



THE HARMONY CRUSADE

BY

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(NON-MEDICAL)



The War on Disease through a Natural Course of
Home-Treatment, Fruitarianism, the Grape Cure,
Sun-Cooked Foods, the Fasting-Cure and Ice
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A Summing-up of the Harmony System of Natural Healing.

From a wealth of material I have selected only those methods that meet the immediate requirements of the public. There are many others that we regarded as equally important before the discovery of the Ice Treatments, such as deep breathing, physical culture and exercise, spinal and general massage, body ventilation and skin-drill, sun-bathing, steam-baths, sitz-baths, friction-baths, clay-packs, etc. etc. All these are excellent in their own way under normal circumstances, but the use of Ice as outlined in these pages has simplified the system to such an extent that selfhealing may be done in the average home in an almost unbelievably short time. And is not TIME of supreme importance these days?

I have been asked to give proof of the truth of these statements. Can I prove that the sun is shining when the questioner is blind to its light and insensible to its heat? Can I prove the existence and use of the telephone to one who is deaf? No, there is only one way of convincing yourself that the REDEMPTION OF THE BODY is in actual fulfilment and that is to have personal experience. Again I plead with you to give this system a fair trial, not because of FEAR of possible calamity, but because it points the way to success, to righteous living, to constructive thinking. There is nothing pessimistic about preparing to meet trouble—we do it constantly in our lives when we brace ourselves for an unpleasant interview, or get ourselves ready for a dangerous operation—but is it not better to do the right thing to fit ourselves to meet the uncertain future in the right way, whatever that future may hold? Beware of false psychological teachings in our day. Only one who is PREPARED is justified in his optimism.

When you have convinced yourself that God has given us superbly simple means of attaining physical health, a moral responsibility rests on you to do all in your power to influence others. This altruism brings its own reward. Just as physical health improves the mind, unselfish service is crowned with new spiritual attributes and blessings.

The Harmony Crusade.

September 1943.

In South Africa the standard of national health is very, very low. In proportion to our tiny European population we have more hospitals, nursing-homes, surgeons, doctors, nurses and apothecaries, than any other nation in the world. And is our physical condition the better for it? Decidedly not. On the contrary, we as a nation, are becoming more diseased day by day. It is difficult indeed to find a perfectly healthy person, whether child or adult. There must be something radically wrong. Is our climate to blame? We know that it is not. Our sunshine is unparalleled, the fertility of our soil not to be surpassed in any other part of the world. What is it then? The answer to this question will come as a surprise to many:—

WE ARE A STARVING RACE. RICH AND POOR ALIKE WE ARE VICTIMS TO EVERY MALADY SET FORTH IN THE MEDICAL ENCYCLOPEDIA. WE HAVE ONE COMMON AILMENT—WE ARE UNDER-NOURISHED BECAUSE WE ARE OVERFED. ONE AND ALL WE ARE SUFFERING FROM MALNUTRITION,—THE POISONED MALNUTRITION THAT IS DUE TO OVER-FEEDING. OUR LIFE-CELLS ARE CRYING OUT FOR FOOD, REAL FOOD, OUR CONSTITUTIONS UNDERMINED BY THE NATIONAL DIET OF MEAT, COOKED FOODS, DEMATURED AND CHEMICALLY BLEACHED PRODUCTS, THE OVER-CONSUMPTION OF ANIMAL PROTEINS AND ACID FORMING AND MUCUS-PRODUCING FOOD, SUCH AS WHITE STARCH AND ARTIFICIAL SUGAR.

Lowered vitality causes us to fall an easy prey to the occasional epidemic, while the every-day life is haunted by the fear of infection or contagion. The bread-winner's energies are sapped by the knowledge that the day is coming when he will be stricken down, like so many of his fellow-men, and no longer be able to support his dependents. The mother, conscious of some insidious malady creeping over her, thinks in anguish of the time when, instead of ministering to her children, she will have to be ministered to by them in a state of premature helplessness. And so we may continue to enumerate the phases of the inevitable doom that is awaiting us; from the university student who realises that he is physically unfit for the approaching examination to the employer whose chief problem is the incompetence and ill-

health of his employes, the stagnation of important work at the most inconvenient time.

To one who might object that the picture has been overdrawn, I would say, "put a seemingly healthy person through a course of Nature Cure treatment and watch the reactions"

Nature is forever trying to eliminate. Every symptom of disease is a healing process and should not be suppressed. The question is often put to me, "Do you treat acute cases?" and my answer invariably is, "I do not treat anything except acute cases. When a chronic case is brought to me I have to make it acute before I can treat it."

The picture can never be overdrawn. The human body, the temple of the Living God, has been mutilated and poisoned almost beyond recognition. Here are a few of our transgressions against the Laws of Nature :—we have been salted and peppered, seasoned and spiced, smoked and pickled, trussed and carved, doped, dyed, purged, intoxicated, medicated, drugged and inoculated. **EVERYTHING EXCEPT CURED.**

But we are not beyond redemption. The recuperative powers of the body are even more amazing than its power of resistance. Give it the living essences for which it is craving, and it begins the work of reconstruction without delay. It stands to reason, however, that its machinery has to be cleaned first. This is done by fasting, or partial fasting. Before a change of diet is undertaken, time must be given to an overhauling, much as you would have your grate cleaned before you put good fuel into it.

In the procedure which is outlined in the following pages I have kept several points in mind, (a) *simplicity and economy*, which will put it within the reach of the poor, (b) *moderation*, to prevent severe reactions from occurring too suddenly, (c) *safety*, by prescribing only those methods that can do no possible injury, even if they fail to do good, and (d) *convenience*. This last point is of the utmost importance in war-time. People have never been in such need of a course of home-treatment that can be carried out without interfering with their work as they are at present.

And now the PURPOSE of the Harmony Crusade at this particular moment in the history of the world.

