How Cancer Is Caused by Over-Nourishing Our Bodies

By Prof. de Keating Hart, of the Society of Medicine, of Paris.

Cancer Appears to Be Peculiarly a Disease of the "Fittest," as It Preys Chiefly Upon Those Who Eat Regularly and Well and Take Best Care of Their Health.

By PROF. DE KEATING HART, of the Society of Medicine, of Paris

MY long investigations of the subject of cancer have led me to the conclusion that the disease is due to cells long over-developed in an irritated area of the body.

They are over-developed like plants in hothouses by a slow and prolonged increase of heat and food supplies. At the end of a certain time they acquire hereditarily the characteristics of over-production and over-nutrition which distinguish them.

I find especially that the nutritive element on which cancer feeds most abundantly like all other cells in active development is glycogen (the form of sugar secreted by the liver).

Well-nourished bodies and organs favor the rapid development of cancer. Persons enfeebled by age or sickness are less subject to cancer, or at least to its rapid growth. We know that cancer is less frequent among the tuberculous than the gouty. In the poorly nourished old person the tumor growth takes usually a torpid form.

Prosperous diabetics are the class of persons most subject to cancer. The excess of glycogen secreted by their livers furnishes nourishment to the tumor. At the same time the development of a cancer in a diabetic causes a decrease of this elimination of sugar, indicating that the tumor absorbs part of the hydrocarbons of the system.

In many ways we have found that glycogen feeds cancer. Fevers use up hydrocarbons, which change into glycogen in the body and they often produce an amelioration of cancer. When a cancer is removed from a mouse, secondary growths in other parts of the body increase suddenly, indicating that there was just enough glycogen to feed the original tumor.

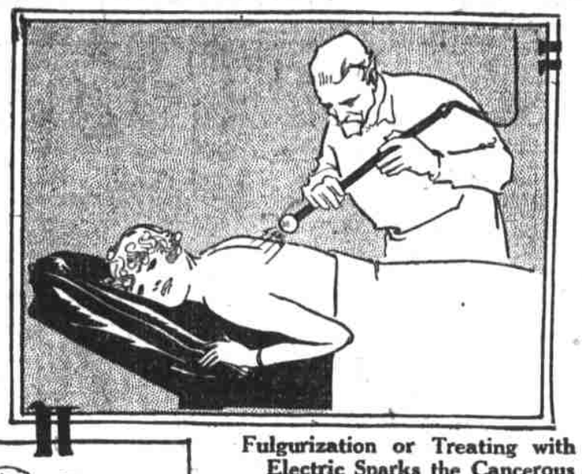
Professor Guelpa has found when dieting persons for rheumatism and obesity there was a marked decrease of cancers from which they were suffering. Reduction of food may have the effect of diminishing cancer, but cannot be regarded as a sufficient treatment.

I reject the theory that cancer is of microbian origin and consequently I must deny its contagiousness. The malignant cells can be grafted, but not inoculated. It would require more time than I can give now to discuss the subjects of "cancer houses and cancer cages." I may say, however, that the conditions of nutrition and parasitism which I have found explain satisfactorily the existence of "cancer cages." As to "cancer houses," the very limited number of them permits us to believe that they are simple coincidences.

