

# CONTENTS

*Editor's Preface . . . . . xvi*

*Introduction by Andrew Maendl, MD, and Matthew Barton . . . . . xx*

## I    PHYSIOLOGY AND THERAPY BASED ON THE SCIENCE OF THE SPIRIT

### LECTURE 1

DORNACH, 7 OCTOBER 1920

The mission of spiritual science. Too little therapy in medicine, whilst experimental research is well developed. Unjustifiable hypotheses. The spiritual aspect is not taken into account. Abstractions in physiology and pathology. Development of cancer—from normal activity in the organism to the abnormal. Mania—from illusions that are organic in origin to hysteria. Schelling's way of making observations.

*pages 1–12*

### LECTURE 2

DORNACH, 8 OCTOBER 1920

Schelling. Inner powers of development up to second dentition. Creative activity arising from this—transforming powers of growth into powers of memory and power to develop thoughts. If transformation is inadequate—carcinoma. Troxler. Childhood diseases—excess of spirit and soul from life before birth. In old age—involution. Organizing power and principles of soul and spirit enter into the structural elements. Tumour development. Unconscious penetration with will activity from our organization—mania. Hypertrophic organizing power in liver and stomach—melancholia, hypochondria, hysteria. Griesinger (psychiatrist). Proletarians became materialists, aristocrats spiritualists.

*pages 13–24*

### LECTURE 3

DORNACH, 9 OCTOBER 1920

In spiritual science, the aim is to encourage not quackery but the art of medicine. Neoplasms and mental diseases. Threefold nature of the human organism with functions defined rather than spaces. See Steiner's *Riddles of the Soul*. Sensory perception and ideation bound up with degradation and elimination. Will processes with constructive processes in metabolism and limbs. Rhythmic system. Healthy balance—interaction between constructive and destructive processes. Poisoning and detoxification. Whole of nature—plant development process away from centre of earth. Goethe's metamorphosis of plants. Example of silver birch—development of root, bark, leaf. Potassium salt deposits in birch bark. Opposite direction—development of protein—albuminization. Development of rheumatic conditions and gout. Treatment—birch leaves. Development of inflamed skin eruptions—potassium salts from birch bark. Rational stage of science. Goethe. Study of medicine. For therapy—seeing natural functions together with functions of the inner organism to perceive the pathological aspect. With spiritual science the aim is to bring health to science.

pages 25–35

### LECTURE 4

DORNACH, 9 OCTOBER 1920, EVENING

Trust between public and medical profession. Neurosensory system encroaching on metabolism and limbs and vice versa. Typhoid fever. Normal organization—full awareness of I nature or selfhood penetrates the etheric and physical in the sphere of soul and spirit. Awareness of I nature reduced. Mind and spirit go their own way. Look at purely spiritual I activity on the one hand, and the vehicle for it in the organism, the blood, on the other. Bridge from physiological and pathological to therapeutic—bringing about processes in the blood so that it withdraws from I activity but functions in a similar way. System of forces in human blood and alongside it I activity in mind and spirit. This system of forces may get independent if there is too much phosphorus. Hyperaemia in the skeleton as against calcification process. Phosphorus processes in brain and bone. Small doses for rickets—taking the physical I structure back to soul activity. Small doses of phosphorus cure rickets and other inflammatory conditions. Conversely, carbonates are effective if mind and spirit are bound up too much with the structure, and also for pulmonary tuberculosis. Life in head system conscious, in limbs unconscious. Massage improves connection between mind and soul on the one hand and physical on the other. Arms and hands constructive, legs and feet destructive. Diabetes—exag-

gerated I activity in organic sphere. Essential vegetable oils in bath are medicinal. Problem of heredity. Female organism develops more out of cosmic, male organism from earthly forces. Full meaning of Earth evolution through human I activity. Reproductive powers in male and female. Haemophilia. Future study of medicine. Progress in medicine only with spiritual research.