During and after every war, epidemics may be expected. We remember the epidemic of Spanish Influenza in 1918 and our common-sense tells us that it would be wise to prepare the body to meet similar calamities while there is still time. There need not be such a complete dislocation in the national

life as there was in 1918 if sufficient people are immune from infection. You may make yourself immune deliberately instead of trusting to chance or Providence. The pure blood-stream is a guarantee against infection or contagion. It requires devotion and self-control to break away from the injurious habits of the past but the reward is great. The knowledge that you are immune makes you fearless and fearlessness is a further protection against danger. You will be able to enter the deadliest germ-laden areas in your efforts to save and minister to the needs of others. In an emergency you will not go into a panic for want of food because Nature has taught you that the pure body can live on air and water for a long time.

Hence this inauguration of the Harmony Crusade. Harmony means Perfection. HARMONY IS UNITY IN DIVERSITY. A single note of music could never produce Harmony. This is the real beauty of Nature Cure. It makes provision for the needs of all people and draws them together with bonds of tolerance and understanding. At a time like the present it is good to have a platform on which we can meet on an equal footing as fellow-creatures. Whether you require health in order to get rich, or to return to the battle-field for service, or for purely selfish purposes, Mother Nature makes no discrimination. She bestows her gifts freely on all her children who obey her laws—health and strength, endurance, vitality, FORTITUDE.

“ I will not leave you comfortless.”

God is merciful. Although the future looks ominous we may meet it with confidence if we take it that the Divine Promise quoted above was made specially for this time of universal danger. When international affairs have got beyond human control some form of deliverance will present itself from an unexpected source. And what could be more logical than to believe that “THE REDEMPTION OF THE BODY”, for which all creation is in travail and groaning in unspeakable anguish, is at our very doors in the world-wide Return to Nature Movement? With this thought in mind you will find the information in the following pages most helpful at a time when the ruthless destruction of human life threatens the human race with extinction. Study the simple rules of Nature Cure while you are well. Let every home be prepared to become an emergency hospital when pestilence stalks the land. Learn how to restore your wounded and convalescents to health and strength

speedily and inexpensively. Then pass this message of hope and comfort on to our poor and to the coloured and native races. Create an adequate supply of the essential foods by demanding them at all times. See to it that ICE becomes as cheap and plentiful as water. As far as possible grow your own fruits and vegetables.

DELIVERANCE WILL COME, but by our own efforts. The age of blind faith is passing away. We are entering the glorious Age of Knowledge, of Self-Development, of Self-Healing, of Self-Control. With the emancipation of the body from the evils brought on by our own transgressions, we become conscious of a new increase of mental power and a new moral outlook—more than that, a new spiritual vision in which the long expected Universal Brotherhood and International Friendship become a reality.

In the Name of the Supreme I make an appeal to our educated classes to give this system a fair trial, so that with the conviction born of personal experience they may assist in bringing it within the reach of the poor—our statesmen, reformers, humanitarians, employers, and above all, our educationalists. Nowhere is reform more needed than in the boardingschools and hostels, Vegetables are boiled and par-boiled, then seasoned or sugared to make them palatable, while children are starving for want of raw carrots and turnips. It is the same in every public institution, good food is wasted, made unfit for consumption, in the mistaken idea that cooked food is a necessity. Valuable time is lost, household expenses increased, bills mounting ever higher and higher from grocers, butchers, doctors, chemists and hospitals, the cost of labour and fuel becoming more formidable, while the simple teachings of Nature Cure are overlooked. Does the prospect of having leisure and money for things that are worthwhile appeal to you? Then become a member of the Harmony Crusade. It lays no obligation on you except the moral obligation of uplifting your home-life. As I published in my book "The Millenium" on page 119 in 1918 :—

"More intensely real than any earthly organisation is our hidden Order of Idealism. It knows no earthly founder, its roll of members, known to God alone, is registered in Heaven. It is not a religion, no new sect demanding a rupture with old associations. There is no Executive. There will be no branches formed, no meetings will be held—there will be no material administration, no annual subscription need be paid."

Improve your physical condition and the relief will be so great that you will naturally desire to share the gift with your fellow-creatures. And remember :—

“ If this counsel or this work be of men, it will come to nought, but if it be of God, ye cannot overthrow it.”



The Preliminary Diet.

As it is not wise to make the change from the usual diet too suddenly, I advise you to adopt the following rules for a week, or a month or two. This prepares the system for a fasting-cure and, if conscientiously carried out, often makes the out-and-out fast unnecessary.

The Internal Bath.

(1) Make it a life-habit to drink one or two glasses of ice-cold water on arising. Contracts stomach and bowels, washes out kidneys and bladder, cleanses liver and quickens circulation. Kidneys act freely and a natural bowel action before breakfast in time becomes a habit.

(2) **The Fruit Breakfast.** An hour after the Internal Bath, a meal of any kind of fresh, uncooked fruit, not too many mixtures at a time but a large variety over the week, during summer, the fresh, juicy fruits and Grapes, during winter, the citrus varieties and tropical fruits. For instance—(a) one or two oranges and a generous slice of pawpaw; (b) grapefruit and one or two ripe apples, well masticated, not peeled; (c) nartjes and pears; (d) pawpaw and a dish of dried fruit, prunes, figs, peaches or raisins, not boiled, washed and soaked in cold water for 24 hours, eaten with milk or cream and nuts; (e) Banana Porridge, two or three dead-ripe bananas, cream-coloured with black spots are the best, mashed with milk or cream, and some flaked nuts; (f) on a very cold morning, baked apples with hot milk and nuts, (g) a large apple washed and grated with the peel, mixed with hot milk and two tablespoons of uncooked rolled oats, with some honey. In summer a special breakfast of Grapes only. All the summer varieties, apricots, figs, melon, watermelon, peaches, pears, quince baked, pineapple, etc. may be used alternately.