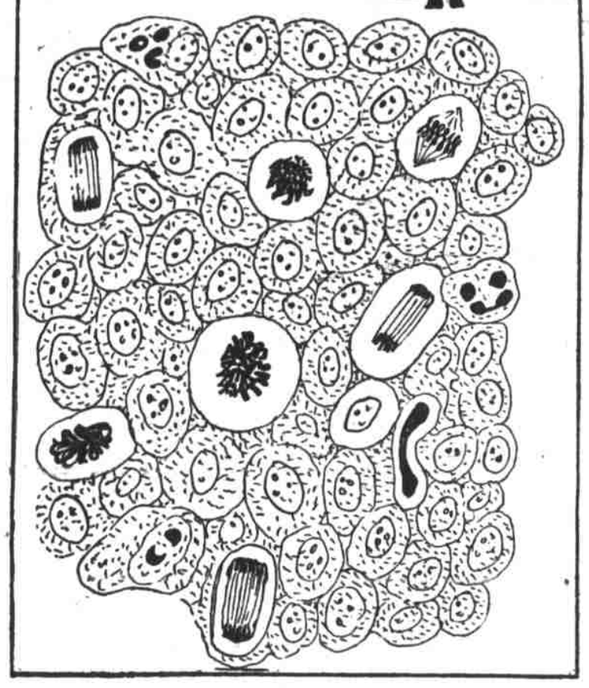
Is there a pre-disposition of the body to cancer? It is true that my theory of local irritation removes all idea of direct heredity, because it shows cancer to be only the result of a local condition of cellular nutrition. But if cancer is not hereditary there are certain general states of ill-health which realize more easily than others the local conditions favoring its development.

These conditions we know are: (1) Constant irritation produced by an agent within or without the body. (2) Constitutional irritability which dilates the blood vessels and raises the temperature. (3) The amount of nutritive elements present, including glycogen and salts.

The irritant, when it does not come from without the body, may be furnished by a chronic inflammatory condition. Thus rheumatism and certain blood diseases are causes of prolonged local cellular inflammation. Ailments which bring on irritability of the blood vessels, such as arterial over-pressure and arterio-sclerosis, dispose the body to local reactions that bring on abnormal cell formation. A prosperous diabetic person secreting an abnormal quantity of glycogen will bring to the irritated cells a blood supply overcharged with nutrition. Some of the several conditions mentioned may be hereditary.



Fulgurization or Treating with Electric Sparks the Cancerous Tissue, which Is More Sensitive to Electricity Than Healthy Cells.



Cancerous Tissue Under the Microscope—the Large Cells Have Developed Hereditary Appetite and Are Growing at the Expense of the Others.

We find that the age when a man usually finds rheumatism manifesting itself, when his arterial pressure becomes marked and when he often nourishes himself too abundantly for his physical needs—that is to say, the age from the fortieth to the fiftieth year—is also the age when cancer usually makes its appearance. If injuries and blood diseases are added to these conditions we need not be astonished at the frequency and gravity of tumor formations which we see in such cases.

By the side of general predisposition to cancer, there may exist also accidental local conditions which occur particularly in the type of person we have described and provoke more easily the appearance of a neoplasm (abnormal new tissue). All cases of chronic local inflammation surrounded by congested zones, foreign bodies and parasites encrusted in the organs, hard lumps in the sebaceous glands of the skin, dust and particles common in certain trades which penetrate the skin and respiratory organs and repeated injuries are among the many causes which bring on dilation of the blood vessels and rise of temperature, by which the irritated cells are over-cultivated until they take on definite characteristics of new growth.

What treatment can we employ to meet such causes of the origin of cancer as I have described. According to my idea the prophylactic treatment of cancer can only be a form of normal hygiene. It may be possible to cure or reduce the prevalence of certain common forms of inflammation in women, to dissuade men suffering from the use of tobacco, but it will be difficult to do away with slight forms of irritation common in certain trades, to remove in all cases foreign bodies that are invisible and painless and to prevent miners from breathing the dust of their mines. How under the threat of a doom that may never arrive can we enforce frugality on wealthy gourmands of mature age? How can we check the over-production of glycogen at its source? By what method can we reduce the local vasomotor irritability of persons with excessive blood pressure? It may indeed be useful to draw the attention of sick persons to these points, to watch them and to guard against the danger which threatens them in so many forms.

A grave obstacle to any specific treatment arises from the very nature of the disease. If cancer cells are of the same nature as normal cells, what nourishes one must also nourish the other and what kills the one must also kill the other. This consideration would destroy all hope of attacking the evil radically, if we did not find that the over-nourished cells are a little more sensitive than the normal ones to destructive action. The selective action shown in certain cases by the X-rays and the experiments of Wassermann on mice tumors treated by selenium are proofs of this. Unfortunately the differences are slight, the curative radiotherapeutic dose is near to that which destroys the normal tissues and a very slight overdose of selenium will destroy the animal treated as well as the tumor.

