

# A look back in wonder

The joys of smoking all your ills away must have been tempting and you were also invited to sink your teeth into other remedies.

**Even 100 years ago, they looked to 'miracle cures' beyond the ken of mere GPs, says Dr Jon Garvey.**

IT MAY be thought that dissatisfaction with the conventional methods of medical management is of recent origin. Nothing could be further from the truth.

The uncovering of Ancient Wisdom, the return to a natural means of healing, working with Nature instead of against her, were aims not only sought, but achieved, by our forbears.

I was glancing through an old back number of "Punch" for 1882 — actually, it was a facsimile edition given away with the New Year edition of 1982 and came across the following:

'Acts as simply yet just as powerfully on the animal system as sunshine does on the vegetable world.

'It has a natural action on the organs of digestion, absorption, circulation, - respiration, secretion and excretion — thus removes and hinders (by natural means) the unnatural, and dangerous Accumulation of Fat; it keeps the body in healthy trim by preserving and restoring health.

'Instead of being lowering to the system, (it) is in the highest degree invigorating.

'It is the best preventative and cure for biliousness, sick headache, skin eruptions, impure food, fevers, pimples on the face, giddiness, feverishness, mental depression, want of appetite, sourness of stomach, constipation, vomiting, thirst, etc., and to remove the effects of eating and drinking.'

And in holistic vein, it adds: 'What makes a happy Christmas? Health, and the things we love, and those who love us.'

I know you're agog to know how such a universally-appli-

cable system of health care has been allowed to slip from view in the mists of time.

Or perhaps, you say, some currently-advocated system is being described. Homoeopathy, perhaps — or even naturopathy. Or perhaps some spiritual or psychological method — a form of meditation.

Well, you'd certainly be right in thinking that such a treasure should not be lost to human consciousness. In fact, what is being described is even today easily available — though not, unfortunately, under the National Health Service.

It is called *Eno's Fruit Salt*.



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