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DANGERS
IN NECK-WEAR

WALTER G. WALFORD



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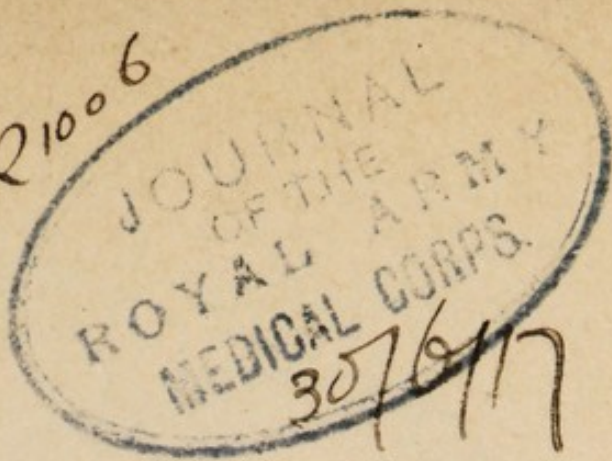
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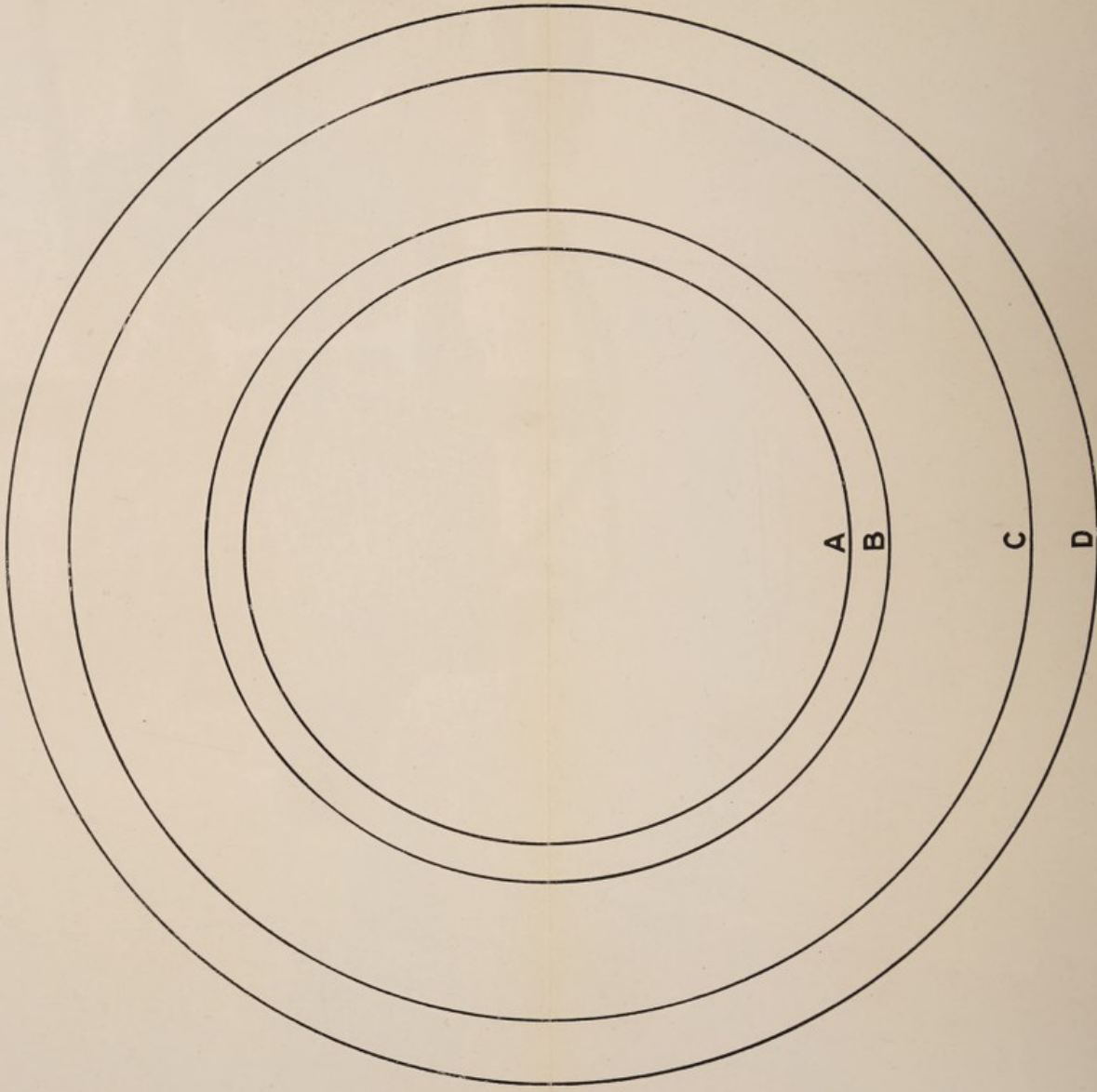


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DIAGRAM SHOWING ENLARGEMENT OF NECK IN PROPORTION TO
ENLARGEMENT OF NECK-WEAR.



The above four circles show the results of Nature being left free: 1st, as regards my neck; and 2nd, as regards that of a girl in advanced phthisis. Thus A shows the girth, $10\frac{1}{8}$ inches at the cricoid, in the latter in August 1909, and B the same, $11\frac{3}{8}$ inches, three months later, when the girl had gained about $2\frac{1}{2}$ lb.; C shows the girth of my neck, 16 inches, in July 1908; D the same thing, $18\frac{1}{2}$ inches, sixteen months later, during which period my weight had *decreased* 6 lb.

Frontispiece

DANGERS IN NECK-WEAR

BY

WALTER G. WALFORD, M.D.

AUTHOR OF

"CEREBRAL CONGESTION AND TIGHT NECK-CLOTHING"
ETC.



H. K. LEWIS & CO. LTD

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PREFACE

MY reasons for publishing this little brochure are that I feel strongly the supreme importance of the subject. It is a case of everything or nothing ; it is either of incalculable advantage, or I am wrong. A mere abstract belief in it is worthless. That means, simply to go on as we are, instead of putting our belief to practical use. This I must leave my readers to decide. But if I am right, as I fully believe I am, it is impossible to say how far the benefits may extend.

There is a French proverb : “ When a man is right, he is often very much more right than he thinks he is.” That is to say, that the correctness of his observations are much more widely applicable than he thinks at the moment.

I desire to get this subject well before the public—if not before the profession. I believe I have found a pearl of great price, and wish to share my treasure with others.

I have no other purpose, and although knowing as I do the *odium medicum* I am not over sanguine about the profession, yet "I cast my bread upon the waters," hoping that others (if not I myself) will see the produce of it. "Sero arborem quæ alteris sæculis prosit" (Cicero).

W. G. W.

120, FINCHLEY ROAD,
March 1917.

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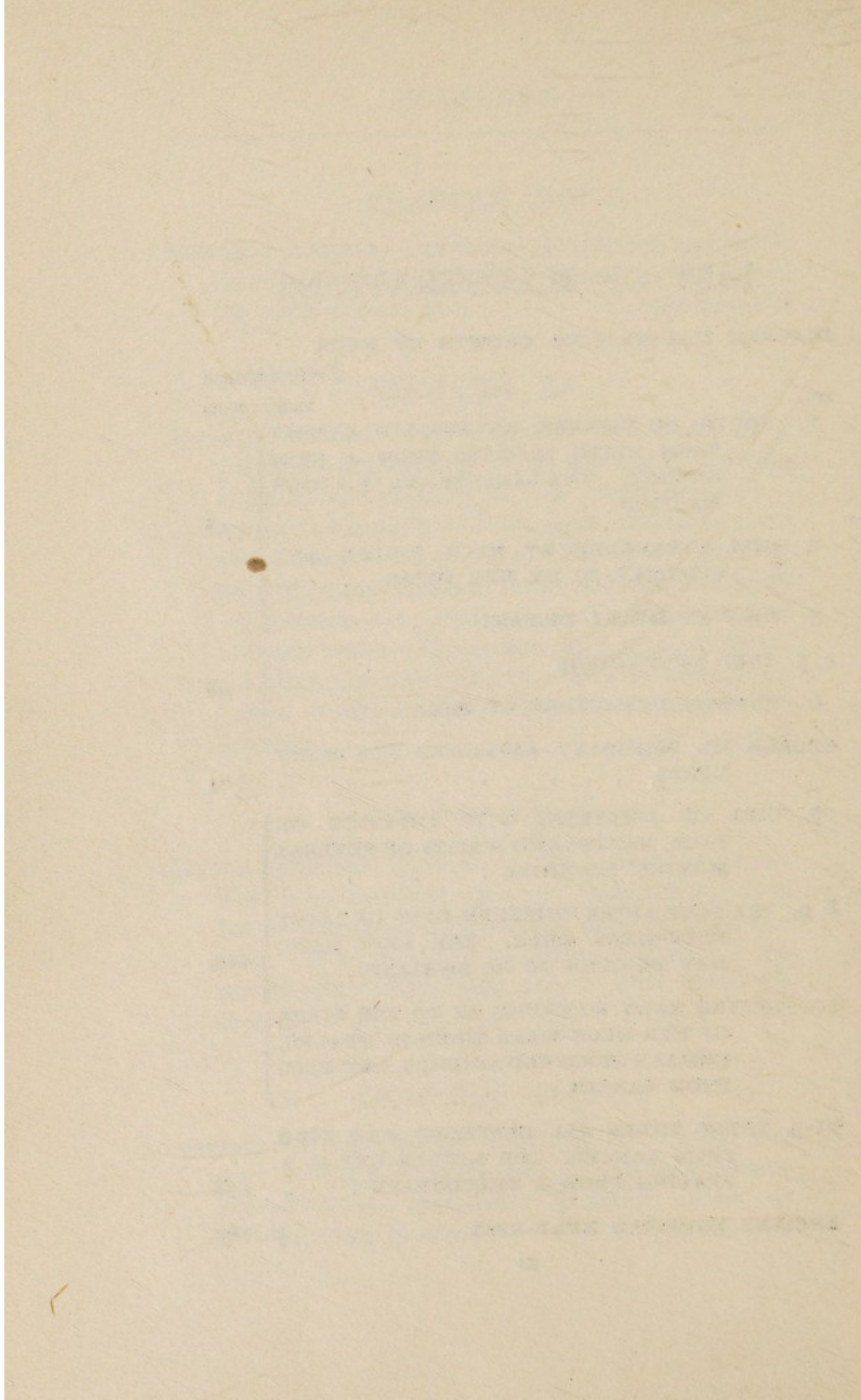
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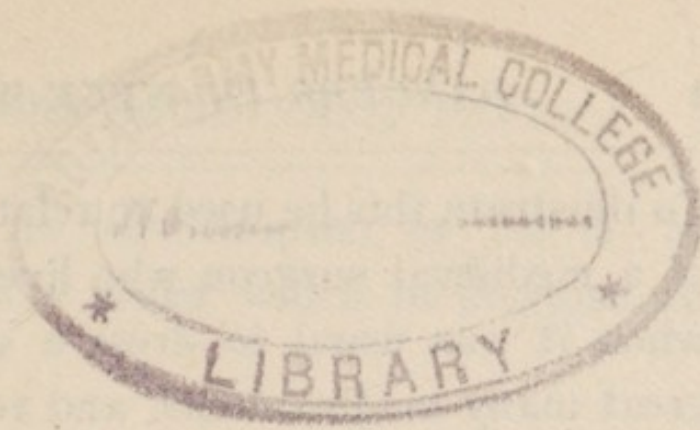
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DANGERS IN NECK-WEAR

CHAPTER I

Introduction. Diseases caused or recovery retarded by a person's neck surroundings—Cerebral congestion—Vicious circles—Quite an old discovery of pernicious effects—Disturbances mechanical and constitutional.

IN the year 1910 I published a little brochure entitled, "Cerebral Congestion and Tight Neck-clothing." Since that time I have had many additional experiences and discoveries, which I therefore venture to bring into notice in an enlarged form.

The late Sir G. M. Humphry was never too proud to take a hint, and while teaching his pupils the habit of close observation used to say that one might often find it necessary to act on those observations, and not according to conventionalities and text-books, and that prescribed rules were not always the best to follow, otherwise no progress would be made.

To illustrate this he used to relate an anecdote of a mediæval surgeon who lived at the time when it was usual to dress a wound with a great many medicaments, and repeat the process at least daily, never leaving the wound alone. Believing that Nature would heal wounds very much better without these, if left to herself, but knowing how strong was the professional and popular prejudice in favour of these medicaments, and that it would never do for him to fly directly in the face of them, he used to adopt the following ruse. Thus, when called to a person who had received a wound, he would at once ask to be supplied with the weapon that caused it. This he would daily poultice and bandage and dress with all the medications in the usual programme, and then put it most carefully away. He simply cleaned the wound and put its edges together. It was found to heal much quicker than under the old process, and more comfortably for the patient. People swallowed the humbug readily.

What I am now condemning is tight or unsuitable neck-wear. I have been studying this subject for over eight years, and from the prejudices with which I have often had to contend I have sometimes wished I could find

such a ruse as was adopted by Sir G. M. Humphry's hero under which to disguise my remedy.

Many ailments caused, or recovery retarded by clothing.

Now, I want to point out in these pages that there is a large number of diseases which are usually treated by medicaments, but which would be much more expeditiously treated without them, by simply removing or altering the surroundings in the matter of clothing.

Headaches, giddiness, rheumatism, eczema.

If any one doubts this fact, he can prove it for himself. It does not seem to be generally known that a vast proportion of the headaches, of the attacks of giddiness, of ordinary rheumatism, especially when recent, and even of that very common skin disease, eczema, with its nasty companion, impetigo, may in at least nineteen cases out of twenty be very rapidly cured or much relieved by simply doing what every student of "First Aid" is first taught to do in any case—namely, by thoroughly loosening the sufferer's neck-wear and keeping it free. To test the truth of this in the case of headache or giddiness an hour

will often suffice, and in rheumatism or eczema a week is often enough. Whatever may have been people's previous ideas, is not this plan worth a trial?

I mention these as being just a few of the very many complaints which I myself have thus personally dealt with; and if any one will test my principles in this way for himself, he will, I trust, be induced, in the general interest, to give some further attention to the matter. It is said that when George Stephenson was bringing forward the railway system, all the other engineers of the time ridiculed him, and took a great deal of trouble and showed much ingenuity in proving, from the way in which the engine wheel rested on the rail, that it would be quite impossible for an engine to draw a train. It might possibly draw a carriage, but it never could get sufficient friction to draw a train—so they thought. But of course these cavillers had never tried for themselves, as Stephenson had, whether an engine could do it; they were content with saying that it would *never* do so. And this was very much what I have had to contend with. I am always met with any number of ingenious arguments, that it is not possible to

do what I am doing almost every day. My own existence, moreover, in the world in perfect health at the present moment, nearly nine years after having been despaired of by the doctors, and in such a critical state of health that ordinary medicine could do nothing for me, is in itself a proof of my assertion. Although I had reached the age of seventy at the time of my recovery, I was able to bicycle in a crowded street only a fortnight after commencing my simple means of remedy, and have kept in good health ever since. Is not this a fair proof, I again ask, that there is something, at any rate, in what I have to say?

Cerebral congestion.

Let me commence by taking the instance of *cerebral congestion* from continued pressure on the venous outlets from the head. If this occurs, can the brain do its best work? Naturally not; therefore the nervous supply to the heart and other organs must at once be curtailed and their work is interfered with.

Vicious circles.

This must in turn react on the *brain*, and so you have established a vicious circle! But

then the same pressure which affects the jugulars probably affects also the pneumogastric nerves (note a case of this on page 83). Their work, too, is interfered with, and you get indigestion, which means malnutrition, and other troubles. This also reacts on the *brain*. So now you have got *another* vicious circle! Very soon the lymphatics become obstructed, and the thyroid, and the sympathetic nerves, etc. Nor is this all. For congestion of the brain means necessarily an obstruction to the blood current, which by putting more work on the heart produces in time disease in that organ. Here then is yet *another* source of trouble from the same cause; and at least one more vicious circle! Each important organ is hampering and in turn being hampered by its neighbour; not one can put out its best work. And this may go on for months or years. Can it then be cured by drugs? No! the mechanical obstacle must be removed or recovery is impossible.

Pernicious effect discovered over sixty years ago. Italy acting upon this over six years ago.

I shall be able to show that the main cause of all the trouble was discovered during the

Crimean War, *over sixty years ago*; and also that Italy was taking advantage of the discovery five or six years ago! Did we not indeed need a big war to wake us from our apathy?

Direct mechanical effects. Direct constitutional effects and indirect effects.

I propose, now, first to point out the *direct mechanical effects* of neck pressure; secondly, some of what appear to be the *direct constitutional effects* of it, and thirdly some of the *indirect constitutional effects*. By this I mean the debilitating influence of the ever-present vicious circles upon the constitution which renders it unable to defend itself from the attacks of microbes which are harmless to the healthy individual. Can there be a question that the healthy ones amongst us have hundreds of times been exposed to the malevolent influences of phthisis, typhoid, scarlatina, etc., with impunity, simply because we were fairly healthy, and the bacilli of these diseases could not find a suitable soil for growth? There is little doubt, as a friend remarked to me, that "while we have been hunting with a microscope for the bacillus, we

have entirely overlooked the megatherium !”¹
It may not be very pleasant to be told that we
have failed to see the obvious, but have we
not all suffered too much lately from this cock-
sureness ?

¹ One of the largest pre historic animals.

CHAPTER II

Observations of the laity—My own early observations—"Staggers," or horse vertigo—Debate on vertigo—Public correspondence on the subject not encouraged—A discovery during the Crimean War—Development of neck retarded by neckwear—Rapid enlargement when this is relaxed—The sailor's neck—Artists' observations.

IN November 1915 I was chosen as a canvasser for recruits; and when I attended the first meeting of canvassers, of whom there were about nine, and, all but one, perfect strangers to me, I was asked by the chairman about Registration. I replied that, being well over seventy, I was far too old for that. At the mention of my age the whole party roared with incredulity; they seemed to think that I was very much younger, and they asked me, as many others have, if I had any secret for perpetual youth. I said I had something which seemed to have that effect, but it was no secret, and that it was discovered during the Crimean War, but the only people who had laid it to heart were the veterinary sur-

geons, and that I first learnt it from a young groom in 1863. I then went on to explain that in 1908, being seriously ill, and my medical friends being unable to give me any relief or hope, I remembered this; but when I told them that I had pinned my faith on it, they all laughed *at* me for being such a fool (as they thought), as much as *they*, the canvassers, were then laughing *with* me for its splendid results. I also added that since then I had been trying my utmost to impress it upon doctors, but hitherto with little success. There happened to be one doctor present who asked me afterwards what the charm was, and when I told him "only thoroughly loose neck-wear," he said, "Do you mean to say that that was all?" So surprised was he that he would hardly believe it!

My attention had long been drawn to the many disorders, great and small, which in many instances follow, some quickly but more often very slowly but certainly, as the Nemesis of wearing the neck-clothing a little tighter than it should be. Every hangman knows the effect of a tight cord round the neck; and though the immediate aim of these sombre gentlemen is to dislocate or fracture the cervical

vertebræ, yet this was not formerly the case ; for Calcraft and his contemporaries were satisfied with simply strangling their victims, a method which, though slower, was no less certain. However, any one who has been concerned in cases of accidental or suicidal death from hanging or strangling, must have noticed, as I have, how very little constriction, and that sometimes only kept up for a very short time, is sufficient to produce speedy and painless death. Four such cases I have seen, which I closely investigated.¹ Certain other cases I have also seen which I did not so closely investigate, and in which I now admit that I did not at the time recognise the causes, but which, from personal experience, I now

¹ One was a woman I found on the floor, very recently dead, with a string the size of a shoe string, tied once and not very tightly round her neck. Another, an infant whom I was called to see, was apparently dead on my arrival. But the clothing, looking tight, I relaxed it, and the child recovered.

A third was a child of five, who had been playing with a cord hanging near the ground in a loop like a U. Taking hold of the side cords he put his neck in this loop and swayed himself backwards and forwards on his feet. Other children with him thought he went to sleep, but in a few minutes he was found to be dead. The coroner, Dr. Danford Thomas, remarked that he had held inquests on somewhat similar cases, and that such people seemed to get so suddenly unconscious that they were unable to help themselves.

think were in each case a tight nightshirt or a nightdress dragged tight at the neck by the way in which the person was lying. This must often be the cause of sudden death. But not sufficient attention seems to have been given to the fact that neck constriction far too little to produce fatal results, or even apparent temporary discomfort, may in time produce bad effects. The popular idea is that so long as one can *breathe* easily one is all right, and that ill effects are only produced by undue pressure on the *windpipe*. This is quite a mistake.¹ Horses suffer from "the staggers," which every groom or vet. knows to be caused by neck constriction, and usually believes to be a tight collar. It may be so in some cases, but far more frequently it is the tight

¹ While going to press the papers relate an account of an inquest in St. Pancras on a man of thirty-eight, at which Dr. Chambers stated that sudden death was caused by "a high, tight collar, which tightened owing to the position in which the man had fallen. The pressure of this on the air-passage had caused suffocation." I must commend the observation shown by this medical witness and his courage in speaking out on a subject which has hitherto been either shirked or regarded as a joke by those who ought to know better; but in my experience of such cases sudden death is produced by pressure on the two jugular veins and the vagus nerves (*four important organs*) before there is time for suffocation. Probably this pressure caused the man's fall in the first instance.

throatlash—so at least an experienced vet. has told me. I have myself instantly relieved a horse that was floundering about giddily in the street by relaxing this strap. The ignorant coachman thought the horse was shying, and grinned superciliously when I suggested this remedy, but was surprised when the horse went perfectly well afterwards.