Fresh milk, unboiled, cream, sour milk or butter-milk, go well with the Fruit Breakfast.

(3) **Drinks Between Meals.**

No solids. Dry-feeding is the secret of this diet. Liquids between meals. There are many herbal teas such as peppermint, and harmless teas, China tea, Russian tea with slices of lemon and no milk, hot drinks of Marmite, Ovaltine and Postum, for those who still crave for something stimulating and comforting during very cold weather.

But the very best drink between meals is PURE COLD WATER, especially if there is stomach trouble, acidity,

heartburn or indigestion. According to your condition the following may be taken while you are on the preliminary diet:—(a) any of the fresh fruit juices, fresh Grape Juice in summer or the boiled K.W.V. Grape Juice in winter, orange juice, lemon and water or (b) Pineapple Drink. This is made by washing and peeling a ripe pineapple, mincing the peel, covering it with cold water in a glass or earthenware dish, and letting it stand for a few hours in a cool place. Strain. The good part is used in other ways at the Fruit Breakfast. (c) Raw vegetable juices may be made in the same way, tomato, carrot, parsley, or a mixture of several kinds of vegetables, minced, soaked in cold water and strained.

(d) Grenadilla Cream, three to six grenadillas in a glass, stir in a spoonful of honey, fill up with unboiled milk, let stand in a warm place to set to the consistency of cream. Do not curdle it.

(e) Egg Flip, the yolk of an egg well beaten, honey to taste, the juice of one or two oranges.

(f) Strained vegetable broth, not too hot. All kinds of vegetables simmered gently in water and strained.

(g) Every kind of sour milk or buttermilk. Sour milk is digestible, nourishing, and a natural laxative. Sweet milk, whether fresh or boiled, is toxic, constipating and difficult to digest.

(h) Ice Cream made of pure ingredients is exceptionally wholesome.

(4) **The Salad Meal.** Any kind of vegetable that may be eaten raw, grated or shredded, grated carrot with orange juice, grated turnip, shredded lettuce, spinach, or cabbage, sprigs of cauliflower, beet, tomato, parsley, onion, cucumber, radish, avocado pear—not all at once but a variety over the week. Make this meal as appetising as possible. Avoid monotony. The following may be used as condiments—any wholesome dressing made of olive oil or a good vegetable oil, lemon juice, mayonnaise, cream, or occasionally mixed with a chopped hard boiled egg (egg is very digestible if boiled for at least fifteen minutes.) Other savoury additions are—a little grated cheese, a tin of good asparagus, olives, spring onion, some chopped dates, grated quince or apple, herbs, celery, grated horse-radish, mushrooms etc. If digestion is good, one or two slices of wholemeal bread with butter or peanut butter.

bottled

Enjoyment is as necessary an aid to Digestion and assimilation as the gastric Juices and other Fluids of the Body.

(5) **The Cooked Meal.** Nothing raw, no fresh fruits, no salads. One savoury vegetarian dish such as macaroni-cheese, or spaghetti with tomato and onion, or leeks simmered in their own juices, or green mealies steamed (on no account boiled in water) or the following savoury—cold cabbage and potato mashed with a little milk and one egg, pats of butter on top, browned in a quick oven. Any vegetables left over may be used in the same way, carrot, onion, cauliflower, beans etc. mashed with potato and egg.

Braised Onions,—Whole Onions steamed and simmered in very little water, when soft and dry add a generous piece of butter, brown quickly and serve.

Harmony Cabbage, This is an old Jewish recipe. A firm head of cabbage, remove core, wash outer leaves clean, place large piece of butter in saucepan, cabbage on top, core end down, cover closely with outer leaves, add a small cup of boiling water (if cabbage is small two or three tablespoons of water would be enough) and boil fast. When water has boiled away the cabbage should be soft. Allow butter to brown, remove outer leaves, roll cabbage around in browned butter and serve hot.

Tomato and onion sauce. Browned butter with slices of tomato and onion. The onion may be simmered in a little water first. Tomato is added at the last moment and must not actually boil.

Two or three green vegetables STEAMED, with one of the above savouries, would make a complete meal. Only one kind of starchy food, either rice, or potato steamed or baked in jacket, or sweet potato, when you have no macaroni or spaghetti.

Mock Turkey. A young vegetable marrow, cut in halves, remove seeds, peel thinly, steam quickly until nearly soft, remove and drain. When cool, stuff with breadcrumbs, an egg, chopped onion, parsley, thyme and other herbs, little salt, pats of butter on top, bake in quick oven. If tender, the seeds can also be eaten.

Tomatoes stuffed in the same way.

Squash and Pumpkin may be prepared as a savoury in many ways.

In this preparatory diet cooked food is permitted only once a day. As cooked food takes long to digest it is always advisable to have this meal at midday and the vegetable salad for supper, but if business hours make this inconvenient have the cooked dinner as early as possible in the evening. Cooked cabbage takes five hours to digest, while, in the raw state, shredded in salad, it is digested within an hour. Many valuable elements are destroyed by cooking and even the over-use of the refrigerator has an injurious effect on the most delicate properties of some foods.

Rules to remember. All food must be well masticated. Liquids and solids must be kept apart. Raw and cooked foods undergo a different process of digestion and must be kept apart. The roughage present in most foods must be used, the seeds and hulls of grapes, the seeds and peels of apples and pears, tomatoes and guavas, grenadilla seeds, the seeds and even the skins of figs, the fibres of pineapple and all the citrus fruits, and as much as possible the fibres of raw vegetables. These act as "brooms" and promote the peristaltic movement of the alimentary canal, acting in time as a certain cure for constipation.

But this is not enough. The body requires not only cleansing but BUILDING. One who is living on cooked foods—the stimulating, non-magnetic diet—is undernourished, not resistant to the onslaught of disease. In many cases the worst forms of malnutrition are due to over-feeding. Nearly all these problems can be solved by gradually introducing more sun cooked food into your diet while cutting down the intake of artificially prepared foods.



