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The Bates method is an alternative therapy aimed at improving eyesight. Eye-care physician William Horatio Bates, M.D. (1860–1931) attributed nearly all sight problems to habitual strain of the eyes, and felt that glasses were harmful and never necessary. Bates self-published a book, Perfect Sight Without Glasses, as well as a magazine, Better Eyesight Magazine, (and earlier collaborated with ...

Bates method - Wikipedia

CHAPTER I THE POISONED NEEDLE "Truth wears no mask, seeks neither place nor applause, bows to no human shrine; she only asks a hearing." The increasing flood of evidence against vaccination and the growing for the un-suppressed facts about this "touchy" subject have literally forced this book into being.

THE POISONED NEEDLE by Eleanor McBean

Jerome Irving Rodale (/ ˈr oʊ d eɪ l /; August 16, 1898 – June 8, 1971) was a publisher, editor, author, playwright, and founder of Rodale, Inc.. Rodale was an early advocate of sustainable agriculture and organic farming in the United States. As an author, his work included several magazines and books, including books featuring different authors, on the subject of health.

J. I. Rodale - Wikipedia

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On 29 September 1941 the Kitchen Front gave more advice - To make a jam filling, in cakes or sandwiches, go further I am advising people to mix with the jam an equal quantity of carrots cooked and mashed – or

better still raw and grated. There's plenty of sugar in carrots. For a new flavour try adding a little cocoa sometimes.

World Carrot Museum - Carrots in World War Two

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Therese Neumann (1898-1962) Mystic, Stigmatist and Victim Soul Servant of God Therese Neumann was born on Good Friday, April 8, 1898, in the small village of Konnersreuth, Bavaria, Germany, and was the eldest of ten children.

Mystics of the Church: Therese Neumann -Mystic Victim Soul

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