation completely. 1. My husband has very often a small cough, even without any cold. It does not bother him especially. Where does it come from? 2. Since the treatments after the first reading my husband feels much better in every way, as I wrote you and is ambitious to do work around the house and garden weekends. What is allowed to do now? We will both be ready on Thursday, October 7th and waiting at 10: 30... All my heart, my mind and my prayers will be with you..."

R8. 10/7/43 See 3079-2.

INDEX OF READING 3079-3 M 55

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SPINE: STATIC

BACKGROUND OF READING 3079-3 M 55

B1. See 3079-1 and 3079-2.

TEXT OF READING 3079-3 M 55

This Psychic Reading given by Edgar Cayce, this 27th day of January, 1944.

3. As we find, there are great improvements in the general physical forces of the body. There are better reactions, better assimilations, better activities throughout the body.

4. We would gradually decrease the quantity of the Gold that is taken internally. Leave off every other dose in the present.

5. Do add, during the rest periods from the Gold and Soda, Atomidine. Take one drop each morning before breakfast for three days in succession each week, so as to stimulate now with the genitive system of the body - the generating of energies in the centers throughout the segments of the spine, or the areas where impulses arise. This will purify the glandular forces so that there may be greater quantities of strength and vitality assimilated from the foods.

6. All the rest of the applications indicated we would keep. Once a month for at least a week repeat all of them, except the Gold - substituting the Atomidine.

7. Do keep the system purified and we will bring better conditions.

8. Apply the Packs over the swollen area in the small of the back, for through this means we are gradually reducing the tendency for the accumulation of lymph pockets in the tissue through those areas.

9. Ready for questions.

10. (Q) Has the crystallization of the segments, or the cartilaginous forces in the segments of the spine improved - is it less taut; is the stiffness in the lumbar and lower dorsal area less?

(A) This is gradually improving. What we are setting up is the ability of the body to eliminate through the regular channels as there is the breaking up of this crystallization, and its distribution.

11. (Q) Is the hemoglobin of the blood supply better?

(A) As indicated, all conditions are better. Do as outlined.

12. We are through with this reading.

REPORTS OF READING 3079-3 M 55 [edited]

2/6/44 Wife's letter: "Thank you for the check reading of Jan. 27th. We are so happy things are progressing in the right direction and so grateful to you...."

5/31/44 "...In his case, thank heaven, I can take care of all the treatments myself. And we do them almost 100% faithfully. I think he is better, but yesterday to my great distress he told me he was very discouraged as he now does not feel any improvement since, he thinks, January. Maybe he is too ambitious and expects too much. He worked in the garden quite hard, I would say, for these past 3 days and of course not only is he out of training, but that kind of work, much as he loves it, is not his work. By nature he is neither pessimistic, introspective nor complaining. I am so afraid that if his mental attitude turns pessimistic and he becomes discouraged, it might do his physical health harm... My husband wants me to ask you if he can drop off all or any of the treatments meantime..."

9/10/52 Wife's verbal report to IMG: P-1 [3079-1]: "The doctors said there was a parathyroid tumor and T.B. of the Kidneys. Later X-rays revealed that this was not correct. Further comments were, 'no hope' that he would eventually turn to jelly - there was nothing they could do - suggested that he take aspirin. I knew that the things Mr. Cayce gave would work and literally over-rode the objections of my husband in carrying out the treatments.

[3079-2]: "My husband was not at all keen on the treatments and at this point was not too improved, although I continued to give him the treatments just as outlined, for I was sure it would work.

P-3 [3079-3]: "My husband continued to improve, though following the year of '45 he only kept up the treatments occasionally; particularly the use of Atomidine, Gold and Soda - and paying attention to the general diet that had been outlined for him in the readings. When the doctors would meet him on the street they would turn white with the shock of realizing that he had not died, as they had thought. They asked him to come in so that they could check him and see what the changes were. He did not want to do this and I did not encourage him to do so, because there were so many unpleasant memories with this previous illness; also the routine of the check-up would be difficult for him both mentally and physically. He is now enjoying the best of health - boating, swimming, dancing and carrying on his business."

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BACKGROUND OF READING 3095-1 M 50

B1. 6/2/43 Letter: "My problem, briefly, is one of leg function and walking balance. I have had it a good many years. Blood pressure and blood count are normal, but circulation from the hips down is poor, and the muscles do not do their duty when I stand or walk. The condition is not constant; some days I get about better than others, and the drain on my nervous energy is naturally continuous."

TEXT OF READING 3095-1 M 50

This psychic reading given by Edgar Cayce, this 15th day of July, 1943.

2. EC: Yes - these are very serious disturbances.
3. As we find with this body, [3095], these may be HELPED, some relief may be brought. A great deal depends upon the attitude of body, the consistency and persistency with which the applications are made for corrections.
4. For, this is a wasting away of nerve plasm in the body itself. While in the present the lower limbs are mostly affected, this will be progressive - unless some measures are taken.
5. There is a reaction in the digestion, or in the glands, that prevents the assimilation - from foods and properties taken - to supply the proper elements, to replenish nerve plasm itself.
6. This is a form of sclerosis, and thus the weakness in ankle, in limb, in hip, and through the limbs of the body, is first apparent.

7. We find that the organs of the body are not so much affected as yet, save in the poor eliminations that are natural from the inability of the activities of the body to cause or to keep normal peristaltic movements through the body.

8. Also, naturally, with such quiet activity, the kidneys give some disturbance. But these are normal results more of the activity than a diseased condition in those portions of the body.

9. Most of the assimilating of juices of the body are through the combination of elements of the secretions of the liver and spleen and pancreas, as well as the juices supplied through the acids and alkalines in those combinations in the stomach itself.

10. Thus the digestion takes place under what might be called the supervision of the organs of the central circulation.

11. Then, in making helpful forces for this body, there needs to be supplied those elements that may be so assimilated as to supply not only deficiencies but helpful forces for the body in its relationship to elimination, to the activity of the kidneys, to the correction of the functioning of the organs themselves, and supplying and eliminating those disturbances in the glandular forces of the body.

12. As we have indicated, this has already reached SERIOUS proportions. Thus it will require persistency and consistency in the activities of the body, mentally as well as in the physical applications.

13. These, as we find, should be applied:

14. Once a week, or once in ten days would be preferable, have an osteopathic relaxation. This does not mean that there are to be corrections attempted. This is to aid more the daily use of properties, which we will indicate to be given the body, in their distribution through the relaxing of the segments and the centers along the spine that aid in controlling circulation - both to the superficial and to the deep circulation. This should be a treatment not so much for adjustment as for a thorough, thorough relaxing, each and every segment, each and every muscular force of the body receiving special attention. Use the limbs or the structural portions as leverage to make muscular reaction. For, as the action is required, the properties that are carried into the system vibratorially (which we will indicate) will be used in the body.

15. Prepare the Wet Cell Appliance that would carry Gold. This should be with the regular strength charge in the beginning. After this has been used for eight or ten months, it may be necessary to increase the charge to twice the amount of each ingredient making the low electrical charge. Make the attachments each day as follows, for thirty minutes; preferably in the evening; when the body is prepared for rest:

16. The large nickel plate, through which the Gold Solution passes vibratorially (in the proportions of one grain Chloride of Gold to each ounce of distilled water, and use at least three ounces), would be attached to the umbilical and lacteal duct plexus, or - on this body - four fingers to the right from the umbilical center and three fingers up from that point, where this crosses. The small copper plate would be attached to the lower portion of the 9th dorsal center - or between the 9th and 10th dorsal.