The Ice Magnet.

Nothing draws out heat, fever, inflammation; nothing stimulates the circulation like the Ice Compress. To believe this one has only to use the Ice Compress for one week in conjunction with the Preliminary Diet. There is no danger of injury whatsoever if the following procedure is adopted:—

THE ABDOMINAL ICEPACK. Over the organs of digestion and excretion—stomach, bowels, liver, gall-bladder, spleen, kidneys and bladder etc.,—place a wet compress of two thicknesses of old towelling, about one foot square, on this your icebag filled with ice, cover the patient warmly, hot water bottle at feet if necessary. After one hour pour out the water from melted ice and renew ice, leave on the icepack for another hour, then remove it and rub the patient briskly with a dry towel. Repeat this two hour treatment every day for a week and watch results. Then repeat it every second day for a week, then twice a week, then once a week for two or three weeks. Leave it off altogether for a fortnight or more and then repeat the above. Do this until you are satisfied that you are free from catarrh, acidity or bile. The Icepack loses its effect if used too long, although its indefinite use has no injurious after-effects.

The best results are obtained by using it on an empty stomach, or after a meal of fruit juice. The time to put it on must be determined by your working-hours, for instance, one who goes to work at 6 a.m. could omit the evening meal and apply the Icepack on coming home, say from 6 p.m. to 8 p.m. and have a light fruit or salad meal after it. The heavy cooked meal is never recommended late at night. Or one who has to be at office at 9 a.m. could apply the Icepack from 5 a.m. to 7 a.m. and then have the Fruit Breakfast. You who have leisure all day need not be bound to any set time, the only rule to be observed being the advisability of applying the Icepack on an empty stomach.

The length of time given to the treatment is not of much account, from one to two hours having been found enough in every case except where there is fever. Then the temperature can be brought down to normal within a few days, sometimes within a few hours, by keeping the Icepack on for four or five hours at a stretch. It is easy to understand that this ice-cold treatment will bring down a high temperature but it is a mystery how the same treatment brings a low temperature up to normal, and yet that is exactly what the Icepack does. Not once but times innumer-

able I have seen the temperature of advanced cases of cancer going up steadily under the Icepack, from 94 to 98 degrees within fortyeight hours; or, to put it more clearly, the chronically subnormal temperature becomes normal in two or three days when the Icepack is applied for one or two hours morning and evening. **TREATMENT OF CHILDREN.** According to the age of the patient the Icepack may be applied from ten minutes to an hour, In the case of a new-born babe, after the Spine has been adjusted, (see page 23) any functional disorder may be speedily rectified by the judicious use of Ice, while the school-going child should be put to bed with the abdominal Icepack at the first sign of fever, headache, cough, biliousness, catarrh or indigestion. In serious cases no nourishment should be given, nothing but pure cold water or small pieces of ice to suck until the temperature is normal, thereafter fruit juices and the "drinks between meals" outlined under point 3 in the preliminary diet, next, The Fruit Breakfast, and, when every trace of disorder has disappeared, The Salad Meal once a day in addition to the above. The cooked foods should not form a part of the constitutionally delicate child's diet. Treat your school-going child at the week-end every week or two for an hour with the Icepack and watch the improvement, not only physically but mentally. Nervousness, ill-temper, excitability, laziness, are too often the result of unsuspected internal trouble which may be cured without ever being located. Mother Nature's diagnosis is infallible. She needs no exploratory operations, and although it may be interesting to know exactly what your child ailed it is not necessary as your child is CURED.

The above also applies to grown-ups. There is a morbid satisfaction in knowing whether you were in for typhoid fever or malaria which is outweighed by the supreme satisfaction of knowing that you are CURED.

When the blood-stream has to some extent been purified by the action of the abdominal Icepack we turn our attention to local Ice treatments. By drawing pure blood with Icepacks to the affected area and draining away inflammation and poison by quickening the circulation, eruptions and

growths are gradually absorbed, pain is relieved because Ice acts as a local anaesthetic, and the general condition is braced and invigorated because Ice is a natural stimulant and has, therefore, no artificial reaction. The whole head is treated with Ice for sinusitis or neuralgia, Ice Compresses over the eyes for strengthening vision and beautifying the "windows of the soul," throat compresses for throat trouble, Icepacks on the limbs and joints for rheumatism, and a long Icepack down the great sciatic nerve to draw out the toxin poisoning that causes such excruciating agony—all this can be done in the average home. There are only two important rules to remember—(1) two thicknesses of towelling wrung out of cold water to be placed under the Ice, and (2) the abdominal Icepack to be continued though not at the same time as the local Icepacks. No actual harm could be done by using them together but as one counteracts the other it is advisable to use them alternately, for instance, the abdominal pack in the morning and the local pack in the evening, for one hour each, or the abdominal pack today and the local pack tomorrow. These Icepacks may be used in an infinite variety of ways to meet the needs of different cases without the slightest danger of inflicting injury. The first to be benefited by the abdominal Icepack is the heart, as is proved conclusively by the improvement in pulse and temperature.

This then is the secret of the almost magical action of the abdominal Icepack—**ALL THE BLOOD IN THE BODY RUSHES TO THE FROZEN AREA TO WARM IT.** Naturally, the blood does not remain there, it rushes back feverishly to heart and lungs to be purified, and back again through the organs of excretion, the tissues, glands and nerves, in an effort to restore the equilibrium of the frozen skin. Great heat is generated, the skin becomes an angry scarlet according to the amount of inflammation drawn out, unconsciously the lungs expand, the heart beats fast, and the kidneys become abnormally active, so much so that it is often necessary to empty the bladder. One of the first reactions, however, is a loosening up of mucus in the lungs, quantities of thick yellow phlegm being eliminated invariably. A healing and cleansing process is begun which continues many weeks after the Icepacks are stopped. It is

reassuring to know that these reactions do not all occur simultaneously. Nature works with discretion and so carefully that the patient is able to continue with his usual occupation while on the diet and Icepacks. Not so when an out-and-out fast becomes necessary, as we shall see in the following chapter on the fasting-cure.