"Staggers," or equine vertigo.

Now this equine vertigo,¹ or "staggers," and its cause has been known to veterinary surgeons for well over half a century, for, as I previously said, it was first explained to me, with its cause, by a young groom as far back as 1863, when I purchased my first horse ; and it seems strange that veterinary surgeons should have been so well and so long acquainted with this simple cause for this serious giddiness and frequent death in a dumb animal that could not describe its symptoms and sufferings, whilst the cause for precisely the same complaint in the human being seems to have been generally overlooked ; I may say, indeed, to have been unknown to the medical profession till recently, when I pointed it out ! Another important thing which this well-

¹ Vertigo means giddiness; it is a most horrible sensation.

instructed boy-groom told me was that the throatlash must be *absolutely loose*, as at times the very slightest throat pressure would cause trouble. Thus horse disease was more studied than human disease.

Debate on vertigo in 1913.

In the autumn of 1913 there was a debate on the cause or causes of vertigo at (I think) the hospital in Queen's Square. In the report of this debate I noticed that at least twelve physicians stated their views, which were all most antiquated, but not one mentioned neck pressure as a cause, though it is undoubtedly the main cause.

Public correspondence on the subject not encouraged.

Can it be believed that, on seeing a report on this discussion, when I wrote to two well-known medical papers, both of which had previously published more than one report of my work on this subject, and both of which had published favourable reviews of my pamphlet, and one had included a sympathetic leaderette upon it,¹ they both declined to publish it ?

¹ " Elsewhere in this issue we publish an article from the pen of Dr. Walter G. Walford, who has been indefatigable in drawing attention to the evils which result from the wearing of tightly fitting neck-clothing. Dr. Walford

I presume they were both too bashful to hint to their readers and those twelve learned physicians that there might be another and a simpler view of the matter. The whole thing reminds me of the tale related in *Pickwick* of an antiquarian society which met to discuss an inscription found in a field and thought to be very old. After several Solons had expressed their views, a quick-witted member said he had deciphered it as of very recent origin by an uneducated labourer, and meaning nothing more than BILL-STUBBS + HISMARK. But the meeting howled him down.

Discovery of bad effects of neck-wear during Crimean War.

I wish here to speak of the chronic effects of neck constriction even in a milder degree, and it was in this connection that I referred above to the Crimean War.

has been good enough to supply us with a large number of cases in which the simple method he describes has been tried by patients suffering from such a syndrome as he himself experienced three years ago, with the best results. He is himself an excellent advertisement for the method, and it is hard to realise that so vigorous and healthy a man as he now is suffered but three years ago from what, in the opinion of a well-known specialist, was a very serious cerebral condition. There is naturally a tendency to disregard the commonplace, the obvious. And yet, Pirogoff, in his classical essay on 'Luck in Surgery,' reminded us, it is just attention to the commonplace, to the little things, that matter so infinitely in the attempt

It was noticed that the soldiers of one particular general who was a great martinet, and very particular that they should all be tightly choked and collared, suffered much in consequence, chiefly from various heart and head affections, apoplexy and sunstroke, whilst other men who wore their things looser, and amongst these notably sailors, were almost or entirely exempt from these complaints. My authority for this statement is the well-known (late) Dr. W. H. Dickinson. I possess a letter from him saying that he had himself also noticed various forms of head trouble from this same cause, and that as a result he personally never fastened his shirt-band, but wore a very loose collar and a very huge tie to hide this peculiarity in his dress. But no further use seems to have been made of this by any one, except in "First Aid," and when to obtain perfection, that the true physician or surgeon shows his greatness. We therefore sincerely commend Dr. Walford's little sermon to our readers in the hope that it will induce them at once to investigate the condition of their collars, an investigation which, we may add, was in our own case the immediate result of Dr. Walford's visit to this office, and his demonstration of the fact that the editorial neck-clothing, which we had always regarded as quite loose enough, was by no means so scientifically adjusted as it ought to have been!"

The Hospital, May 27th, 1911.

giving anæsthetics. And whilst speaking on this point I would especially bring to notice the fact that a great many of us grow up, as I did, from childhood with our neck things just a little closer than they should be. The child increases in size rapidly, and garments supplied at Christmas are often outgrown by Easter. True, the child sometimes, as I have known, complains, but if the parent can squeeze two fingers inside the collar or neck-band, the child is snubbed. This slight constriction goes on throughout life. When grown up, the young man or woman likes to have the neck look smart and neat, and things go on as before.

Development of neck retarded by clothing.

Now I find that this continual very slight constriction or compression *prevents Nature from developing the neck in proportion to the growth of the body*, so that the growth of the neck is always a little in arrears throughout the whole of life. Were the neck merely a mass of muscle to move the head, this would not matter, but it is the link between the brain and all the other organs of the body. To begin with, it contains nerves and vessels between the brain and the heart and the lungs, the windpipe or trachea, the lymphatics, and numerous

sympathetic nerves. Consequently, if you gradually reduce the size of the neck, or, what is much the same thing, prevent its development, surely something detrimental must happen. It does happen, though it may be a long time in coming. This fact of the cramped development of the neck may be shown on almost any full-grown person if you can persuade him to have his neck things, shirt-band, collar, night-shirt (if necessary), and jersey, made half an inch larger than formerly, so that the neck is really loose. As a matter of fashion he will probably object, but he will soon experience the comfort of the change.

Rapid enlargement of neck when clothing is relaxed.

Then in a month or so he will probably find that he can scarcely squeeze into one of his *old* collars, and that his neck has enlarged! In another month or two he will find his new things to be fitting as tightly as the former were, and that the neck is still enlarging. If he is wise, and I find that by this time most people have got some wisdom on the subject, he will again have his things let out, and again he will soon find that Nature has once more entered into possession of the space thus allowed, and that if

he will allow her she will continue to make up the arrears of neck development, until she has got what she considers is necessary. When this is accomplished, the person who is wise will have found out what really good health is, and will rejoice in the very great gain in comfort and health which he has derived. In this enlargement there is no doubt that the muscles chiefly participate, but it is fair to assume that the vessels, nerves, and the trachea, in fact all the means by which the body and its important organs are in communication with the head, are also enlarged, and rendered better fitted for their work to the great improvement of the vitality of the body. And what is remarkable is, that Nature will perform this development at almost any period of life, so long as there is any reasonable amount of vitality in the body, and even in a person far advanced in phthisis.

The sailor's neck.

Has it ever occurred to my readers to notice how different is the neck of the sailor of the navy from that of the ordinary landsman? This remarkable difference is entirely due to the former wearing no neck-clothing and allowing Nature, the architect who is building

the body, to have an entirely free hand. The sailor's neck is much larger and much more cone-shaped. I do not allude to the naval *officers*; they wear tight neck things, and suffer as landsmen do. I have heard ladies say that they do not admire a properly developed neck; but that is just what the Chinaman says of his wife's feet—he does not like to see them properly developed. But the sailor's health and strength are quite proverbial. It is not simply open air, it is also the unfettered neck.

Artists' observations.

I have always found that it is more particularly *the artists* rather than *the physicians* who have noticed this connection between the neck and the mental and physical powers of man. For instance, in caricatures, a fool is always represented with a small, jampot-shaped neck, and it looks always in singularly good keeping with his mental deficiency. But in real life the clever, bright, intellectual person is usually seen with a fine, well-developed neck, in fact with the *mens sana in corpore sano*.

It may occur to some of my readers to ask how I came to notice the arrest of the development of the neck and the evils resulting from it? So I may as well explain.

CHAPTER III

Personal experiences—Breathing not mainly affected by slight strangulation—Sudden fall of blood pressure when this is removed—Sudden deaths during sleep—Bodily weight reduced—Sun-stroke—Blood pressure found much affected by neck pressure.

FROM a child upwards I used to suffer much and often from sick headaches, which were particularly frequent during warm weather. When getting on in life (after sixty) I had occasionally violent fits of giddiness with sickness, which generally came on at most inconvenient times. I had at the same time a great deal of gout and rheumatism, so that for some six years my health was manifestly and distressingly failing. My hearing was also defective, my pulse was hard, as it often is in elderly people, and I could feel and hear my heart thump as I sat. I had also troublesome indigestion. In March 1908 I was seized in the middle of the night with a strange feeling

in my head, distressing vertigo, and most violent vomiting and retching, which continued for no less than forty hours. To relieve the vertigo I kept my eyes shut. A medical friend and neighbour came to see me, and a qualified son of mine was also in attendance. At first we all took the usual view of such an attack. We thought it "a bad bilious attack," whatever that may mean, or "congestion of the liver." But no hepatic tenderness or enlargement was found. My weight was then nearly fifteen stone. There was no albumen, though frequently looked for. As my father very nearly died in a similar attack, and an old servant of ours actually did die in one, it made me thoughtful.

Notwithstanding the forty hours of this sickness, my pulse was at the end of it very full, hard, and bounding; and when my medical friend came the second time, I said I was sure we had been wrong in diagnosis; that it was not hepatic, but cerebral congestion; and when, a little later on as the vertigo abated, I could open my eyes, and found I had diplopia, or double vision, this view seemed confirmed. I underwent ordinary treatment and soon got about again, but for

some time my walk was unsteady and my head uncomfortable. After a few weeks, in spite of restricted diet and free use of aperients, etc., I ceased to improve. I had pain at the back of my head, and was often giddy. We called in a well-known consultant, a specialist, who told us that the vessels at the back of my eyes were dilated and congested, and he confirmed our previous views, adding that I had a thrombus or clot in a small cerebellar artery. He said that such attacks as these might happen at any period of life, and to either sex, that they were in fact due to congestion of the brain, but he could assign no cause for them. He mentioned a similar case in a young girl in whom a most violent attack came on when stooping to pick flowers.

I did not improve, but got slightly worse for, altogether, four months. Life was becoming a misery. I then suddenly conceived the idea, as I found myself much more comfortable when nude, that my entire illness depended upon something in my surroundings; and soon, a lucky sneeze, which burst off my collar, made me try the experiment of wearing looser neck-clothing. Previous to doing so I discussed the idea with my medical friend and members

of my own family. The latter all thought that what I was wearing was loose enough for anyone. The former was of the same opinion at first, but subsequently remarked that it was not quite so loose as his own. I mention this to show that my neck things were then by no means what the world calls tight.

Slight strangling does not often markedly affect breathing.

At the same time, I quoted to my friends certain fatal cases which I had seen and investigated where the neck constriction was quite trivial and where the trachea was not compressed; for, hitherto, almost every one has imagined that danger from strangling was from *pressure on the windpipe, in stopping the breathing*; whereas I shall be able to show that one gets much earlier danger from other causes.

I therefore gave up all dieting, and treatment, and had all my things enlarged a full inch, and experienced instant comfort and relief. After two or three hours I tried, for experiment, to return to my old clothing. The old discomfort at once returned, and I was glad to put on again my loose things. At first I was in bliss.

Sudden fall of blood pressure.

After another hour or two another change awaited me for which I was quite unprepared. I began to feel a little faint. I felt my pulse, which for many months, as stated, had been full, hard, and incompressible, *in spite of all ordinary means to reduce it; and it was now quite soft; the blood pressure had fallen like a stone!* In fact, by removing the obstruction to my circulation I had lowered the blood pressure. I got some of my medical friends to notice this softness of pulse. I found that I had reduced the blood pressure rather too rapidly. The thumping of my heart and large arteries that had so long annoyed me, ceased, and the faint feeling passed off in three or four days. I only felt slight giddiness at night when in confusing lights, and in busy places, but when in a good light I had none at all; so that, within a fortnight, I was even able to ride my bicycle in the Finchley Road, which is a pretty busy one, so rapid was my improvement. I have since bicycled some thousands of miles. I also lost all headaches and indigestion, etc. I then tried if gentle pressure over my jugulars would

produce my head symptoms. I soon discovered there was no question that it would do so, and that the same gentle pressure dilated my pupils ; as I exhibited to a medical friend. This was a pretty clear sign of cerebral congestion.

Within a week or so I made another discovery. Lumbago and rheumatic arthritis, from which, except for short intervals, I had hardly been free for years, began to disappear, as well as all my gouty troubles, and since that time (now over eight years ago) I have been *perfectly* free. However, in three months my progress became less rapid, and to my astonishment I found my neck had increased in girth, and was again getting slightly constricted by my clothing. I at once had it all enlarged another half inch, and I again continued to progress rapidly. In six months' time, from the continued enlargement of my neck, it was again necessary to do the same thing, and in a year to repeat this. My neck is now $18\frac{3}{4}$ inches in circumference at the collar band, that is to say, a full $2\frac{3}{4}$ inches larger than it was before, so even at the age of nearly seventy-one Nature at once made up the arrears of development.

Ever since then, except for occasional colds now very rare, my health has been most splendid ; and all little annoyances about my body, some of which had lasted for a considerable time, have completely disappeared. Even my hearing, which had previously been very defective, has much improved.

Bodily weight affected.

Meanwhile my bodily weight has gradually fallen about two stone, and my pulse has ever since been soft and compressible. For the sake of others I have thus given the predisposing cause for my own attack ; and it will be well to add that as I got better I hunted for the exciting or *immediate* cause, and soon found it. It was the nightshirt I was wearing when I woke up with the pain in my head, etc. It was decidedly tight in the throat, and was probably made more so from the way in which I was lying when I woke. It had probably got dragged back, and I was being slowly strangled like a horse with "stagers." It was most providential that I woke as I did.

Sudden deaths during sleep.

This must, I am sure, be the explanation of most of the deaths of seemingly healthy people

who are found dead in bed without any apparent cause. I may say that during the first year after this discovery I twice had momentary attacks of vertigo, though wearing easy clothing. The first time it was clearly due to my position, the head being much bent, and the second to my shirt getting dragged back. For on each occasion, remembering the above, I at once put my hand to the collar-band and pulled up my shirt, when the unpleasant feeling immediately passed off as the neck got liberated. These two most useful hints I earnestly commend to my readers.

Sunstroke.

I now pass to another topic:—There is little doubt, I think, that such neck constriction as I have described must be the predisposing cause of *sunstroke*. Given a person with this mechanical impediment between brain and heart, but whose cerebral circulation under ordinary circumstances can only just get along, and then take him into a hot climate, so that all the capillaries of head and neck are dilated to the utmost, the constriction is at once increased to a most dangerous extent and coma¹ follows.

¹ Profound insensibility.

Few places are hotter than a Swiss valley ; and there you have not only to contend with the heat, but you have the heart acting forcibly while you ascend long steep inclines.

A friend of mine told me that a relative of his, when in Switzerland, had once fallen down in a state of insensibility, but recovered when his companion, seeing that his face was flushed, undid his very tight collar. This gentleman had complained of the heat, and of a feeling of oppression (which his friend said did not trouble *him*), and then fell into a state of insensibility. But for the prompt action of his friend, who, guided by his flushed face, released a very tight collar, he would probably have soon succumbed. A Swiss doctor was called in, who, strange to say, ignored the tight collar, but hinted at intoxication as the cause. This was quite contradicted by the friend, and by the facts of the case. But we all know that a mere glass or two of wine will speedily dilate the capillaries of the head and neck, much as heat does, so that a person situated as this gentleman was might easily be thrown into a similar condition by a very trivial amount of stimulant.

But if one treats Nature fairly, it is clear she

will enable most people to take even violent exercise in such a climate with impunity. You have only to look at the smugglers staggering up the Monte Moro Pass in the blazing sun under a heavy weight of coffee or tobacco, hot, and as red as lobsters, in a bath of perspiration, but, like most mountaineers, with their throats and chests bare, and none the worse for their exertion.

Blood pressure tested and found to be much affected by neck pressure.

I have alluded in a former page to the influence of neck-clothing on the *blood pressure*, that is to say, the pressure of the blood in the arteries. This is a most important matter. A friend and disciple of mine, healthy, and loose necked, to test this, adjusted a sphygmometer (an instrument for measuring the blood pressure) on his arm. The index pointed to 130. He next changed his collar for a smaller one not long previously discarded. In an hour and a half the index pointed to 155, *the blood pressure had risen about a fifth*. Feeling his head full and uncomfortable, he gave up the experiment. Is not this just what one would expect if a slight obstruction is put

upon the circulation through the brain? The brain demands the blood, the heart has more work to do to supply it, and so the blood pressure is raised *not in the head alone, but all over the body as well*. This last is clearly unavoidable. It is said that a man is as old as his arteries; and if a slight, unnecessary extra strain is put upon them in this way, and daily kept up, say, for sixteen hours, he bids fair to wear out before the threescore and ten. If he is a robust man, the heart becomes enlarged and strengthened to meet this extra pressure; this of course accelerates the wear and tear. But if the person is not robust, the heart begins to knock under in one way or another; it either dilates or a valve gives way, so that it does its work feebly, and another form of heart disease creeps on. Thus the same prime cause ends by reducing the pressure in the blood vessels. The former probably leads after a time to a sudden death, the latter to a lingering one. It is a veritable case of the drop wearing away the stone; a heart so used rarely gets a fair time off duty to recuperate. This high blood pressure must be one cause for aneurism,

CHAPTER IV

Illustrative cases. Cerebral pain after influenza—Boy with cerebral congestion cured in five minutes—Other and slighter cases of the same—Aphasia—Vertigo—"Some Royal deathbeds"—Headaches—Paralysis agitans—Apoplexy—Tetany.

ALTHOUGH no longer in practice, I have had several opportunities of trying the effect of loose neck-wear in others, for I was for many years a sort of almoner of a charity in Haggerston, and there found many sufferers in one way or another. I next got private friends to try it, and these friends have largely recommended it to other people, and they in turn to others, some of whom have actually practised it. So altogether I must have directly dealt with something approaching to four hundred cases. But of this whole number of people, of these many hundreds whom I ultimately got to adopt my suggestions, I only remember *two instances* where the wearers at once readily

admitted that their neck-clothing might be too tight for them. In every other instance people always considered that their clothing was "quite loose"; and my ideas had to be well rubbed in and explained before I could get them taken up!

Simple as it looks, this is by no means so easy as it seems to carry out efficiently, for reasons that I will give hereafter. I will now give a few instances.

Cerebral pain after influenza.

A lady knowing that I had been a great traveller, told me that her husband, a clergyman, had been ordered a cruise in the Mediterranean, and she wanted me to advise her as to how he should set about it. She was appalled at the expense, and did not know how to meet it. His ailment was great pain in the head after influenza; which pain he had had for some time, and for which he could get no relief. I told her to enlarge his collars and generally loosen his neck-wear, and be content with sending him to the Cornish Riviera. In a fortnight she wrote that he had gained great benefit, and he soon after quite recovered.

Boy with congestion of brain and dilated pupils cured in five minutes.

My parlourmaid one evening asked me to see her nephew, a boy of twelve, who had come to Town that day from Lincolnshire, but he had become so ill, and seemed so strange and queer, that, having got him into our kitchen, she did not know what to do with him. As I went to see him, I remarked to my son (who is qualified) that I fancied many similar bouts such as she had described were cerebral congestion and were due to tight collars. When I looked at him I at once noted that his pupils were much dilated and fixed, although he was right under an electric light. He was dazed, and had been very sick; his neck-clothing was very tight. I ordered it to be well loosened, and told those present to watch the effect of this on his pupils. In less than a minute they had contracted and had commenced to respond to light, and in five minutes from my first seeing him the boy said he felt quite well. My son remarked, "Why, you are a regular relieving officer, father!" The boy returned to Lincolnshire that night, leaving King's Cross at midnight, and travelled home comfortably. Is such a case a mere matter for ridicule, because

no physic was given? I hear that he caused some amusement by his acquired views about tight neck-gear. He has since been quite well. Can there be any doubt that this was a case of cerebral congestion? Is it not worth reporting?

Aphasia.

I went to stay with a clergyman, and at once saw he had a flushed face and dilated pupils, and I guessed I should ere long hear something. He soon told me that he was suffering then, as he often did, from headache, but that, in addition, he often became dazed, and at times speechless. He had been struck so in the pulpit and at other most awkward times and places, and said that these attacks gave him and his wife great anxiety. I gave him my usual advice, and pointed out to him that I found clerical collars to be great offenders. Next morning, when he came down, he showed me that he had thoroughly followed my advice. I noticed too that his complexion was then clearer and eye natural. This is now some years since. I used frequently to hear both from him and his wife that he had no return of the trouble, and that he continued

well. I have now lost sight of him for three years.

Vertigo.

In July 1909 I saw at Haggerston a man aged about sixty-two who asked me if I could tell him what to do for giddiness, which was most distressing. I inquired if he was also sick. Yes, he had been sick many times. This vomiting and vertigo had lasted for days. I inquired if he had any doctor attending him, and, if so, what he said. He replied that the doctor had told him that he was bilious and had congestion of liver. I told him that probably if he called in another doctor, he would be told he had gout in the head, but that I would cure him while he waited, if he would wait a minute. I loosened his neck-clothing, and in two or three minutes he said he felt most comfortable. As he could hardly believe that he was cured by such simple means, I again tightened up his things and thus brought back his vertigo, to show him that this was the cause. But of course I soon relaxed them.