17. Recharge the Appliance, - that is, renew the charging solution, - every thirty days. Change the Gold Solution every fifteen days.
18. Keep the attachments, - that is, the attachment plates, - very clean and polished, before and after using. Take the connections out of the solution when not in use, and wipe them clean and dry. Put them back in the solution, or make the connections to the Appliance, at least twenty minutes before it is to be attached to the body. Use it daily for thirty minutes, in the manner indicated.
19. Also we would prepare a Gold Solution to be taken internally, but only once each week, and with Baking Soda. Prepare the two solutions in this manner, and keep separate until the dosage is to be taken:
20. The Gold Solution would be one grain Chloride of Gold to one ounce of distilled water (but have a separate solution from that used in the Appliance, of course. Do not take internally that solution prepared for use in the Appliance). Keep this separate.
21. The Soda Solution would be one-half ounce of Baking Soda (not that of any other character) in two ounces of distilled water, thoroughly dissolved. Keep this separate.
22. Once each week - not oftener - say on Tuesdays - put one drop of the Gold Solution (using a dropper) and two drops of the Soda Solution in half a glass of water and take, after it is shaken well, or stirred together.
23. In the diet, - have plenty of seafoods, two or three times a week. Vary these, but seafoods of every description. No great quantities of other meats, save occasionally fowl, or squab, or squirrel, or rabbit, or some other meat of that nature or character.
24. Have plenty of leafy vegetables.
25. No great quantities of grease should be taken at any time. Season the vegetables with butter, and it would be better if they are all cooked in Patapar Paper - so that their salts and juices are mixed with them and not left in the water in which they would ordinarily be cooked. Just cook them in Patapar Paper, without water, and season with butter.
26. Use enemas rather than cathartics, in keeping good eliminations. Do have a good elimination each day.
27. Do these and we SHOULD bring better conditions for this body.
28. Be persistent, be consistent, be prayerful, be expectant. Don't do any of these to be hurried through. We are through for the present.

REPORTS OF READING 3095-1 M 50

None.

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BACKGROUND OF READING 3099-1 F 57

B1. 6/8/43 Dr. Marion Dick's letter: "...Six years ago Mrs. [3099] was a patient of mine and at that time used to walk to my office. Since she has been unable to walk I haven't treated her until on Saturday eve. June 5th she told her husband she would like to see me again, as she felt sure I would like something to help her. I took your book, THERE IS A RIVER, along with me and left it with her. She has been thrilled with it and would like to have the reading. As far as medical or osteopathic science knows today, there is no cure for her condition, but after seeing the spectacular results on Mrs. [2956] from Milton, Mass., I am beginning to believe that the days of miracles are not past. She left for home feeling not only well but happy..."

B2. Questions submitted by Mrs. [3099]: 1. Can you give me hope of use of arms and legs so I can walk again? 2. Will I be able to have the use of my hands

again? 3. If there is no cure, what treatment might retard the downward progress of the disease? 4. When Glycocoll is supposed to be so useful in Muscular Dystrophy, why did it cause this body to appear poisoned from it when given for the first time? 5. What is the cause of this condition? 6. What diet would be best? 7. Which would be best, another osteopath or the physical therapist under Dr. Dick's direction (that is, if this type treatment is recommended)? 8. About how long a time would elapse before we can expect to see some improvement?

TEXT OF READING 3099-1 F 57

This Psychic Reading given by Edgar Cayce, this 19th day of July, 1943.

2. EC: Yes, we have the body here, [3099].
3. As we find, the disturbances here are of the progressive nature; that is, the condition has become constitutional, in that the body adjusts itself in many ways to the weaknesses and these continue to sap the vitality and strength from the nerves that control the tendons and muscles of the locomotories. This is indicated in the lower limbs as well as, now, beginning in the arms; and gradually, unless retarded, there will be the rolling up or folding up of the body-forces in ANY attempt to use the body muscular forces.
4. These, as we find, are of a glandular nature. They are not karmic, nor a hereditary condition - but the use of those things that set the glands to react upon themselves, that supply to the nerve force itself the energies; as would be the tensile strength taken from a wire over which impulses of electrical forces might move.
5. For, the nerves are but the wires to the body forces themselves. And, through lack of generative power within the system, or the glands from which the secretions are taken for the continuing of strength in same, these become as burned wires, or cords, or threads through the body, and gradually fail to supply muscular forces, or the strength to the muscles and tendons through which these nerve energies pass.
6. Naturally, with the supply of the various elements that have been indicated to stay this, - as in the giving of certain elements lately, - these tended to work the opposite. For, they supplied rather the fires that destroyed the ganglia through which there was the supplying of the muscles or nerve energies to the arms themselves, from the areas in the brachial centers of the body, between the sympathetic and the cerebrospinal supply.
7. These have begun to weaken even that activity to the spinal cord itself.
8. The conditions may or may not respond. It will depend upon the determination of the body-mind of this entity to live, to supply, to call on those energies of the divine within self to UNITE in the efforts to stay the energies in the body-force.
9. Then there would be supplied those elements that, if assimilated, may aid in supplying - through the mind forces and the body-energies - the physical reactions to the body.
10. We would use the vibrations of Gold, Silver and Iodine, as well as taking also internally - but very seldom - a small quantity of the Gold.
11. These should be supplied through the Wet Cell Appliance.

12. The charging solution for the Wet Cell Appliance should be double strength; that is, to the two gallons of Distilled Water, add - in the order named - in the crock, you see:

Copper Sulfate.....3 pounds, Sulfuric Acid C.P.....2 ounces,
Zinc.....6 drams, Willow Charcoal.....1/2 pound.

The Appliance would be attached each day for thirty minutes, one day carrying the Gold (in the proportions of one grain Chloride of Gold to each ounce of Distilled Water, but use at least three ounces of the solution), the next day carrying the Silver (one ounce of a two percent Nitrate of Silver Solution in three ounces of Distilled Water), and the next day carrying Atomidine - which is atomic iodine (one ounce of Atomidine to two ounces of Distilled Water).

13. The large nickel plate, through which the Solution passes vibratorially, would always be attached to the area on this body, about three fingers from the navel center to the right, and three fingers up from that point. This is at the lower portion of the gall duct area and the lacteal duct plexus, on this particular body, this is where the larger plate should always be attached, for each solution.

14. But the attachments for the copper plate should vary. When using the Gold Solution, attach the copper plate at the 9th dorsal. When using the Silver Solution, attach it at the upper portion of the 4th lumbar. When using the Atomidine, make the copper attachment at the 2nd dorsal center, the lower portion of the 2nd dorsal center - or between the 2nd and the 3rd dorsal.

15. Do not use the same connections for the Gold as for the Silver or for the Atomidine. Neither use the same connections in the container that carries the solution to be charged and discharged into the body-forces through the vibratory system. These should be removed each time after being used, from the bottles themselves. These should be cleansed thoroughly after they are used. Attach them to the Appliance about twenty minutes before the attachments are to be made to the body. Use the Gold one day, the Silver the next, the Atomidine the next, and so on.