As it is difficult to procure rubber goods at this time we have to resort to other means. Small bags may be made of waterproof sheeting (Jaconet) or an old hot water bottle may be used as an ice-bag. Failing these, we place the ice in a dry towel and put that on the wet compress. The dry towel absorbs the water as the ice melts and has to be replaced by another from time to time. A very satisfactory way is to make a bed of hay or grass under a tree and to let the water run into the ground.

With the head Icepacks care must be taken not to let the ice-cold water run into the ears.

WARNING.

Frequent mention has been made of the necessity of the wet compress under the Icepack. Sufficient stress cannot be laid on this, for Ice burns like a hot iron when placed on the bare skin, in fact, it blisters the skin and, if left on long enough, would cause the skin to come off with the Ice. This is the only danger connected with the Ice Treatments.

It is a scientific fact that only the external skin gets frozen. There is no possibility of freezing out the germ of disease. The blood does not congeal, circulation is not slowed down. This is the difference between freezing to death through exposure and deliberately freezing the skin on a small area of the body while keeping the heart and lungs warm for healing purposes. Under the abdominal Icepack such heat is generated by the great army of red corpuscles in the rivers of our blood that the dying are brought back to life. There is but one explanation to this phenomenon which completely satisfies the demands of reason and that is the ancient teaching that the solar plexus is the ABDOMINAL BRAIN which controls all involuntary action—circulation, digestion, the breaking down and rebuilding of tissue, etc.—just as the brain-centre in the head controls all voluntary action. If we accept this theory we come to the conclusion that the abdominal brain is the more important of the two, for the condition of the brain-centre is dependent on the vitality of the abdominal brain or solar plexus. What is the solar plexus? It is not

an organ, it is not a gland, it is a vital nerve-centre situated between the stomach and the great artery, the aorta. It is difficult adequately to describe the importance of its functions in a few words but for the purposes of our work the following will suffice :—by its position immediately behind the pit of the stomach it controls the organs of digestion and assimilation by means of a network of nerves and ganglia. It not only receives some of the most vital nerves of the sympathetic system but gives off other plexuses which supply branches to the stomach and intestines, the liver, the spleen, the pancreas, kidneys and bladder, the arteries, veins suprarenal glands and diaphragm. IT THEREFORE STANDS TO REASON THAT IT IS AFFECTED BY WHAT WE EAT AND DRINK. For a time it may resist the effects of gross toxic foods, inflaming alcoholic drinks, and inorganic chemical drugs and poisons, but in the end it succumbs. The solar plexus may be compared to the general in command of a great army on the battle-field. The general is asleep, doped, intoxicated, around him his men lie in the same condition. It would be of little use to rouse the men, for they are dependent on orders from the general, so we give the general a terrific shock, in other words, we put the abdominal Icepack on the solar plexus. The effect is magical. The general is aroused to instant action, he in turn rouses his men, and in less time than it takes to tell, messages of hope are flashed to headquarters, i.e. the brain, reinforcements are dispatched without loss of time, new blood from heart and lungs, and the battle for life is won.

When You Have No Ice.

What must patients do on the farms that have no refrigerators? This is a serious question. It means that we must fall back on the cold wet compress of our forefathers, on what we did in an emergency before we knew about the Icepack. Wring a wet towel out of cold water, wave it about in the air until it is ice-cold, apply it to the abdomen quickly, get another towel ready in the same way, remove the first as soon as it gets warm and apply the second. Repeat this process for an hour or two, according to the urgency of the case. In case of high fever the wet compress has to be renewed every few minutes. It is the COLD as much as the moisture that draws out the inflammation. The higher the temperature the more quickly the compress gets hot as it draws out the fever.

The Care Of Your Ice-Bag.

Since ice-bags are more precious than gold under war-restrictions we treat them with respect. When not in use the ice-bag, and also the rubber tubes of the enema-can, should be kept in a dark place in a tin, in French chalk. The ice-bag is further protected by filling it with paper or cloth to prevent the sides from sticking together.



The Fasting-Cure.

There are thousands of books on the fasting-cure all over the world. We recommend our readers to study them and include only a few essential rules in this brochure.

In the out-and-out fast only cold water is taken for a few days, no food of any description, no fruit juice, no milk. Hunger disappears on the third or fourth day as a rule but since the introduction of the abdominal Icepack and the preparatory course of dieting many patients experience no pangs of hunger at all. The sucking of small pieces of ice and drinking cold water whenever cravings obtrude themselves not only helps one over the fast but assists and quickens the cleansing process. It is unwise to drink whole gallons of water. The kidneys can take care of only a certain quantity, the rest is absorbed by the tissues. Four to six glasses a day would be enough, especially as the daily enema supplies from three to six pints for washing out the bowels.