Another source of hope comes to us from known cases of spontaneous diminution of cancer. Can we not one day bring about what nature accomplishes by employing the same means? We must not fix our attention on the accidental cures in which the organism has no apparent part and which may be due to a simultaneous infection, such as erysipelas. It does not seem to me reasonable that we should make use of a weapon which has the double defect of being uncertain in its action against the disease and dangerous to the sufferer.

While it is difficult to observe the secret mechanism of natural ameliorations of cancer, we may judge of it by cases in which improvement has been produced by artificial, indirect treatment. One such method consists in removing the organs associated with the infected area and another in closing the principal sources of blood supply. We know that many cases of almost complete cure and remarkable improvements have been produced by this means in cases of inoperable cancer.

From these cases we may reason that if we can cut off the food supply of an infected area through vaso-constriction, produced by some drug, for instance, we can cure a great number of cancer growths, if not all. If we can find a medicine which will check growth in a certain part of the body without endangering the rest, we shall no doubt have found a specific remedy for cancer.

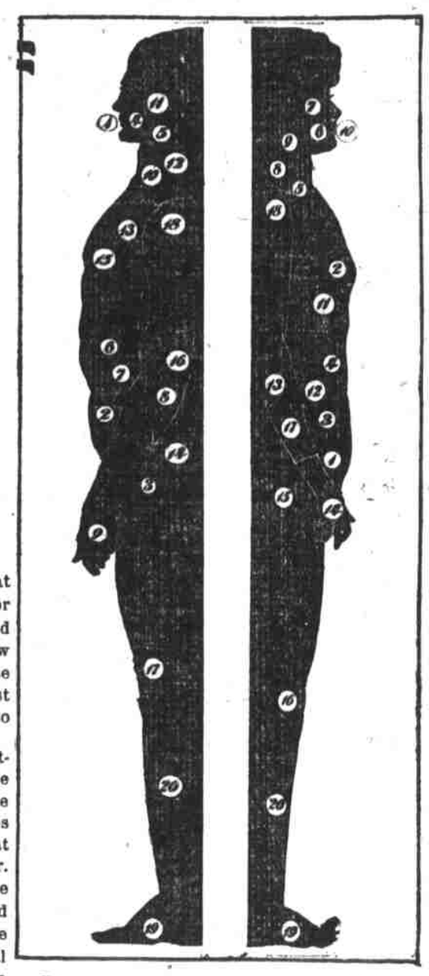


Diagram Chart Showing Where Cancer Most Frequently Occurs in Men and Women. The Sites Are Ranged from 1 to 20 in the Order of Their Relative Frequency.

There exist many methods of treatment which have sometimes produced ameliorations. Nearly all the anti-cancerous serums have produced results of this kind. How are we to explain their action? The volume of many tumors is greatly increased by the blood which fills them like a soaked sponge. A medicament which reduces the blood supply by vaso-constriction will suffice to diminish greatly the apparent mass of the tumor. I have found that a simple fever by using up a large amount of hydrocarbons in the system will diminish the food supply of the cancer. The serums introduced into the body usually produce notable increases of temperature, a form of fever. Thus may we explain the results obtained from them.

I would make special mention of the remarkable results due to the employment of collodial copper. Accepting my hypothesis of glycogenic over-nourishment as the cause of cancer, Dr. Chatiniere believes that copper is a means of reducing a portion of the nourishing glycogen of the abnormal cells and stopping their development for a certain time.

The theory of irritation makes cancer a perfectly local disease at the beginning, and therefore capable of being cured by local treatment. If the disease has exceeded certain limits and attacked certain organs or caused too grave an injury to the body, it passes our present curative power and we can only retard its consequences without preventing the final disaster. Therefore we divide cancer into curable and incurable.