16. The Appliance should be recharged every thirty days; that is, the charging solution should be renewed.

17. Change each of the Solutions in the bottles after it has been used fifteen times; that is, each Solution is good for fifteen applications to the body, see? then it should be changed - that is, a new solution made.

18. At least every other day there should be a gentle massage, not the heavy therapy but a gentle massage that would stimulate the activity of the ganglia at each center along the spinal system, as well as stimulating of the ganglia in the frontal portions of the body - of the lymph centers - as to distribute this energy through the system. Thus sufficient of the cellular forces may be enlivened, in the flow of the lymph as well as the corpuscle activity in the blood stream, with these energies, to revivify and build back the resistance and strength to the body.

19. These massages should be osteopathically administered, followed with an oil rub - using one part tungsten [GD's note: I think he means lamp oil or plain kerosene.] oil and five parts peanut oil. Shake these thoroughly together and massage especially in those areas where the plates to the Appliance are attached to the body. This should be done at least every other day.

20. Prepare two solutions, and keep these separate until they are to be taken.
21. Add one grain Chloride of Gold to one ounce of Distilled Water. This would be kept as one solution (not the same that is being used in the Appliance, but keep this separate).
22. Add three grains of Sodium Bicarbonate to one ounce of Distilled Water. This would be the other solution.
23. Once each week - not oftener - take one drop of the Gold Solution and two drops of the Soda Solution. Stir these in a glass of water and drink immediately.
24. Keep a diet that is body building, carrying especially the vitamin A, D, B-1 and B-Complex; but let these be in the foods, NOT supplemented for the body, for this should all work with the assimilating system. Eat the foods that carry these vitamins, rather than adding the Vitamins themselves - in supplementary amounts - for this body.
25. Do keep eliminations regular. If there is the lack of eliminations daily, use the colonics rather than laxatives or purgatives. And when any laxative is given, let it be - for this body - vegetable in its base, rather than mineral.
26. These, with the determination in self - to WANT to depend upon, to look to, the divine within - offer the better opportunities and should bring help for this body.
27. Ready for questions.
28. (Q) If the body responds to this treatment, will she have the use of hands again?
- (A) Have the use of hands and legs and feet and all, if she wants it! But this she must make up in her own mind, and the determination that it will be used for good and not for [3099] alone.
29. (Q) When Glycocoll is supposed to be so useful in such muscular conditions, why did it cause this body to appear poisoned from it when given for the first time?
- (A) This has been indicated.
- Do these things, if we would bring the OPPORTUNITY for this body to respond. We are through with this Reading.

REPORTS OF READING 3099-1 F 57

R1. 6/15/49 Notation on A.R.E. envelope returned: "DECEASED 9/1/46."

INDEX OF READING 3543-1 F 18

ARTHRITIS

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BACKGROUND OF READING 3543-1 F 18

11/5/43 "...[3543] is my young girl I wrote you about who has worked so hard on her acrobatic dancing. It has been very difficult for us to continue her training in ..., yet we put this problem in the hands of our heavenly Father and somehow my money has come as we need it... She has also recently had opportunities for work, but about 4 weeks ago she was almost unable to walk with a pain in her back, to bend forward was impossible. Her teacher sent her to his chiropractor and it has very slowly improved. I had X-rays taken and they showed no sudden change in her back. What was there had been there for years. She was unable to take her lessons or to earn the money she was just beginning to get

opportunities to get. Her back is better now so she can work a little but to do any aerials or any difficult tumbling - what the people have hired her to do. She tried yesterday she told me, and "a sharp pain went through my back, mummy." ...I know that you can find the trouble and cure her. I don't feel this chiropractor is getting at the root of the trouble at all. Will you do for me what you can?..."

TEXT OF READING 3543-1 F 18

This psychic reading given by Edgar Cayce, this 8th day of January, 1944.

3. As we find, there are disorders. And if there is the persistence in attempting to do the exercises that are being prepared even now for the body, we will have injuries that will soon become permanent static conditions. For there are those inclinations and tendencies towards calcium deposits in the segments of the cerebrospinal system, in the lower dorsal and through the lumbar area, extending even to the 9th dorsal. These are the disturbances that cause the conditions in the spinal area.

4. We would relax from this acrobatic dancing for at least two to three months. Then, if there are measures taken to eliminate the sources of these disturbances, the body may carry on. For this, as the choice of this body, may be made to become a channel through which much may be given to others.

5. In making these corrections, first we would have once or twice a week, for at least two to three weeks, the general hydrotherapy treatments - but don't be too strenuous with these. Massages are excellent, yes - but these only act as palliatives and are not removing the sources of the chemical changes that take place in the body. There must be those characters of activities to eliminate the poisons or accumulations around the segments and at the areas indicated. Then there must be those attentions to the body through these periods that will change the chemical reactions in the manner in which the glandular system takes from the body-forces, or the diet in the assimilation, to create the supplying elements for resuscitating and revivifying of the affected areas.

6. In the hydrotherapy, then, we would include first a Pine Oil Bubble Bath - for fifteen to twenty minutes. Then have a thorough rubdown with this combination of oils, added in the order named: Witchhazel.....4 ounces, Olive Oil.....2 ounces, Peanut Oil...1 ounce, Oil of Pine Needles...1 ounce, Lanolin (liquefied)...1/2 ounce.

These will tend to separate, but shake together and pour out of the container in which these are kept, into an open saucer. Don't pour into the hands, but into a shallow container. Dip the fingers in this and massage the limbs, along the sciatic nerve and feet, the pelvic areas and the sacral and lumbar - all the way to the base of the brain. Here we would always rub upward, not downward, but rub toward the head; so that the centers stimulated, where cerebrospinal and sympathetic coordinate, will be brought into unison of activity.

7. Then let the body rest under the ultra-violet light with the green glass projected, for a minute to a minute and a half - over the area of the ribs and the lower lumbar.

8. Do this about twice a week. At Reilly's would be the better.

9. Of evenings also apply Glyco-Thymoline Packs over the lumbar and lower dorsal and sacral area, using salt heat - preferably iodized salt. This should be sewed or quilted in a pad - this heated and applied to the body, over the Glyco-Thymoline Pack instead of an electric pad.
10. Also prepare two solutions to be taken internally. Add one grain Chloride of Gold Sodium to one ounce of distilled water. This would be one solution.
11. Add two grains Bromide of Soda to one ounce of distilled water. This would be the other solution.
12. Every other day, when the dose is to be taken, to half a glass of water add one drop of the Gold Solution and one drop of the Soda Solution. Stir and drink immediately.
13. Begin taking these properties after the first two hydrotherapy treatments have been taken.
14. Do these, and we will find that in four to six weeks the body may begin with the training and the activity, and be rid of disturbances.
15. Ready for questions.
16. (Q) Why is she so susceptible to colds, and what is the remedy?
(A) The acidity of the system. While the Gold is acid, the Bromide of Soda reacts - and the activities of the absorption through the Glyco-Thymoline will minimize these conditions.
17. (Q) What causes dark spots on her skin?
(A) The poor circulation.
18. (Q) Has she any tendency to cancer?
(A) Not in the present.
19. (Q) Any other advice?
(A) Do these consistently if there will be the carrying on of that the body purposes in its mind - and it would become then a pleasure, not a hardship.
20. We are through with this reading.