THE ENEMA. A rubber bulb and tube worked by hand, or an enema with six foot tube and nozzle, if still procurable, may be used. When these are no longer available we would be faced with a serious problem. Perhaps we may be forced to the use of herbal laxatives, be that as it may, the daily evacuation of the bowel is absolutely indispensable to a successful fasting-cure. To understand this we must know more about the alimentary canal, as it is called. From the gullet to the rectum the alimentary canal is nearly thirty feet long. The bowels and small intestine are packed into a tiny cavity, in ever-moving coils and convolutions. When the bowels are overful there is no room for the peristaltic action, pockets are formed in those coils, stagnant cess-pools in which are harboured countless billions of putrefactive bacteria. Gradually the bowels and intestines are filled up, the mucous lining becomes coated, there is no lubrication because the tiny glands are buried under layers of unspeakably filthy accumulations. Constipation is the invariable result. Purgatives only add to the danger of this condition by draining away what fluid there may be without removing the ancient "impactions," as they are called. As the body gets its nourishment from the alimentary canal, it stands to reason that poison is absorbed from those coated walls, enters the blood-stream and is carried to every part of the body, inevitably polluting its entire mechanism. Those impactions are the source

of nearly all physical disease. It takes many years to form them and they can only be eliminated by years of correct dieting. With a scientific fast, however, and the free use of water they are dissolved and peel off, much as a heavily papered wall is soaked and cleared of its layers of old wall-paper. Before the discovery of the abdominal Icepack this process of soaking off the impactations was a long and tedious one. I tremble to think of the long fasts to which my patients were subjected during the first twenty years of my practice; before I discovered that under the action of the Icepack the alimentary canal is stimulated to such activity that the enema accomplishes more in the first three or four days of the fast than it did in as many weeks without the Icepack. The first evacuations are of no account, being merely the usual excreta of digested food, but there is no mistaking the nature of the impactations when they begin to appear. They should be examined carefully, for in their heavy, thick, black, oily depths may be found the cause of all your trouble—ancient accumulations of bile, evil-smelling mucus, putrifying remains of animal sinews, intestinal worms, tape-worms, living and dead, and many other horrors not to be distinguished without the aid of the microscope. I once found an old piece of BILTONG in a patient's stool, covered with pus and thick green slime, a foot long and three quarters of an inch wide, which had lain in a pocket of the colon for many years poisoning the entire system. These shocking details are mentioned here to impress upon you the necessity of a thorough overhauling and the free use of the enema while on the fast. Get someone with experience to show you how to use the enema. You will require from four to six pints of plain, luke-warm water, without the addition of irritating substances, no soda, no soap, no glycerine. Lie on the left side or adopt the knee-chest position, lubricate the nozzle with vaseline, and let the water run in slowly. If there is much gas the water may be taken in two or three lots, for gas causes gripping pains and should be expelled before the water can run far into the colon.

A fast should not be undertaken unless you are in a position to take care of yourself, especially if you are applying the abdominal Icepack every day for two or three hours. For the healing reactions—headache, nausea, vomiting, fever, rheumatic pains, etc.,—are often very severe under the stimulation of the Ice, there is great prostration during this elimination, and it is not advisable to do strenuous work. To get the best results you should be free

to rest, free from mental anxiety, and if this is not possible, I would advise you to postpone the fast until a favourable opportunity presents itself. In that case, continue the preliminary diet and the use of the Icepacks, or have a short fast at the week-end occasionally.

BREAKING THE FAST. The stomach is a muscle, a very much overworked muscle, alas. After a rest it is so strong that it can digest almost anything, so there is no danger of injury. Still, as we believe in continuing the treatment until all the impactations have been removed, we break the fast with the solvents of Nature—fresh fruit juices. Of these, Grape Juice ranks first as the most powerful. We continue the enema for another two or three days while taking three or four glasses of Grape Juice, undiluted, at 8 a.m. 12 o'clock midday, 4 p.m. and 8 p.m. Cold water only if thirsty. There is only one brand available in South Africa, the famous K.W.V. Grape Juice, a local product, pure and unmixed with water or sugar. This we use during the winter for completing elimination after the fast, and continue its use until the water of the enema becomes clear. What we do during the summer months, during the Grape Season, we outline in the next chapter on the "GRAPE CURE."

The question of the loss of weight during a fasting-cure is interesting and important. Very little good weight is lost. A fair diagnosis of your condition could be made merely by watching the scales. Perfectly healthy people may fast for days without any perceptible loss of weight. A woman, overweight but otherwise in the best of health, who came to reduce, reproached me bitterly because she had barely lost 11b. in a twelve days' fast. Skinny people, on the other hand, lose several pounds a day because the tissue that they have is diseased. When this depresses them I comfort them with the cheerful assurance that they have lost another so many pounds of poison. Under the abdominal Icepack they lose twice as much as they did on the fast without it. But the gain in weight when the fast is broken is even more remarkable since we introduced the abdominal Icepack, and this we put down to the fact that the cleansing has been more complete. The powers of assimilation are enormously strengthened when the system is pure.

Eat and drink with enjoyment after the fast. First the Grape Juice; then any or all of the cleansing drinks under point 3 in the Preliminary Diet; next the Fruit Breakfast under point 2; next, the raw vegetable salads under point 4; lastly, the introduction of the cooked foods under point 5. By that time you will be on the Preliminary Diet again and

if your condition is quite satisfactory you could safely go back to some of the foods you enjoyed most before you began this course of treatment. Pure enjoyment is always an essential to digestion and assimilation.

If the treatment has done you good, but there is still some trouble, it is a comfort to know that you can repeat the process at any time. Meanwhile your tastes will be changing, you will find yourself looking forward with relish to the foods you formerly despised. Cultivate those new tastes. Is it not infinitely more desirable to enjoy the simple, natural foods than to eat them under compulsion, with distaste ?



The Grape Cure.

As full directions for the Grape Cure are given in my book "The Grape Cure, for Cancer and Tuberculosis," we confine ourselves in these pages to the general rules to be observed after a short fast during the Course of Home-Treatment. In the Preliminary Diet you are advised to have a special breakfast of Grapes only when they are in season, the reason given being that the Grape, more than any other food, is liable to ferment when mixed indiscriminately with other foods, especially if the stomach is not yet functioning as it should. It was the exclusive grape diet that saved me after a nine years battle for life.

The Value of the Mono-Diet.

(ONE FOOD ONLY.)