It is generally stated that from the moment when new growths appear in parts distant from the original tumor the cancer, though apparently operable, is certainly destined to a more or less rapid recurrence. In reality this is not always so, and I know more than one case in which, in spite of considerable dissemination of the disease, I have obtained cures.

This brings me to the curative treatment in which we combine surgery, the high frequency spark and various forms of rays. For a long time it was believed that only operable cancer was curable. To-day this cannot be said. Many cases in which surgery did not dare to intervene are to-day cured. They have been submitted to the action of the X-rays and radium or, after having been operated on contrary to therapeutic necessities, have owed their cure only to the action of the high frequency and high tension spark. I admit that when there is no reason against it an operable cancer should be removed. To leave it in place and try to melt it more or less slowly under the action of the rays is to give it an opportunity to infect the body deeply during the time of treatment. To remove the growth, leaving an opportunity to complete the surgical work by appropriate therapeutic means, gives the sick man a double chance of cure.

I must remind you that when surgery could not attempt the bold achievements of to-day the partial excisions performed on cancer often brought about reinfections so rapid that many surgeons preferred the use of caustics or the heated iron cautery to the knife. I would also recall the good results that arsenious acid gave more than once.

To-day the knife has regained its supremacy, and hardly any surgeon would remove an operable cancer by any other means. It is, however, far from satisfactory. In the commonest form of cancer among women operations with the knife still show 70 per cent of recurrences at the end of three years.

I favor the association of the high frequency and high tension spark (fulguration) with the surgical operation. The great error which has given fulguration a bad reputation has been the method of applying it. Many who used it thought it was a means of destruction, a caustic, possibly more powerful than others, and they tried to use it as a caustic. They diminished the length of the spark, replacing tension by heating effects, and they sought to destroy the tumor directly.

If you operate on your human cancer patient according to the best technique of surgery and then pass the fulgurizing electrode over the operated surface, you will have many more chances of preventing recurrence than with the knife alone. Some figures will give an idea of the superiority of fulguration over surgery without electricity. The average of cures lasting three years of operable breast cancer treated by the knife alone was 30 per cent; fulguration gave in the same class of cases 80 per cent of cures.

To obtain a lasting cure by fulguration we must first secure the careful removal by surgery of all masses visible to the naked eye. In cases of absolutely inoperable cancer, this method can at most serve to hide the disease under apparently good scars and to diminish the suffering.

Must we consider then that inoperable cancer is synonymous with incurable cancer? I do not believe so. The successes obtained by the X-rays and radium, few though they may be in proportion to the number of cases treated, nevertheless enable us to assert that tumors which the knife could not remove have remained cured for many years.

Why I Am a Militant Suffragette --- By Elizabeth Freeman

ELIZABETH FREEMAN, known among them as "Lady Betty," is one of the foremost, and in some quarters termed the fiercest, of the militant suffragettes.

By ELIZABETH FREEMAN.

SIX years of battle on English soil and two terms in hideous Holloway Jail have convinced me that militancy is the only way to suffrage for women in England.

For forty-five years they tried every other method that is legitimate to secure votes for women. It was Sir Henry Campbell Bannerman who advised the course that is now being followed. "You can never win in this way," he said; "you must pester and irritate."

The world is appalled, or professes to be appalled, by what are regarded as the outrages perpetrated by militants in England. "Are those women crazy?" it demands. "Why do they act in this way?"

No; they are not crazy. At their head is a woman who is not only sane, but who insists upon sane views and sane acts by her followers. Sane, and a saint. When I met Mrs. Pankhurst and took her hand I felt that I was clasping the palm of a saint, and so she is very generally regarded, even by those who differ from her. Why do they not forcibly feed Mrs. Pankhurst when she is in prison? Because they fear they will kill her, and they know that if Mrs. Pankhurst were killed the English Government would be overturned. We court forcible feeding. The Government fears to inflict it too far lest public sentiment turn and rend it.

