My aim is to obtain enough money for living expenses so that I can obtain a degree which will enable me to put some of these ideas to work...
GENERAL PHILOSOPHY OF DISEASE

(A paper directly stimulated by newspaper report of experimental work of Albert Sabin, M. D., Chief of the Infectious Diseases Division of the Children's Hospital Research Foundation, Cincinnati, Ohio.)

May ARTHRITIS not be due to the presence of one or more types of germ that have already been isolated, the congestion or stiffening a result of these germs settling in and destroying bones, muscles or nerves?

If kept moving in the blood stream, they do not cause this stiffening and can be eliminated by drugs or natural methods, depending on the degree of pathology. Germs settle in any part of the body where there is not proper circulation, in the BRAIN if tense from anxiety or overwork, in various joints through faulty posture, lack of suitable type of relaxing exercise. Adult pattern of ill health may induce worry in a growing child which will thus disturb the brain, if it does not produce other manifestations of disease similar to the adult's.

PNEUMONIA germs, now known to be of many types, are seldom fatal to patients in the hands of competent osteopaths, some of whom hold both M. D. and D. O. degrees. Their technique is to see that the patient does not remain long in a recumbent position, to so adjust the spine that the nerves and muscles permit free movement of the ribs and to force oxygen into the lungs by artificial respiration so that the lobes do not become pus-filled. Motion eases the strain on the heart, as well. The germs in the blood stream can then be eliminated.

Could HAY FEVER occur if there were not a pathological condition of the tissues to be irritated by some protein? Is not what happens that the allergen stirs up the bacteria, causing them to escape into the blood stream, which is not made ready to carry them off? HIVES and other skin conditions seem to be closely related, and the "human" and the allergen must be considered together.
TYPES OF DISEASE
(Cont’d)

Other types of disease which I believe may have direct connection are MASTOID, TONSIL and SINUS infections, various ailments of the internal organs, HEART, INTESTINES, and the WOMB - the latter leading to false menopause; swollen joints now classified as "BUNIONS", and various diseases of the BRAIN not due to congenital deformity, including CEREBRO-SPINAL MENINGITIS. CANCER is generally accepted to be the result of irritation which may cause the too rapid multiplication of cells in a given area. Might not this "irritation", again, be caused by bacteria now known rather than by something new or a non-filterable virus? There is much that can be said about treatment, therefore, which will apply to CANCER if to other diseases, if this line of reasoning is sound. The possibility that LEUKEMIA could be among the curable diseases seems to follow, as well.

In addition to the techniques of exercise and balance between muscular and brain activity, calcium, I find, causes mucous to move into the blood stream. This is particularly noticeable in ear and sinus infections. It would seem wiser to provide this drug in easily assimilable natural form, as the organs should not be allowed to shrink from their maximum of efficiency and there should be a minimum of roughage in order that there be no irritation of the tissues.

Vitamin A, Carotin, has the same effect so far as curative power is concerned. Unsweetened grapefruit juice removes the mucous from the system. (Orange juice is not a substitute for this, as it contains more natural sugar, and pineapple, for many people, stirs up the bacteria but does not carry them out of the system.) Shortly after drinking grapefruit juice purer blood seems to stimulate the ductless glands to better functioning.

Where acute symptoms now exist, if blood tests indicate existing bacteria that can be fought with such remedies as sulfaflamide, attention is called to the methods of Dr. Jonas Kamlet of Israel Zion Hospital, Brooklyn, N.Y. who on April 12, 1940, was reported to have synthesized the active compound of sulfaflamide to produce a drug 70 to 200 times as potent as the parent drugs.

Under this topic, what may be the bearing of the amino acid cystine upon the growth of cells causing non-fibrous tumors?

Vitamin B may be needed in many cases to build energy and appetite.
EDUCATIONAL PROGRAM. The foregoing is secondary to the discussion of a less easily recognized source of illness, upon which my thesis rests. An undesirable degree of adult tension may be brought about by suppression of natural sex life, whether the individual knows this or not. Germs may settle in the glands, in the womb, the endometrium may not be cleared naturally due to the malfunctioning of the pituitary (Frolan B) leading to degeneration in the tissues. The symptoms may have to be relieved by administering gland extract now produced for this purpose. The same reasoning would apply to diseases of the prostate gland which are sometimes treated surgically. Would not Frolan A be a specific in such cases?

