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# A PRICELESS GIFT

## The Discovery of the Ice and Grape Cure

By

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A Cure that is a Preventive at the same time. War on Disease through Nature Cure. The following simple directions presented to the public as a free gift :

To all appearances you may seem healthy. But are you so in reality? Would you wish to set your mind at rest on this vital point, if you could do so in a safe way? Would you like to know that you can make yourself **immune from disease** by self-treatment without giving up your work? **Then do it.**

*damp* Take a ~~dry~~ Turkish towel 50 in. long by 25 in. wide; fold it double to get a square; place from ~~15~~ to ~~20~~ cubes of Ice from the refrigerator in the centre; fold the four corners over one another over the Ice; place this compress on the pit of the stomach, over the solar plexus and the organs of excretion, with the thickly folded part on top to keep the bedding dry, and the two thicknesses of towelling underneath, between the bare skin and the ice. The first water from the melting ice will be absorbed by the towel and when the compress is wet and icy cold the healing action begins. There will be no shock. Relax and sleep, warm and comfortable in bed, hot water bottle at feet, if necessary. Lie peacefully for two or three hours while Mother Nature heals. Repeat this process every three or four days for a few weeks, preferably on the empty stomach. 4 to 8

### WATCH YOUR REACTIONS

A perfectly healthy person does not respond, except perhaps by experiencing a glorious feeling of relaxation. This is the most perfect of all reactions, the surest evidence that nerves and muscles are

relaxing. Yield to that feeling of relief. **Sleep.** But there may be unsuspected evil slumbering within you. Your real condition will soon become evident if the blood-stream is not as free from impurity as you thought. The skin may become a fiery red under the compress, and if patches of discoloration appear on other parts of the body, you may be sure that there is internal congestion and inflammation. If strange, rheumatic pains develop; if you get headaches, diarrhoea, heartburn, nausea, or a running cold; if you bring up bile, cough up phlegm, or experience anything unusual, do not be alarmed. These are evidences that all is not well with you and would only be alarming if there were no remedy. But be assured that the same procedure by which elimination has been quickened will also remove the Cause of your unsuspected trouble. Mother Nature heals a chronic condition by making it acute first. There is nothing suppressive in Nature Cure. Under the new stimulation to the circulation by the application of the Ice Pack to the centre of gravity the blood rushes to the frozen area to warm it, to return to heart and lungs with its burden of impurity. Continue the treatment a little longer. A stricter diet may be necessary, or a gentle stretching of the spine to promote the natural functioning of the nerves, or a medical examination of the urine and other excretions.

Perhaps you may fear that you have "caught cold" through the contact with ice. This is impossible if you have kept the rest of the body warm. One does not catch cold after a cold treatment. Only heat has an unnatural, chilly and lowering reaction.

### THE GRAPE CURE

To get the best results, live on the exclusive Grape Diet during this treatment. Different varieties, four or five times daily, from half a pound to one pound at a meal. Eat slowly. Or try the raw diet of fresh vegetable salads and the juicy summer fruits with fresh grapes predominating. Or our tropical fruits—pawpaws, ripe bananas, orange juice, a few nuts—during the winter season.

An occasional enema of luke-warm water may be necessary to hasten the cleansing process.

### THE TREATMENT OF CHILDREN

You can treat your children in the same way during the holidays. A smaller towel, from ~~five~~ <sup>two</sup> to ~~ten~~ ice cubes, twice a week for one hour at a time, the diet outlined above with the bottled K.W.V. Grape Juice if fresh grapes are out of season—that is all. For the rest, no interference with the holiday occupations.

## THE INTERNAL BATH

If young and old drank cold water on the empty stomach, winter and summer, instead of tea and coffee, the danger of bladder and kidney trouble would be averted.

### WARNING

There is only one danger connected with the Ice Treatment. Ice applied to the bare skin without the protection of the towel will stick like a hot iron. **The skin would come off with the ice.** Follow instructions carefully.

### WHEN YOU HAVE NO ICE

Make a compress of a wet towel folded several times, wave it in the air until it is icy cold, put on the abdomen quickly. Renew this every five minutes, or when it gets hot.

*N.B.*—So great is the drawing power of cold water and ice that we have called the Abdominal Ice Pack “**The Ice Magnet**” in our booklet on the Ice Discovery (see “**The Harmony Crusade**”, page 11). The rubber ice-bag is not necessary. We get quicker and better results by putting the ice into a towel. **The compress must be wet.** The astounding success of the Abdominal Ice Pack during the last ten years can only be explained by our theory that, since vital magnetism is the healing element of Nature, ice is the finest conductor of magnetism. Rubber acts as an insulator and so retards the healing action.

### THE HARMONY SNOW-BALL

A spiritual blessing is connected with this beneficial process of Nature. Improved health and a care-free mind strengthen faith, fill the heart with an unwonted gratitude. You have received this gift without money, without price. Dare you keep it to yourself? Think of the sufferers around you. You can help in many ways. Order copies of this leaflet from us in English and Afrikaans, enclosing stamps to cover printing and postage, and send them out with your mail to every part of the world. Place a copy in the hands of your medical man. It will encourage you to know that many members of the medical profession here and overseas have adopted the Abdominal Ice Pack. No gift could be more acceptable this Christmastide. The welfare of thousands may depend on your faithfulness. **Prove the value of the Ice Discovery on yourself, and if you are satisfied with results, tell your friends.** Then the Harmony Snow-

ball will gain volume until it fills the world. We clamour for the scientific investigation of our claim that a short-cut to health has been found. In this you can help by sending us a report of your experience for the Harmony records. Write fully. No detail is unimportant.

### SPECIAL MESSAGE TO FRIENDS OVERSEAS

The Abdominal Ice Pack can safely be used in the coldest climate. It has a warming effect. But while under abnormal conditions whole nations are suffering from exposure and under-nourishment, great care must be taken to keep the patient warm under the Ice Pack.

As the Harmony of the Nations is to some extent dependant on the physical well-being of the individual, we send this out at a critical time, with the sincere and earnest prayer that humanity may be blessed.

For further information on the Ice Discovery, the Grape Cure, The Harmony Crusade, Fasting and Fruitarianism, apply to:—

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"Broby"  
Claremont,

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*Orders for this four-page leaflet for free distribution in English and Afrikaans, at cost price. Canvas apparatus for stretching the spine at home, with full instructions, at above address.*

