

To Her

WHO WAS THE BEST AND HIGHEST INFLUENCE

OF MY YOUTH,

AND IS NOW THE MOST BLESSED MEMORY OF MY AGE.—

WITH REVERENT DEVOTION I LAY THIS LITTLE BOOK UPON

George Eliot's Grave.

To
THE BELOV'D NAME
WHICH HAS STOOD AT THE HEAD OF ALL
FORMER EDITIONS OF MY BOOK

I HERE UNITE THAT OF

Dr. J. N. Salisbury

THE GREAT DISCOVERER OF THIS EFFECTUAL SYSTEM OF
PREVENTION AND CURE OF DISEASE.

HAILING HIM NOT ONLY IN THE VERY FOREMOST RANK

AS SCIENTIFIC DISCOVERER

BUT AS ONE, LIKEWISE, WHO HAS

IMMEASURABLY BENEFITED AND BLEST

MANKIND



PREFACE TO THE TWELFTH EDITION.

I HAVE written this book expressly in appeal to the people, for it is they mainly who originate all great pioneer movements. From beginning to end I address the uninitiated in simplest words; to wake them up—none too soon—to their vital well-being, their dearest interests. And it rejoices me that new editions are steadily called for, this being conclusive proof that I have indeed reached the people's needs. For this and for successfully planting Dr. Salisbury's life-saving Treatment in England, I must ever be profoundly thankful.

When by its means I had conquered my own long and terrible illness, I resolved in compassion for others to make the Salisbury Treatment a household word in every British home; and far beyond my fondest hopes have I triumphantly achieved my purpose. Yea, the very *cooks* know of it; for several patients have told me that at first they lived in a chronic state of warning 'for this day month'; when Cook but heard the ominous words 'minced beef' or 'Salisbury treatment,' she precipitately 'skipped,' as they say in the West!

If ever in what Mr. Leslie Stephen not inaptly sums up as 'this disastrous muddle of a world' a great bloodless

WHAT MUST I DO
TO GET WELL?

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AND HOW CAN
I KEEP SO? ~

By Elma Stuart

*O! if no partner in the pains
By which Love labours for the human race,
Death that takes home and crowns the brave
Can but ensure my long disgrace.*

With Portrait in 1895

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revolution were imperatively called for, it is now and here ; in the profession and practice of medicine ; in correct diagnosis of diseases ; in ability to recognise their cause ; and in definite knowledge of the cure. During years of sleepless, wingless nights, with every nerve at highest pitch and pain racking every joint and muscle, one unquiet thought haunted me. That there was surely somewhere a fixed *law* of cure based on causes ; for prescriptions—aimed at symptoms and treating the disease instead of the patient—seemed to me at last to be founded on nothing. One of my doctors told me he ‘had a hundred remedies for my illness,’—yet not one of all that he tried was worth twopence to *me*.¹ I felt we sufferers had desperate need of a system of cure that should exact from us something better than a capacious swallow and blind obedience. I wearily sought one of universal applicability, certain in its attitude in gravest as in simplest cases ; as effective in prevention as in cure. It was my own hopeless distress that evoked recognition of this great want, and I felt the utter lack of its fulfilment in all of the to me known Systems. I eagerly searched the best medical books ; and closed them with a sigh. I asked of my doctors ; all I got was an impatient intimation that it was their business—not mine—to ‘think.’ As, however, it seemed to be my business to suffer, I imagined it about time to think how I could possibly get rid of all the misery of it.

I have endeavoured to show that at last my longings were effectively met by the Salisbury System, in which the

¹ I lately read a treatise by a learned physician on ‘Asthma and Hay-fever,’ which he summed up with this startling announcement : ‘Whatever may be the theory of the causation of these maladies, the question to physician and patient is, how shall the *symptoms* be relieved ?’ That must have been his fun !

chemical and microscopic investigations of blood, passages, sputum, etc. uncover the cause and logically point out the remedy. They are the pole-star of this splendid treatment, and enable the skilled guide to follow Nature’s clear teachings and to tread in her very steps. They are also the sole means of unerringly determining when cure is complete ; and furthermore, they render right good service in exposing infringements of rules and slightest lapses in diet. For here, when the patient does not progress satisfactorily, it is clear proof that he has not been exact in adherence to rules, or has tried to improve upon the diet by vagaries of his own or his friends’ devising. That some wrong-doings are at the bottom of non-progress, may always be advantageously bet on. And how useless is any attempt to evade discovery where the microscope is Detective, is evinced by the following episode, which I have obtained the culprit’s noble permission to relate. It was a case of very serious illness of over two years’ duration.

The patient—some hundred miles away—on first writing to me said that from reading my book he had for 2 months taken only hot water and minced beef, which he ‘relished amazingly.’ Still, he said, he ‘wasn’t getting on.’ Now I knew that 2 months of strict treatment would have advanced him considerably had he not been taking something hurtful along with the beef, so I requested samples to be sent. On examining these I was scarcely surprised at his ‘not getting on,’ for I saw he was eating largely of nuts and dried and fresh fruits. At the same time with all my experience I hardly believed the evidence of my own eyes, so quite unthinkable did it seem that a man sick of a so-called incurable disease, should be reckless enough to feed on nuts and fermentable fruits, and I