

- "If an artery was blocked, nature used the capillaries to carry on the work of irrigation in the manner secondary roads take over when the main road is blocked," so says Dr. Salmanoff.

HEALING WITH WATER

"Medicine is waiting for its revolution. Over the past 100 years the arts and the other sciences have had their revolutions, but not medicine. At the moment medicine is attacked on all fronts by homeopathy, naturism, psychoanalysis, acupuncture and a whole army of healers. The old temple is crumbling, and a good thing too. Whatever it was in the past, modern medicine has become an enormous public danger with its anti-biotics, its ultra-sounds, its pneumothorax and its mutilating surgery. It has become, in effect, a technology."

This alarm warning was given by an old scientist who died in Paris two years ago. He was called Alexander Salmanoff, he had diplomas from the University of Moscow, Pavia and Berlin and was a former doctor to Lenin. He had lived in Paris since 1932.

The greatest revolutions spring from the simplest of

ideas. This is how Salmanoff began. He began with a simple fact:

"Man came from water, he lives by water which represents two-thirds of his weight. If a human corpse weighing 70 kilograms is dried there remains only three kilograms of colloidal matter."

Alexis Carrell, following the same line of thought, estimated that in theory it would require 200,000 liters of liquid a day to irrigate every part of the body. In effect nature is much less generous; a man weighing 50 kilos has 35 liters of liquid in his tissues comprising five liters of blood, two liters of lymph and 28 liters of extra and intra-cellular liquid.

Salmanoff said that when the movement of these liquids was slowed down illnesses occurred; if they stopped the person died. The problem was how the oxygenization of the

body and the elimination of waste products were carried out.

Alexander Salmanoff began to tackle the problem when he was a young man. He discovered that the first important thing was to treat the capillaries — of which man has about 100,000 kilometers in his body — the tiny channels which carry necessary supplies to each cell and take away waste products. Capillotherapy was born. Today it is practised in Switzerland, Germany, France and the Soviet Union.

Salmanoff trained dozens of students. One of them, Dr. Roland Sananes, today continues Salmanoff's work in Paris. Just what is the "Salmanoff Method?"

Sananes said that the word "méthod" was incorrect as it was more of a philosophy, a doctrine which could be called the doctrine of the "complete man." When Salmanoff first began to study the problem of the movement of the liquids he began a veritable revolution. The general outline of Salmanoff's theory is as follows. It was necessary to find a way of irrigating the most accessible parts of

the body. He discovered the means of penetration; the capillaries, and later found the method, that of hydrotherapy.

For example we draw all our energy from the air in the form of oxygen. With the exhausted air of the towns it is often necessary to augment the supply. Oxygen is carried by the red globules in the blood and its hemoglobin. The usual diameter of a red globule is seven microns and the variable diameter of a capillary between seven and 30 microns. Therefore if the capillaries can be extended to the maximum three or four globules, instead of just one, can pass along them at the same time. Thus more oxygen can be absorbed. Hydrotherapy is used to dilate the capillaries

There are several methods; 1) compresses. These should be hot and damp. A towel folded in three and soaked in hot water should be wrapped around the chest just under the arms. This should be covered by a further towel folded in three and a piece of flannel. The wrapping is kept on for 20 minutes and should be applied in the

evening. It should be retained for longer periods for chest ailments.

2) Foot baths. These should be taken in water at 40 degrees centigrade with the water coming up to the ankles. The treatment is excellent for hyper-tension, circulatory troubles and migraines.

3) Arm baths. This is a technique developed by the German Dr. Schweningen. The forearms are placed in water at 38 degrees centigrade (almost body temperature). A quarter of an hour later the temperature is increased to 44 degrees and the arms are left there for a further five minutes. The results have been effective in cases of sinusitis, flu and head colds and often spectacular in cases of glaucoma and cataract.

It was found that the placing of the fore arms in warm water caused, by means of vaso-dilation, the displacement of about 600 cubic centimeters of blood. The treatment is therefore particularly recommended for circulatory ailments which have caused, or risk causing, congestion.

Acupuncture also recognizes this phenomenon because it links the head with the extremities of the arms.

4) Hyperthermic baths; baths in water hotter than the body temperature are recommended for case of rheumatism, children's ailments and polio in its early stages. The water begins at a temperature of 37 degrees and then, after 12 minutes is increased to 41 degrees. Three minutes later the patient should be removed from the bath, wrapped in blankets for three quarters of an hour and given warm drinks. The baths should be taken at bedtime after a light meal.

5) Scapidar baths; This was Salmanoff's favorite treatment. There are two types which produced opposite effects; one is a white emulsion, the other yellow. The first brings oxygen to the cells and increases arterial tension, the other dissolves waste products and reduces tension. It is used for rheumatism, sciatica, neuralgia, hypertension, sequels to cerebral congestion and arterial troubles. — *Jean Barial, AFP.*