But this man, unlike the boy above mentioned, did not profit by experience, for I again

saw him three months later, suffering this time from aphasia.¹ He could scarcely get out a sound, and I heard he was often taken so. I jokingly told him I would soon put him level with his wife, and set his tongue at liberty. I undid the woollen comforter wound tightly round his neck, and in two or three minutes he could chatter away as well as ever. This man therefore had on one occasion symptoms exactly the same as my own, except that his were not so severe, and that there was no diplopia. On the second occasion there was distinct aphasia only, and both these attacks of his instantly yielded to relief at the neck. I have seen him aphasic on three or four other occasions, and each time again relieved him in the same way. He was clearly slow to take a hint. Indeed it seems that one can at will make him aphasic by tightening his comforter. This man remained in fair health for over three years, in fact till I had to relinquish my duties at Haggerston, since then I have lost sight of him.

Compare the following case: In March 1898, shortly before I was taken ill, on entering a shop near my home I noticed that the

¹ Loss of the power of speech.

proprietor was in a state of aphasia. On recovering from my illness I again went to the same shop, and, missing the former proprietor, was told that he was away, and had been obliged to retire from the business, having a clot in a cerebral artery. I told the partner I had discovered the cause of my own attack, which I explained, and wondered if it could have been the same cause in his partner's case. He said he believed I was right, for his late principal had always seemed uncomfortable in his collars, and struggling with them. It was suggested that I should write a letter to the man telling him of my attack and its cause, and suggesting the same cause in his case. He replied, apparently at the instigation of his doctor, stating he saw no resemblance between my attack and his. The X-Rays were, soon after, tried for him, and his death shortly followed. However, at the present time, that is to say eight years later, I have the gravest reasons for thinking I was right.

“Some Royal death-beds.”

A few years since a series of articles appeared in the *British Medical Journal*, describing

“some Royal death-beds,” among them that of Charles II. In the article in question the fatal disease was represented as a mysterious affair, but to me it resembled a case of neck pressure; and this seems borne out by the pictures of this king that have come down to us. One also sees the same thing in the pictures of many royal personages. It is strange that serious notice was never taken of this. Some are represented as half strangled. Notably, the late Duke of Kent.

Some years since I met an English lady at a Swiss hotel, from whose dress and complexion I at once guessed she was a probable sufferer; and I pointed her out, as such, to my friends. She sat with her family at the next table to ours, and at breakfast on our last day there I heard her husband remark to her that she was not herself at all, and did not seem well. After breakfast I got into conversation with them, and, as I expected, found her deaf, and suffering from cerebral congestion. I showed her the extract from a letter of mine to the *British Medical Journal* of May 1st, 1909, explaining my views on the subject, and headed, “Aural and other Vertigo.” She said that was the very thing from which she had

been suffering, that she had recently consulted a well-known specialist for this, and that she was troubled with it at that very moment. I told her if she would relax her very tight neck-band which the specialist had overlooked, she would soon be much easier ; but I warned her to do it gradually, or she would suffer, as I did, from the too sudden fall of her blood pressure. I again met her just before lunch, when she told me she was most grateful for my advice, as she had already obtained great benefit. I left for England that afternoon, and regret I have not since heard of her.

I have most successfully dealt with many other cases of vertigo, and the beauty of the remedy is that the relief is always instantaneous or nearly so. When I so relieved one man who half a minute before could not even stand steady, he said, " You are a regular wizard, that's what you are." He is now seventy, and has employment at a West-End club, and often alludes to his cure.

A young lady found herself quite giddy when she came down to breakfast, and she went into the garden to see if fresh air would take it off. It did not do so ; then, remembering my pamphlet which she had read,

she loosened her blouse, and at once recovered. Presently, thinking things were all right, she closed her blouse. In a few minutes the giddiness returned. She had again to loosen it. It had shrunk in the wash. I hold her letter relating this. It would seem that vertigo is only a symptom of congestion of brain in most cases.

Walking one day with a lady in the choir of St. Paul's Cathedral, I astonished her by going up to one of the vergers and asking him, "Don't you suffer from giddiness?" Reply, "Yes, sir, I should think I do." "Also from sick feeling, lumbago, and rheumatism?" "Yes, indeed, from all those things. How did you know?" I said, "Principally from your appearance and collar." I gave him general advice about this, he got immense benefit, and few people could have been more grateful. This was four or five years ago. He, Mr. S., is now as grateful as ever, and is usually to be found at his duties in the region of the crypt. I have referred some sceptics to this man, but they simply intimate that they do not believe me, and they won't take the trouble to inform themselves by going to see him.

A man of about fifty-five in senile phthisis

told me he suffered much from vertigo with lumbago. Now he had no collar on, so that was not the cause, nor was it the flannel shirt he was wearing, for it was unfastened ; he had had previous hints from me. But he had the typical thin neck of phthisis, so I looked further and found underneath the shirt a jersey compressing him half an inch or so above the collar-bones. I undid it, and in five minutes or less he was quite comfortable. For experiment I again closed it, and in a few minutes he said I had brought back the pain in the head, the giddiness, *and pain in the back*. I have had precisely the same experience before. This man has since been much better. I have often found this pain in the back to come from neck pressure, and to go soon after its removal. (See page 70.)

Headaches.

I have been the means of relieving quite a number of severe headaches in this way, and a relative of mine, not in the profession, tried it upon a friend who came to his office, with such success that the latter, twenty minutes later, told him that he was the best doctor he had ever had. Two of my servants, of their

own accord, taking the hint from me, successfully adopted my plan for the relief of their headaches, which were accompanied, as mine were, by seeing zigzags before their eyes. *They* have doctored others in the same way.

A cashier in the London & South Western Bank whom I found to be suffering from constant headaches, and to whom I lent my pamphlet on this subject, when returning it wrote, "I now, after taking your hints, entirely escape the headaches which I had from childhood until I read your pamphlet three months ago."

I went to pay a wedding call on a young lady. Finding her with one of her usual bad headaches, I told her to loosen her neck things, and I would call again in an hour. When I did so, she was practically well; she became an excellent disciple of mine, and on reading my pamphlet wrote to the publishers stating how very much benefit she had derived, that she had really always suffered from headaches for which she had had constant treatment, but nothing seemed to do them any good till she adopted my principles. But good disciple as she was, she hardly realised how she would subsequently have to allow for the rapid en-

largement of her neck or for the danger of her neckwear getting shrunk in the wash. On one occasion I was with her at a *matinée*, and when leaving I found her quite knocked over by a violent headache. I got her into a tea-room, and as we sat down told her to loosen her blouse. She replied that before coming out, thinking the blouse *had* got a little shrunk at the neck, she had only fastened it with a safety-pin, and quite thought it *was* loose enough. I said that it certainly *looked* so, but advised her to remove the safety-pin. In less than five minutes, before the waitress had brought us our tea, she exclaimed, "Oh! I am all right now. Don't I look so?" She did, and from that moment she quite recovered her health and spirits. She then said. "Oh! that people could only believe and know the intense relief given by your simple remedy! Till you told me I really thought my neck things were quite loose." But an amusing thing was, that her husband was a sceptic to all this; until, upon another similar occasion, he happened to come in when she was again utterly prostrate with a headache, and she asked him to loosen her neck things. He did so, laughingly saying, "Much good that will

do you," but he was astonished to find her well, bright, and cheerful in two or three minutes. He then sat down to write to me, and said, "I have freely to acknowledge that I was wrong and that you are indeed right; within five minutes my wife had a complete recovery." I could give perhaps fifty similar cases.

Paralysis agitans.

Major Thurston of the R.A.M.C., who has taken much interest in this subject, said, what had already occurred to me, that there was little doubt that the same cause, viz., neck constriction from clothing, was the predisposing cause of many cases of apoplexy and so-called sunstroke. I have also great reason to think it causes *paralysis agitans*.

Apoplexy.

When staying with friends in the country, I found a man of about sixty with tight neck things, and most emphatically warned him of the danger of apoplexy, which his appearance told me was threatening. But he would not take my hints. Some three months later he had quite a sharp "stroke," his leg, arm, and one side of his face becoming paralysed. Being

informed of the matter, and having learnt from sad experience that it would be labour in vain to write to his doctor and urge my ideas upon *him*, I wrote to one of my friends there, a lady who had taken interest in the subject, suggesting she should call upon the man and get him to do as I myself had done. She did so, and the result was completely successful. All the paralysis, even in the arm (which is usually slow to recover), had passed away in a few months. He was soon much better than before the attack.

Tetany.

Whilst speaking of cerebral and nervous diseases, I may as well give the following case. In about 1903 or 1904, I first came to know a young lady, then about twenty-two years old, who had for a great many years been a hopeless invalid and cripple. Her growth was no more than that of a child of six. She was quite helpless, and was entirely dependent upon others, and had to be carried everywhere. She had been attended by many physicians, who all diagnosed her case as tetany. It was *their* diagnosis.¹ I have seen her in a spasm that

¹ I say this because *my* description of her case has been disputed.

I should also say was characteristic of that disease. One of my sons, then a student at a hospital, was most anxious that some of his staff should see her, but she declined, saying that she was tired of being shown off as a curiosity, and that they could do her no good. For the next three or four years she appeared to get much worse. About 1909 I suggested that she should try my remedy. Her neck-wear was hardly tight, but her neck was almost devoid of muscle, being utterly lax and flabby. She took my hints. A very slow but gradual improvement set in. The spasms got fewer, less violent, and then ceased, four or more years ago. She began to pick up a little strength, and at the present moment she can get about on crutches all over the house, even upstairs and down, and with their aid can walk into the garden, and, laying them aside, can stand alone, and stoop and do a little gardening. I have also known her to walk without crutches across the room, holding the furniture as a baby does. And all this after lying on her back for over twenty years !

CHAPTER V

Nervous and constitutional troubles—Wounds that would not heal—Long-continued internal hæmorrhage—Ununiting fractures—Epistaxis—Renewed development even in advanced phthisis.

I THINK I have given sufficient instances of neck constriction causing head trouble. I will now give a few instances of other ailments being speedily relieved or cured by its removal.

A man complained to me of neuralgia in the back of his neck and shoulders, probably in his spinal accessory nerves. This was one of my own old troubles. I told him to relax his neck things, which were tight. He did not believe me, and went on in his old way for about three weeks, trying other remedies. At the end of that time I again saw him, and strongly urged him to take my advice. He did, and in less than a week was quite well.

A clergyman complained greatly of neuritis in his left ulna nerve; he had tried everything,

and could get no relief. It was another case of clerical collars at fault. A fortnight later he sent me word he had derived considerable benefit from my suggestion. This was clearly a case of the great improvement in the general health derived from putting heart and brain on good working terms together, which cured the neuritis. Here is a still more striking case.

I found in Haggerston a young woman who, having gone to sleep with her baby on her arm, awoke to find the arm paralysed. She had been attending a hospital for many weeks, but had obtained no benefit, and was in consequence in much distress. I told her to thoroughly throw open her neck things, to keep them so, and give Nature a chance. She did so, and was well in a week.

Wounds that would not heal.

A woman cut her finger, and the wound would not heal, do what she would. We sent her to the country for a fortnight, but she came back with the wound still open. My son then had a try with her, but failed. It was eight or nine weeks after the injury, when, on returning from Switzerland, I came again upon the scene. As everything seemed to have

been tried, as a last resort I looked at her neck things. This drew a smile, for her collar *was* loose. However, on close inspection, I found below the inevitable tight jersey, or whatever that is called in feminine parlance, compressing her just over the collar-bones. I loosened this, and told her to keep it so, and in two or three days the finger was quite well.

Now this, trivial as it at first seems, opened my eyes to a most important matter. We often find we have a patient with a wound which will not heal and which gives endless trouble to doctor and patient. I discovered that neck pressure by invalidating the health was the cause of this, whether the wound was internal or external. Formerly the cause was always supposed to be "poorness of blood."

A Bluecoat boy cut his hand, and the wound would not heal; this lost him a term or two of schooling. I wrote to his friends to suggest this cause, but was ridiculed. Nine months passed; the wound still was not quite healed in spite of country and seaside air. At the end of this time I happened to see the boy, and at once pointed out his tight neck-wear. This was altered, and the hand healed up in a few days.

A friend brought her fiancé, an utter stranger, to dine here. I asked him how he had enjoyed his autumn holiday.

He said, "Not so much as I should have liked," and, seeing him touch his leg affectionately,

I said, "I suppose you have got a sore there that won't heal and that spoiled it?"

He said, "You are right, but however did you know that?"

I said, "From your looks I should say that a sore with you would not heal well."

He replied, "Your knowledge of me is most uncanny; for, look here," he showed me a fester under his nail, saying, "I have had that a long time and cannot get it well."

I told him his neck-wear was too tight for a wound to heal, although he seemed extremely healthy and robust otherwise, and had just insured his life. Ten days later he came in to show me that his clothing was much looser and that the sores were healed. This gentleman became an excellent pupil and *practitioner* in recommending my suggestions.

When calling on a friend, a surgeon, I found him in bed. He said he had a carbuncle on the back of his neck which was really well,

but the cause for his keeping in bed was a bleeding ulcer on the leg, which nothing in the world would cure. I said, "No wonder, take this off your neck," pointing to a handkerchief tied round it to cover the scar of the carbuncle, "and it will heal in a week." It did so. He is a hospital surgeon.

Long-continued internal hæmorrhage.

Soon after marriage a lady whom I knew well had a miscarriage, and from that time had constant internal hæmorrhage. Everything was done. Several operations, one a most startling and grave one,¹ were performed, injections of serum were tried, but her life for about twelve years was one of misery. At last I persuaded her to wear her neck things quite open. She rapidly and completely recovered. I hold a letter from her, and one from her husband, nine months later, proving this.

Ununiting fracture of tibia.

A friend complained to me that her brother-in-law, a ship captain, had broken his leg at sea, and been taken to a hospital at Marseilles,

¹ Ovariectomy.

that he had been there four months, and that the accounts received from him represented that the bone would not unite. He was a man of about forty, and I at once said, "Depend upon it, the cause for this is neck pressure." My informant, being one who herself had suffered all her life from headaches till my simple plan had cured her, instead of ridiculing my idea listened to me. The man's mother went to Marseilles to see her son, and we fully explained to her the course she was to pursue as to his neck-wear; she carried it out well, and in three weeks we received accounts that the man was going on well, and that the bone had united.

An elderly relative of mine broke his leg many years since, and in that case the bone never united. The cause was not suspected at the time, but every one who remembers him remembers how tightly he was always "chokered," as we used to call the cravats of those days. I saw him in bed shortly before his death, and distinctly remember how closely he was even then done up at the neck by his most attentive valet. His condition is represented in Fig. 6.

While this is in print I have met two young

soldiers, respectively wounded in the arm and leg. Both say their wounds have been most obstinate. In the latter case the wound has been open for a year. Both were neck-bound by their clothing.

In consumptive patients wounds rarely, if ever, heal, but you *always* find a consumptive patient neck-bound. I commend this subject of the nonhealing of wounds to the most serious consideration of the medical profession. It has been usual to attempt to overcome this difficulty by medicine, and in other ways; but the real cause of a wound not healing may be almost always traced to some mechanical interference with the up and down traffic which should go on in this isthmus of the neck.

Epistaxis.

It is easy to see how this cause promotes nose-bleeding, which is generally an effort of Nature to relieve high blood pressure. In one case of this which I was attending with another medical man, a medical student being present, I pointed out to both of them how strange it was to see such a hard pulse in such a delicate-looking woman; but then she had the tightest

of neck-wear. Her pulse was quite soft when she was undressed. One can also understand the wisdom of the old-fashioned cure for nose bleeding—namely, a large door-key put down the back of the neck. For this would require the neck-clothing to be unloosed. One would think this must have been discovered by Sir G. M. Humphry's mediæval hero. An expert may often test this sort of thing for himself thus :

First, feel the pulse of a healthy young man soon after he has got out of bed in the morning and before he is clothed, allowing for change in position. The pulse will then be soft. Try it again an hour or two later after he has put on his tight neck-wear. It will be perceptibly harder.

Renewed development of neck in advanced phthisis.

In August 1909 I took in hand a girl of nineteen in advanced phthisis of two years' standing, and gave her two months in a country village, in a suitable cottage. She was really hardly fit to go. Her heart was very feeble, so that she could scarcely ascend even two or three stairs without difficulty. Her evening temperature was then about 102° . Thinking it might help somewhat, I persuaded her to

keep her neck things quite loose. She rapidly began to improve, lost her cough, her breathing got much slower, her evening temperature fell, and she was able to ascend stairs. All this might have been due to the country air ; but even her neck began to enlarge rapidly, as shown in the diagram frontispiece, so that in three months it was an inch and a quarter larger than at first, and (as I have noticed in other cases) her hair, which was previously falling out in handfuls, ceased to do so, and she gained a little flesh. On returning to her home in a Shoreditch slum, she for some time continued to improve, and her evening temperature continued at 99.5. She was, however, completely knocked over by London fog, and of course it was hardly possible for such a case to recover ; but I give it to show how quickly Nature responded, even in such an advanced invalid, when allowed a free hand to make good the undeveloped neck. I have seen the same phenomenon in a man of over seventy.

I may here say that all who have carried out my plans and who have looked for it have found this rapid increase in the girth of their necks.

CHAPTER VI

Cardiac diseases. The effect of a neck-ribbon—
Cardiac trouble with renal dropsy—Cardiac
disease foretold and the prophecy fulfilled—
Pressure on pneumogastriacs—Angina—A warn-
ing to deaf ears—Effects of ridicule—A grateful
patient.

The effect of a neck-ribbon.

IN August 1915, when driving over Dartmoor, I overtook a lady from my hotel who was trying to walk up to Hay Tor, then about two and a half miles off, with an ascent of about 900 feet. She said she feared she could never do it, as she always suffered so much from fatigue and shortness of breath in walking up hill. I told her if she would remove her neck-ribbon she would do it easily. When I again saw her in the evening, she told me that she had taken my advice, and was then able to walk easily, not only to Hay Tor, but over the hill beyond it. The ribbon was

clearly hindering the action of her heart ; and I explained to her that it would produce heart mischief if she continued to wear it. (See a case of neck-ribbon constriction in Fig. 2.)

I have found this loose neck system invaluable in heart cases ; indeed it is strange that it has not been adopted before, as heart disease must be produced by mechanical obstruction to the current of blood in the arteries. Though retired from practice, I have often been requested to see cases of this kind. They were always people who had suffered much and long, and had derived little benefit from medical treatment. Indeed, how could they by physic alone ? I do not say that the *only* cause for heart disease is mechanical.

In the *British Medical Journal* of April 20th, 1912, I related a cardiac case which greatly improved with no other treatment than thoroughly loose neckwear. The lady in question subsequently led a very active life for nearly four years. I saw her again in August 1915. Woman-like, she found she must return to more fashionable clothes, which I told her would have a bad effect. She was already beginning



Fig. 1.

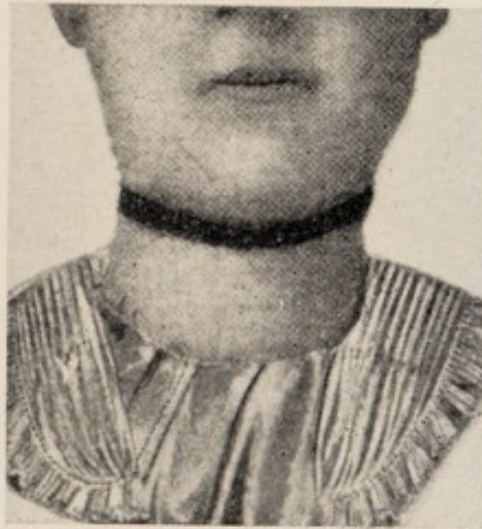


Fig. 2.

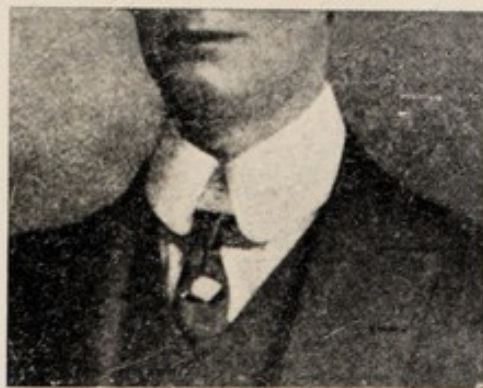


Fig. 3.

FIG. 1.—YOUTH OF FIFTEEN, AN INVALID ALMOST FROM BIRTH, SUFFERS FROM A SKIN DISEASE. THE PARENTS ARE IN A HIGH POSITION (see p. 134).

FIG. 2.—GIRL STRANGLER BY NECK RIBBON AND SLIGHTLY SO BY HER DRESS.

FIG. 3.—DIED OF HEART DISEASE.



to flag a little. I first gave her advice in 1910.

Cardiac trouble with renal dropsy.

In March 1911 a lady of middle age consulted me about a weak heart. Her neck-wear being decidedly tight, I advised her to loosen it. She relaxed her things about half an inch, and at first got a little benefit, but as her neck rapidly extended to this limit, and I could not persuade her to give it more freedom, and she took to wearing a neck-ribbon, she soon relapsed and sought other advice. But in December 1913 her condition was getting very serious. She had then, in addition, kidney mischief, as shown by immense œdema of the eyelids. The pulse was fairly regular, but feeble when she was in bed. I then with some trouble persuaded her to completely relax her neck-wear, and to go on doing so as occasion required. She soon improved in every way, and in six months had quite regained her health, her activity, and her appearance. This improvement has been well maintained up till now.

