ERRORS OF MODERN MEDICAL PHILOSOPHY.

"I die by the help of too many physicians" Alexander the Great.

The basic error of modern medicine is its pre-occupation with disease, and with the treatment of symtoms instead of the antecedent causes. The negative practice of attacking disease symptoms whenever they emerge not only diverts medicine from the positive search for health but obscures the fundamental medical concepts on which the recovery and preservation of health depends.

A prerequisite for the existence of living matter is its power to recover from disturbance, shock or injury. The 'healing power of Nature' - the tendency to restore itself after disturbance is an essential ingredient of living matter, present in every cell. The tendency is positive, active, inherent; indeed it is synonymous with life itself. Dead things are the passive receptors of the influences around them, and they disintegrate. Living matter responds; it maintains itself.

To treat disease by extinguishing symptoms is wrong. The symptom is the expression of the organism's internal condition and is not itself a disease. It follows that the prime consideration must be the organism and its condition, and not just the expression of the condition, i.e., the symptom. Animals are integrated units, and disease of any part of the unit is disease of the whole. The organism and its parts are interdependent, and they stand in equilibrium with each other.

A shifting balance of the equilibrium will produce ill health and disease symptoms. Treatment of disease, therefore, must be approached with due consideration of the organism as a whole. Cure lies in the rebalancing of bodily equilibrium, and this is achieved by treating the system as an integrated unit. Any treatment of the symptom as an end in itself must result

in suppression of the disease, the symptom being Nature's way of expressing a bodily unbalance. Once the symptoms of a simple form of unbalance have been suppressed, the organism will find a new outlet for its condition in the form of a more serious expression.

Following this line of thought, certain questions arise regarding the general medical approach to disease treatment. We may agree that disease conditions stem from body unbalance and they are recognizable by certain individual subjective and objective symptoms, according to which they are labelled. Having given a condition a label, the doctor tends to forget its physiological relationships to its owner-organism and he treats the condition by its label. If, by medical or surgical treatment, he can cause the disappearance of the symptom, the medico considers the disease to be cured. But if the Naturopathic view is correct, and the disease is the result of certain predisposing factors, we are entitled to ask:

1. What has become of the disease after the symptoms have been removed?
2. Are not the original causative factors still in operation?
3. Will not the body reassert itself by re-presenting the disease, and, if the first outlet has been effectively blocked, use another and more deep-rooted form of disorder?

We must relearn that health is basic to life and that disease is an expression of man's disharmony with his environment. In order to understand the processes underlying disease we must study the phenomena of vital health. We must look for the fountain of health, and, like most basic truths, the answer is simple and waiting to be found. Eat Nature's pure foods, relish her fresh air, bask in her sunshine, drink her pure water, and exercise the body. Only when we appreciate the dynamics of health and understand its relationship to

Nature will we be able to treat disease with success.

To hold theories which allow single pathogenic factors to be regarded as causative syndromes in disease (as does the orthodox medical practitioner) is unscientific and shows a naivety towards man and his physiological evolution. To quote W. Hobson, M.D., B.Sc., D.Ph., speaking on November 28, 1948 (British Medical Journal, July 16, 1949, p. 129(:

'Practical success in the prevention of disease depends on our advances in our understanding of causation. As Seiglitz has pointed out there are predisposing, provoking and perpetuating factors in disease, all of which come under the heading pathogenesis, and there is rarely one single aetiological factor. I am certain that it is fundamentally wrong to think of a single cause in aetiology.

Tuberculosis provides a very good case in point. It may be caused by the tubercle bacillus, but in terms of practical politics, genetic, nutritional and environmental factors are of considerable importance in determining the onset of disease. How else can we explain that some individuals remain perfectly healthy despite heavy and repeated exposure to the tunercle bacillus, and yet others require only a minimum of exposure to produce a widespread and extensive disease process? Very often the predisposing and perpetuating factors are of greater importance than the provoking factors.'

Disease is relative to health and is not a condition in itself: It shows a relationship of Man to Nature. In order to bring about health it is necessary to restore the balance, and this cannot be achieved by pouring toxins into the human organism, whether they be called vaccines, drugs, medicines, or processed foods. Only by regulating the factors which make Man can the object be obtained.

To quote Black's Medical Dictionary (preface 21st edition):

'Medicine has not unfortunately escaped the modern tendency to discard the old in favour of the new before the latter

latter has been given an adequate trial. Nowhere has this been better exemplified than in the indiscriminate use of chemo-therapeutic preparations to the neglect of the healing powers of rest, fresh air and good food.'

The body of man is fast becoming rotten with disease. Almost half of the total of deaths in England and Wales, in 1960, were due to diseases of the heart and circulatory system; osteo-arthritis is present in almost 90 per cent of people over 60; 3,000,000 Britons suffer from some form of rheumatic condition; 2,000,000 suffer from forms of headaches; millions suffer from asthma, and so on, ad infinitum.

Despite modern sanitation, improved housing and the 'health' service, orthodox medicine is attempting a hopeless task. Why? Because in order to combat disease we must appreciate health. The food with which man evolved is the food which will keep him in biological balance with his environment. Fresh, unadulterated food, together with clean air and constructive exercise, are essentials. Our bodies are not adapted to fried fish and chips, white bread, and dyed kippers, jam and bacon. 'Refine' the food, break the balance, and you destroy the man.

Healing is a function inherent in all the tissues and cells of the individual. There is a constructive vital force in all organisms which works towards bodily equilibrium. Ill health arises from a disturbance of the equilibrium, from continuos bad feeding, etc. In order to achieve health the bad habits must be rectified.

Naturopaths, regarding the whole of the human system as greater than any of its parts, and greater then the sum of all its parts if taken as separate entities, aim at revitalizing and reorganizing the whole body. We believe that the human organism, placed in correct balance with its environment, can effect its own cure without the use of drugs or 'remedies'.

Health, disease and cure are biological relationships and not isolated phenomena affecting particular organs in the system. The cell, the structural unit of life, has an intuitive striving towards self-preservation, and in disease it will attempt self-regulation to the utmost of its biological capacity.

A fitting end to this article is provided by a further quotation from Black's Medical Dictionary (p.428, 22nd edition):

'The state of health implies much more than freedom from disease, and good health may be defined as the attainment and maintenance of the highest state of mental and bodily vigour of which any individual is capable.'

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