REPORTS OF READING 3543-1 F 18

1/28/44 Mother's report: [Requesting a Physical Rdg., for son, [3678]]: "In regard to my daughter's reading - her treatments are underway. She is in the care of Dr. Reilly as the reading suggested and she tells me that everything is being done according to the directions in the reading...."

8/9/47 Mother's report: "...My daughter expects to be working in ... for a month and probably longer, ...she is one of Edgar Cayce's "cures".

8/15/47 Dr. Reilly's report: No diagnosis (provisional), followed Cayce reading exact directions. Patient regained complete use of limbs and full muscular co-ordination. 30 visits, 1944; 12 visits 1945 & 46. The last time I saw this patient she was in splendid health and physical condition. The Cayce reading worked miracles on her.

R5. 8/29/47 Mother's report: "Chief Complaint, Acute pain in moving back, hips and legs; severe onset Nov. '43, approximately; acute duration several months. No severe recurrence at all. Before reading: a few treatments from a chiropractor and X-rays showed lime deposits, I think. Last year, and several months, treatments followed as outlined. No gold taken after one year. Hydrotherapy continued regularly through 2nd year. 3rd year cured!

INDEX OF READING 3669-1 F 29

CIRCULATION: INCOORDINATION

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: Water, Distilled:	Par. 7, 10--15, 19-A
Prophecy: Prognosis: Sterility	Par. 16

SPINE: SUBLUXATIONS

STERILITY

BACKGROUND OF READING 3669-1 F 29

B1. Questions submitted: Is it possible for me to have a baby? What is preventing conception? What should I do in order to make it possible for conception? Is the trouble with the glands? If so, should I keep the appointment with Dr. Moe of the Naval Clinic metabolism tests? or is this treatment preferable as suggested here? Any further advice?

TEXT OF READING 3669-1 F 29

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Va. Beach, Va., this 17th day of February, 1944.

3. As we find, the physical forces and reactions in this body are very good. To be sure there are some tendencies or inclinations that may be considered as warnings for the body-physical, but in the main the reactions and reflexes of the body are very good.

4. These, then, are conditions as tendencies that we find with this body:

5. Through the blood supply there are those tendencies in the circulation between the liver, the heart and the kidneys, that tend to cause at times a little dizziness - which at periods causes reflexes to activities of the body. These alter, but as we find these tensions would be relieved if the body would have made at least three to five osteopathic adjustments, especially in the areas from the 6th dorsal to the lumbar axis and throughout the sacral area.

6. These would also aid in correcting the disturbances which have hindered in the present the desire for conception.
7. This combined with a changing of the chemical reactions of body, by taking internally a few drops occasionally of Chloride of Gold Sodium and Bicarbonate of Soda, should correct the conditions. It will change all the activities of the genital system as well as the tendencies here for the creating of puffiness in the areas of the eyes at times, or eyelids, and a fullness in hands and feet at times if there has been an excess activity or a sitting too long in one position.
8. These as we find will make for better conditions.
9. Then: We would have three to five osteopathic adjustments, by one such as Irvin. Take the first two in one week. Then the other two to three may be taken once a week, see?
10. Prepare two solutions to be taken internally, but keep these separate except when the dosage is to be taken.
11. Add one ounce of Chloride of Gold Sodium to one ounce of Distilled Water. This would be one solution.
12. Add Bicarbonate of Soda and Water sufficient to make a ten percent solution. This would be the other solution.
13. Three times each week, say Mondays, Wednesdays and Fridays, take one drop of the Gold Solution and two drops of the Soda Solution in half a glass of water.
14. Take this for three weeks. Then leave off, for it will by then have tended to make the eliminations to be changed entirely and if kept too long will cause an excess superficial circulation.
15. Then the next month take it for another three-week series in the same manner.
16. Do these and we will find better conditions and conception will occur soon enough, if these will be done.
17. Ready for questions.
18. (Q) Is there trouble with the glands?
(A) No trouble with the glands save as indicated. The greater disturbance is the circulation between liver and kidneys, which affects at times the heart circulation.
19. (Q) Is this preventing conception?
(A) As indicated, these are the tendencies - which will be corrected with the creative energies in the nerve forces by the taking of the Gold and Soda.
20. (Q) Should I keep the appointment with Dr. Moe of the Naval Clinic for metabolism tests?
(A) Not necessary, for we are going to correct all of these tendencies that might be indicated in such tests. Depends on how soon these would be taken as to whether the tests would be negative or positive, but there's nothing wrong with the metabolism. Do these as indicated . We are through with this reading.

REPORTS OF READING 3669-1 F 29

R2. 8/7/51 C. W. Irvin (Physician): patient did not follow instructions as to treatment therefore I have no record as to results.

INDEX OF READING 4096-2 F 40

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BACKGROUND OF READING 4096-2 F 40

B1. See 4096-1.

TEXT OF READING 4096-2 F 40

This Psychic Reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 9th day of June, 1926.

2. EC: Yes, we have the body here. We have had this before, you see.
3. Now, we find there are many changes in the body since last we had this here. Very few of these are for the betterment. Many show the exaggeration and the gradual growth of that condition wherein the whole emunctory system becomes involved, and where the effect of those conditions as of the prenatal has its effect upon the system, especially those of the glands that go to make up the condition as is created in the system through the action of these, especially that in the Lyden [leydig?] gland. This shows, especially, through the locomotion, and the condition as is produced in the effect of the condition bordering on paresis, or the ineffectual coordination of the system throughout.

4. At the present time, that condition that will be found most effectual towards the assistance toward relieving the conditions in the body will be found through giving, internally, those properties of Chloride of Gold and Soda, as THIS proportion: 15 grains Chloride of Gold in 10 ounces of distilled water, adding 20 grains of Soda (sodium carbonate). This taken in water, beginning with 3 drops, increasing each day until at least 15 drops are taken at a dose. This would be given at least twice each day, morning and evening. The effect to be created by this condition is to enliven the tissue as goes to make up the forces as supplied through the functioning of the ductless glands, of which this condition is a portion. The direct connection between this condition lies in that of the pineal gland, see? with the Lyden gland - one an affecting condition in the pelvic organ, the other the connecting same throughout the system with its connection in the various centers of the cerebro-spinal and sympathetic system. Hence the incoordination and the suffering as accrues from the incoordinating centers of the nerve system affecting directly the larger branches to the locomotories.
5. After this has been taken in the system for at least 20 days, then we would begin to use packs along the sacral and lumbar region of saturated solution of Epsom Salts, so as to relax all of these centers, see? Then we will have the effectual vibration of the properties as taken in the system going through this portion of the body. The Gold kept in the system, of course, with the change, as they are taken, you see, 3 to 5, to 15 drops. As reach 15, begin again with the 3 to 5 drops, see? for the dose. In the effectual operations of this in the system, there will come the better coordinating.
6. Beginning, after this has been used (the Gold, then the Salts), with the vibrations from the Alpine or from the RED Rays, or Crystal Rays, over the whole length of the spinal system.
7. Do that. When this has been taken for 15 to 20 days, we would then give that necessary for the changes, for we find this, when it has reached the second cycle - that is, of seventh year, this must be effectually checked, or the change will be that in which there will be no effectual assistance. See? Then we would give further instructions as the conditions arise. Do that for the present. .
8. We are through.