Sane? Absolutely yes; and every act of theirs, no matter how it may appear in its working out, has a sane and consistent object. These so-called "wild women" are wholly logical and entirely consistent.

Why do they act so? Because there is no other way to win their cause. In America, where men are reasonable and quick-witted, discussion and agitation will succeed. But the only way to convince a Briton is with a brick. Johnny Bull has to be hit between the eyes with a brick to startle him out of his smug complacency and make him think. In England you have to reckon with slow wits and a well-nigh unshakable obstinacy, and drastic spectacular means are the only ones that will awaken them and make them act.

Why do they act so? Because they want to lay the trouble where it belongs, at the gate of the Government. They "act so" because they want to make the British people so uncomfortable that they will demand "what is the cause of it?" and when they will, and do, the suffragettes answer, "the Government is the cause." "Then let the Government stop it," the Britons will answer, and the suffragettes will reply, "Government cannot." "Then turn out the Government and get in a new one that can stop the trouble," John Bull will answer, and the problem will be solved.

You do not know you in America, who so glibly criticise the "wild women" of England, that thirty-six bills granting suffrage to women have passed the House of Commons and have been stopped by the twenty Cabinet Ministers and other dependents of Government in the House. Several times a majority of the members of the House have been elected on pledges to vote for woman suffrage and have broken their pledges because Government appealed to their selfish motives. The first class is composed of the Cabinet Ministers and their secretaries. The second of barristers and others in the service of the Crown. The third are persons whose election expenses were paid by Government. Fourth are manufacturers who derive all their patronage from Government as paper manufacturers. The fifth are the owners of provincial newspapers that have been subsidized by Government. These classes are the obstructionists and pledge-breakers. Private bills, introduced by private individuals not associated with these classes, reach a certain point, the second reading, and are killed by Government influence. Suffragettes and their friends have become convinced that the bill to pass must emanate from Government.

Elizabeth Freeman, Who Believes Militant Methods Must Win in England

For example, people exclaim in horror at the burning of a grandstand at the ball grounds. "There is no reason for such horror!" A grandstand represents little intrinsic value so far as the timber that composes it is concerned. But it stands for a Briton's love of sport, and if you strike him there you reach a vital spot.

Astounded, enraged, he says: "What does this mean?" "It means the Government won't let women have the vote, and they want to tell you so," is the brick that comes hurtling between his eyes. "Then let them have the vote and let us have peace," is the answer we confidently expect to receive.

Women are going about securing suffrage as men secured it. While the men were trying to get it they laid the blunderbus about them. When they succeeded they placed the blunderbus on the shelf and left it to rust. So will women do.

I challenge any one to produce proof that any militant ever did anything that was a menace to any life except her own. I myself went into an empty house to assure myself that it was empty before my companion threw a stone. There was a hue and cry when a stone was thrown into Mr. Asquith's carriage, and there were horrified exclamations, "What if the Minister had been in the carriage!" The stone-throwers took very good care that he was not in the carriage.

Hands were raised and eyes rolled heavenward when Lady White's house was burned. But the burning was done in Lady White's absence, and there is not the slightest doubt that the building was very well insured.

There was horror when a bomb was discovered in hoary St. Paul's Cathedral. "Sacrilege!" we heard all about us. But the bomb didn't go off. Few of the bombs are that kind. The women of England revere and love the old buildings. When a bomb is found in one, be sure it is a non-effective bomb.

The militants seek martyrdom; yea, and find it. I know five delicate women who have cancers of the breast caused by bruises received while they were members of deputations.

But the supreme spirit of the militant movement is one that I say reverently, is not of this world. In the great battle of Downing street, as I looked down the line of marching women, I saw that their faces were uplifted, their eyes turned to heaven, and there was that in their expression which awed and uplifted me. It was as though the early Crusaders had been reincarnated in them. I felt that I was watching the advance of a mighty Christian army.