

PREVENTION AND CURE

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Prevention and Cure by Eustace Miles

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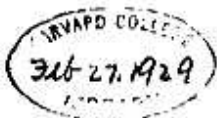
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BY
EUSTACE MILES, M.A.

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Prof. James R. Jewett

MICROFILMED
AT HARVARD

PREFACE

MOST of the chapters of this book I first gave as Lectures in the Eustace Miles Salons in Chandos Street. The publication in book form is at the request of many people who could not come to the Lectures because they lived so far from London. I found that the publication of a monthly article on "Prevention and Cure," in my Magazine *Healthward Ho!* did not cover the ground sufficiently quickly; so, though the articles will continue month by month, the book will have been already published.

My experience with these Lectures proved a very important point. I noticed that Lectures on Health, Fitness, Success, etc., attracted little interest: very few came to them. But directly I took the opposite point of view, and put, in the title of the Lecture, some such definite ailment as Nervousness, Depression, Indigestion, Obesity, Colds, Uric Acid Troubles, Sleeplessness, Kidney Troubles, Fatigue, etc., I had the room full.

"*Prevention is better than cure*"; it *certainly is cheaper in respect of money, time, and nervous energy*; it certainly is less morbid, if only because it can be of a general kind, without the mention of any specific ailment; whereas,

to wait until a disease or ailment shows itself, and then to begin to cure it (probably in the wrong way), means great expense for the individual, and for the Nation.

But Prevention is less popular than Cure. It is less interesting to "civilised" mankind. In fact, after a wide experience in lecturing to many different kinds of publics, I am convinced of two facts: first, that the average person is not interested in the subject of health until he suffers, or until one of his friends or relations suffers, from some definite ailment or pain or trouble; secondly, that *the average person does not understand what the words "Health" and "Fitness" really mean.* People are labouring under the fallacy that Health is a negative matter—namely, apparent freedom from any organic disease or obvious ailment; whereas Health is a positive condition with a radiating influence.

True Health includes a feeling of well-being and vigour and energy, under control, and capable of being directed whithersoever the highest conscience points the way.

In this book I have tried to combine the treatments of Prevention and of Cure: the same treatments being appropriate, with certain modifications, both for Prevention and for Cure.

This is against the old-fashioned practice, which did not bother about Prevention, but waited for an ailment to appear, and then treated it chiefly by drugs, or other stimulants or narcotics, or else by operations.

There was no anticipation of these ailments; and

certainly, if there had been, the means would have been very different from the supposed means of Cure.

As to the ailments, mental and physical, which I have selected, they are among the commonest that have been mentioned to me by my individual Health Pupils; and, therefore, I conclude that they are among the commonest generally, with ordinary people.

As to the means which I suggest, they are those which have been most successful in my own case, and in the case of most of these Health Pupils.

There are many avenues to Health; they may be roughly classified under three heads, as *the Environmental, the Physical, and the Mental*.

The Environmental will include food and drink; the Physical will include exercises, especially breathing, and muscular relaxing; the Mental will include Self-suggestion and intelligent study. As a matter of fact, all means of treatment should be regarded as belonging to all three departments, to some extent, as I shall try to show in the Chapter on "Inattention."

What has struck me more than anything else, in dealing with numbers of cases, is *the importance of Individuality*. Take a simple and popular avenue to Health: namely, rest and recreation; what is rest for one is not rest for another; what is recreation for one is not recreation for another, but sheer boredom. One person may like to watch a cricket match; another may hate to watch a cricket match, and may prefer to go on the river, or to play Patience, or to do fret-work; and so forth.

It is because I realise the importance of Individuality that I wish to invite correspondence with regard to what I have suggested in this book. I invite the experiences of those who have tried other means; and *I invite, above all, objections and criticisms.* I shall be glad to send further information to those who ask me for it, and who mark the envelope "Private and Personal." Such correspondence is always teaching me new truths, and new aspects of truth.

Before long, I shall be issuing the second series, in the form of a new volume on other ailments, which will include the Prevention and Cure of Waste, Infection, Neuritis, Dipsomania, etc.

Then, still later on, in a third volume, different Methods of Cure will be described, and I shall try to point out how these methods may be modified and adapted, so as to be useful for Prevention as well as for Cure. First I shall state the methods as their most ardent advocates state them, and mention some of the claims they make for them; and then I shall try to put each method in fair perspective, not concealing any reasonable objections that occur to me.

Among these methods will be Fasting, Thorough Mastication, the various Non-flesh Diets, the Salisbury Treatment, various Physical Treatments and Exercises, various Mental Treatments (especially Christian Science).

The criticism which will probably be made to this book as distinct from other books that I have written, is that it mentions Ailments by name. But in no other way

can one interest great numbers of people. And, besides, the object of the book is not to make people think about their ailments, but to make them think about sensible ways of curing and preventing these and the other ailments as well.

I have tried to make each chapter as complete as I could, in itself, so that the book could be treated as a book of reference.

I think those who read through the book will agree that the ways which I suggest are likely to be good not merely in the Prevention and Cure of this or that particular ailment, or of ailments in general, but also in the getting and keeping of positive, vigorous, self-controlled, radiating Health and Fitness.

EUSTACE MILES.

40 CHANDOS STREET, W.C.

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