The Grape seems to be the only natural food on which one can live indefinitely without starving the tissues in one way or another. It is the most perfect Mono-Diet, which gives Nature rest and relaxation while nourishing, building and eliminating at the same time. Feeding would become extremely monotonous if we had only one kind of food at every meal, but while we are devoting ourselves to a course of rejuvenation the Mono-Diet is always to be recommended. After the Grape the orange comes second as a cleanser, solvent and builder, in fact grape-fruit and the whole citrus family, pawpaw and pineapple, peaches, pears, apples, apricots and figs, practically answer the same purpose when used separately. But all these fruits, except the Grape, would pall on the patient's appetite if continued for several weeks.

The marvellously rapid action of the Grape is due to the fact that Grape Sugar is taken immediately into the circulation without undergoing any process of digestion. Different varieties contain different elements and so it is advisable to use as many kinds as one can get. Some people like them acid, others prefer them sweet. The best time for a Grape Cure in our country is from February to June. As to the quantity, moderation is the safe rule—from half a pound to a pound three or four times a day, and only half that quantity if they do not agree.

Until the system has learnt to utilise the Grape it is advisable to be careful with the seeds and hulls. A normal digestion suffers no inconvenience when the whole Grape is used, on the contrary, it is benefited by the valuable pro-

perties contained in the seeds and skins, apart from the bulk and roughage they provide. But if you have been in the habit of discarding them they may at first accumulate in the digestive tract and cause constipation. I therefore advise all who are experimenting with the Grape Cure for the first time to begin with the juice and pulp, later, a few of the hulls. Chew them all well in order to extract their essences but swallow only a few until you are sure that your digestion is able to take care of them. The same rule applies to the seeds.

Continue the abdominal Icepack and the enema every other day if you are constipated after the fast, then skip them for a few days to give Nature a chance to act. All the natural diets outlined in this brochure are laxative and will in time regulate bowel action.

Spiritual value of the Grape.

Charged with the magnetism of the sun, the Queen of Fruits, more than any other, restores and revitalizes the depleted forces of the patient. Every tendril is a living receiver of cosmic magnetism. Its many-pointed leaves, forming many triangles, absorb vital essences from the air and the sun. A perfect Grape is circular in form and a bunch of Grapes resembles a triangle. Students of mysticism know what those two symbols—the circle and the triangle—represent.

Nearly 2,000 years ago someone loved to stress the significance of the Vine. His first miracle was the changing of water into Wine. His last act was the abolition of the sacrifice of blood—the offer of the Passover Lamb—and the introduction of the Sacrament of Life, the Fruit of the Vine—VEGETARIANISM.

Let us then be content to know that the Fruit of the Vine was recommended by the Highest Authority.



The Sacred Spine.

The secret of perfect physical well-being lies in the condition of the Spine. The bones should be well separated from one another by cushions of firm cartilage in order to allow an unrestricted flow of blood, nerve fluid and other vital essences from the Generator of Life, i.e. the Brain, to every part of the body. There should be no deep inward curve in the lumbar region, or "small of the back." The backbone should be straight without being stiff; it should be pliable, supple and flexible without being limp. The full weight of the body should rest on the pelvis and be held in place by the internal muscles. This position has about half a dozen important results—it tilts the pelvis forward and upwards; lifts the ribs; expands the chest; reduces the abdomen by giving more room for the internal organs; straightens out that dangerous curve in the lumbar region by the pressure of which the organs of generation are displaced, starved and atrophied; and straightens out the corresponding curve outwards between the shoulders which gives you that unsightly "round-shouldered" appearance. No living human being whose pelvic bones are out of place can breathe correctly or walk gracefully. Since the organs of generation are the first to be affected by this loss of Body Harmony, the bringing forth of healthy offspring becomes an impossibility. Recently, something practical has been devised, a new way of straightening and lengthening the spine, a method so natural and simple, and yet so amazingly effective, that a mere child can, with a very little instruction, practise it at home.

Suspension and Gravitation.

By the power of gravitation the suspension of the body by the neck adjusts the whole spinal column from the base of the brain to the tip of the spine in a single movement. Naturally and painlessly something is accomplished in five seconds that physical exercise fails to do in so many years. The exercise has to be repeated daily for months until the cartilage cushions that have been cramped between the vertebrae have had time to expand to their normal thickness.

A strong canvas apparatus with iron rings and printed directions for its use in the home is sold for 10/6 by the Harmony Movement. These directions have been copyrighted and are not obtainable except through us. Because of the dangers which might result from the misuse of this

system, I warn the public against manufacturing and selling the canvas apparatus. It is only when it is accompanied by the careful directions for its use that this device may be considered absolutely safe for young and old alike.

A Message to the Mothers of the World.

How much more beneficial to mankind a system would be by which malformations and spinal abnormalities could be PREVENTED! What a glorious relief to know that also in this vital matter kind Nature makes provision! Children are born with the vertebrae out of alignment far more frequently than is generally suspected. Instead of waiting for the bones to become set mothers are now taught to adjust the spines of their children in infancy. The canvas apparatus required for stretching the spine of an adult is not necessary in the case of a little child. Nothing but a strong, gentle pair of hands for this form of home-treatment! When the infant is about a week old the spine is stretched ever so gently merely by supporting the head with hands placed under the chin and the nape of the neck, then carefully pulling the child into a sitting position until the weight of its body rests on your hands. In time the child "swings" merrily, the neck becomes strong and supple, and the nerves, released from undue pressure, able to function freely in every part of the body.

As the weight of the body hangs from the neck there is a strain on the jaws and this exercise should be discontinued when the child begins teething. When the first set of teeth is complete the exercise may safely be done again, once every few days usually being sufficient to keep the spine straight and flexible.



Fruitarianism

By the word FRUITARIANISM everything is included that grows in the earth—fruits, grains, cereals, nuts, vegetables,—THE FRUITS OF THE EARTH. A true FRUITARIAN does not even use the animal products, such as milk, cream, cheese, butter and eggs, and it is possible that FRUITARIANISM in this sense will be the food of the approaching "New Order." But in the transitional stage, while we are gradually cutting out of our diet the gross animal foods, pork, beef, mutton, game, poultry and fish, we use the animal products as condiments, as outlined in the Preliminary Diet.

