

brief conversation, whether they are of this type & so dangerously vulnerable to tensions, lack of circulation & consequent bad troubles in the body. That is why such "constipated" & "withdrawn" obstinacy can crumple in a flood of tears at a religious healing meeting AND ACTUALLY PRODUCE RESULTS! (Whether the religion taught is nonsense or fact is not the point. It is the softening of attitude that is so vital. We try to be so rock-ribbed, we poor mortals!)

Fortunately even though life may get rough "all will be well, very well": I cannot logically prove this but it is a fact (if you will let your friend make a mere assertion of what is true by his own experience), & it is a fact according to a lot of other too, that there is a Something that seeks us individually & personally with a humility & open simplicity we lack. The poem "the Hound of Heaven" illustrates this (by Francis Thompson: "I fled Him, down the nights & down the days...")

It does not matter when you encounter such a person as myself, except that if you do not feel well it is much harder for you to "work".

In your case not being a medical man I do not know what thing will help one of your troubles & harm another perhaps. My own teacher when her mother had had bronchitis (had to have injections) gave her some high potency C vitamin tablets & told her to eat them freely!! [A 500mg tablet of Vit. C. is equivalent perhaps to a quart of orange juice as regards Vitamin C.]

For a condition like that I would get the 100 tablets of 500 mg Vit. C. from Hudson for \$1.35 (pp paid) or else if the acid was not desired then get the Plus Formula 279, Vit. C. powder, 50 grams .. \$1.95, "soluble in cold liquid, acid-free" from Plus Products (See pink slips). Maybe you would ask your doctor to see if it would do harm. If not, try it!! because I wouldn't be stopped merely by the fact that the use of massive doses of Vit. C. to reduce infections is experimental. (Of the 100 tablets or the 50 grams of powder I would use in my own case half during one week, then rest a week, then use the other half. This works out about 7 tablets a day or 3500 mg a day, or about 3 1/2 grams, a day.)

Also, I feel that Yogurt would possibly be helpful & contains of this are easily available at .19 & .26 which will last two times at least. They can be flavored with fruit syrups, popular in this weather.

2) as been with 1948. has with, for know.