How to Live for More Than a Hundred Years

A Review by VAN BUREN THORNE, M.D.

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noted that the free flow of the life-giving juices derived from earth and air had been interrupted by the wound caused by the nails: he noted, moreover, the permanency of the injury, only partly repaired by the collateral circulation established around the focus of the wound and evidenced by the knot. He was impressed by the fact that all the tree's nourishment, repair and growth were effected in its periphery, that is, immediately beneath the bark.

The physician, looked to the solar system—and beyond, ad astra—for the explanation of all the movements in nature. He found the life-sustaining currents of the tree moving from west to east on its periphery in obedience to nature's inexorable law, and then carried toward its centre. He found that anything which interfered with this free movement, such as the nails, started it on its path of retrogression which we call decay and which inevitably ends in death.

Deducing, then, that the functions of nutrition and assimilation of plants take place at their sub cortical periphery, he applied the same reasoning to man. He describes the methods and machinery of bodily nourishment with a clarity of minute detail which in an admirable as it is amusing until he presents the "nutrient molecule" ready for assimilation. He grows poetically eloquent as he tells how these nutrient molecules in a never-ending rotary current, always and inevitably in the direction of the movement of the earth's planetary plane from west to east, starting subcutaneously, speed toward a thousand mouths waiting to receive them.

Since the rotary current of the nutrient molecule begins its course immediately beneath the skin, anything that interferes with its orderly progress obstructs nutrition and inevitably starts the process of degeneration somewhere in the body in exactly the same way that the nails interfered with the well-being of Dr. Gozet's elm.

What is the nature of the obstructions that partly block the rotatory nutrient current? The unforeseen or accidental causes we cannot pretend to cope with; the foreseen ones, which we can either avoid or deal with according to Dr. Gozet's method, are reduced almost exclusively to three—compressions, wounds and contusions.

The sort of compressions the physician has in mind are those caused by our clothes and defective attitudes: A hat too small compresses the head; a collar too small compresses the neck. It is the same with shoes for the feet, cuffs and gloves for the hands, &c. A prolonged sitting posture compresses the gluteus muscles; the neck, pushed forward, hinders the movements of the lower jaw, and, in consequence, the important act of mastication, &c.

These compressions, then, interfere with the free movement of the nutritive molecule which is incessant in its act of renovation, and since the current of these molecules flows immediately beneath the cutaneous envelope where it is joined by the surrounding air which penetrates all the pores of the skin and accompanies it, it will be seen that all the essential phenomena of life take place at the periphery of the body where they are exposed to the maximum of interference and injury.

Wounds, pricks and bruises, says Dr. Gozet, have as a constant result an obstruction to the free circulation of the vital current, and in consequence an alteration of the forms and a disturbance of the static equilibrium and of the harmony of the organic functions.

The reason for the physician's method is, therefore, apparent. The tractile rubbings not only assist the vital current normally to pursue its free course, for they are made in the direction of the current, but, in the event of the existence of obstructions, they will remove them, he says. The rubbings are always made in the direction of extension, hence the resultant rectification of form.

Dr. Gozet asserts that by subjecting an infant to these rubbings for a few minutes night and morning he can be raised to youth free from illness, ache or pain—always excepting, of course, those misfortunes which result from accident—since each waste molecule is replaced by its perfect counterpart because its path of ingress remains ever unobstructed. The youth, in turn, may continue practicing the method upon himself, maintaining the same condition of perfect health indefinitely.

The physician, then, advocates his method against all foreseen causes, which are by far the most numerous.

But does all this mean that death can be checked forever? No, says Dr. Gozet, all men must die, for such obviously was the intention of the Giver of Life, since no one so far has been permitted to escape.