

SALT TABLETS IN HOT WEATHER

H.G. Bieler, M.D.

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The manufacturers of popular salt tablets exhort the public to use them freely during hot weather. This is supposed to maintain strength and inure them from heat prostration and so-called "heat strokes". Even the learned medical profession have advised the increased use of salt during torrid weather. In taking the long perspective of the consequences of this exhortation the good and the bad points became apparent. An endeavor will be made to explain them.

Salt has been used therapeutically for ages. In small doses it is a stimulant. In large doses it is an embalming fluid. When taken in small doses it is immediately eliminated from the body through the sweat and urine. In larger doses it is retained in the body tissues and blood stream resulting in a state of hyperchloremia, which means that a super-normal amount is circulating in the blood stream. This amount distinctly stimulates the individual. If, in this state of stimulation, a rapid sweating occurs, the amount of salt in the blood would be suddenly lowered resulting in a state of hypochloremia. This sudden drop in the salt content of the blood would depress the user. Not only has the stimulant been removed but the isotonic equilibrium of the blood stream and body cells has been suddenly upset, which results in a shock to the body tissues, especially the more sensitive nerve and brain tissues. If, in this state of hypochloremia salt is ingested, the individual regains an equilibrium, is stimulated and feels normal again. A state of chemical disequilibrium is restored and a so-called cure for weakness effected.

There are other stimulants such as coffee, tobacco, alcohol and morphine which can become concentrated in the blood and body tissues. These also, when suddenly removed, result in violent upsets to the nervous equilibrium. Coffee, when abruptly discontinued, often results in violent headaches which can be "cured" by the ingestion of more coffee. One has only to watch the mad and nervous haste with which the cigarette addict rushes to the foyer or to other "smoke permitted" spots during the intermission of the average theatrical or concert performance. The alcoholic, when his stimulant is suddenly withdrawn, is likely to develop delirium tremens, the cure of

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which is more alcohol. The drug fiend, when suddenly deprived of his support, collapses and is "restored" by doses of his drug. All of which simply proves that the chemical equilibrium of the body cannot suddenly be changed without upsetting the individual. But these are not proofs that coffee cures headaches, tobacco cures nervousness, alcohol cures delerium tremens or morphine cures depression. In the same way neither does salt cure weakness.

The foreman who is undertaking a job during extremely hot weather or in an oppressive atmosphere requires efficiency on the part of his workmen. If by feeding them large amounts of salt he can maintain this efficiency and the job gets done in the specified time, then he is all for feeding them salt. Whether any chemical harm has been done to the internal organs does not concern him. Bright's disease, arteriosclerosis, anemia, mucous membrane inflammations are too remote to worry him. In his mind there is no connection between those diseases and a state of chronic salt poisoning although the medical profession believes, at the present time, that Bright's disease, arteriosclerosis, high blood pressure, asthma and hay-fever are all benefited from the use of a salt-free diet.

The activity of a bowl of goldfish is increased by adding salt to the water. It is easy to confuse a state of stimulation with a state of health. Even doctors are confused and prescribe stimulants indiscriminately. But the inevitable breakdown proves the inconsistency of stimulative therapeutics.

This is the age of speed. Salt is one of the ways to increase speed. Speed through life.... speed toward death. These days we must dance lively to the fiddler's tunes and to accomplish this in hot weather we must be well salted, the layman feels.

REIGH'S COMMENTS REGARDING THE STIMULANTS

Salt - Dr. Bieler hated salt more than any particular thing that was out there. He fought it massively the whole 60 years of his practice.

In regards to being cleansed of the dependency on salt: After the period of weakness through cleansing, and then a gradual rebuilding of the body, true strength and the ability to cope with stress in hot weather will come about, and the need for this stimulating salt (tablets) will never again be needed.

Reigh says, "I am sadly reminded of a very dear person in my life who had, and may still have, such beautiful glandular function. He is in a manual labor job (trucking), is a good hard worker, and has enough adrenal strength to take it. But then I saw the beginning of his ruin, and at such a young age. But he was determined to "keep on trucking", even in bad weather. Because jobs are at a premium at times, especially in the type of weather he encountered in the midwest. So to keep going, he, like many others, rely on "stay-awake pills", coffee, junk food, and the like.

And I see others too. For example I live next door to a policeman who seems to inhale the junk food of which I am sure comprises 85% of his body. It is especially sad to me because the trucker and the policeman represent two of many people who start with excellent glandular strength and health. They are "out there" doing good jobs, but then they feel they need stimulants to keep going on the job. How sad that people feel the need to "pump up" to make in life. "

OUTSIDE TIP: Watch what you say, if you can. We DO have to assert ourselves to let our feelings be known, but we also have to watch what we say...especially the negative. Too much negativity goes a long way. So try to never say "never".