

or eight weeks. I was in utter misery and, not knowing anything else to do, I went to an ~~xxxx~~ osteopath. He gave ~~me~~ took some (nc?) sticks on which he had some cotton batting dipped in strong Argyrol and put them into my nostrils and then had me lie on the table and wiggle my toes a little. Then he told me to get 20% solution of Argyrol with a medicine dropper and put it into my nose and spit it out several times a day. IN a comparatively few days this terrible cold was completely ended. After that I would use Argyrol myself and not only was able to cure a cold very quickly whenever one got started, but got rid of a good many of the germs so that I rarely had colds. After a few years a druggist said that there was need of getting handkerchiefs all dirty with Argyrol; you could just as well get Neo-sylvol, so I got that for many years, and always kept some available. After a time the drug stores ~~and~~ stopped having Neo-sylvol. Mr. Koontz knew a drug store near him which had it and I got some ~~from him~~ through him of which I still have a little. NOW, however, they no longer stock it.

When I was ~~xxxx~~ first teaching in Philadelphia there was a time when I heard about the newly discovered vitamins. I began to take vitamin A and imagined ~~that~~ it helped my general condition. I don't know whether it did not, but I got rather to taking it quite a bit and one day I mentioned to someone how I craved to take it. He said, "Do you get pleasure out of swallowing a pill?" ~~a~~ capsule?" It was a strange idea. I don't know when I quit taking the vitamin A. Later on, when I was teaching ~~in~~ in Wilmington I tried a number of the ~~xxxx~~ vitamins. I never was able, however, to see much difference it made in me in hardly any of them.

When I was ~~xx~~ studying at the Bible Institute my shoulder got cold. Something in the shoulder swelled and pushed out a tendon and the tendon was ~~xx~~ so that it hurt--being out of place. I went to a doctor who put the tendon back into place, told ^a me to put/hot water bag for an hour or so on my shoulder ~~every~~ every day or two until it was entirely well again. For a good many years after that I used to get this trouble in my shoulder from cold ~~xxxxxx~~ every year. Then I would put a hot water bag on for an hour for two or three evenings and it would go away.