INDEX OF READING 4158-1 M 59

LOCOMOTION: ATAXIA

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Prescriptions: Gold Chloride: Locomotion: Ataxia	Par. 6, 7
: Soda, Bicarbonate:	Par. 6, 7
: Water, Distilled:	Par. 6, 7

RHEUMATISM

TEXT OF READING 4158-1 M 59

This Psychic Reading given by Edgar Cayce, this 29th day March, 1928.

3. Now, we find there are complications in the physical forces of this body, and many conditions lend themselves, or are producing varying conditions that are existent in the body. There is a form of ataxia. There is also the form of rheumatic conditions.

4. As to the causes or outcome from various conditions that brought these about, we find that these would go back to where we would almost have a history of the life's activities (though they have reached numbers of years already, you see), but to meet the needs of the conditions, to stabilize the nerves' reactions, and to rebuild the blood supply and to bring about better eliminations, would be the conditions to be met with at this time - though, as we shall see, there will be the necessity for changes in applications for the body, and these will require persistence on the part of the the body, were the conditions brought to where a great deal of PERMANENT good might be brought for the body.

5. First we would have for the body, those of at least two (2) pounds of Balsam of Sulphur prepared for the body, and at least every third day massage this thoroughly in the sacral and lumbar regions for the body, cleansing same afterward with a weak solution of plain soda water, see? We will reduce a great deal of this acidity as is thrown off in the exterior portions of the body. Bathing the lower limbs following this treatment (and only give these treatments in the lower limbs), massaging the sciatic nerve and the knees and the feet thoroughly, with equal parts olive oil, tincture of myrrh, and sassafras oil. Heat the oil, add the myrrh, then the sassafras oil, see? Only give these rubs in the lower limbs, when the treatments have been given, or the pores of the skin opened thoroughly by the massage of the Balsam of Sulphur.

6. Take internally Chloride of Gold and Bicarbonate of Soda. To fifteen (15) ounces of distilled water add ten (10) grains Chloride of Gold. Keep this in a solution by itself, preferably in a dark place. Make six (6) ounces of distilled water with two (2) drams Bicarbonate of Soda. When the dose is to be taken (which should be given at least twice each day), begin with only two (2) drops of Gold and four (4) drops of Soda - that is, the soda water solution - in half a glass of water. Preferably take these nine of morning and three in afternoon. Keep the two drops for at least five days. Then it may be increased to three drops, the soda solution to six drops. These taken together, of course, in the same half glass of water.

7. After these have been kept up in this manner for sixty days, then we would give the changes necessary to meet the needs of this body.

8. Be careful of the diet - though this has been looked after rather carefully so far, but with these properties taken, and with these conditions being given for the system, we will find changes coming about, more stability, more ability to act in NOMINAL ways and manners, and when these changes, that will be brought about by this, have come about - we will change for those conditions necessary to bring better physical forces for this body. Do that as given. We are through for the present.

INDEX OF READING 4269-1 M ADULT

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STREPTOCOCCUS

TEXT OF READING 4269-1 M ADULT

This Psychic Reading given by Edgar Cayce, this 23rd day of February, 1927.

3. Now, we find there are those conditions in the physical forces of the body that prevent the normal reaction to the functioning of the organs and the reactory forces through brain action to the body. In these we find there are specific conditions to be encountered, and that with the proper care and attention this condition can, and may, be brought to a near normal condition for the body in its reaction again.

4. Now, these are the conditions as we find them in this body, [4269] we are speaking of, present here in this room. First:

5. IN THE BLOOD SUPPLY, in this we find the reaction very good in many ways and manners, yet the stress under which normal functioning is produced at times brings strain even to the rebuilding in the blood supply.

6. IN THE NERVE SYSTEM, properly, in the nerve systems we find the seat or the cause of the conditions in the body, in the coordination between cerebro-spinal, sympathetic and sensory organisms.

7. Now, as we find, to give the complete description of the conditions to be met, and how this condition is effective in the physical forces of this body, you will find it necessary to understand something of the reaction between sympathetic, cerebro-spinal, and sensory organisms, or the nerve systems of the body - and particularly in this body.

8. In the beginning of this condition (which, as we find, was some ten years ago) there was produced in the lower dorsal a condition that hindered a cell in its reaction through the lyden [leydig?] gland. In this action we find that the system responded only through the sensory system - that of a very high vibration between the sympathetic and the sensory system. The physical forces at the time coming under the reaction of congestion in the lymph producing glands, and in the numbers of leucocytes created in the system - the condition remained for the time being, and the body suffered only from sharp pains at times across the small of the back. In time this began by the reaction of the blood supply, and the attempt of the system to eliminate these conditions, to act as a dam, as it were, or a retarding of the flow of the nerve energy in that plexus known as the solar plexus. Hence this center, then, becoming, as it were, relaxed to the state of attempting to carry dead cells from the system, began to cause troubles with the digestive system, troubles with the mesenteric system, and the reaction to same was to lay the system open for that action of congestion known in common terms as cold, or begun with that CELL action - producing, then, streptococci in the blood. The general system being of such a nature as capable of combating with same - through the liver and the spleen - this reaction, then, was to RAISE this cell to the center above the cerebro-spinal plexus, that joins directly with the cerebro-spinal, the sympathetic, and the sensory system, in the 10th and 11th dorsal center - and then there began the first reaction - some two years, six months, five days, ago - that of the first inability of coordination between the responsive action of that as the nerve action between the positive and the negative nerve centers, or the VOLUNTARY action becomes involuntary, and where voluntary action should be the body necessarily has to react, then, to be able to voluntarily act. This is through nerve systems, now, we are speaking of. In this reaction again, we find this then produces a paresis to this plexus center, known as that which has left the cell where the cerebro-spinal reaction is giving off to the charge of the eliminating of this condition in the system. This then forms to the base of the brain that reaction through the glands - that have already become active through the condition in the sensory system, also in the sympathetic system - and raising the high tension to the nerve reaction, we find that the gland at the base of the brain, extending as a thread entirely through the whole nerve system, becomes inflamed, and at such times all locomotion becomes as draught, or as incapable of keeping same in balance, and when this reaction passes - by the sympathetic nerve system reacting to same - the body is again able to balance between cerebro-spinal, sympathetic, and the sensory systems, and the brain again functions normal.

9. In this gland, then, we find that as is the basis of that through which we may expect to ELIMINATE from the system that condition that has hindered, and does hinder, the perfect coordination in the mental forces of the body, with the cerebrospinal, sympathetic, and sensory systems, for without proper coordination between each of these the body must necessarily remain unbalanced physically and mentally, and its reaction from same be detrimental to the physical reaction of the body. While the organs themselves may remain in near normal

functioning, the reaction of the cerebro-spinal, sympathetic and sensory systems, do not produce proper reaction in the body.

10. Then, in the gland at the base of the brain we begin with those properties that will create the proper vibration in the body as to cause eliminations to be set up, and that the blood stream and the cellular forces, and all of the creative energies in the system to create physical reaction in nerve forces, so that both white and gray action in nerve serum, or nerve action itself, is normal. These, then, will be found through consistence, and persistent action, for the physical forces of the body to bring about the normal conditions for this body, [4269].