A lady from Bournemouth came to see me in November 1914. Her case was somewhat similar to the preceding one, but there was not

much puffiness about the eyes. There was, however, very marked rheumatic arthritis in her fingers. She had suffered for over three years, had availed herself of all advice and treatment—in vain—and was much depressed by their total failure. I gave her the same advice as in the former instance. A month later she wrote to me, "Since I saw you I have continued to improve. I am most thankful to feel so much better. I now wear my neck things much looser." In another month she wrote that not only was her heart better, but her hands were much better. I now hear of her continued improvement.

Cardiac disease foretold, and the prophecy fulfilled.

A medical friend, aged twenty-seven, had been anxious to enter the Indian Medical Service, and for this purpose had been three times examined as to his physical state by eminent men, and pronounced sound. Then he had a mild attack of enteric fever, when he was again examined by a well-known consultant, with the same result. I had often reproved him for his tight collars, and whilst recovering from the enteric I gave him a special hint as to the future, saying *that unless he took my advice he would get heart disease.* I had often

noticed that a small illness which produced no emaciation was frequently the beginning of more serious trouble, apparently because the neck, unfettered for three or four weeks, enlarges considerably ; then, when the convalescent returns to his previous tight neck-wear, the neck pressure becomes much greater than before, and then something in the machinery must sooner or later go wrong. But my hints were ridiculed. *They were not in medical text books !* Six months later my young friend applied for Life Insurance, but the two medical referees found then that he had serious cardiac disease. Only seven years before this attack of enteric fever, he (then about twenty years old) was with me in Switzerland, and I quite envied him his splendid heart. A mount of 6,000 feet, 2,000 feet of which was over snow, was quite an easy walk to him on one day ; and he did nearly the same thing the next day without any apparent fatigue. Now he breathes heavily in ascending quite a little hill.

Pressure on the pneumogastrics.

But in addition to the interference with the *blood pressure* there is another factor to which I have alluded elsewhere, which seems to have

escaped notice as regards its influence in cardiac cases, and that is *pressure on the pneumogastric nerves* in the neck, either by tight neck-wear or by a high collar pressed on to these nerves by the chin whilst a person is reading or writing. I will explain these nerves more fully on page 80.

Angina pectoris.

I have elsewhere hinted that neck pressure was a probable cause of *angina pectoris*. I have had this idea strengthened of late for the following reason. In the autumn of 1913 a barrister, aged thirty-three, practising in California, was getting much out of health, and, unable to get relief, came to London for advice. He consulted three of the leading men, one being in an extremely high position, but without gaining any benefit. Then his brother, a merchant who had himself derived much benefit from the loose neck, advised him to try my plan. He did so, and practically recovered in two or three weeks. At this point he communicated with me, and on inquiry I found his symptoms had more closely resembled angina than anything else. I hear he is still in excellent health.

In September 1915 a decorator aged fifty-five, who came to see me about some work, was, I found, plainly suffering from angina. He had been in the hands of two or three physicians, one of whom, a very well-known man, has an appointment at one of the large hospitals. This physician pronounced the case to be angina, and told the man he seemed to have "something pressing on the nerves of his heart." But he did not improve till I told him to greatly loosen his neck-wear. I knew that would both lower the blood pressure, take strain off his heart, and take the pressure off the nerves of the heart which passed through the neck. The man very rapidly improved. It was fifteen months ago when I first saw him, and he is now well. He says he feels nothing of it now except a little pain in the left arm *when bicycling up hill*. He has had to repeat the treatment once or twice.

While this is in print I have again seen this man. He looks ten years younger than he did eighteen months ago, at which time he says that he suffered "from almost every thing possible, including lumbago, rheumatism, and severe indigestion." He is now perfectly well. He may easily be interviewed at his office.

This one case alone of such perfect recovery from a painful and fatal illness, certified to by a well-known hospital physician, ought to attract the attention of those who are not too apathetic. His neck-wear is by no means peculiar or noticeable.

A warning to deaf ears.

Two years ago, when discussing heart disease and neck constriction with an old friend, a medical man of my own age, who professed to admire and agree with my views, I told him he did not himself sufficiently practise what he professed to preach. I pointed out to him that *his* pulse was very much too hard, that the pressure of the blood in his arteries was very much greater than in mine, which he could see for himself, and I was emphatic in pointing out that he must lose no time in further relaxing his neck-wear and removing the handicap. I fear he did not do so. A few months later I heard that, while apparently recovering from some not very severe illness, his heart entirely gave way. I have thus found many forget to apply to themselves what they think so good for others.

As the result of an officer having heard my

treatment of heart cases favourably discussed in his mess, a well-known man, the father of this officer, brought to my notice a young lady suffering from heart disease, who had for some time been under the ordinary treatment, but was not improving. I gave her the same advice as in other cases. Three months later this gentleman came to tell me that the young lady was very much better, and that my plan seemed to him to be only common sense.

I told him he must have seen enough to know that such heart disease was produced by mechanical means. I explained to him that the current of blood became to some extent arrested in the neck by the pressure of the clothing, and that for sixteen or more hours out of every twenty-four the heart had to contend with this obstruction. As a result *every single beat had to do more work than it was intended to do.* At the same time, by the pressure on the nerves of the heart in the neck, part of its motor power was cut off. For the body was a machine, and was largely subservient to the same laws with regard to its surroundings as any other machine.

An observant nurse who had nursed under me and got interested in my ideas, urged them

upon her father, who suffered from his heart. Before long he sent me word that he had derived great benefit from them, and a year later he sent me a similar message of gratitude. The same nurse shortly afterwards was attending a gentleman with heart disease, and she, distressed at seeing him gradually declining in health, and noticing that he was neck-bound, was most anxious for him to try my remedy. With this view she obtained a copy of my letter on "cardiac disease" to the *British Medical Journal*, and urged him to act upon it. The result was that I very shortly after received a most grateful letter from him as to the improvement he had made, and the comfort which he had derived directly he started it. This letter I still have in my possession. By a curious coincidence he employed the same shirt-maker whom I employ (namely, English, in the Royal Opera Arcade) to make him something much looser than he was then wearing.

The effect of ridicule.

This man subsequently told me that the patient had the tightest neck-wear he had ever seen. He made him something looser ;

but unfortunately the patient at once allowed himself to be laughed out of it, went back to his old clothing, and soon died. I may here state that I heard from the nurse that he also suffered from asthma. I think we can hardly doubt the cause of this asthma.

A grateful patient.

I cannot refrain from giving the following letter verbatim. The poor old soul who wrote it is now dead, but inquiry as to its *bona fides* can, if desired, be made at the offices of my old Society, "The Institute," Mansfield Street, Haggerston, N.E.

7, TEMPLE ST.,
QUEEN'S ROAD,
DALSTON,
March, 1910.

"DEAR SIR,

"I am so grateful for what you have done for me. You know I am eighty-four years old and have a very weak hart [*sic*]. My life was a misery to me. You know there are eleven steps up to my room, well, I used to have to stop two or three times when mounting them from want of breath, and when I reached my room I could not speak for a time. My walk even with a stick used to be only a

crawl. But almost direckly [*sic*] after you told me to wear my things lose [*sic*] I became able to go up those stairs without distress, and walk without a stick, and I again begin to enjoy my life. It is strange what good such a simple thing will do. I am so glad I took your advice. And must repeat I shall ever feel grateful to you.

“ Yours respectfully [*sic*],

“ E. GEARING.”

CHAPTER VII |

Rheumatic and gouty complaints.

As my plan appeared to have cured my own gout and rheumatism, I have tried the same on many other people, most of whom had been sufferers for years from rheumatic affections. The effects were surprising after the first fortnight or so, when their necks began to enlarge. Quite recently a man who had previously been helpless from rheumatism was, in consequence of my advice, able to resume his employment. He sent me a most grateful message, and said that he had persuaded his employer to do as he had done, with, I believe, a similar result. A woman of eighty-four told me she had never been so free from rheumatism as she had since she took my hint.

About 10 o'clock one morning my gardener, who had had a week in bed with lumbago, crawled up to my house to try to do a little

work. I had sent word previously to him that he would lose his lumbago if he would wear his neck things loose, and when he came I scolded him for not having followed my advice. He replied, as so very many people do, that "one could not wear them any looser" than he was then doing.

Quick relief.

I at once told him to undo them thoroughly, and keep them so all day, and he would see what would happen. By 5 o'clock he was quite lively, and said he was very nearly well. This incident took place in the presence of a friend who was visiting me, much to her amusement. She knew what result to expect. A short time previously she had called with me on an elderly friend who described himself as "a martyr to rheumatism," and had not been able to get his boot on for six weeks. I had talked to him as I did to my gardener, and *he* was able to get his boot on the next day, an event that rather astonished both him and my lady friend. This bears out what I remarked on page 42 viz. that I had known lumbago to go away very soon after removing neck pressure.

The master of my Lodge of Masons told me, six months since, that his sister was sinking into regular invalidism and was getting more and more crippled with rheumatism, in spite of everything that was done for her. I told him that "it went without saying" that she was wearing her neck things too tight. When I saw him a month later, he said she had taken my hint and was much better. I told him to be sure to advise her to let her neck things out at least once more. I have seen him very recently, and he told me she was a very great deal better, and may be called pretty well.

Six years ago when staying at a country town I came upon a man well known locally as a thorough cripple from chronic rheumatic arthritis, of many years' standing, in most of his joints. It was a regular bad case, but the man pluckily kept about. Well! I tackled him rather to the annoyance of my friends, who thought I was only making a fool of myself in trying to benefit such an apparently utterly hopeless case. It seems that he gave his neck *some* freedom after this, but not nearly as much as I had recommended. I forgot all about him. Last August I met him walking about the same town. He told me he was very

much better, and could now walk about anywhere. I do not pretend to say that he was anything like *cured*, or that the adhesions which had bound down his joints had disappeared, or that he had regained full freedom of movement, but at all events he seemed pleased and satisfied to have had some definite relief.

I could continue to give a very great number of bad and tedious cases of rheumatism and rheumatic gout which soon improved by this simple means alone. I am aware of (and thanks to Dr. Arthur Eddowes I have even seen exhibited) the existence of lithic acid in the tissues, and I am quite aware of the part which it is considered to play in this very troublesome disorder; and I am also aware of, and have seen some mild forms of rheumatism, generally muscular, existing in people *with* free and open necks. Still for all this it will, I am sure, be found that, in a very great number of chronic rheumatic and gouty complaints, vast benefit will soon be derived by my means alone, probably because the general health and vitality of the body so soon greatly improves. I may say I have failed in one case where it seemed to have been fairly tried. I hope it

will be noted that I do not attempt to contradict or deny the generally recognised causes for gouty and rheumatic disorders. What I do say, is that with a good open neck and a good free passage for the natural processes to go on between the heart and brain on the one hand, and the brain and the other organs of the body on the other, the body will look after itself so that but little rheumatism or gout will exist. It seems that in this condition the body can defend itself so well that the causes, whatever they are, which produce rheumatism seem to have comparatively little effect.

In attending a patient for any of these complaints would not every doctor at once attack the bowels to see that they act well as contributory to a favourable result? Then why should it be considered "silly" to see that the action of the heart, the brain, and the lungs, etc., are all free from every obstruction? And yet my idea has been much ridiculed, especially by the medical profession.

Amusing criticism.

One member of the staff of a large and important county hospital described this to

one of my friends as "damned rubbish"; whilst most of the laity call it only "common sense." Perhaps that is the reason why he did not understand it.

In January 1911 I took in hand a retired army officer of seventy, who had been a great sufferer from gout, rheumatism, lumbago, and sciatica. Six months later he told me he had lost all his troubles, and had had better health than ever. I know that he is still in good health as I often see him. I retain letters from him stating the above more fully.

CHAPTER VIII

Epilepsy.

SOME years ago I saw a young girl of thirteen whom I had attended for convulsions in infancy, but of whom, since I retired from practice, I had entirely lost sight. Her parents told me that the fits had returned, nearly two years previously. She had had those of the "petit mal" nature, lasting for three or four seconds to perhaps half a minute or more, and as often as three or four times a day; she had also had a few fits of the "grand mal" kind. Her intellect, too, had become rather dull. Eight months previously, acting on advice, they had been obliged to completely stop her education, and give her brain entire rest. They were extremely despondent at the gloomy prospect held out to them as to this their only daughter's future. She was an extremely well-grown girl. The pupils of her eyes were dilated, and acted unevenly and very sluggishly. She had a red

line four inches long on each side of her neck marked by her clothing, which was firm and too tight. She had thumping of the heart at time, headaches and giddiness often, and had had actual pain in the head on walking. I told the parents if they would well loosen her night and day clothing at the neck she might much improve, and this they did. I again saw her a week later; her pupils were almost of the natural size, and acted promptly to light. She had had no more seizures, and returned to school a few days later "as bright as a new button," and her instructors had sent word they never knew her so bright and intelligent. But a few months later I lost sight of her, as her family left the neighbourhood, and I am sorry to say I heard that after some time the fits returned. As the girl was growing rapidly, I often wonder if the relaxation of her neck-wear was properly kept up in proportion to her growth. I shall deal with this matter of relapses, especially in children, at a later period of this work.

An Indian military surgeon became epileptic. He consulted several medical friends without benefit. He was sent to a cooler part of India; but all to no purpose, and he was about to

retire from the service, when his wife persuaded him to try my plan. He did so most reluctantly, but rapidly recovered, and at first was delighted, but, ere long (like Naaman), was unwilling to believe that *his* disease could be cured by so simple a method. I hear he is still well, but he believes, or pretends to believe, that his recovery was due to the last drug that he took. I have found other people whose recovery by this simple means was a subject that must not be discussed. The man who was poorly after dinner, said, "It was not the wine, but the cucumber."

A fat, clumsy girl of fifteen who had had many fits was stupid, troublesome, and gave great anxiety to her friends. She, too, had tight neck-wear. Acting on my advice this was subsequently kept quite loose, and four months later her mother told me that she had very greatly improved in every way. I have reason to believe that she went on well, but I have long since lost sight of her.

Another girl of about twenty-two told me that she suffered very much from fits, that she had been everywhere and to every one she could think of, but could get no relief. I at once told her I was not at all surprised. She

was very high coloured, and the capillaries of her face were congested, and she was wearing high on her neck a tight necklace of large glass beads which had cut quite a furrow into her neck. She said that she had always worn this ; but her dress was open. She at once took off the necklace when I told her that it was the probable cause of her trouble. I am sorry to say I never saw her again, but it looked to me as reasonable to give her medicine as to give a prescription to a person who was hanging, without first cutting his rope. She was so obviously strangled.

CHAPTER IX

Illustrating disturbance in the action of the vagus—
Supposed ulcer in duodenum and its rapid cure—
A short description of the vagi—Pressure on a
nerve affecting a distant part—Indigestion.

A GENTLEMAN who adopted my plan in 1909 said that before he came to me he used to have lumbago every two months at least, but he has not had it since. To use his own words, he thought that until then he must unconsciously have continued wearing neck-clothing of the same dimensions as he wore when a boy. When wanting to buy new collars, etc., the tradesman would ask his size, or would take it from his old ones. And thus, without thinking about the matter, the same size would be perpetuated. He believes that many must be in the same plight as he was, while in addition many such people must get their things shrunk in the wash and be even worse off. This last remark of his must apply with great force to ladies. As a result of adopting

my plan this patient rapidly improved. His neck enlarged greatly, and he said that when he found this out, he determined to give Nature all that she thought necessary for his bodily requirements. He gradually became much more robust.

Supposed ulceration of duodenum and its rapid cure.

Some two years later, however, he began to suffer from pain at the pit of the stomach, and, living as he did in a large provincial town, one of the leading medical men who had attended him for some time for this complaint at last told him that he had an ulcer in the duodenum,¹ and that he must be operated upon, and he sent him to a leading man in another very large town for confirmation of this view. At this period he wrote to me, and I went to see him. Now I have already mentioned the pneumogastric nerves in connection with neck pressure.

A short description of the vagi.

These nerves descend from the brain, roughly speaking, about an inch and a half

¹ A portion of the intestine a few inches below the stomach and deeply situated.

on each side of the middle line of the front of the neck through the chest, and right into the abdomen. They largely supply the heart, the lungs, and the stomach with nerve power, and they communicate with many of the nerves of the intestines. Some who read this may know nothing of anatomy, so I may explain that these nerves are rather difficult to learn up, and are soon forgotten ; and I find that it is by no means the students only who have forgotten them and their functions. They are two of the most important nerves of the body. They communicate freely with what are called the sympathetic nerves, which travel largely on the arteries, also with the nerves of almost every organ in the interior of the body. For this reason they are also called the vagi, "vagus" (singular), meaning a wanderer. In future I shall call them by this name of "vagi" for brevity. It may therefore be understood that these nerves influence very considerably the functions of the heart, the lungs, and the stomach—namely, the circulation of the blood, the respiration, and the digestion, which last involves the nutrition of the body.

Pressure on a nerve unnoticeable at that part often causes great disturbance at a distant part.

We all know that when one is sitting cross-kneed the foot often "goes to sleep" from pressure on the nerve under the knee, although there is no discomfort at the part pressed; and yet if one moves suddenly the foot may be so paralysed as even to cause a sprain of the ankle. As I have said before, it was first pointed out by Dr. E. Phillips of Coventry that very many cases of indigestion were caused to some extent in the same sort of way, by pressure of clothing on the vagus nerves in the neck, without one feeling anything at the point of pressure. It at once appeared to me with regard to the gentleman to whom I am specially referring that his pain in the stomach was caused by pressure on these nerves in his neck. But at first this would have seemed wrong, for, as I have said, his neck-wear *was* quite loose. But he wore very high collars, and as he had much office work to do, I noticed that in reading or writing the pressure of his chin depressed his collar and forced the lower edge of it down just over these two nerves, and that it appeared to compress them. I pointed this out to him

as the probable cause of his pain; he at once got lower collars, and in a fortnight he wrote to tell me that he was "practically well." He soon completely recovered.¹

I have met with two other cases where obstinate and long persistent pain in the stomach soon yielded to attention to the neck; and in one of these the pressure on the vagus nerves was apparently produced in the same way as in the above-mentioned case—namely, by a high collar pressed down by the chin. Anyhow, the person soon got well when he had a lower collar.

Indigestion.

Here are two other cases where the vagi must have been compressed: In July 1911 a

¹ There is a story, I cannot say if it is authentic, of a doctor who, having a horse that was often running away, devised an apparatus to compress the creature's vagi on these occasions, hoping thus to stop the animal. It killed the horse.

My brother was once attacked by an ostrich, when he seized the bird by the neck. It became quite helpless in his hands, and seemed very glad to be liberated. I have told this to many ostrich keepers, who were all astonished that the creature did not kill my brother with its powerful legs. I can only surmise that he must have compressed one or both of the bird's vagi.

An unholy knowledge of the vagus must have been the secret of the expertness of the Thugs in the wholesale murders that they perpetrated in India seventy or eighty years ago.

lady asked me to see her parlourmaid, who had been ailing for some days with sickness, discomfort in the stomach, and pain in the back and legs. I examined her and said that the cause was tight neckwear. Whereupon the mistress and a lady friend of hers attacked me vigorously for the absurdity of my views. They both said that any one could *see* that the young woman's things were not tight, and that she wanted "a proper course of medicine, etc." I told them that medicine would be quite useless, and I then asked the young woman if she would prefer "the proper course of medicine," as they suggested, or to get well at once straight away. She chose the latter, and retired to alter her clothing amid loud murmurs from the two ladies who thought me a downright fool. The same afternoon the maid, feeling better, went to Hendon to see the flying, walked miles, and returned quite well, and continued so in spite of the intense heat that was prevailing just at that time!

Mr. Sangster, the well-known veterinary surgeon in the Finchley Road, who had assisted me in some of my inquiries as regards animals, struck with what I told him, and having noticed how horses and dogs were

made sick by neck constriction, was induced to put my principles to the test as regards a friend of his, who suffered very greatly from indigestion for which he had been unable to get the slightest relief. He states that the good results were most surprising.

CHAPTER X

Phthisis, the view of an Italian Congress on its relation to dress—Insufficient air, heart, lungs and stomach handicapped—Half-strangled child vainly doctored with physic—Making a man of a frail, consumptive-looking boy.

AND now we come to a most important subject. Who can have failed to notice the peculiarly small neck in the consumptive sufferer, and how it is almost invariably tightly muffled up, under the very mistaken notion that this is necessary? This was commented upon by Dr. Stanley, of Birmingham, at a meeting of the "National Society for the Prevention of Consumption," held at Glasgow in 1910; also in a National Congress of Doctors who met on the same subject, at Rome, in 1913.

Relation of dress to phthisis as regarded by Italian Congress.

At this Congress the following declaration was agreed upon: "That for many years

past fashion in dress had enormously contributed to the great increase in the white scourge!" and yet what practical notice has been taken of their decision, at all events in this country—by the profession? I wrote a letter to the *British Medical Journal* on this subject, which was published on July 16th, 1910; and a second letter dealing largely with the same subject which was published on April 20th, 1912. Each time I gave some striking instances of the value of the loose neck in phthisis. But the profession have never taken it up, yet it is a vital matter. For a young person grows up rapidly, often much more so than his clothing will allow. His neck is thus very undeveloped. That means of course that the trachea or windpipe is not big enough for his bodily requirements, at the same time the vagi are also imperfectly developed, and what there is of them is compressed and handicapped.

