

TIDBITS FROM THE NATUROPATH AND HERALD OF HEALTH

Stephen Sporn, ND

"Those who cannot remember the past are condemned to repeat it."
—George Santayana, *The Life Of Reason*, Vol. I Historical Revivals

In addition to presenting original articles concerning natural therapeutics, the *Naturopath and Herald of Health*, the official journal of the American Naturopathic Association, served as a sounding board for Dr. Benedict Lust, and also communicated the activities of state organizations. It published news of political actions and extensive writings on various topics under the title of Post-Graduate Study of Naturotherapy, For Students and Practitioners.

The *Naturopath and Herald of Health* serves as a reminder of the research and philosophical ponderings that have always been a part of naturopathic medicine. The articles chosen for this column serve as companions to the current articles and reflect on knowledge from the past. Truly, we have much to be proud of when we read of the understanding that our forebearers had of the natural world.

Three selections have been chosen from the *Naturopath and Herald of Health* to reprint here for different reasons. Milton E. Holmes, ND had a clinical command of the herb *Gentiana lutea* as shown by his article on the same herb. Dr. Holmes wrote several other herbal monographs during 1936. In the article Magnetic Therapy (Bachlet Magnetic Wave Treatment) from the Post Graduate Study of Naturotherapy, it is clear that naturopathic doctors had an understanding beyond the research of the time of magnetic therapy and its application to treat various ailments. The article "Tea For Two" defends the use of *Rubus idaeus* and demonstrates that naturopathic

doctors had an understanding of herbs and their clinical application. As an important component of the Mother's Cordial formula, *Rubus* is seen as a useful uterine relaxant.

GENTIAN, BY MILTON E. HOLMES, ND

*NATUROPATH AND HERALD OF
HEALTH, MAY 1936, PG 157*

Gentian is a powerful tonic, it improves the appetite, strengthens the digestion, gives force to the circulation, and slightly elevates the heat of the body. It is very useful in debility, amenorrhea, hysteria, scrofula, intermittents, worms and diarrhoea. Gentian also works well in headache caused by torpid liver, jaundice, etc., and is a valuable bitter tonic and cholagogue.

Gentian is usually given in the following doses; of the powder, ten to thirty grains; of the extract, one to ten grains; of the infusion, a tablespoon to a wine glassful; of the tincture, one or two teaspoonsful in a little cold water half an hour before each meal, three times a day.

Gentian is a most valuable substitute for quinia (Editor's note—quinine) producing none of the bad after-effects of the latter, acting as readily and efficaciously on the spleen, in doses of from fifteen to thirty grains, twice a day. This is an old herbal standby that has served well for a great many years and has been widely and successfully used by those physicians who believe in the use of Nature's Remedies rather than in the use of man made chemical poisons and inorganic minerals.

The writer has used Gentian in many cases where an agent of this kind was

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HISTORY COULD BE

indicated and it has always proven its great value as a most excellent bitter tonic. I often combine Gentian with other well known herbal tonics, such as Columbo and in some cases, with Golden Seal, Oregon Grape, etc. Quite as often I give Gentian alone uncombined.

From personal experience in the use of Gentian in many cases where such an agent would naturally be indicated I can most highly recommend it to fellow Naturopaths as being a bitter tonic of superior merit, one that will get results, when used with good judgment.

MAGNETIC THERAPY (BACHLET MAGNETIC WAVE TREATMENT)

POST-GRADUATE STUDY OF
NATUROTHErapy, LESSON
LXXXVI, NATUROPATH AND
HERALD OF HEALTH, JULY
1937, PG 204

When a living body is placed into a magnetic field, the magnetic lines of force permeate it to the maximum of exposure and raise the electric potential as high as thirty-three percent. The magnetism thus imparted to the living body does not leave, but is transformed into vital energy, and is used in the vital processes. It is estimated that it takes, on the average, seventy-two hours, before the magnetic charge is completely absorbed, and until the body returns to its normal potential. Magnetization is applied by means of two co-acting magnets, energized by the commercial current or dry cells, adjusted to either side of a chair, couch or bed on which the patient (who may be fully dressed) is placed. The patient feels no sensation whatever, and when the full strength is desired, the magnets may be placed close to the patient's body.

Magnetization dilates the blood vessels, lowers blood pressure and reduces a too rapid pulse, stimulates tissue metabolism, raises temperature, increases oxidation, accelerates elimination, aids nutrition, increases the red corpuscles and hemoglobin; is sedative and antispasmodic, etc. It is, therefore, indicated in the treatment of anaemia, arteriosclerosis, chorea, convulsions, hysteria (with high blood pressure), insomnia, migraine, neuralgia, neurasthenia, neuritis, rheumatism, etc.

In acute conditions the treatment should last about thirty minutes, while in chronic, from one to two

hours. Three treatments per week are sufficient.

If the application is carried to an excess, over-stimulation will cause deleterious results and loss of weight. The patient should rest at least fifteen minutes after treatment, before going out in cold weather.

TEA FOR TWO

NATUROPATH AND HERALD OF
HEALTH, DECEMBER 1941, PG
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When herbalist recipes are recognized by doctors, many a skeptical layman feels cheered up. Some time ago the British *Lancet* brought such cheerful news to U.S. readers; that it is quite possible that raspberry leaves "boiled in water, fastneth the teeth and loosneth the babies." The old recipe for making childbearing easy had finally been given a scientific once-over by two experimenters: Dr. J.H. Burn and Pharmacologist E.R. Witchell. In a series of delicate experiments, they tried raspberry-leaf tea on a number of cats, dogs, guinea pigs, rabbits. Results: in almost every case the brew relaxed the uterus, stopped muscu-

lar contractions. The scientists agreed that the tea would probably be valuable in relieving painful menstruation. The dosage recommended by herbalists, they said, is 10 to 20 oz. of hot tea made from 1 oz. of dried leaves steeped in 20 oz. of boiling water. The tea tastes and smells like black tea.

About the use in childbirth the scientists were skeptical. They considered it difficult to understand how a relaxed uterus would aid childbirth. On the contrary it might possibly retard delivery by lack of propelling force.

But in the next issue of the *Lancet*, Dr. Violet Russell of London answered this theoretical objection from practical experience. Wrote she: "Somewhat shamefacedly and surreptitiously I have encouraged any expectant mothers, who felt so inclined, to drink this infusion...In a good many cases in my own experience the subsequent labor has been easy and free from muscular spasm...More labors are held up by muscular...tension than are delayed by muscular weakness."

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