11. Then, we would begin in THIS way and manner - for, as we find in the brain forces, these respond ever to the highest vibration of the nerve system, and the organs of the body are as tautnesses to the nerve reaction - for, as is seen in the sensory system, ALL of the sensory organs respond to this condition, and deterioration at times sets in - as is seen in the eye, in the ear, in the speech, in the feeling, in the sensation as occurs over the whole of the surface of the body at times. Again we find the heart's reaction, the digestive system, all SYMPATHETICALLY react - yet all may be recalled perfectly normal for a physical reaction in the body.

12. We would begin, then, as this: We would take those vibrations in the system as will be found from the application of Chloride of Gold directly to the solar plexus center, alternating the negative applicator or anode from the umbilicus to the 10th dorsal, in its application each day to the body, through the Radio-Active Appliance - using at least ten (10) ounces of the solution through which the vibratory forces would be conductive to the body - making the positive application or anode to the wrist and to the ankle, alternately. At least two hours each day should this be applied to the body.

13. Taking - in the meantime - those properties internally as are found in fifteen (15) grains Chloride of Gold to fifteen (15) ounces distilled water. When taken in the system as medicinal properties, in this manner: Make solution of soda - bicarbonate of soda - one (1) ounce of soda to ten (10) ounces of distilled water. These two are combined when they are taken into the system. To half a glass of water add, the first day, one (1) drop of the gold and two (2) drops of the soda water, see? The next day there would be taken two (2) drops of the gold and four (4) drops of the soda (combined in the half glass of water). Increasing each day until ten (10) drops are taken, see? Leave off one (1) day. Then begin with twice each day, taking one (1) drop of gold and two (2) of soda - increasing the dose until ten (10) drops are being taken twice each day. Leave off entirely for a week.

14. After this has been carried this far, then we would give that as necessary for the change of medicinal properties.

15. Once each week there should be given gentle massage to the glands - the pituitary, the thyroid, the glands about the kidneys, and a stimulation to the solar plexus center in the 10th and 11th and 12th dorsals. Also a vibratory force set up about the umbilicus, that eliminations may be set up in this system - for we will follow these consistently and persistently, and bring normal forces to this body, [4269]. We are through for the present.

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TEXT OF READING 4607-1 M 55 (Retired Fireman)

This Psychic Reading given by Edgar Cayce, this 3rd day of July, 1930.

1. EC: Yes, we have the body here, [4607]. In the general physical forces of the body, we find conditions that are abnormal to the body. We find conditions that to the body have become somewhat the natural result of conditions, or becoming normal to the body. These, with the abnormalities, as we find, may be corrected to where there will not only be the resistance necessary to prevent the re-occurrence of subluxations to the general physical force, but to where the conditions may be brought near to a normal reaction. The condition as we find, in its beginning, or cause, has to do with eliminations, as well as that of specific conditions as CAUSE the distress as has come about.

2. These, then, are conditions as we find them with this body, [4607] we are speaking of, present in this room:
3. In the Blood Supply - this, we find, shows the evidences of at times being positive in its reaction; also to be of low pressure, of a higher white blood count than normal, of a lower red blood than would be well for the body in rebuilding. In the eliminations as are seen or manifested IN the blood supply, this we find slow in its circulation, and low in its pressure.
4. In the Nerve System - here we find a specific condition as produces that of the inactivity of the forces in the system as related to the locomotion; also those ganglia that have been injured by the stoppage of the cellular force as make the pressure on the central nerve system, radiating directly from the 7th and 8th dorsal center, and to the left - which makes for that reaction in the right side. This radial plexus also, as we find - where there has been an injury from the exterior, where the coccyx and the lower dorsal has been involved - THIS added to that pressure produced through the conditions as come into the blood supply, brings about these distresses.
5. In the Functioning of the Organs themselves: We find brain forces active with the general activity of system; the sensory organisms at times accentuated above normalcy.
6. The digestive system shows the effect of the slowness through the circulation; also the taxation as is given the blood supply, as especially in that of the glands where the assimilation takes place for the RECUPERATIVE forces in system; also the activity of the liver and kidneys is impaired through the cold or low hepatic circulation.
7. These, as we find, may be rejuvenated - and with the proper applications, bring near a normalcy for the body.
8. These, we find, will be slow in the beginning. Be patient. Be persistent. Be active, and KEEP in that as may be given - watching the diet and the activities of the body physical.
9. First we would apply those of the sweats, as from the fume baths, of the salts. These should be taken at least ONCE each week. Following same, there should be the thorough salt rub, with the cold shower and rubbing after same along the whole of the cerebro-spinal system. The treatment, or manipulation and adjustment, should follow immediately - as the body rests from this, see? Then, following this - for at least thirty minutes - there should be the appliance of the wet cell battery, charging self, carrying the SILVER solution, to the solar plexus, in the 9th dorsal center - see? The other anode, or the positive, being attached to the circle of the extremities, see? This being attached first, then the anode carrying the solution attached to the 12th and 9th dorsal - these being alternated from time to time; 9th, then the 12th at the next period. These should be attached WHILE the body rests, about TWICE each week. Also there should be taken internally, those of the soda and gold, in the ratio - beginning with one minim of each of the soda and gold solution, increasing day by day until eight drops are being taken of each, see? Then skip one day and begin again with the one, see? This would be followed out in the order as is given.

10. In the diet, beware of meats. Be rather that of the blood and of the nerve building, so that - as the corrections are made, as the vibratory forces in system are altered, as the eliminations are carried forward - the alimentary canal will COORDINATE WITH the rest of the system. It will be found necessary to occasionally use those of the colonic. This need not be given more than once each three weeks, as we find at present. This may be altered with the changes. Ready for questions.

11. (Q) Should there just be the one manipulation and adjustment each week?

(A) If this is done thoroughly, this will be sufficient in the beginning. We can overtax, as well as underdo.

12. We are through for the present.

REPORTS OF READING 4607-1 M 55

None.

INDEX OF READING 5423-1 F 34

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NEURASTHENIA: CURED

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TEXT OF READING 5423-1 F 34

This Psychic Reading given by Edgar Cayce at the Hotel Victoria, Room 2135, New York City, this 2nd day of November, 1931.

1. EC: Yes, we have the body here, [5423]. Now, we find there are conditions as produce or cause some disorders with the physical forces of this body. These, as we find, taken in time, there needs be little to hinder the body being perfectly normal in physical functioning, but having been under such strains in: mental ways and manners, there has been produced in the system that, that has gradually taken hold of, or produces those appearances of disorders in various portions of the system. These, then, are the conditions as we find them with this body, [5423] we are speaking of, present in this room:

2. IN THE BLOOD SUPPLY, this we find deficient in quantity, rather than quality. While the disorder as is the cause or the basic reason for the disorders affects the blood stream more than would ORDINARILY be in such disorders, from the very NATURE of the cause, produces a variation in the hemoglobin, or in the supply of white or red blood, in a LARGER way or manner than would ordinarily.