Insufficient fresh air, heart, lungs, and stomach handicapped.

The person cannot get sufficient air for his requirements, and the nerves supplying the heart, lungs, and stomach cannot properly

do their work. Here then is an instance of insufficient oxygen obtainable, imperfect digestion (which means malnutrition of the body), and an imperfect supply of nerve power to heart and lungs. Can one wonder that tubercular bacilli run rampant here? But if you fully liberate the neck, a fortnight will show a marvellous change, and that too even in balmy Shoreditch, provided of course that the patient has not gone too far.

A friend of mine, the wife of a doctor who thought he had had the best advice obtainable for her, was recently sent to Bournemouth suffering from consumption, and was going down hill. I fortunately induced her to take my view of her situation; upon which she rapidly got very much better, and still remains so.

The case of a tall young man of about thirty-three, the manager of a shop near here, was exactly similar, except that he remained at his post and did not have the advantage of sea air. I found him most decidedly going down with phthisis nearly five years ago. His neck-gear was very tight, and it was impossible for him to inhale a proper amount of air. I told him what to do; he took my

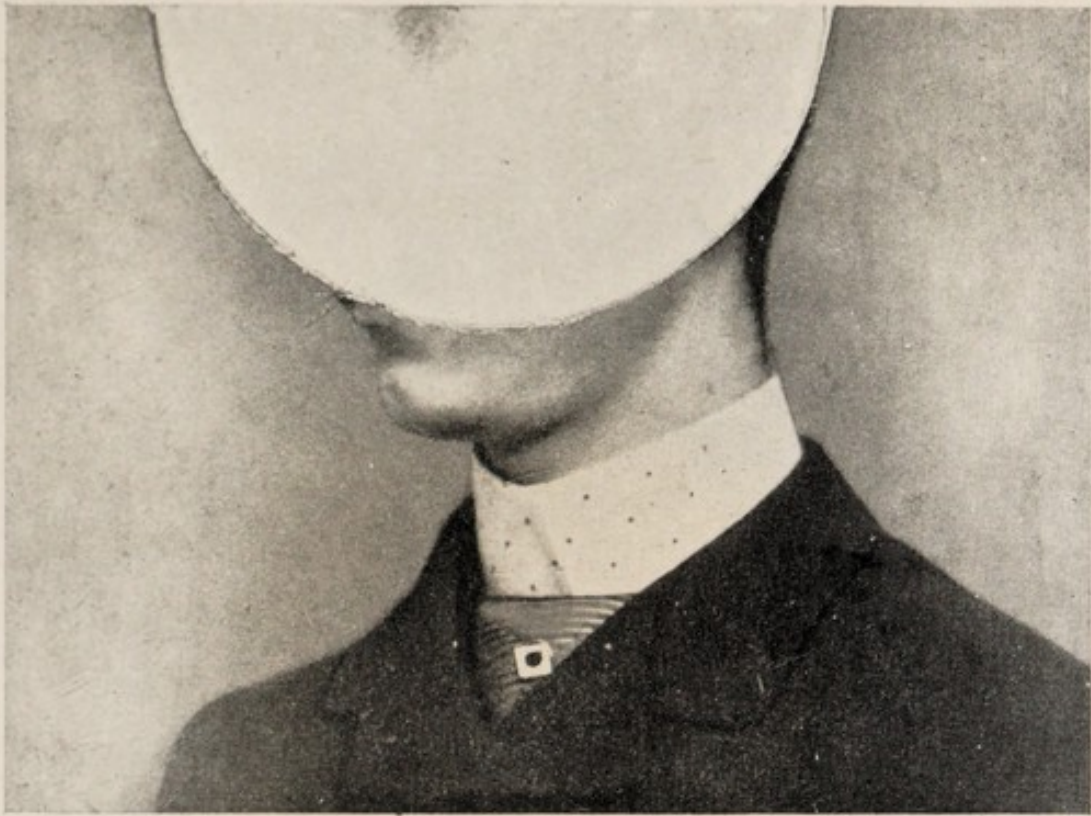


Fig. 4.

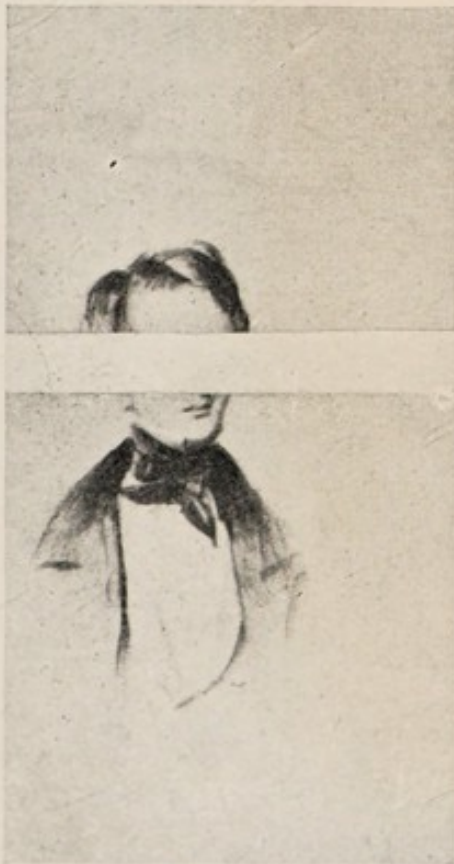


Fig. 5.

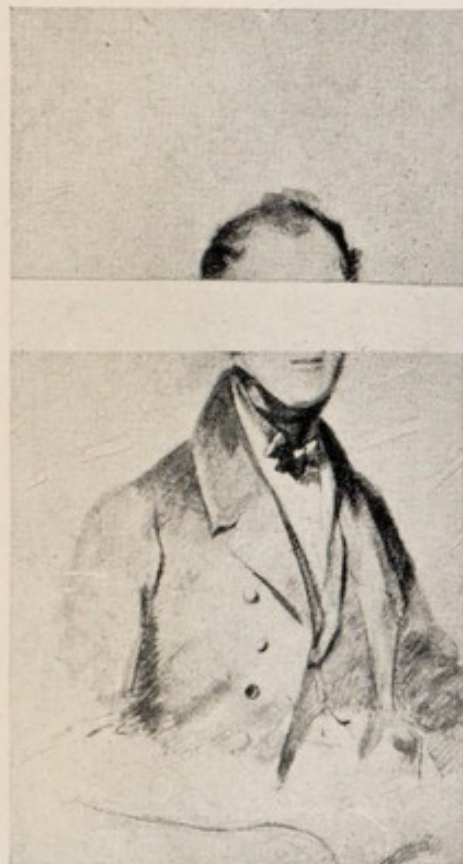


Fig. 6.

FIGS. 4 AND 5.—DIED OF PHTHISIS.

FIG. 6.—UNUNITED FRACTURE OF TIBIA (see p. 53).



suggestions and most rapidly improved. He seemed rather proud of his recovery, and became an excellent disciple to me; and he preached to others on the subject. I have sent several people to interview him.

In my letter, previously alluded to, published in the *British Medical Journal* of April 20th, 1912, I mentioned two cases. One was a boy of fourteen, and another one of eight, whose conditions were giving their respective parents great anxiety. The elder had decidedly shown very unfavourable symptoms; his maternal uncle, and a paternal aunt, had died of phthisis; and the other was one of those boys who, in spite of every means hitherto adopted, seemed as if he would not thrive. In each boy there was insufficient room for neck development, but by the simple means that I have previously suggested both rapidly got well. The elder has been serving at the front, and has just recovered from a shell wound exposing his brain; and the younger is a strong, healthy-looking boy in his teens. A staff nurse of the Fulham Consumption Hospital, who saw the above-mentioned letter of mine in the *Medical Journal*, wrote to the editor saying she had

specially remarked this great tendency of consumptives to tie up their necks ; but her letter was not published.

I happened to see a pinched and emaciated girl of twenty-two in quite the early stage of consumption—who had had the usual treatment with little benefit. She suffered much from headaches and from fatigue. Her respirations were 24 a minute, her pulse was rather quick. She also breathed through her mouth. She had an *open neck*, and the sole cause of offence here was a neck ribbon which she wore high up. When this was removed, in five minutes the respirations dropped to 20 a minute, or, as I showed her, she was now requiring 240 fewer respirations in an hour, simply by removing it ! She went forward well and rapidly in every way.

**A child half-strangled and unable to breathe vainly
doctored with physic.**

A child of eleven was brought to the office of a charity with which I was connected while I was present. She was attending a hospital. The three ladies of the office remarked that she could hardly breathe. I told them that if they would carefully undress her they would

soon find the cause for this, and how it was that children were *prepared* to take consumption. They soon found that the girl was half throttled by her clothing. She breathed with evident enjoyment when her clothes were removed. The mother, who seemed rather a superior woman, said that till then her attention had not been drawn to this. To save time it is not unusual to have suffering children or young people undressed before a doctor examines them; but I suggest that a great deal more could be learnt if they were sometimes observed whilst the clothing is being removed. It will then often be found that the person is wearing clothing on both neck and chest which cramps respiration and development and favours tuberculosis, and that attention to this at an early stage may do far more than anything else, or than any other means at a later period, or than any sanatorium, provided the doctor is observant.

Making a man of a frail, consumptive-looking boy.

I must here adduce a most interesting case. I had a young friend, a boy of nineteen, who by the death of his father had been left very badly off, but was struggling bravely against

adversity. A friend told me he was wanting just such a young man in a tea plantation at Assam. I suggested this boy, and my friend asked me to bring the boy to see him. But I had not happened to see the boy for two years. When he arrived at my house, I saw at once he would not do to send abroad in the condition in which he then was. He was tall, thin, slope-shouldered, and weedy-looking, and looked as if you could blow him away; he had, moreover, a constant running at the nose, and a cough. When my friend saw him, he said at once that it was only too obvious that his health was not satisfactory. I then told the boy I would set him up and make a man of him in a year. I told him to greatly loosen his neck-wear and always keep it so. He very speedily lost his cold and most rapidly developed in every way. He joined the Territorials, and in six months went through some most fatiguing marches in Kent; and when 20 per cent. of the men fell out, *he* was able to keep in the ranks. Three times he walked off to Brighton on Saturday evening and turned up fresh at his office on the Monday following! He then, within the year, presented himself again at the office of the Assam Tea Company,

which had before refused him. They at once took his name as a suitable applicant, but they had no berth for him at that moment. Meanwhile, another office heard of him, and offered him a similar job, and sent him to their doctor to be examined, who at once passed him. That evening he, now a fine robust young man, rushed in to see me and tell me of his luck, saying, "He knew that it was all my doing that he had got such splendid health and such a promising berth, and for that reason he would tell me of his good fortune before even telling his mother!" That all took place within the year. He has now been out some five or six years, has got on extremely well with his employers, and has since married. The hot climate had no ill effect upon him.

CHAPTER XI

The thyroid as affected by neck pressure—Goitre—Child with a tendency to cretinism—Reduction of superfluous fat—Lymphatics obstructed by neck-wear—Absorption of tumour—Adenoids—Rapid absorption of enlarged lymphatic glands—Bad complexions and puffy looks—Status lymphaticus, a query.

I NOW come to another very important matter, and that is the manner in which the *thyroid gland* must often be affected by neck pressure. This has of late years been found to be a most important organ. Sir Lauder Brunton in a letter to me suggested that the secretion of the thyroid gland has an influence in keeping down the blood pressure, and that neck constriction by interfering with its action and blood supply, might possibly tend to raise it. I did not understand by this that he at all desired to ignore the effect which the mechanical influence of neck constriction might have upon it. It is known that the

thyroid has some influence over the accumulation of fat and mucus in the body ; also that when the thyroid is deficient or acting imperfectly one may get what is called myxœdema, which is almost a peculiar form of dropsy ; also cretinism ; and that with a large thyroid, goitre, there is often heart trouble.

Goitre.

A friend brought his bride to my house. Whilst sitting next to me at meals I noticed that her breathing was rapid. She allowed me to investigate this, and I found a small goitre ingeniously concealed by her clothing. She very sensibly listened to me and adopted the loose neck, and in fifteen months or so she had lost every trace of goitre and hurried breathing. That was three and a half years ago, and she has since been wonderfully well. About the same time I saw a young married lady whose health had long been very indifferent from exophthalmic goitre. I got her to do the same as the other lady, and now these are two of as fine specimens of healthy young women as one could wish to find. I have had other similar cases.

Child with tendency to cretinism.

A Belgian lady and gentleman came to my house in the autumn of 1914 with a little boy of six, who had very puffy eyes and was ill-developed mentally and physically—in fact he had a tendency to cretinism. They had had every advice for him in Brussels, and said that he could never get on at all except when taking tabloids of extract of thyroid. His neck things were certainly not what one could call exactly tight, still it seemed that they might with much benefit be looser; so I explained my ideas very fully both to father and mother, who seemed very intelligent people. About a month later I heard that the child had very much improved, and six months later, when I went to visit them, he was practically well, and much like any other child of the same age. It seemed that they had at once put him into much looser neck-clothing after what I told them, and he had required no more extract of thyroid.

Reduction of superfluous fat.

Alluding to what I recently said about the thyroid influencing the accumulation of fat in

the body, I have found that most people who have adopted the plan I recommended, when they have previously been stout, have usually got thinner, and this generally to their great satisfaction. In the eight years since I took it up I have lost about two stone in weight. So often people to whom I have recommended loose neckwear have remarked: "You told me I should get thinner, and I have done so"; of course unduly emaciated people on the other hand have gained flesh as their health improved.

A well-known dentist sent me the following letter: "I think I have derived benefit from your principle. My son arrived from France three months ago, and, although he is only seventeen and a half, his weight nude was over eleven stone; but at the same time he was far from well. He had a pasty complexion and, in spite of living by the sea for over twelve months, he looked far from healthy. About two months ago it was necessary to get him new shirts and collars; and I then discovered the size he had been wearing was 15. I increased it to 16, to his disgust, as he fancies tight collars. His weight is now ten stone seven, his flesh is firm, and the pasty

appearance has disappeared—in fact he looks much healthier in every way.”

Lymphatics obstructed, and advantages of giving them freedom.

Here is yet another very important matter of interest: The lymphatics are easily obstructed by neck constriction. For those who are not anatomists I may say it is the duty of these vessels to carry off used-up or waste material; they are the scavengers of the body.

Absorption of tumour.

A surgeon in North Wales, seeing that I had written a pamphlet on the subject of neck constriction, wrote to tell me that he had had a hard tumour beside his trachea which was regarded as an obstacle to life-insurance. He slackened his neck things; the tumour was absorbed in four months. He then negotiated his life insurance without difficulty.

Adenoids.

A young friend of mine had adenoids, and an operation was suggested; but I proposed that the parents should do for this boy as the surgeon just mentioned did. The result was just

as successful in the latter case as in the former, and in about the same time.

A man of fifty with cancer of the tongue was suffering great pain. He had some enlarged glands behind and in front of the left sterno-mastoid. He wore no collar, but had a flannel shirt which appeared to compress him just above the inner end of the clavicles. I suggested he should loosen this, and before I left the house he stated that he had obtained considerable relief.

Rapid absorption of enlarged lymphatic glands.

In a fortnight the enlarged glands behind the muscle had entirely disappeared, the other was smaller, and all pain had pretty well gone; and though this did not seem to in any way arrest the disease, he always said, up to the last, that I had given him great comfort. I showed this man to the late Mr. Dent, Surgeon to the Police, who took considerable interest in the subject before us. It was partly due to this case and to my representations in other ways that the neck-clothing of the London Police Force, which then was often dangerously tight, was made considerably looser. Mr. Dent took the matter

up at once, and I still hold his letter in which he informed me that he was having neck-clothing relaxed throughout the whole force. This was as far back into ancient history as 1909 ; and but for his death I think he would have taken still more notice of the matter.

Bad complexions and puffy looks.

My readers now may surely see there is good reason for the bad complexions and sometimes puffy looks of tight-necked people. It is evident that the brain cannot work properly when the waste material which even *every thought* produces is not being properly carried away. Have we not got the term, "lymphatic temperament," which fairly represents this condition ?

Status lymphaticus, a query.

Of late a new disease, called the "status lymphaticus," has been discovered. It exists principally in quite young people who stand operations extremely badly. I should much like to know if a good, free, open neck has ever been tried for a few months in these cases. One would think they must require it. The strange thing is that some of my friends

who have adopted my suggestion have found their lymphatics, or "absorbents," as they are sometimes called, to be working very vigorously in other parts of the body besides the head, and to be removing small tumours elsewhere.

CHAPTER XII

Loose neck in the puèrperal condition—Mental disease—George III—Faintness on too sudden relief of neck constriction.

As a matter of general health, it occurred to me that a good, free, open neck might be of great service to pregnant women ; so in several instances I urged it upon my lady friends when in that condition, and I requested them to report results. In each case the reports were *most* satisfactory. They all declared themselves as being splendidly well during their pregnancies. One, a multipara, told me that her confinement could not have been easier ! The mother of one of them, a primipara, told me that her daughter had “ quite a record first labour.” In fact all gave me reason to believe that their times must have been very much like those that we hear of among Eastern women, who are unfettered by the conventionalities of civilisation. One and all were most grateful to me for my suggestion.

Mental diseases.

It would naturally occur to many to ask if neck-wear makes much difference in mental diseases. In my pamphlet I alluded to this possibility. I have often been, as a casual visitor, into different asylums, and I have certainly noticed that a tight or very small neck, closely wrapped up, was very common amongst the inmates. I have sometimes longed to try what effect my principles would produce if practised upon these people. I have sometimes suggested this ; but I am not aware that my suggestion was ever seriously taken and properly tried. Personally I have had little to do with insanity. On one occasion I was told that the inmates " would not consent to a trial " ; and, remembering Stephenson and his difficulties as alluded to in the earlier part of this work, I took it as a hint that the " engine would never draw the train." One case, however, I may quote. The mental condition of a young and recently married lady was giving great anxiety to her husband and friends. Everything in the ordinary way was done that could be suggested or that money could buy, but in vain. She was not sent to

an asylum, but had a mental attendant at home. Meanwhile, a lady who was very intimate with her, and had also taken great interest in my researches, managed to get this young mental invalid to accept my principles in spite of the obstacle foreshadowed above. *She* thought "the engine would draw the train," and it did. I am glad to say the plan was most speedily successful, to the delight of all concerned.¹

I have also already mentioned on page 77 a case of a fat, epileptic girl who was evidently on the brink of insanity when my treatment rescued her.

George III.

I present here, as bearing upon my subject, a copy of a well-known picture of George III at, I suppose, middle age. It is a matter of history how long and how seriously he suffered mentally. Can you wonder at this when you look at his portrait? It looks to me as if the mischief had begun in childhood, and his neck and the upper part of his chest had never been allowed to fully develop.

¹ This same lady had also been the means of inducing a doctor acquaintance to adopt my plan personally, with a very beneficial result.



KING GEORGE III, WHO SUFFERED MENTALLY FOR A GREAT
PART OF HIS LIFE.



If Nature had had a chance with him, possibly all this would have been put right. It is about ninety-six years since his death, and I am not aware that this has ever been previously pointed out.

If his medical attendants had had as much power of observation as the above-mentioned lady, how things might have been altered! To the credit of the same lady I report the following interesting case.

Too sudden relief of tight neck-wear.

A nurse noticed that a young child in her charge, who had not been very well, went off into a stupor when undressed for bed. Thinking it a fit, she put the child into a hot bath. As he did not come round quickly, a doctor, who was sent for, said it was not an ordinary fit, and was puzzled. Exactly the same thing happened the next day, but the above-mentioned lady, who was a relative of the family, and who had carefully studied my pamphlet, was present. She suggested that the child, having been too tightly neck-bound during the day, when the blood pressure had been, in consequence, unduly raised, had fainted by reason of its sudden removal. There were no

more stupors afterwards, for the child henceforth was sensibly dressed.

I would here again impress upon my readers what the lady in question had remarked when she perused my pamphlet, and her knowledge of which came in here so useful: "That in some cases it is as well not to relax tight neck-clothing too rapidly"; and I personally suffered at first from this mistake. The too sudden removal of the support which induces the high blood pressure is apt to produce faintness. It is well to remember that the little faint feeling or neuralgia which sometimes, but very rarely, follows the sudden relaxation of the tight neck-band soon passes off. I have here related three good cases which apparently baffled others, and which were most successfully dealt with by a lady who had studied my pamphlet, and who possessed rather more than ordinary powers of observation. Think of the relief she must have given to three families!

CHAPTER XIII

Indirect constitutional disturbances — Experience gained in Assam — Eczema — Impetigo — Cancer.

HITHERTO almost all the instances I have given, with the exception of rheumatism, are those of more immediate mechanical obstruction to the various organs contained in the neck, but there are various *constitutional* diseases produced by the same means where one would be perhaps less likely to look to the neck for the cause.

Experience gained in Assam.