*pages 36–50*

## II ANTHROPOSOPHICAL BASIS FOR THE PRACTICE OF MEDICINE

### LECTURE 5

STUTTGART, 26 OCTOBER 1922

Basis of spiritual investigation for medicine and physiology other than mystical and gnostic approaches. No supersensible views in medicine since Galen. The four elements of Galen. Developing inner abilities—seeing the element of spirit and soul and the spiritual cosmos. In anthroposophy, full recognition of empiricism based on sensory perceptions. Guidelines for empirical research from science of the spirit. All factors taken into account. Liver, brain and blood cell compared to germ cell. Relationship of organic principle to universe not secondary. Stream of heredity. Structure of brain. Theodor Ziehen, Herbart. Brain—three-dimensional reflection of our life in ideas. Meynert. Image-based insight and structure of brain. Breathing process and inspired insight. Metabolic process and intuitive insight. Brain reflects mind and spirit; these enter wholly into metabolism. Act of will goes as far as metabolism. Recognizing the four structures of aggregation in human beings. Ascending and descending processes. Kidneys are organs of excretion to outside, liver to inside.

*pages 51–71*

### LECTURE 6

STUTTGART, 27 OCTOBER 1922

The different functions of human beings. The bodies or levels of existence. Living in the I point. Sexual maturity is peak of animal development. Human beings—physical body, laboratory investigations; etheric organization, structure of functions in enlivened fluid sphere. Solids are deposited in fluid element. Astral organization intervenes in airy element. Internal gas exchange in solid and fluid has laws. Fluctuating form given to airy organization. I organization intervenes directly in differentiated temperature levels. Route which foods take to lymph and blood streams. Ptyalinization means being taken into sphere of life. Then trans-

mitted to vascular system, in cardiopulmonary tract, from the inorganic to sphere of life. Oxygen we breathe in takes the etheric into the physical. Carbon fixes the physical organization. Carbon—physical organization. Oxygen—etheric organization. Protein synthesis. Kidneys provide connection between the astral and the other organs—power of sentience, soul quality. Effects of cold and heat—excretion from kidneys. Significance of allantois and amnion for investigation of germ cell. Renal system and nitrogen—metamorphosis of uric acid and urea. I organization in warmth structure in hepato-biliary system. Animal sequence and hepato-biliary evolution. Lethal childhood diseases with secretion of bile. I organization—hydrogen. Annual plants, potatoes, cockchafer grub. Different structures of substances in flowers, leaves, roots, seed. Medicinal teas.

*pages 72–87*

## LECTURE 7

STUTTGART, 27 OCTOBER 1922, EVENING

Threefold nature of human organism, important in pathology and therapy. Relationship of bodies to organ systems. Second dentition. Sexual maturity, voice breaking. Semi-radial emanations from kidneys and liver meet with sculptural forms coming from head system. Human growth. Modelling principle of neuro-sensory system is four times slower than metabolic organism. Variable incidence of morbidity in the seven-year periods. Activity of I organization in hepato-biliary system, of astral organization from the kidneys, blunted from head organization. Physical system acts from below upwards from the digestive system, the etheric organization from system of heart and lungs. Diseases in second seven-year period. Mercury to treat venereal diseases. Liver and kidneys working together and against one another, as do circulatory and breathing rhythm. I organization in warmth human being. Origin of childhood diseases. Vibrations of air and warmth going from above downwards, in the physical and etheric from below upwards. Fluid and gaseous principles, interpenetration in the middle. Intermediate states of aggregation between solid and fluid, also between fluid and gaseous and between gaseous and warmth quality. All working together = normal human being. Differing from this—pathological metamorphoses. Development of sense organ in case of cancer. Share of warmth and air organism in child. Neurosensory system giving metabolic organism three-dimensional form. Wrong proportions—tumour development. Creating mantle of warmth with Viscum.