3. IN NERVE SYSTEM, and systems, do we find that which causes, or is the base of the disorders; being under mental strain in many ways and manners. This is not to be inferred that any mental DISORDER exists, but being harangued in many ways and manners, so that the whole mental body has been in a state of excitement, has brought about that condition in which the sympathetic nervous system has REBELLED, until there are MANY portions in the connections between the sympathetic and cerebrospinal system - at the JUNCTIONS of each - that have rebelled, until these may be termed as fagged, as ready to GIVE UP at times, until the whole reaction to the body is of rebellion at that the PHYSICAL is forced to bear under this strain; so that the DISORDER is rather that of fagged nerve impoverishment of the nerve energy of the whole system, which BRINGS then, at times, this rebellion; for having been under the strain so long, some organs must - or the fagging of same - rebel at the impoverishment of the incentives as are received from those plexus or centers from which it receives its impulse for activity, from the assimilations in the system. These at times have rebelled, so that foods refuse - as it were - to digest. Not sufficient of an impulse to supply from the whole system the proper nerve energy to produce, or to cause those accumulations necessary in the digestive forces of the body to carry same on properly. Hence the rest of the alimentary canal, the organs of same at times being overstrained, suffer under these conditions. Not that there is not existent in the physical forces of the body that, that under proper impulse would not carry ON, for at other times, when more quietness has come about, more of a repose to the whole general nervous system - as related to the central nerve system - then digestion takes place in near a nominal manner. Again we will find the impulse from such conditions as to produce that of an overflow, as it were, in the throat, in the head, headaches, eyes ache, overactivity in those forces as produce the mucous-membrane activities through the head, through the eyes, through the nasal cavities, soft tissue of the face - these all are SYMPATHETIC conditions. We do NOT find organic disorders in this body. Rather that of impulses through those of the improper nourishment to the nerve energy of the body, yet NO one SHOULD call the body a neurotic, for the body does NOT ASSUME or take on those of the ailments or indispositions of others, save sympathetically! Hence the body often expends itself and its vitality PHYSICALLY in the aiding of others, who through sympathy, through the overactivity in this direction, produces that activity from the body.

4. In meeting, then, the needs of the conditions of this system, and - as has been given, as we find - will these be carried forward in a consistent and persistent way and manner, we will find in a few weeks a CONSIDERABLE and decided change for the betterments and in a few months, or moons, we will find that resistance builded where the body-mental, the body-physical, may give much to others in the way of assistance, in the way of aid, that few may be able TO do.

5. In meeting, then, the needs - there must be that supply to the system, that which will bring about normalcy for the nerve system, in a way and manner as will not make for distresses to any portion that may have been heretofore sympathetic with the weakened forces of the body, but that will bring a proper coordination - as has long existed in the body, until these conditions in the nervous system brought about those breaking down of resistances, those breaking down of the vitality of the body mentally AND physically.
6. We would, then, each evening before retiring, apply as this: Along the whole of the cerebrospinal system, not just along the spinal column but along the sympathetic AND cerebrospinal nerve system, apply those of wet heat. Following such, massage thoroughly into the spine equal parts of olive oil, tincture of myrrh, and sassafras oil. Heat the oil, adding the myrrh (that is, heat the olive oil), heating same a little higher and adding the sassafras oil. Use at least a tablespoonful to two tablespoonsful at each application. Best that these be prepared when this is given.
7. Take internally, this: Chloride of Gold 15 grains to 15 ounces of distilled water. Bromide of Soda 20 grains in 20 ounces of distilled water. Keep these separate until the dose is to be taken. Then begin with 2 drops of the Gold solution, with 3 drops of the Soda solution, in half a glass of water. This we would take of mornings. Each day increase the amount of Gold, and proportionate amount of Soda, 1 drop - see? until there is 8 drops of the Gold being taken. Then leave off for 3 days. Then begin with the 2 drops of Gold, 3 drops of Soda, see? increase then each day until there is being taken that same proportion - as the 2 of Gold to 3 of Soda, see?
8. In the matter of diet - these should be nerve and blood building, but do not force self to eat that as is not desirous of being eaten! Do not over STIMULATE the system with those of any character of foods that supply over abundance of sugars, or over abundance of alcoholic forces, as when there are those of fruits and fruit juices taken do not take those that produce fermentations within the system - for these unbalance the ASSIMILATING forces of the system, as does over acids or too highly seasoned foods.
9. Keep this up, and we will find we will bring for this body a normalcy.
10. Much might be said in respect the MENTAL abilities of this body, especially with that of a satisfied self as to its relationships to the physical and material world, and the relationships to others; for the ABILITIES of the body are GREAT, as the RESPONSIBILITIES have been great. So may the body, with the understanding of self - and of self's abilities in its relationships to individuals to groups, to those things as have brought about disorders - bring that strength and that virility that will make for abilities to aid, to give to others that of an UNDERSTANDING that few may give!
11. Ready for questions.
12. (Q) What is cause of pain and gas formation at times in right side, which goes through to the back? often followed by dizziness, nausea and vomiting?
(A) As has been given, the system - through the lack of nerve energy or impulse through the solar plexus area, through the ganglia of the solar plexus - brings that lack of the supply of forces to carry on digestion. Hence fermentation

becomes the result, and at times it will be found to come from the very smallest amount of food, or scarcely without any, yet at others the system would handle a sufficient QUANTITY of foods. These are that of nerve FAGGING; not a disorder of an organ, or any disorder WITHIN the digestive system. The IMPULSES are not sufficient to carry on the activities of the body. Hence the rebellion, the warning as comes from portions of the system attempting to warn the body that more strength, more virility, is needed.

Now these are the activities of those things suggested, as in relation to this - and this may be done at home!

The activity of the olive oil is as FOOD that may be absorbed by the lymph and emunctories of the system, provided the pores and the exterior portions of the body have been relaxed or opened before this is massaged into the system. The activity of those properties as go WITH same, the myrrh and those of the sassafras oil, these add to the STRENGTH of the muscular tissue, of the sinew along the system, as to carry - the one stimulating the muscular forces, the other carrying to the cartilaginous forces, and to every nerve fibre itself, that of strength and activity. So that there is NOT disorders to the system by dosings of medicines, or the like. The Gold in its activity, with the Soda, is to ENLIVEN the glands INTERNALLY with the SECRETIONS of the system, as to furnish the proper stimuli to the replenishing and rebuilding of the system.

13. (Q) Are the sores on face caused from sugar in the blood?

(A) Rather from the lack of GLUTEN in the blood, that KEEPS the eliminating system in coordination. With the strengthening of the vitality of the nerve ends of the nervous system, with the stimuli to the glands of the body in every direction, we will find these conditions will disappear - but the WARNINGS, as given, do NOT take properties that make for too much sugars, or too much of the stimuli in that of ACIDITY in the system.

14. (Q) Do I have gastric ulcers?

(A) We DO NOT!

Follow these suggestions, as we will find health, joy and happiness. We are through for the present.

REPORTS OF READING 5423-1 F 34

R1. GD's memo: Mrs. [5423] responded beautifully and had no further physical difficulty. All correspondence was thereafter in relation to her daughter's case [2884].

R2. 12/17/31 She referred Mrs. [5557] for a Physical Reading.

INDEX OF READING 5491-1 M 40

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BACKGROUND OF READING 5491-1 M 40

B1. 7/8/30 Entered Cayce Hospital to be treated for "Neurosis - apparent since Dec. 1928." His brother footed the bill. His brother and mother stated he had been shell shocked during the first world war.

TEXT OF READING 5491-1 M 40

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 8th day of July, 1930.