A friend of mine was for over twenty-eight years superintending a very large tea plantation in Assam. In order to work this it was found necessary to import a very large number of coolies, who, with their wives and families, amounted to some thousands. He had three doctors to look after them. Partly on account

of the strict surveillance exercised by the Government on that sort of labour, but quite as much for his own sake, because people could not work for him unless in good health, a strict account was kept of every case of serious illness and death amongst these natives, and a certificate of the same was forwarded to the Government and subsequently carefully preserved. He tells me that these certificates have now amounted to many thousands. But he soon noticed that there was an almost if not entire absence of three diseases amongst them which are common enough amongst us, and which were not absent from the Europeans there engaged. These three diseases were rheumatic and gouty affections, phthisis, and cancer. The only rheumatism prevalent amongst them was of a specific nature. He told me he could not account for the absence of these three diseases. As I had heard a very similar story from two medical men who had seen much of Indian medical practice, I asked how the coolies and their families were dressed. He told me, as did the two Indian surgeons, that the necks of these people were as a rule absolutely bare, but that if there was any clothing on them at all, it was of the loosest.

But he also told me that, on the contrary, the Europeans who went out there dressed much as they do here, though of course in lighter clothes. I think that I have now pretty well shown how gouty and rheumatic affections are largely caused or induced by neck pressure. Next I have shown much the same thing as regards phthisis, commonly called "consumption," and I think that there is some reason to believe that even cancer may have the same predisposing cause, though it is more difficult to prove this. For instance, the other diseases are so vastly and obviously benefited by a good free neck, but the same thing is not likely to arrest an advanced case of cancer; still that is no reason why, by greatly lowering the vitality of the body as neck constriction has been shown to do, it should not be the predisposing cause, and render the body a favourable soil for the growth of what is probably a microbe. When a conflagration is established, the removal of its cause does not necessarily extinguish it. I have shown that neck pressure in healthy and robust young people is quite sufficient to retard very greatly the healing of wounds, and if it will prevent such a natural and healthy process as this,

may it not open the door to an unhealthy degeneration like cancer ?

I can imagine some one saying, " Ah, we don't know anything about cancer." But have I not pointed out that there are several other diseases which are apparently produced by this simple cause which we have been discussing, of the origin of which *we were just as ignorant*, and that even the veterinary surgeons are in this matter a little ahead of us ? I think, therefore, that we ought at any rate to be open-minded on the subject. I shall presently return to discuss cancer.

Eczema.

Now eczema is common enough ; almost every one knows the appearance of this troublesome complaint. It generally produces sores which exude a fluid. It " weeps," as the professional term describes it. Then spores from dust settle in this fluid, grow and develop there, making bad worse, and forming pustules and deeper sores and nasty scabs. This is called impetigo.

Impetigo.

I should like to repeat this, as it is very important. *Impetigo is a direct consequence*

of eczema, and eczema is itself a direct consequence of neck pressure. I am quite aware, of course, that certain articles of food and some drugs produce a transient dry eczema on some persons, but in a great many instances I have found the troublesome form of eczema which I have described to be a constitutional disease produced by too close neck-wear. This is the case even in young babies. I am sure that this was not previously known.

A relative of mine wrote to me that her daughter, a girl of thirteen, had been attended by a doctor at her school in the country for sores on her face and hands during a period of four months. She had since been under their family doctor, but without much improvement ; she added that the child was " a mass of bandages." I wrote to the mother suggesting tight neck-wear as the cause. She was extremely alive to the importance of this, having herself suffered from vertigo, till she was cured by my remedy. She replied that she thought the child's clothing was quite sufficiently loose. I sent for the girl, who arrived here on the evening of January 12th last year. She was then quite unpresentable. She had various patches of eczema and impetigo scattered over her

face, and a very large one over the left eye ; the eyes and eyelids were congested and streaming, and the back of both hands and some of the fingers, which were like carrots, were more or less covered with impetigo, of which there was also a patch as big as a five-shilling piece on the left wrist. Wherever the sores were not covered with dirty brown scabs of impetigo they were "weeping" copiously. She seemed in miserable health. On examining this well-grown child I found that her neck-wear certainly did not seem to be *very* tight, but when she stood up it appeared as if the clothing dragged a little at her neck, and as if the upper part of the chest wanted more room. But I think that all ideas of neck compression would possibly have escaped the notice of any one who had not had a little practice at it, and who had come to regard eczema as a symptom of neck pressure. To the person whom I engaged to let out the child's clothing, I said she would notice an amazing change in three days, so sanguine did I feel of a rapid improvement. All the weeping stopped the next day.

As I have noticed that foreign physicians are more alive to such matters than we are,

on January 15th, the third day, I took her to see Dr. Del Bastet, formerly one of the leading physicians in Brussels, now domiciled in Hampstead. He was extremely interested. He said, "Why, she is almost practically cured already, all the sores are drying up; and as the girl says they first broke out on the hands, it shows, as you say, that this disease is a constitutional result of neck constriction. I call it a most instructive case." I told him that five years ago I found that Italian physicians were extensively adopting the loose neck as a cure for other diseases. He replied, "And do you mean to say your own countrymen won't do this? Well! you English are a most extraordinary race. Fancy having a discovery like this, and not using it? As your great man Lloyd George says of you in other matters, you English are always so apathetic; you English are always behind other people, and your physicians are like your statesmen." The child rapidly got well, her general health improved as fast as her skin, without any medicine or application but two seidlitz powders. On January 19th, the day-week after her arrival here, every scab had dropped off, and the skin had healed. Of course the impetigo scars,

as usual, took several weeks to acquire the usual quality of skin. During the time she was here I showed her in the various stages of her progress to many medical men; amongst others to my neighbour, Dr. Rushworth, to Dr. Robertson Day, to Dr. Eddowes, and to Sir Alfred Pearce Gould, besides others; some of them were very much surprised.

It was amusing; one or two of those who saw her soon after her arrival here would hardly believe that she *could* have been worse when she came, whilst one or two of those who saw her a week later would hardly believe that she had had much the matter with her.

I append photographs of this child (figs. 8 and 9), taken on the thirteenth day after her arrival here, shortly before her return to school. It may be noticed that her skin is everywhere clean and sound, but the hands are a little swollen, especially the left. I would also draw attention to the shape of her neck, which is, as it should be, cone-shaped and almost the width of the face without the ears. A constriction is so often evident at the lower part of the neck, making it appear cylindrical or jampot-shaped. I have endeavoured to represent the condition of the child on her arrival



Fig. 7.



Fig. 8.

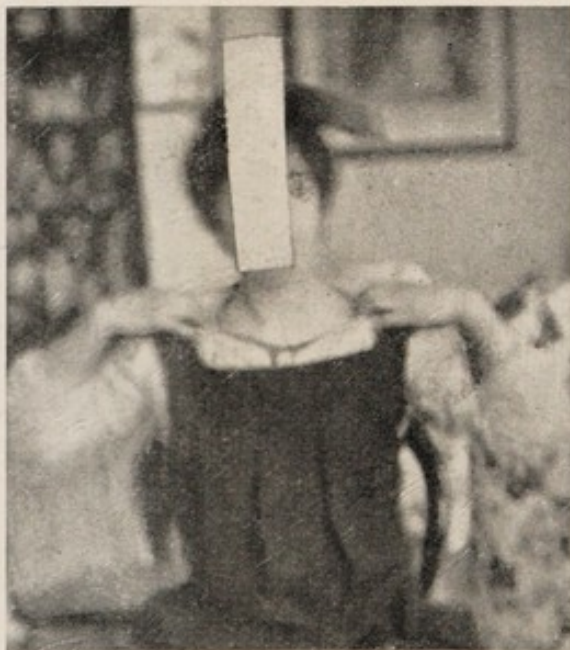


Fig. 9.

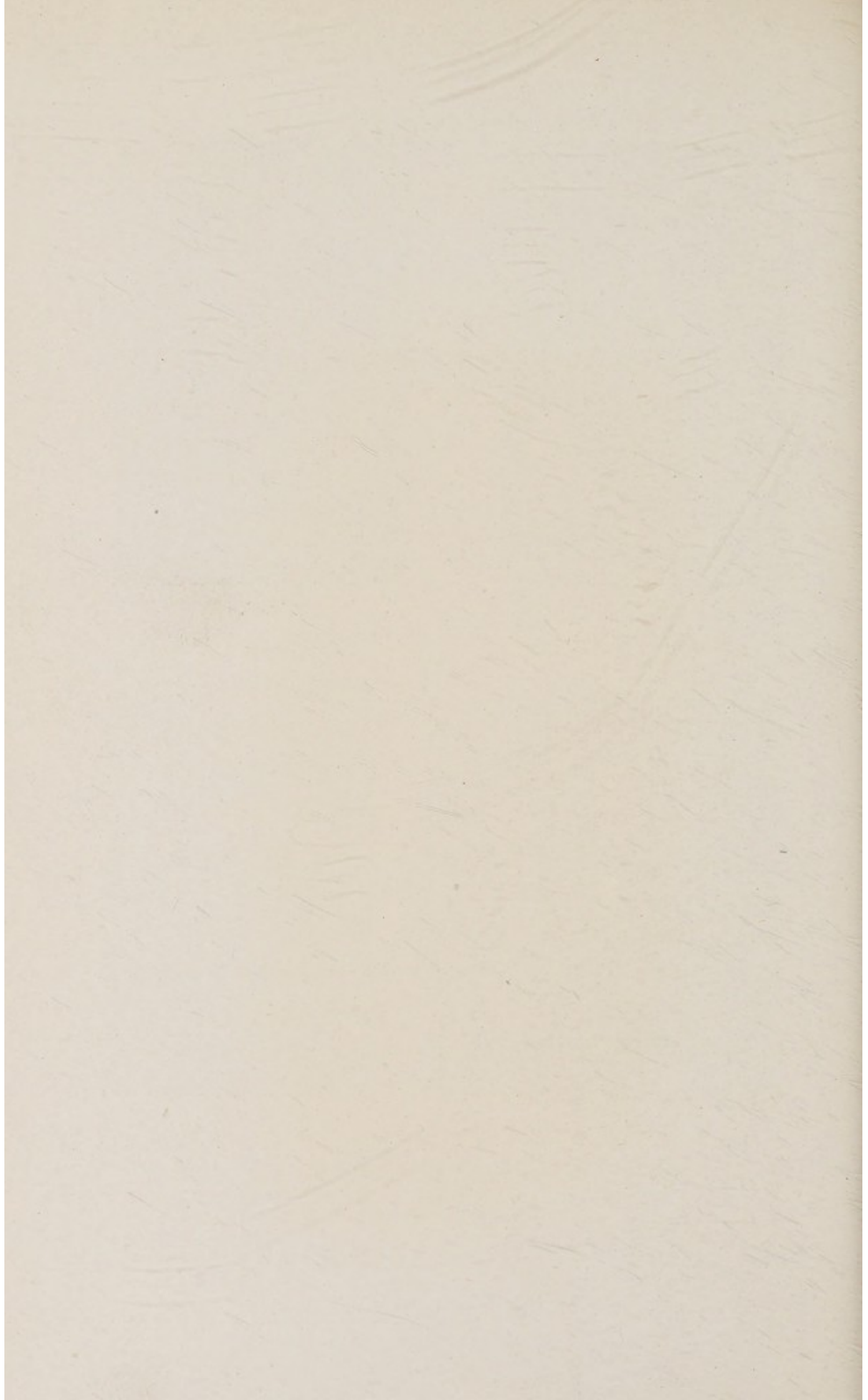


Fig. 10.

FIG. 7.—GIRL OF THIRTEEN, WITH IMPETIGO ON FACE, HANDS, AND WRISTS OF SEVERAL MONTHS' STANDING.

FIGS. 8 AND 9.—THE SAME AFTER THIRTEEN DAYS OF LOOSE NECK-WEAR ONLY. THE LEFT HAND MAY BE SEEN TO BE SWELLED.

FIG. 10.—DEFIED MANY WARNINGS AS TO THE STATE OF HER NECK-WEAR WHEN IN HEALTH, FINALLY SUFFERED AGONIES, AND DIED FROM CANCER.



here in another photograph, fig. 7, where I painted in the sores. As is often the case, the sores here are nearly symmetrical. They follow the course of the terminations of the two ulnar nerves, which are themselves some of the terminal branches of the brachial plexus of nerves, and which must have been compressed at their origin in the neck. Possibly that was the cause of the localisation of the sores.

I had no sooner disposed of her than I met an old patient of mine (I retired fifteen years ago) with her daughter aged twelve. The mother asked what she could possibly do for the girl, who had a patch of eczema on her side which had existed there for months. She had been constantly taking her to doctors, but in vain. I told her all she required to do was to use her scissors for the child's neck-clothing. She said she had been very careful about the child's neck-wear, "Surely that could not be tight?" I said, "One at first sight would think not; but she is a growing girl, and I have always found such eczema to be a symptom of neck pressure." She took the hint, and in eight days one could hardly see where the sore had been. The mother was indignant at the

“ignorance”¹ previously shown about this. She said she had travelled much, and she quoted remarks about us by foreign physicians similar to the above by Dr. Del Bastet, but stronger. Perhaps it is as well to see ourselves as others see us. Except for the age and the location of the sore, the foregoing case is similar to one of eczema of the head in an infant four months old, which was brought to my notice by a friend a few years ago. The friend, who had consulted many physicians, could hardly realise that it could be so easily cured as it was.

Of course it will be remembered that in older people eczema is usually considered to be one of the gouty phenomena; perhaps this will account for its being so easily cured in this way. I would specially call attention to the fact that, in the eldest of these children to whom I have referred, not only did the eczema go directly, but the *impetigo* at once began to mend. This undoubtedly was because the eczema *dried up*, the exudation of serum ceased, and *there was nothing for the impetigo to live upon*; the tissues rapidly becoming

¹ I must confess I should have been just as ignorant seven or eight years ago.

healthy, the impetigo starved. Much the same thing happens in phthisis, as I have already shown, so that if a case has not gone too far when you remove the handicap, there is every chance of recovery, if not, of a very substantial improvement.

For if you allow the heart to send a due supply of blood to the brain, the brain to send proper nerve power to heart, lungs, and stomach, the lymphatics and the sympathetic nerves to act freely and the wind-pipe to enlarge, the lungs then become an unsuitable soil for the growth of tubercle bacillus, which is also starved, and the person gets well.

Cancer.

It has fallen to my lot to see a very great deal of cancer, not only as a general practitioner among my patients, but I am sorry to say I have seen two cases of cancer at much closer quarters also, where I could note and afterwards remember the very earliest symptoms of this terrible disease, and watch it from beginning to end. There is usually a long pre-cancerous period which should not escape an observant eye. The person begins to lose his bright spirits and rarely laughs. I remember

one man who at this period of his approaching illness was nicknamed "Smiler" from this peculiarity. Very often at this *early* period a patient gets a little stouter and perhaps flushed, so that his friends think he is looking *so well*; but he is *not* well. He soon becomes tired, loses his interest in things, his step gets heavy, his face when not flushed is sallow and parchment-like, the bowels are troublesome, his complexion muddy; if the patient is a woman she may have frequent flushes. Some may recall a well-known dentist who lived near Cavendish Square, and who died of cancer soon after his retirement, about 1886. He showed the facial signs of the approaching disease many years beforehand.

What I wish especially to remark is that every single sufferer (of both sexes) that I have known has for a long time previously been tightly bound by clothing round the neck. This feature of the case can be traced in the photos and portraits of many of those who have died of cancer. I have called attention to this long before any of the immediate and unmistakable signs of cancer appeared. I remember one case with peculiar distinctness. It was that of a friend of mine who, ten years



Fig. 11.

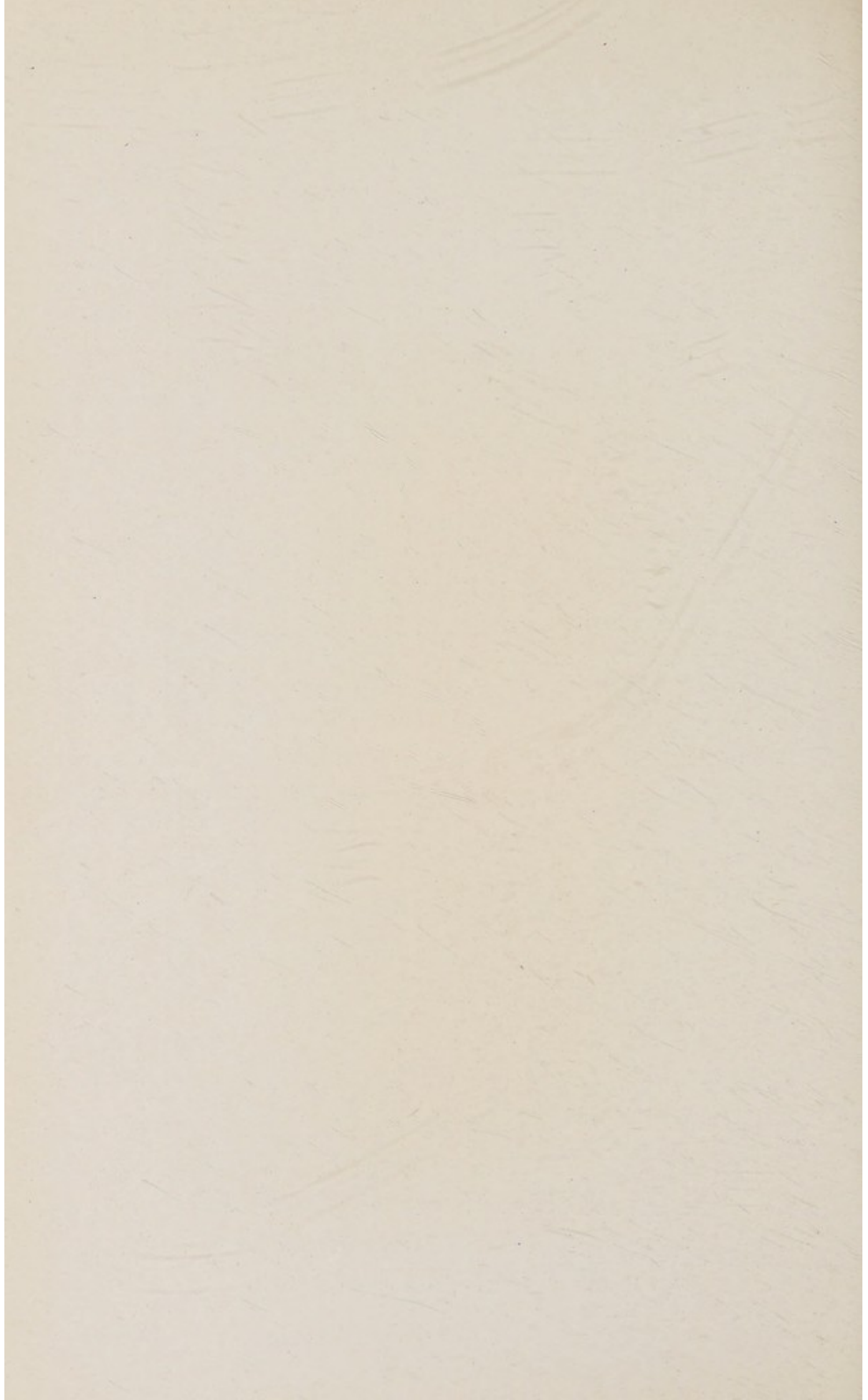


Fig. 12.



Fig. 13.

THESE THREE ALL SUFFERED AND DIED FROM CANCER. THE MIDDLE ONE IS A TRACING FROM A PHOTOGRAPH.



previous to her breakdown, utterly refused to listen to even the plainest warning that she would have much suffering and not live long. I spoke my fears plainly to her friends and relatives, as well as to herself and to another doctor, who was attending her quite two years before the immediate symptoms of cancer appeared, but I could get no one to back me up, and was only ridiculed.

I happened soon after this to come across two other ladies who were even in a more advanced stage than the above at the time I speak of, and who were plainly exhibiting signs of intestinal trouble. I warned both emphatically. One took my hints, and the other ignored them; "one was taken, and the other left." One was restored to quite robust health, the other, after undergoing an operation, died a year later of cancer. It seems to me highly probable that the same phenomenon may exist in cancer as in impetigo and in phthisis—namely, that the long-continued obstruction of the vagus and other very important organs of the body may in time so reduce its vital powers that it becomes a *favourable soil for the cancer degeneration, whatever it may be*, so that it is unable to resist the attacks. It is

my firm belief, in other words, that a long-continued mild form of strangulation is the predisposing cause of cancer. Such strangulation as I have shown *must* have some Nemesis; and when a person so situated suffers eventually from cancer, is it not quite probable that cancer is the Nemesis in question? Who can suggest a better theory? ¹

It is always difficult to prove a negative; but after what I have shown as to the marvelous effects of a free neck in sundry constitutional diseases, and in the healing of obstinate wounds, surely it is reasonable to believe that if the precancerous state is recognised at a sufficiently early period, and this matter of the neck properly attended to, the person will regain his health and a possible cancer be obviated. Or even if cancer does exist in an early stage, that it may be cured. Few people have been closer observers of cancer than Sir A. P. Gould. If any one would know cancer when he saw it, he would, and he has reported

¹ Mr. Sangster, the well-known vet. in the Finchley Road, tells me that so far as he knows the only animals that have cancer are dogs, and to a much less extent cats. It may be noted that they are the only animals which wear collars continuously, so far as they do wear them.

several well-marked cases of cancer that have got well apparently of themselves. I suggested to him that in all probability the patient had, unknown to him, made a change in his neck-clothing which had the desired effect. As an instance of this in a different complaint, I remember seeing an extremely bad case of vertigo; the patient was almost in articulo mortis, when he suddenly recovered, apparently for no obvious reason, and lived for two years; but on close investigation I found that the patient's son had just before the change took place put on his father a different night-shirt. So it appears to me that sudden changes may be produced at an *early period* even with cancer.¹ One does not expect an advanced case of cancer to be *cured* in this way, but at page 99 I have related an advanced case of cancer which was greatly relieved by it, and I have seen another advanced case where the same means also appeared to give very decided relief. Surely this is better than using drugs,

¹ Some have an idea that cancer is produced by eating meat, yet it is just as prevalent among those to whom a meat meal is the exception. Besides, his teeth show that man was intended to eat a mixed diet. They partake partly of the peculiarities of the flesh-eating, as well as of those of vegetable-eating animals.

and is worth trying in any case? But the neck must be made thoroughly loose, and if it does no good, it *can* do no harm. There is very great emaciation in these cases; the patient being usually past middle age, the muscular covering to the important vessels and nerves in the neck is consequently so wasted that they have hardly anything over them except very soft skin, so that the very smallest pressure even of the weight of the clothing on the neck will now injure the patient. Yet *another thing* I would mention. I have stated that the physician who saw me when I was ill spoke of the case of a young girl being taken violently ill when *stooping* to pick flowers. Now if the neck-wear is not quite loose, this position with the chin on the chest further tightens it. I have noticed increased tendency to the effects of neck pressure when in this position, and singularly enough it is the position which I have remarked that advanced sufferers from internal cancer will often adopt. I have seen the same thing in advanced cases of rheumatic arthritis. Sufferers have told me they were easier in that position. Shortly after the neck pressure is removed they are usually worse for an hour or two.