Complete cure lies in a very broad program of education. Chemistry of the blood stream should lead to the promotion of the most satisfactory mating, which means the promotion of physical and mental health and greater happiness.

My own observations and experience have led me to several conclusions: That the psycho-analytic approach delays recovery. If the patient have enough confidence in his doctor to ask questions, the doctor can best respond by replying directly. There is usually some question that the patients needs to have answered, and if he were not hindered by prejudice or convention and did not expect to suffer unduly for satisfying normal curiosity, there is no reason why he cannot be saved from long, roundabout methods. Physicians, perhaps, need more courage.

Education should begin at birth. Children should be given information as they ask for it and not be expected to grasp analogies. (New Methods in Sex Teaching: Frances Stain). Pre-adolescents should have a program of muscular activity which should increase towards adolescence rather than decrease. All could profit by farm work at some time to show how science can be an aid to better living and to discourage the development of scientists who may use their science for inhuman ends. A revival of navigation under sail would be another way of combining healthful work with study of the earth forces; which would fit into the needs of this country's economy at the present time in providing better geographical distribution of its products at low cost.

A multiplicity of methods of imparting information might be suggested. The figure displayed at the Museum of Science and Industry, New York, to explain human anatomy and physiology is one.
Exceptional plays, like "One-Third of a Nation"—motion pictures like "Dr. Ehrlich's Magic Bullet", "Young Tom Edison", "The City", are other tools.

The work done at some colleges in providing living quarters for married students was a pioneer piece of work.

Various forums of the air and contests lead people to think and express their own opinions and to ask more questions.

Many cases of the cure of illness of children under my care could be cited and yet more of methods used by doctors I have named. I myself as a young women suffered with acute stiffness of the lower part of the spine, though it was not given the name arthritis. I have had enlarged toe and finger joints, and the swelling has disappeared. I do not use glasses for reading and when I am in the best of health find my eyes focus perfectly. I have observed in myself the curious phenomenon of greying hair disappear. Now there are no signs of it. I believe marked changes in facial contours are the result of bacteria settling in nerves or muscles.

I have had in my care a 3-year-old boy who had one of the worst cases of infected tonsils known in Mt. Sinai Hospital. Child couldn't eat, sleep or even properly close his eyes, having evidence of terrible catarrh. In 10 days the critical symptoms were abated sufficiently for him to go to the hospital to be operated on. I accomplished this in the country without medicine, by changing diet and routines. Two weeks after he had the operation he was back in my summer camp group and continued to improve during the summer.

I could also cite cases of hives cured without tests for allergy.

The fact that I do not appear to catch infectious diseases and high red haemoglobin count makes me wonder whether some relationship does not exist to the type of blood high in white corpuscles, also of rare type. This is just an "arrow shot into the air", but if it led to anything constructive I should be only too happy to be of help.
PERSONAL BACKGROUND AND TRAINING

Close family friend of early childhood, the late analytical chemist, discovered the formula of before the function of vitamins was known.

Two sisters of my mother's were London trained nurses.

Had Graduate Seminar courses in Science under Madeline Grant, M. D. of Bronxville and Vassar while a student at Cooperative School for Teachers. Wrote paper on - in her course. Also in Psychology under Barbara Sible, Ph.D.

Have myself experienced various types of doctoring for physical and nervous ills, including allopathy, homeopathy, osteopathy, various schools of applied psychology and psycho-analysis - D. Webb Granberry, M. D., D. O., Ruth Winant, D. O., Philadelphia, Horatio Dresser, Ph. D., Boston. Have worked with children of great wealth and in the slums, noting variations in behavior, immunity to disease, social development, mental attitudes, in the course of teaching and nursing.

Worked for a psycho-analyst whose patient, a child of three, I travelled with, placed in nursery school and had complete charge of. Trained the child, who could not feed or dress himself to a reasonable degree of self-reliance in a few weeks, so that he could appear in public.

Have had the care of children under various pediatricians:

Washington
of Harriet Johnson Nursery School
Staff
Northern Dispensary, N. Y.
Washington, D. C.

and had a summer "cottage" group of five under five years old.