1. EC: Yes, we have the body here, [5491]. Now, we find there are many conditions that are abnormal, and that are disconcerting as respecting the physical forces of the body. The beginning, the cause, as exists in the system in

the present, or as would be apparent, is LITTLE of the REAL cause. Much has been of an inhibitive nature, yet - as we find - with time, with attention, with proper precautions, there may be builded in the physical forces of this body, [5491] that which will make manifest a much nearer NORMAL, and the body - physical not only be good, but be good for something. In the present, little may be accomplished, physically or mentally, yet these are as dormant.

2. These be the conditions, then, as we find them with this body, [5491] we are speaking of:

3. IN THE BLOOD SUPPLY, this we find deficient in quantity and quality, both as to red and white blood supply. The DISTRIBUTION of same very good, considering the quantity or quality as regarding the various elements that make up same, for the activities of same are not as of a normal coordination with that as is assimilated for resuscitation of life giving forces or elements within the body.

4. IN THE NERVE SYSTEM, here we find many of the disorders as are exhibited in the distressed condition, for in some of the glands of the system there has been that builded as calls for the taking up of the vitality as is necessary to create within the body itself that of the sufficiency of the nerve energy, or of the gray forces within the nerve cords themselves. Hence many of the ganglia along the cerebro-spinal system show little association with the normal activities with the cerebro-spinal and the sympathetic according; so we find irrationality at times - or unrationality, rather than irrationality, would be the better expression - for the periods come and go, of their normal associations, while from outward appearance these, we find, would be of near normal reaction. In their activity, or even by the subjugation of the reflexes as may be seen in the limbs, or in the normal activity of those that are voluntary and involuntary reactions - even with that force as makes for the activities in the eyelids themselves - those of the organs of the system as act within same, show their reflexes to be abnormal in their activity.

5. IN THE FUNCTIONING OF THE ORGANS THEMSELVES, these are as SUBJUGATED TO the conditions as exist, so that little strength - or little vitality may be exhibited, whether as reflexly to the activity of the consciousness - as related to mental forces - or as related to the purely physical reactions of the system. Hence we have at periods, when most any activity may call for those of the immediate action, as to forces the activities of - whether digestion, respiratory system, heart's action, pulsation, as related to those functionings of the spleen, liver, or pancreas - ALL show that they are subnormal in their functioning, due principally to the inferior forces as come through the impulses from centers which radiate to the cerebro-spinal and sympathetic, to the organs themselves.

6. In meeting, then, the needs of the conditions - first we will find that it will be necessary that there be the reviving of the forces as related to those of the nerve system, as carry through those of the glands themselves. The more that may be done that is in accord WITH that as may be builded by suggestion to the system, the more susceptible and the more response will the body make. Leave the body along, and no activities or no coordination brought about through suggestion or medicinal forces, or the retarding of conditions by the according of the impulses

through reflexes as may be created by manipulation, and these will only create for the system that of dissatisfied, of discontent, within the system's reaction.

7. In beginning, then, we would add to the system internally those of small doses of the Chloride of Gold, as related to the BROMIDES of Soda. These would be both in their relationship, one grain to one-half ounce of distilled water. When given, there would be two minims of each for the first dose, the first day - gradually increased until there was being given those of at least eight drops.

Discontinue, then, for three days, and then begin over again with the one drop.

8. We would also add to the system those of Muriated Iron, of Gum Camphor, and Sulfate of Morphia. These would be builded as in this proportion:

Muriated Iron.....20 grains, Gum Camphor.....30 grains, Sulfate of

Morphia.....1/2 grain.

These may be made into capsules, or into pellets - thirty of same. One would be given each day.

9. We would also add those of the vibratory forces as are seen in those of the nitrate of silver in the vibrations of the WET appliance. we would EQUALIZE same through the system, through that of the manipulations - allaying those of the centers that show tautness from time to time, for these will be found to vary. This will require time, patience, attention, to bring results - but results may be accomplished in the body.

10. The diet should consist of those forces as build for BLOOD in the system, especially - but not too MUCH of same through meat. Rather the VEGETABLE forces, the vegetable salts, the fruit salts, or nut oils. These, added in their variations, will build for the better conditions in this body - [5491]. Ready for questions.

11. (Q) How long before the body will show any marked improvement?

(A) Five to six weeks.

12. (Q) Will prescriptions just given relieve headaches?

(A) Will relieve headaches. Will be necessary, to be sure, that the alimentary canal - and the relief necessary through the sluggishness as may be suspected in the improper circulation, improper digestion and assimilation - these would be acted through those of the colonic forces, as to relieve the pressures through the system. We are through for the present.

REPORTS OF READING 5491-1 M 40

R1. 7/22/30 See 5491-2.

INDEX OF READING 5715-1 M 20 (?)

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BACKGROUND OF READING 5715-1 M 20 (?)

B1. Parents sought entrance into Cayce Hospital for son [5715]. Received reading gratis. [It was a case of dementia praecox.]

TEXT OF READING 5715-1 M 20 (?)

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 17th day of June, 1930.

1. EC: We have the body here, [5715]. Now, we find there are distresses caused in the coordination of the sympathetic and cerebro-spinal nerve system, produced by PRESSURE in the lumbar and sacral region, which prevents that proper reaction as should come with the activities of the pineal gland and the lyden [Leydig] gland, through the medulla oblongata to the brain.
2. In meeting the needs of the conditions, we would find that both physical and medicinal properties would be necessary in bringing about the proper reactions; through the correction of the pressure existent and through the application of those properties as will bring for the replenishing of the white tissue in the nerve cells themselves - THESE, we find, would be aiding and bringing the nearer normal reaction, will these be taken in time, before the pressure produces the softening of the brain tissue itself; until there is dementia in its reaction.
3. We would, then, at least twice each week, have those manipulations, followed by the battery treatment with the wet battery carrying Chloride of Gold in same. Before the treatments are given - each treatment - we would give that internally of Chloride of Gold - fifteen grains to fifteen ounces of water - five drops - adding to same those in the proportion of ten grains Bromide of Soda with ten ounces of distilled water - TWENTY drops. These mixed together when the dosage is taken. That would be, then, two doses each week. Do that. We will find the response, if taken properly. Ready for questions.
4. (Q) How long before the manipulations is given should the Gold be given internally?
(A) Half to three-quarters of an hour.

5. (Q) Any specific manipulation?
(A) Correction of those pressures as has been given.
6. (Q) How long should the battery be applied at a time?
(A) Thirty to sixty minutes.
7. (Q) Should this follow immediately after the osteopathic manipulations?
(A) It should. The attachments to same will be to the umbilicus and to the base of the brain.
8. (Q) Any specific diet or exercise?
(A) These should be of the near normal reaction. Those that give more for the nerve and blood building should be adhered to. KEEPING near to a normal reaction. Those that give more for the nerve and blood building should be adhered to; keeping near to a normal balance between potashes and iodines.
9. (Q) Would the results be satisfactory if the body comes to the Cayce Hospital twice a week for treatments or should he stay there?
(A) Better were it to come. Be more satisfactory to the body itself.
10. (Q) How long should this treatment continue?
(A) We will see changes in the body in five to six weeks!
11. (Q) Will the body be brought to normal?
(A) Will the body respond, it should be brought to normal, should this be taken in time. We are through for the present.

REPORTS OF READING 5715-1 M 20 (?)

R1. 8/4/30 Hospital Committee obtained 5715-2.

R2. 11/15/30 The mother of [5715] obtained 5716-1 for herself.