I suspect the slight extra pressure over the vagus *does* somewhat numb the pain a little *for the moment*, though it has really a bad ultimate effect on the part. A sufferer from sciatica prefers to sit on the irritable sciatic nerve, saying he is easier in this position, because the nerve *is* numbed *for the time*; but the pressure at the part keeps up the mischief and retards recovery.¹

In one most distressing case of cancer I had

¹ The knowledge of this is useful. A friend had suffered from sciatica for two years. She had been sent to Egypt and to Italy to shake it off, but in vain. When paying her a friendly visit, I pointed out that by sitting on the nerve she was really prolonging her trouble, and that the nerve being ill, she must not sit or lie on the bad side. I lent her an air-cushion. She took the hint, recovered in three weeks, and turned Christian Scientist. A son of mine also had sciatica. I told him he was somehow irritating the nerve. He said it was impossible. But a pickpocket, by taking his pocket-case from his hip-pocket, effectually cured him. Some years later he again suffered in the same way, and again the contents of the hip-pocket were found to be the offenders. Within the last few days I have had another most severe case of sciatica. The pain extended to the knee and to the loins. Five months of baths and electrical treatment had been futile. I gave the patient the same advice as in the first case, and told her to get a shorter corset, as the long one she was wearing might be irritating the nerve at its exit. She followed my advice, and rapidly got well. This is another instance of unsuspected pressure on a nerve causing disproportionate pain at distant parts.

to deal with, where I was constantly opposed and thought unreasonable because of my persistence, I used often to say, "If she was a healthy girl who happened to faint or turn queer at a theatre, or in church, you would release her neck-wear at once *because it is conventional*, and you know you would relieve her; how much more then ought you to do it for our patient *now!*—is *she not ill enough?*" When she died, her last new dress was given to her niece, who told me that it just about fitted her except at the neck, "but how her aunt or indeed any invalid could possibly have worn one with such a neck she could not imagine, as with its many steels it was a perfect instrument of torture." When I used to remonstrate with the nurse, the latter said, "The lady *will* have it tight. If you loosen it, when your back is turned she tightens it. She will sacrifice comfort to appearances."

And this went on with a most emaciated neck which was little but skin and bone!

Had a *quack remedy* been suggested here it would probably have had a fair trial.

CHAPTER XIV

Enlarged prostate—Insomnia—Pernicious anæmia—
Sundry disorders possibly caused or influenced
by neck constriction.

I HAVE met with three cases of another disease, usually considered to be one of the gouty phenomena, which were so affected and relieved by a good open neck that I am inclined to think it is one of the constitutional results of neck constriction, and that is enlarged prostate gland. In one of these cases there was a very great deal of continuous bleeding which had existed for many months, so much so that it was thought it might have developed into cancer. But the patient, a gentleman in a very good position, took my hint that he would get considerable relief (I did not pretend to say "cure") if he adopted a good loose neck. He did so, and six weeks later he wrote, saying, "Since your letter I have rigidly confined myself to my largest and

loosest collars, which readily allow the insertion of the eight fingers of my two hands up to both knuckles, and are most unfashionable ; and I am happy to say that I am enjoying the longest interval of freedom from any recurrence of bleeding that I have experienced for many months." Of course I retain this letter.

Some years ago I saw a letter in the *British Medical Journal* from a retired medical man of eighty-seven, saying he suffered much from enlarged prostate, also from insomnia, and asking if any member of the profession could suggest anything to relieve this last distressing complaint. I answered this letter through that journal, saying that I thought that loose neck-wear would do so. At that time I did not know who the inquirer was, but a few weeks later I had a most grateful letter from the gentleman in question which I subsequently showed to the editor of the journal. The writer said that he carried out my suggestions, which had, to his astonishment, given him the desired sleep, but to his still greater astonishment they had, as well, much relieved his other trouble. Since then I have given the same advice in a third case—namely, that of a man of about sixty with prostatic trouble,

who seems to have derived a very great deal of relief. I have also found it to benefit the same organs greatly in other ways.

Insomnia.

The advice I gave to the above-mentioned gentleman for insomnia I have found equally beneficial in other instances. As it has been said of me that I claim too much, whenever I possibly can I get and keep letters which I shall be pleased to show to prove the truth of my statements; and I can in some instances produce the patients themselves. In some cases I have exhibited one or other, or both, to various eminent medical men.

Pernicious anæmia.

A gentleman who had been suffering for many months from *pernicious anæmia*, and who had been for some time under treatment, but had derived no benefit, paid me a visit of a few minutes' duration at the end of last June. He was simply half strangled by his clothing, but, strangely enough, another person who was present when he came, without the smallest hint from me also noticed this fact. I told him he would probably improve *if* he would make

some *extensive changes* in his neck-wear. But I do not think he took the matter very seriously, as I subsequently told one of his friends. I have not seen him since, and I fear that he is no better; but from my point of view his visit was sufficient to establish in my mind the probable cause for his complaint. Is it unreasonable to think that diabetes, as a kindred complaint, may be attributed to the same cause? I have had no experience whatever of dysentery, but I am inclined to ask, "Is it not possible that that too may be developed in the same way?" I asked this of a medical man, and he replied, "That is caused by an amœba." To this I answer, "This may very possibly be the case; but my point is that neck constriction in all probability prepares the soil for the amœba." It is rather singular, but two or three months ago, seeing one of the R.A.M.C. just home from the front, I pointed out to him that his neck things were too tight. This, of course, he denied. Very soon after, however, I heard that he was invalided with dysentery. Again some years ago I happened to tell another R.A.M.C. the same thing, which he also denied. Soon after I heard that *he* too was suffering rather

severely from dysentery. Had I to doctor these two gentlemen, I should certainly first deal with the *obvious* constriction affecting their health, instead of dealing with a cause which may after all be imaginary. I think that even if I failed I could not do much worse than if I followed the routine treatment.

A friend told me there had been some cases of spotted fever in her village. She was frightened, and asked me what she could do to protect herself and family. I replied that I thought she could do nothing better than to take every precaution as regards herself, husband, child, and servant, to offer no *nidus* for the bacillus of this or any other similar disease; and to secure this she should get them all to carry out my ideas. She would then have Nature's own protection, which is the best of all. I did not tell her that it would protect her against *everything*; but, lacking better knowledge of the subject, it was the best I could say. For we are evidently so constituted as to be able to move about amongst, and to face, these dangers when in proper health. This lady took my hints, and looking as she does extremely well, her local doctor told her she was not very likely to

take spotted fever in that state. As regards the prevalence of this disease among soldiers, it seems quite possible (as Dr. Phillips of Coventry writes to me) "that their uniforms, often tight to begin with, may become dangerously tight when wet, and that this might lower their vitality, and would give bacteria a good chance to develop." I have certainly often seen the khaki uniforms tight, and have remonstrated. Another medical man has told me that he has seen the same thing, and has done as I did.

CHAPTER XV

General remarks. No claim to neck-wear as a panacea—Importance of neck-room in growing children—Peculiarity of the sterno-mastoid—Sympathetic nerves—Fallacious ideas as to state of neck-wear—Accession of vital force dependent on free communication between brain and body—Deafness—Dr. Phillips' view—Phlebitis and varicose veins—The reason why small ailments are often the beginning of a serious breakdown—Eye troubles—Sea-sickness—Fall of blood pressure.

I HOPE I have made it clear that the bodily complaint and head troubles I have pointed out as being relieved in the way I have shown were apparently not so much caused by the neck constriction exerted at the moment of discovery, as by the constant gentle pressure which had gone on for a long time previously, and which, by constricting the calibre of the neck, with the important structures therein contained, had gradually rendered the body susceptible.

I have been ridiculed for suggesting that loose neckwear is a cure for all evils. I am by no means foolish enough to think this. I have never said so, or even thought so. Some critics, I know, have thought that I claimed too much for this discovery. They possibly forget how Lister was ridiculed by the very heads of the profession some thirty-five years ago, and that now his discovery is everywhere recognised and acted upon.

As I have remarked, I have had some difficulty in getting members of the profession to see the importance of my views; but many business men who have known me for years have asked me "what I had done" to restore myself so completely to health after having been for a long time so bent and broken; and I have caused much amusement and astonishment when I told them what it was. Many of these gentlemen have taken up my ideas, have tried them themselves, and recommended them to others. One told me that every one of the eighteen in his office had read my pamphlet published in 1910, and had acted upon it. These gentlemen were amazed to hear how unwilling many of the medical profession were to believe that the removal of such a reason-

able, though apparently trifling cause could have made so much difference ; also that the editor of the *Lancet*, apparently not believing it, declined to publish a letter from me on the subject, regretting, " that it was not suitable for his columns." I may say, however, that the editor of the *British Medical Journal* has been more considerate for my feelings, and has published several letters from me on the subject, though it must be confessed that before publication these letters were much pruned by him. The editor of the *Hospital*, too, has published some of my letters on the subject.

Importance of neck-room in growing children.

From the rapidity with which children grow, neck constriction will, I am sure, *if looked for*, often be found to be the cause of fits, or chorea, or adenoids, and many other complaints. One lady who suffered in her teens from acute tuberculosis, but fortunately recovered, told me that she suffered much, as a child, from the discomfort of her neck-clothing, and used to dread new dresses for this reason, as she always found them tight in the neck. I have in these pages related several instances

of the pernicious effect of neck-wear in children, some, indeed, at a very early age, and now at a time like this, when there is so much wastage of life from the horrors of war, I feel that I cannot be too emphatic on the subject. Not long ago I read a treatise drawn up with the object of advising mothers as to the rearing of young children, and to my surprise noticed that *all mention of the insidious effects of neck-wear was conspicuous by its absence*. I should say that close neck-wear is a thing to guard against at all periods of life, but especially in *childhood and infancy*, and in all classes. The case of eczema in a child of a few months old was an instance of this. I happen to know of a boy in quite a high position whose future is a most important one. He has been more or less an invalid from birth. He is now in his teens, and often suffers from a troublesome skin disease. I managed to get his photograph, which shows him as nearly strangled, as will be seen in fig. 1. I have also mentioned in a footnote the case of an infant which was apparently dead when I first saw it, but recovered speedily when its clothing was relaxed. A lady, the wife of a schoolmaster, whose very delicate child I had to attend, and

who is now quite robust, says that "no clothing can be too loose round the neck of a growing child." I now hear that in her husband's school, and in some other schools, this is insisted upon most sensibly. In treating children by my method you may heal them very quickly, but their complaints are very likely to return after three or four months unless you make a great allowance for the growth of the upper part of the body as well as for the enlargement of the neck from time to time.

Peculiarity of sterno-mastoid.

A medical friend in criticising my method said he doubted if pressure over the neck vessels could be a cause of cerebral congestion, "because they were protected by the sterno-mastoid muscle." *But this muscle is nearly always flaccid!* It used to be a catch question with Skey¹ to ask the action of this muscle. As a matter of fact it is little used except to raise the head from the pillow when one lies on one's back, and to turn the head from side to side.² When in the erect position the head will

¹ When examining at the College of Surgeons.

² The former movement only takes place two or three times a day, and the latter requires no force,

bend forward of its own weight when the posterior cervical muscles are relaxed. Consequently, this muscle, being flaccid, is not a very great protection to the neck. The majority of people probably never throughout their lives use it forcibly, except acrobats and athletes. As a result, it early begins to waste from want of use; and soon after middle age, if not earlier, any pressure here comes almost directly upon the very important organs beneath it. My cavillers do not seem to have known much about the great peculiarity of this muscle. Just feel your own muscles in front of the neck; they are sure to be pretty soft except in one or two positions, showing that they are little used. Now feel those at the back of the neck; they, like the blacksmith's arm, are almost as hard as iron from constant use.

Some who have agreed with me in other respects, have thought that it was pressure on the cervical branches of the sympathetic nerves that caused most of the trouble. Undoubtedly this does contribute. But look at the vessels and nerves in the anterior triangles of the neck, and then at the trachea. If these are all incompletely developed, and in addition

a little compressed, have we not a large cause for trouble from these alone ?

Sympathetic nerves.

To revert to the sympathetic nerves. Few students take the time and trouble to dissect these out. Beyond the fact that they appear to control the arteries, their functions are not quite fully understood. Over fifty years ago the late Dr. Robert Lee showed me a beautiful dissection he had made of these in the lower part of the neck over the large blood vessels and over the heart.¹ I have a representation of them in a German anatomy book. They are little larger than threads, and there is a perfect network of them. They are placed for some purpose in about the most important part of the body, and between two of its principal organs. Then look at what I call the "jampot" neck, such as shown in figs. 1 and 10, where, in consequence of a ring round the neck from which the clothes are suspended, it is not allowed to spread and develop into the cone shape, as it should do. Must not this condition of things immensely interfere with the

¹ This is probably now in the museum of St. George's Hospital.

function of these nerves, and consequently with the general health of the person? Now the natural, conical shape of the neck should be always remembered, and the fact that it is smaller above than at the base.

Fallacious ideas as to state of neck-wear.

Sometimes when people have been trying to persuade me that their neck-clothing was "quite loose," they have put in a finger or two, at which times the clothing has of course been lifted up to the smaller or thinner portion of the cone, so that it naturally has *appeared* to be loose. But when the hand has been removed, the clothing has fallen back by its own weight to the lower or thicker portion of the cone, and has been found to be resting on the neck and compressing it half an inch or more above the collar-bone.

Vital force dependent on free communication between brain and body.

It is evident that some great accession of what one may call vital force results when one improves the communication between brain and body in the way I have shown. One little thing in particular seems to show this—viz.,

arrest of baldness on the head. In some of the cases that have come under my observation, an arrest of baldness, notably in the case of two elderly men, has occurred ; and in another case that of a young person in advanced phthisis, the hair was falling off in handfuls before the change was made, but in both cases it ceased to do so directly afterwards ; and even in the elderly men the hair commenced growing again where it had previously been bald. These facts created great interest to the hairdresser in one case, and to the man's wife in the other. Both were anxious to know what application had been used.

From instances I have seen I think it is not unreasonable to infer that even caries of the teeth and facial neuralgia may be sometimes caused in the way I have explained by tight neck-wear.

I stated that I was beginning to get deaf before my attack, but that the deafness soon passed off. I am afraid this is rather exceptional unless it is of recent origin. I cannot, however, doubt but that pressure on the neck is a common cause of deafness. One man who was very deaf, told me that, strange to say, he dated his deafness from the time when he

had a new set of shirts. In some cases of recent deafness, and in one or two of longer duration, I have found surprising benefit from a free neck. I have now before my mind three ladies who certainly were very deaf indeed. They adopted my ideas, and up to a certain point there was some improvement, and there it stopped. In all these it had existed nine or more years. I particularly tested it in one of these cases, and found that at the commencement of the test she could just hear a certain alarum at a distance of 5 feet 6 inches. In six months she could hear it at 20 feet, but after that she did not improve. I have advised many people with old standing deafness to take my hints to prevent them from getting worse. They have all done so, they are all in good health, and are satisfied their deafness has not got any worse, but if anything rather better.

Dr. Phillips' view of the subject.

I have previously stated that Dr. Phillips of Coventry has paid some attention to the subject of neck-wear. He remarks that he is "of opinion that pressure on the neck is a furtive source of headache and of indigestion."

He has also thought that the steels which ladies often wear in their neck-bands have, by their pressure over the pneumogastric nerves, much to answer for, especially when the bands that support them are tight.

Phlebitis.

I think I stated that, for some years previous to July 1908, I was a constant sufferer from various forms of gout and rheumatism, both muscular and arthritic, and that I retain on my ear a tophus in memory of this. During that time I had three or four attacks of phlebitis in my leg. I continued to suffer in this way up to the day when I commenced my neck changes. But from that time (now eight and a half years) I have been entirely free from all these annoyances. More than this, I have been extremely well, and even did a little mild mountaineering in Switzerland a year after making the change. What cardiac hypertrophy I had in the past must have long ago disappeared, and so has my hard pulse. A hard pulse is common in gout as it is also in albuminuria. Is it not possible that the mechanical cause here explained may account for the one as well as for the other. I have related on

page 59 a case of heart-mischief with renal anasarca which rapidly improved.

Varicose veins.

Ever since I had an attack of typhoid at the age of twenty-five, when one of the veins of my leg became obliterated, I suffered from varicose veins and was obliged to wear an elastic stocking. I continued to have to do so for nearly fifty years. But at length the leg got so much better that I have now discarded the stocking for two years and a half! I have given benefit to other sufferers from varicose veins in exactly the same way. In 1914 a Belgian gentleman came to stay with me who was entirely disqualified for service in the army for this reason. He used to suffer a good deal, and every evening he had to lie with his legs up. I got him to take my suggestions, and he improved so greatly that he offered himself for service as an ambulance or transport driver, and was, I believe, accepted. I presume that the reason for the improvement in these cases is the reduction in the blood pressure.

A friend asks how it is that sufferers from tight neck-wear do not get well if they happen

to be inmates of a hospital and have to wear the hospital loose clothing. Well, possibly some do get well, but this is probably assigned to other causes. But it takes a minimum of two or three weeks to produce any effect in chronic cases, and on returning home such people return to their old clothing. I recently saw a young man just discharged from Queen's Square Hospital wearing a shirt which positively cut into his neck. He told me he put this on after returning to his home; the enlargement of his neck had evidently been unnoticed while he was there.

Small ailments often the beginning of a serious decline in health, and the reason why.

I have something very important to say about this at which I have hinted at an earlier page. One so often hears a person say, "I have never been well since so and so," mentioning a small ailment (without any emaciation) or some accident which confined him to bed for a month or so. The malady was probably a trivial one, but it is afterwards looked back to as the commencement of a slow but serious change. The fact is that the person has, up to the moment of his illness or accident, been wearing rather

tightish neck-wear to which he has got accustomed. When laid up he probably wears quite loose neck-clothing. The moment he takes to this the neck rapidly begins to enlarge. When he recovers he returns to his *old* clothing, which is then *very* tight. He won't, however, alter it, thinking that as it fitted him before it will fit him now. That often lays the foundation of very serious mischief. My mind reverts here to two instances. In both cases I gave most emphatic warning, at the time, against this danger, but they fell on deaf ears, and in both instances my very worst fears and forebodings were realised. One gave me years of anxiety, sorrow, mourning, and expense, and the other caused great disappointment and a blemish to a promising young life. I have also noticed, as others must have done, a breakdown of some kind or other after influenza. An example of this, in the case of a clergyman, is given in the early part of this work. It was evidently caused in the way I have described. In connection with this, those appalling casualties which occasionally occur shortly after a confinement come into my mind; when the young mother has just returned to her ordinary clothing. She has

probably been resting on the sofa, when she suddenly rises and drops dead from a supposed clot in the pulmonary artery! The same may be said of those instances where the young mother has a mental breakdown two or three months after confinement. I greatly doubt whether any one has ever seen either of these phenomena occur in a lady who patronises the really open neck?

I think that I have now fairly fulfilled what I stated at the outset—viz., that I should be able to show *first* that several diseases were apparently the *direct mechanical result* of neck pressure; *secondly*, that some were the *direct constitutional result* of this; and *thirdly*, that others were the *indirect constitutional result* of the same cause. In the first category might be classed cerebral and cardiac complaints generally, and those of the vascular system, many nervous diseases (including deafness), also dyspepsia, some affections of the thyroid and lymphatics, etc. In the second, the obstinate open wounds and sores, eczema, possibly pernicious anæmia, and many others of a like kind. *Thirdly*, phthisis, impetigo, rheumatism and gout, and probably cancer. This list by no means exhausts the catalogue

of possible diseases caused by neck constriction, for I feel that I am only on the very threshold of what Major Thurston has called "*a very wide subject.*"

Eye troubles.