*pages 88–103*

## LECTURE 8

STUTTGART, 28 OCTOBER 1922

Treatment goals—to bring about metamorphosis. Food taken from inorganic to sphere of life, vehicle for sentience, I organization. Plant the other way round. Vital element in seed is sun's warmth from previous year. In root sphere, vital energy. Devitalization processes by petals rich in essential oils. Sulphur in essential oils. Digestion = beginning of poisoning, renal function = detoxification. Iron in human blood protects from diseases we bear in us. Pressure exerted by brain only 20 g, which makes I activity possible. Iron in blood important for relationship of ether body to astral body. Things taken in by human beings are taken towards vitalization by activity of heart and lungs. Renal function takes them on to astral organism. Iron levels regulate blood circulation and interaction between ether body and astral organism. Whole human organism is sense-perceptible reflection of something spiritual. Functional diseases are neural disorders. Rounding-out powers of neurosensory system. Function of vision is main part of the neurosensory system for configuration of form, rest of it is soul principle. Metabolic processes radiating from kidneys with rounding of forms. Rounding off through the nerves of sense organs. Adaptation of higher sensory function to individual organ tracts through soul principle. Astral organization too powerful—flatus, renal function too powerful. In upper human being, I organization held back. Spasms—astral lags behind. If spasms arise in stomach and genital organs—tea of flowers, contains sulphur. Physiology of the senses—eye as camera. Affinity of silica to inorganic in periphery. Silica drives out astral organization. Flowers containing silica are spiny. Supply of sugar for sense organs. Alkaline salts relieve nervous system of astral activity. After-effects of sugar in the nerves. Silica pushes towards periphery—medicament—alkaline salts, sugar, silica. Chamomile root—vitalizing at transition from intestine to blood, acting on neurosensory system via renal function, relieving of astral functions. Medicament corrects neurosensory system's modelling activity as if with a kind of phantom. Excessive renal activity leads to development of mucilage, weak renal activity to haemorrhoids, menorrhagia. Regulate relationships of ether body to astral body with iron levels, increase secretion of urea. Action of sulphur in digestive tract.  $\text{SiO}_2$  and alkaline salts help in neurosensory system. Iron, gold and copper regulate the balance between gravity and buoyancy. Action of iron in relationship of lungs and heart to kidneys. Inadequate form function of nerves—organs deformed. Treatment—mercury, plus iron (rhythmic system), sulphur (metabolism), alkaline salts (neurosensory system). Metabolic diseases and sulphurous principle. Colchicum for goitre. Synthetic medicines.

LECTURE 9  
ON EURYTHMY THERAPY (GIVEN IN THE MEDICAL WEEK)  
STUTTGART, 28 OCTOBER 1922

Purpose and significance of eurythmy therapy. Metabolic system and neurosensory system working together in human speech. Eurythmy as metamorphosis of ordinary speech sounds by enhancing the will principle and reducing the ideation principle. General health-giving action of active involvement in art of eurythmy. Eurythmic forms reflected inwards with eurythmy therapy, due to repetition. Eurythmy therapy given by physician or in close collaboration with physician. Sound diagnosis. Vowel and consonant principles working together, e.g. in diction L, A, O; renal conditions S, A, B, P. Human organs in polarity of centrifugal and centripetal dynamics, mutual regulation with eurythmy therapy. Artistic mood. Eurythmy therapy and therapy as such. Massage. Physical exercises. E movements to gain strength, I movement to harmonise association between left and right sides of organism, movements with index finger and big toe, and eye. Complete U form in eurythmy therapy, standing to attention. O form—sensing the whole muscular system. Conscious awareness as a healing factor. E forms and U forms to regulate relationship between activities of astral and etheric organism. Gentler eurythmy therapy for pregnant women, pelvic diseases, paralysis. Warning not to overestimate the method, amateurism. Sound physiology as basis for a therapy which works 'in the light'. Correcting misapprehensions.