Of all the foods in daily use meat is the most impure. Heavily laden with uric acid and other inorganic chemicals, the blood of an animal is unfit for human consumption. Unlike vegetable foods that undergo a natural process of digestion by fermentation, meat putrefies and rots in the warm temperature of the stomach. There is a vast difference between putrefaction and fermentation. IN THE ONE, THE DEADLY TOXIN GERM THRIVES AND MULTIPLIES, IN THE OTHER IT IS DESTROYED. The entire digestive tract of the heavy meat-eater is gradually invaded by swarms of the living bacteria of disease and death, while the no less injurious minerals with which the blood of the animal is laden are deposited in the tissues and between the joints, causing high blood pressure, rheumatism and gout, hardening of the arteries, varicose veins, affections of the heart, and diseases of the kidneys and liver. The flesh of one who eats meat, whether human or animal, is rank and poisonous. For this reason we select our flesh-foods from the herbivorous animals. For the same reason the carnivorous animals, except scavengers, choose herbivorous animals for their prey. A lion will not touch the flesh of another lion or of a tiger or jackal because it is contaminated with the rank poison of flesh and blood. He will not even eat a meat-eating human unless he is very hungry, but selects his food by preference from the herds of vegetarian animals. Occasionally one finds a man-eating lion stalking alone. He is an outcast, shunned by his kind. He has degenerated into a scavenger. For exactly the same reason we do not slaughter lions for our consumption because they eat meat, but the lamb because it subsists on grass. The point I wish to emphasise is this, there is the same difference between the flesh of a meat-eating human and a vegetarian.

And this, remember, in spite of the fact that the meat-eater is careful to exclude the flesh of meat-eating animals from his diet. The blood of the true vegetarian is pure because he lives on the Fruits of the Earth, whereas the meat-eater is tainted, diseased, and polluted, his breath is offensive and his flesh is so poisonous that even a self-respecting lion would not care to have him for his dinner. If we were cannibals we could eat our vegetarian friends with some degree of safety, but if we slaughtered meat-eaters for our consumption we would soon become extinct as a race, just like any other tribe of cannibals.

The strongest animals in the world—the elephant, the camel, the rhinoceros, the gorilla, the ox, the steer—live on grass and the other Fruits of the Earth. Some of them live for centuries. Lions and tigers have no stamina and very little power of endurance. In the ferocity of anger or when the lust of blood is on them they are endowed with a momentary wave of brute strength, and that is all.

From the ethical standpoint, the practice of eating blood-stained foods is indefensible. Anything in which such untold suffering is involved for millions of helpless creatures must be accursed. The underlying cruelty, while it degrades our fellow creatures, must inevitably leave its mark on the higher consciousness of those who, by creating a demand for meat, are morally responsible for the horrors of the abattoirs. Any habit which intensifies sexual passion, stimulates the craving for drugs and alcohol, fosters the spirit of cruelty and the thirst for blood must, and inevitably does, contribute to the causes that lead to WARFARE.

Shortage of paper does not permit more detailed information. I have taken the above brief extracts from my book on the Grape Cure. In the same volume and in my Fast-Book valuable notes will be found on the Beauty, Simplicity and Economy of the use of sun-cooked foods, and the never-ending unfoldment of the wonders of happiness and health which result from a diet of our God-given heritage—The Fruits of the Earth.



Practical Hints.

In what way can you help to spread the good news contained in this Brochure?

If you have decided to become a member of the Harmony Crusade, send me your name and address. You will then be put on our correspondence list and be informed from time to time of the progress we make.

Money is required to bring the price of the Brochure down if it is to become a national movement. Translations will be required. It should be within the means of the poorest person. On principle we do not believe in the FREE DISTRIBUTION of anything. People do not appreciate a thing, however good it may be, unless they have paid something for it. But there are many ways of paying, and money is by no means the first consideration. Your personal interest can never be paid for in money. Here are just a few of the methods by which you may help to raise the standard of health in South Africa. Speak about the wonders of Nature Cure in season and out of season. Write to your friends all over the country. Organise small meetings in your home and give private demonstrations of the correct application of the Icepacks. Or if you have a large room arrange drawing-room meetings and invite me to speak. We do not despise the day of small things and, even if there are only a dozen really interested people present, more far-reaching results may be obtained than at the largest public lecture. Ask your booksellers whether they stock this Brochure, and if not, WHY NOT? Or, if you can afford it, order extra copies from me and give them away to your friends as birthday or Christmas presents. Could any gift be more useful, more acceptable? Special reductions will be made on orders or six to a dozen copies. In this way every Crusader may become a private distributing agent.

I ask nothing for myself. As far as my own needs are concerned I am financially independent and in a position to devote the remaining years of my life to this Cause. At the age of sixty-seven I am in the pink of health and vitality, a more perfect physical condition than I ever enjoyed as a young woman, thanks to God the Creator and the Harmony System of Natural Healing. My affairs are so arranged that I am free to devote myself exclusively to this work. I have leisure to go round the Union on a lecturing tour to give demonstrations, to make the propaganda without which this entire effort is doomed to failure.

My late husband and I financed this Movement since 1916. With his transition it has become necessary to make the work self-supporting. The profits still go back into it but it must pay its own expenses. Postage, printing and stationery are no small items under war restrictions and yet correspondents never think of enclosing stamps. This is sheer thoughtlessness.

When future generations see the value of Nature Cure the endowments that are now bestowed on the Cancer Menace will be devoted to giving the widest publicity to a system that PREVENTS cancer and every other disease.

Will you join hands with me in a supreme effort to hasten the coming of that Day of Deliverance?

JOHANNA BRANDT-VAN WARMELO.

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