Whether or no, my early publications were seized upon by Italian medical men, and when travelling in that country in 1911 I found that they were acting very vigorously on my suggestions. In my pamphlet of 1910 I spoke of the great improvement in my sight, and I suggested that probably neck constriction had much to answer for in eye troubles. Well, in 1911 I met an Italian gentleman at Pisa who had been suffering much from his eyes; I fancy that he had had what, when I was young, we used to call rheumatic ophthalmia. He told me that he had consulted a surgeon in that town, and the first thing that he did was forcibly to tear open his patient's neck-wear, and tell him always to wear it so that he could get his whole hand down his neck. A week or two later, when staying at Naples, I was told an almost exactly similar story by the manager of my hotel, relating to two totally different people, also that the impor-

tance of open neck-wear was quite recognised by the medical profession there as a part of their treatment of patients.¹ I subsequently heard from an English medical man residing in Italy that the matter of neck pressure had been discussed in a Medical Congress at Milan. In this country it has hardly been regarded seriously!! The *Lancet* reviewer, when he criticised my pamphlet, which he regarded as rather a joke, said that I "may have drawn attention to a possible cause of certain abnormal conditions which had not received all the attention which it should do, but that I assumed too much." But he admits its probable benefits in faintness or cerebral congestion; yet he ignores all the machinery

¹ I did not hear that Italian medical men were any worse off in their practices for adopting this common-sense line of treatment. A year or more ago I found a young officer suffering from rheumatic ophthalmia, and I acted as the Italian doctor did, but a little less roughly. His khaki was too tight. I have reason to believe that he rapidly got well. A non-medical son of mine has just been doing exactly the same thing with most beneficial results for a friend who was evidently suffering in the same way as the above, and who was not benefited by ordinary treatment. He was just in time to save one eye, which rapidly recovered. The other had already gone too far, and the sight was lost. The same treatment would probably be most beneficial in strumous ophthalmia and its photophobia.

thrown out of order by cerebral congestion ! Thus he makes two most important admissions, by which he at once gives himself away, and he expresses a *vox ex cathedra* on a subject which he admits *has not been sufficiently investigated* ! This is a sample of many of my critics.

Sea-sickness.

Though I used to keep a small sailing boat, I was an indifferent sailor, and on a steam-boat, if the sea was rough, I generally suffered and was always uncomfortable. When taken ill in 1908 I was struck with the great resemblance between the vertigo and the sickness accompanying it and that of sea-sickness. I now believe that the two are virtually the same. Soon after my recovery I had two or three good trials on a rough sea, and have since found myself immune from sickness. I am not only comfortable, but can eat a good meal on board, and even smoke, both of which were previously quite impossible. Those too whom I have got to carry out my plans, even only moderately well, before a sea voyage, appear to have also quite escaped. Observe ! I got them to relax their things *a week or more beforehand*. It would seem to me that the

motion of a ship might easily disturb the cerebral circulation of a person in the *erect* position, especially if he had an undeveloped or constricted neck. A sudden fall in the ship would accelerate arterial, and retard the venous current in the neck, and thus tend to produce cerebral congestion. We all know that sufferers from *mal de mer* *are* much more comfortable when reclining, but I do not presume to say that this suggestion of mine will cure everybody of sea-sickness.

Can any one who has seen a child in whooping-cough doubt that the sickness and perhaps the fits so common in such a case are produced by cerebral congestion, and, as in sea-sickness, the wisdom of seeing that the neck things offer no obstruction to the circulation?

Fall of blood pressure on removal of neck pressure.

I have stated that when I made the decided change in my clothing, after a short time I found that my blood pressure had collapsed, and I felt faint for three days because I too suddenly reduced it. The blood vessels had too suddenly lost the support to which they had been accustomed. Sufferers who take my hints must not be disturbed by these

little annoyances, for, as I have said before, they will soon pass off. One person whom I advised to relax his neck things, which were decidedly tight, in a short time did them up again, saying that he felt queer and uncomfortable. This must be the reason why some girls who wore tight-necked dresses during the day used often to faint or turn queer when in evening dress. This was more often the case when it was the fashion for women to have tight neck-clothing. I have known many say that they felt quite uncomfortable for the moment when it was released. I have given a good instance of this phenomenon on page 105.

CHAPTER XVI

General remarks continued. Swimmers' cramp—
The best converts—Nurses' discomforts—Men
bad converts—An important hint to persevere
and "how to do it"—Major Thurston's re-
marks—The Egyptians and a free neck for
sleepers.

Swimmers' Cramp.

Is it not possible that the so-called swimmers' cramp, so fatal to good swimmers, when they throw up their hands and disappear, is due to the same cause—viz., the too sudden relief of cerebral pressure? When I was about nineteen I was a good swimmer and very strong, and apparently in the best of health, yet I more than once turned queer when bathing. Once I was decidedly faint until I was dressed, when I suppose that by again supporting the cervical vessels I lost my faintness. A friend of mine who used to wear a tight choker was usually affected in the same

way after bathing. One would not expect a person to turn faint in cold water; still, if he had a tendency to faint in the way I have described, and took a long swim too soon after a full meal, one can understand that sudden syncope might follow and cause drowning.

The best converts to common-sense notions.

The poor at Haggerston were about the best people I could have had amongst whom to put my principles into practice, for most of them had been to various institutions and had passed on as having got little benefit, and were only too willing to try anything which offered them the slightest chance of health. Most of them had previously seen me limping about with my own infirmities before my illness, and could subsequently see the great change in me; all got encouragement when they found that my predictions as regards the gradual enlargement of their necks began to prove true in about three weeks. These good folk, moreover, were not tied down by prejudice, or fashion, or personal appearances, matters I found so difficult to combat, at first, in a different class, and, strangely enough, especially so amongst *men*. At first, ladies used to have the idea

that the softer nature of their clothing could not hurt them ; but it is well known that the silken cord which executed Shirley, Earl Ferrers, was as fatal to him as an iron chain. One often used to see the necks of ladies quite indented by, or bulging over, their neck-wear, whilst they persistently asserted that their things were " quite loose." Some had the impression that the scraggy neck (represented often in the Academy pictures) is more beautiful than the well-developed neck intended for them by their Maker, and will not believe that with the latter they will also have splendid health and good looks. This many of them have lately discovered. I have just seen one of my first converts, a lady of about thirty-four. She is now a perfectly splendid specimen of a bright, handsome, healthy lady. She is married and is a mother. She tells me she has perfect health, and though she wears her neck quite open she says she never has a cold. I believe she has never had toothache or lost a tooth ! When I first knew her ten or twelve years ago she was delicate, was constantly having bad colds, used to suffer much from cold hands and feet, and from varicose veins. Now all these are well. Since I first wrote on

this subject ladies have gone ahead and made a great change. There is everything to be said for the present fashion. It is a mistake to think those who wear their necks open are liable to catch cold; it is the people who wrap up much who get cold; *but* if you compare those women who have nice open, cone-shaped necks, like the girl in fig. 9, with those who have close-bandaged, jampot-shaped necks, as in figs. 1 and 10, you will soon note the brighter, more upright, healthier, prettier, more alert look of the former, and that they have also generally good complexions, and then you will note the others usually with bad complexions, with faces either injected or sallow, and usually with saucers round their eyes. Surely anybody could see the difference. Some have hesitated to wear the open neck, as they say their necks are too scraggy. But if they will do so they will find, in a short time, that Nature will have given them quite nice full, rounded-shaped necks, and that too even when they are getting on in life. But their necks must be absolutely free. No neck-ribbon must be allowed. A ring of the softest material placed round the upper part of a cone will find a bearing all round, and compress. Twice

I have seen the use of even a slight ribbon when worn high rapidly followed by cancer.¹ I have also found that some people had trouble produced by pendant chains when they were too short, but they lost these troubles directly the chains were lengthened. As long as I can remember garters have been discouraged because of the harm they do to the feet and legs. Surely then anything of this nature on the *neck* must be injurious. Strangulation of the intestine is well known to be most dangerous, but you may sometimes see people dying of apoplexy, under the care of well-known men, with strangulation of the neck.

But what will the present change of fashion of closing up the neck, which some are now trying to introduce, do for those ladies who adopt it? Some tell me that they simply cannot make any such change, that they have so long got used to the other and its manifest comfort, that directly they attempt to give it up they at once feel uncomfortable, and sometimes ill. This is only to be expected; but others try to pander to both ideas and main-

¹ I have previously given two instances of the bad effect of neck-ribbons; one when dealing with heart cases, and one when speaking of incipient phthisis.

tain a modicum of comfort while they keep in the fashion, or sail as near the wind as they can. I have seen some of these ladies, and they look by no means so well as they did, but they are happy, feeling that they are on the skirts of fashion. It is rather dangerous, this trifling with Nature ; she doesn't bear it very well. The old troubles, or worse, are apt to come back when a person who has hitherto gone the right way takes a wrong turning. I saw at Haggerston a sailor who had had a healthy and splendidly developed neck, but when he retired from the Navy, dressed as a civilian, and adopted smart neck-wear, he soon had cancer of the tongue !

Nurses' discomforts.

I have just been requested by some of the nurses to ask the principal of their institute to allow them to have looser neck-wear, as some suffer much from the want of this especially when they are constantly stooping. I have recently dealt with two cases of heart disease among nurses, evidently from this cause. They gladly welcomed my remedy, and I cannot make out why these most useful women are compelled to adopt this silly fashion.

I have found it was not the big medical men who ridiculed my ideas. Some, and especially *surgeons*, who are very practical men, most readily discussed the matter with me. Some have adopted my ideas in their own persons and several in their practice. It is not the big men who refuse to take hints. But it will still take some time to shake the old belief that every malady is to be cured by some physic or other. This belief seems to permeate all ranks of life. I was once summoned to a woman of the tradesman class who had broken her arm and was in great pain. I made a special splint for her and applied it. She was at once much easier. She went on splendidly, and was perfectly well in less than a month. Six months later she came to me in a grumbling mood, saying she was not well, and that it was my fault, as I had not treated her properly when she broke her arm. I looked at it, and it was really difficult to say which had been the broken one. She admitted that that was all right, but she complained that I had, at the time of treating her, given her *no medicine*. I reminded her that she went on so well she did not seem to require any. Her reply was, "Why, you know I did! You know I broke my arm

when I fell from top to bottom of a long staircase. Just afterwards a young woman, a neighbour, fell down only three or four steps and broke her arm too, and her doctor gave her *four* bottles of medicine, and you gave me none. You did not do your duty!" I am afraid that that doctor was more of a "Business man" (with a very big B) than I was, to count the stairs down which his patient fell, and give her a bottle of physic for each, but that was what my patient wanted. *Populus vult decipi; et decipitur.*

Men are usually bad converts.

I must say that of late I have found women much easier to persuade than men. The latter seem to be so much more susceptible about making any change in their dress, and cannot realise my assurances that their necks will develop so fast that in a very short time no one would remark it. And they are also so very susceptible to any ridicule. They cannot believe my assurances that any change they make in their neck-wear is so rapidly taken up by Nature that soon no one would remark it. Again, when I have once persuaded them to loosen their things, I always found it so

difficult to persuade them that the first advance is in every case really only a preliminary canter, and to get them to understand that they *must* make a *second* change, and perhaps at *least* a *third*, in the course of three or four months before they can expect any permanent benefit, as they must allow for the rapid enlargement of the neck, but that if they do not intend to do this, they may almost as well leave matters alone. This is a most important point. People think they can learn the principles of my theory in a few minutes. It is quite a mistake. What I urge must be used with brains. English, the shirt-maker, has told me that doctors have been to him "to try Walford's method," and in spite of his remonstrances that what they wanted to do was insufficient, they have had their neck-clothing let out half an inch only.¹ This is trying to feed a hungry man with one wafer. In order to adopt my method properly, *everything worn on the neck must be let out* (say an inch) to begin with, and then again from time to time, so that nothing really presses on any part

¹ English of the Opera Arcade supplies a collar which arches over the vital parts, and adapts itself so well to the cone shape of the neck that no peculiarity is noticeable.

(especial care being taken just above the anterior half of the clavicles and just over the large vessels and nerves) until Nature has got all the room she wants ; and this will invariably be known by the greatly improved health of the individual.

An important hint to persevere, and how to do it.

A friend has just said to me, "Do urge people to be persistent with this! I derived but little benefit at first, but now that I have done this it seems to affect every point in the body." My readers will observe that these are his words, not mine. The neck, like a barometer and thermometer, is as susceptible as these instruments to climatic changes, which must be allowed for. Thus the same garment loose one day may be tight the next.

The Italians say that the neck-clothing should always be kept so loose that you can pass your whole hand inside it. This is a good minimum. The natural neck as it should be, is exemplified in the sailor. Compare his neck

with that of the soldier or civilian ! It is the neglect of attention to this that causes relapses a month or two after the first start by my methods, and these relapses are particularly noticeable in children.

A natural question will, I am sure, occur to many of my readers, to ask if I have had many failures ? One might just as well ask if one had ever failed to give some sort of relief when he gave an aperient to a person who needed it. My answer is that in every case where it was requisite to give neck relief it was more or less beneficial. In some cases I have found people want more than actual neck relief ; they were bound by their clothing at the upper part of the chest as well as in the neck. In this connection I should like to suggest that the sudden and severe attacks of sickness from cerebral congestion to which I have previously alluded, and which are often mistaken for " bilious attacks," congestion of liver, or even for ptomaine or other forms of poisoning, which they do indeed resemble, are frequently caused by neck pressure. I remember a death occurring from what I now feel sure was this cause, in which case some suspicion fell upon a girl who I now have no doubt

was quite innocent.¹ It is something to be able to cure these distressing cases, as I have done, by the mere removal of a button.

It is true that students are taught in a general sort of way to see that their patients' neck-clothing is loose ; but how often is this really done, except when giving an anæsthetic or in " first aid " cases ? But what is thought such a necessary thing to do in an emergency, is surely a more important thing to do to *prevent* an emergency. In other words, to maintain the health in good order.

Major Thurston's remarks.

Major Thurston of the R.A.M. College, Grosvenor Road, who very kindly revised my pamphlet for me, remarked with regard to the last sentence : "*It is strange that the importance of loosening the neck-clothing in all cases of fainting fits, etc., where first aid is required, has so long been insisted upon, lest the circulation should thereby be embarrassed, while the influence it may have on a person's health, when continued daily and perhaps nightly for years, seems not*

¹ As to diagnosis, the dilatation of the pupils will always distinguish a cerebral case, and if with this there is any neck constriction the case is clear.

only to have escaped general notice, but to have often excited ridicule when pointed out. It is an extremely wide subject. Think of the thousands who must daily be trespassing beyond the hard-and-fast line of perfect safety."

Ancient Egyptian Ideas.

It is difficult to believe that the world can have gone on till now without some people, especially dwellers in hot countries, knowing that there was harm in continual neck pressure. Now I fancy the Egyptians must have had an inkling of it. From what I have seen and heard, the denizens of hot climates usually wear quite loose neck clothing, if they wear any at all. I have also usually found that people here in England who have regularly and fully adopted my suggestions, have, like myself, become most sensitive to the slightest interference with the freedom of their necks. Some indeed have told me that they have found themselves unrefreshed on waking in the morning, with discomfort in the head, but that this discomfort passed off an hour or two after rising, and that then they have felt quite well all day,

I have sometimes had the same experience, and have even found my eye bloodshot on

waking, with other clear signs of slight cerebral congestion. I have usually been at once alive to the real state of affairs, and have each time found the discomfort to be produced by slight neck pressure from the bed-clothes having got dragged round it on one side, and the pressure of the pillow on the other, the two together producing slight constriction.

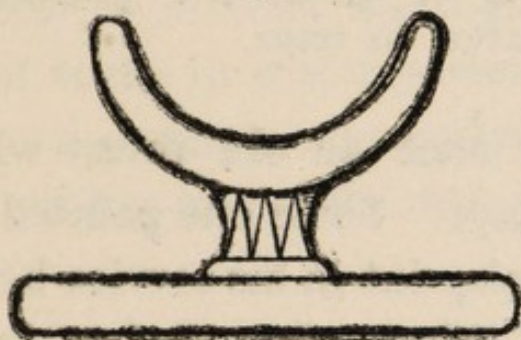
Egyptian head-rests.

The ancient Egyptians used no pillow. Instead of this they used a crutch-shaped head-rest (a diagram of which is given), such as can be seen in museums. A head-rest was a regular item in Egyptian bedroom furniture.¹ These people were most intelligent and luxurious, and must have had some good reason for discarding the obviously comfortable pillow for this uncomfortable looking thing. But with the latter *it was hardly possible to constrict the neck* without dragging their covering right round it. This they could hardly do by accident, especially as I have shown that those whose necks are habitually loose are much more sensitive than those whose necks have

¹ Sir J. G. Williamson, *Manners and Customs of Ancient Egyptians*, Vol. I.

got numbed by custom to slight strangulation ; so I fancy they must have been alive to the danger.

There is every reason to believe that phthisis in any of its forms was very rare in Ancient Egypt. I was present when a search was being made for this in 1905, and while I was there only one single specimen was found by Dr. Elliot Smith (and that was in my presence),



ANCIENT EGYPTIAN HEAD-REST.

in a cemetery west of the Great Pyramid. It was tubercular disease of the hip bone.

If you want a really refreshing night's rest, you may often get it by doing as I have done in imitating these wonderful people ; that is to say, by laying your head on the pillow in such a way that the latter does not touch the neck, and keeping the bed-clothes from it by drawing them over the cheek, provided of course that your sleeping apparel is quite loose.

CHAPTER XVII

Conclusion. Are we to continue to "wait and see"?—Tightish neck-wear as bad as defective sanitation—A gardener's practical view of strangulation in trees.

THERE was once an old priest who lived in mediæval days. Some one pointed out to him that by a misprint in his service book, in place of the word "Sumpsimus," the word "Mumpsimus" had somehow crept in; and that he always when reading the sentence repeated the latter word, which, having no meaning, made nonsense of the passage. The priest replied that he had used the word "Mumpsimus" for forty years, that it had done very well for him, and for all he knew it had done very well for other people, and that at his time of life he saw no reason for altering it!

Is this to be any longer our position? Are we to "wait and see" if any other nation (especially Germany) deals with neck constrict-

tion, and then take it up ourselves? But surely it would not be rash to follow in the wake of Italy in making use of what we ourselves discovered *over sixty years ago!* Surely, too, we should remember the thousands to whom it would bring relief if properly carried out, particularly when the manhood of the country has suffered so severely in this great war! Is it, I ask, a time to delay?

It is useless to pretend there is not *a very great deal* of truth in my arguments, even if people try to persuade themselves (without knowing anything about it) that I claim too much.

Tightish neck-clothing as bad as defective sanitation.

In taking a house, would not most people be prepared to spend a good deal in having sanitary matters, pipes, electric fittings, etc., brought up to date, and made suitable to the requirements of the family? Yet so many demur to spending a few shillings on suitable neck-wear—a matter of quite equal importance—because public attention has not been sufficiently drawn to this.

Indeed we seem to be like our ancestors of a hundred years ago, whose attention had not

been drawn to sanitation. In those days, or even later, people ridiculed the idea of there being anything unhealthy in drinking water from a well that was close to a cesspool—just as much as some are inclined to ridicule now this theory of slow strangulation ; which may even through the mother affect the child unborn, and subsequently for the best part of its life.

In the early part of 1911 I used to know by sight three gentlemen of whom, beyond their mere names, I knew nothing, but I foretold that unless they were promptly and vigorously dealt with after my fashion in their neck-wear they would all die suddenly in three or four months, although at the time they were going about as usual. Two of them fulfilled my prophecy in about two months. Shortly after, while I was staying at an hotel in Bath, the third of these gentlemen came to me showing me a letter from a friend who had written, " Go and find Walford ; he has cured himself, and he will cure you." As he had a most suffused face, I spoke to him very strongly. To some extent he took my suggestions. His complexion improved, he escaped the imminent apoplexy ; but when I pointed out to him

that he was still far from well, and should continue the treatment *fully* in order to get all the possible benefit of it (for his things were still tight), he said he "thought they were loose enough; he could not wear them looser." And yet he saw that I, an older man than he, who had actually been worse than he had been, had perfectly recovered and was in splendid health!

He lived for four years after this, and died, I think, of influenza. I have known doctors do exactly the same thing, namely, try to get the maximum of benefit by giving grudgingly the very minimum, and then complain that the principle is a failure.

Again I ask, who would do this sort of thing with regard to sanitation? Who would be content with a *slightly* contaminated water if he could get a pure supply next door? or put up with a house that he knew was *not quite* sanitary? Surely the matter I urge is as important as sanitation! We know that some of our forefathers lived to a good old age in defiance of that. But the Nemesis of this is probably surer!

Such indifference reminds me of the Irish butler who, when dismissed for insobriety,

and asking for a character, said to his master, "Ye moight say, sorr, you have ofthen found me sober!"

I was once watching a gardener applying a rope to an apple tree to bend it into a better position, and I noticed the extreme care he took that the rope should not closely encircle the tree. He said if it did that, it would strangle the tree, and that we should get no fruit. I could not help thinking that a little of the same sort of care would make our human olive branches more fruitful. I have an ash sapling round which a small hop-vine, no thicker than a pack-thread, had twined. It could only have been there a few weeks, for it was not more than two feet long, but it had cut a groove in the ash into which a child could lay a finger.

I have now given instances showing that those whose business lies with the vegetable creation know the evil effects of strangulation and that they guard against it. I have shown the same thing as regards veterinary surgeons, whose business lies among the animal creation. What are we to say about the human creation? Do not they need to guard against it? Can they alone of all creation defy the laws of

Nature with impunity? No indeed! They do it at their peril, and for every infraction of her laws Nature exacts a penalty—even to the uttermost farthing.



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