*pages 122–136*

III ASPECTS OF THERAPY

LECTURE 10  
DORNACH, 31 DECEMBER 1923

Syphilis. Medicament—mercury. Action of ether body in system of metabolism and limbs. Ether body and physical body and I acting together in neurosensory system. Diagnosis is a whole case history. Syphilis—I organization predominates over ether body in pelvic region. Treatment with mercury ointment. Side effects. I organization lives in cosmic rounding-off powers. Problem of mercury dosage. For treating syphilis—find phantom of I organization with *Astragalus exscapus* (hart's milk vetch)—I organization going its own way. Also meditate abstract ideas—varying triangular form. Polarity of glaucoma and otitis, hypertrophy of vitreous body activity. Treatment for glaucoma—calcium carbonate and extract of aerial root. Astral body activity above diaphragm polar opposite

to its activity below. Development of nerve substance. Essential oil of flowers for lower astral body. Substance from cosmic surroundings via respiration for neurosensory system.

*pages 137–152*

## LECTURE 11

DORNACH, 1 JANUARY 1924

Salvarsan. Bismuth. No antimony in case of syphilis. Schizophrenia due to Salvarsan possible. Harr's milk vetch preparation for acquired and hereditary syphilis. Glaucoma process and ear process. Development of eyes = inflammatory process, while ear development = tumour process—polar opposites. Levisticum and eurythmy therapy for otitis. Questions and answers—arthritis deformans—phosphorus and Stannum. Worry and shock, grouchy teacher. Measles. Arsenic, Stannum, sulphur baths, arnica, Equisetum. Adapting astral body to ether body. Astral body shift in sexual region in case of shock. Oxalic acid, Argentum. Treatment for enuresis.

*pages 153–164*

## LECTURE 12

DORNACH, 2 JANUARY 1924

Gonorrhoea. Toxic effect of male and female seed. Parasites. Treatment—alkali carbonate, oil of eucalyptus compresses. Asthma close to purely physical. Mental diseases may be purely physical. Cause of asthma in embryonic life—mother subject to shock and worries—action on mucosa of respiratory organs. Inner lack of appetite. Proper connection between ether and astral body interrupted—sage leaves, nut leaves, oak bark, willow bark, *Veronica officinalis*. Meditation on breathing. Nervous breakdown, sleeplessness, automatic thinking—eurythmy therapy, Equisetum baths, work with vowels. Proliferation of palatal mucosa—weakness of ether body—Apis, Vespa, honey, milk. Diseases of spinal marrow—difficult to treat—phantom of I and astral body due to silica action. Arnica, potassium salt, calcium salt, tannic acid. Latex-type protein in Arnica. Phosphorus, Quadrigeminal preparation for diseases of spinal marrow—tabes dorsalis, locomotor ataxia. Neural disease in digestive tract—Chamomilla injections. Tendency to myopia, hyperopia. Treatment. Glaucoma—start with Belledonna before third year of life.

*pages 165–178*

## IV HYGIENE AS A SOCIAL ISSUE

### LECTURE 13

PUBLIC LECTURE, DORNACH, 7 APRIL 1920

Intellectualism a fundamental evil. People longing for democratic order in all affairs. In field of hygiene, undemocratic faith in authority today. Public health. Basic conviction in modern science—everything is a mechanical, physical or chemical process in the material world today. Explanation in terms of atoms and molecules. Anthroposophical science of the spirit helps clear confusion by distinguishing between diseases in body, soul and spirit. Spiritual philosophy of life—the physical body created by soul before birth. In the organs, soul principle differentiates into concrete processes—liver, respiratory, cardiac and cerebral actions. View of mind and spirit. Abstract ideas are objects of modern science. Handbook on nervous system says nothing about value, nature and dignity of human being. Spiritual science takes us to the whole human being. Deviations take us deep into the nature of the world. Deeper meaning of life. Understanding the other person. The healthy and the morbid aspects of another. Social effects of factual knowledge—social reform, health care take us to fellow human beings. Psychoanalysis is materialistic in thinking. Diseases of mind and soul are due to organ disorders. Impressions made on soul meet with faulty organs. Psychoanalysis = diagnosis but no treatment. Treatment of body needed. Bodily aspect of temperaments. With physical diseases, look for mind and spirit. Social institutions influence physical health care. Children should enunciate vowels and consonants loudly and clearly. Take specialized things to comprehensive view. Children should learn to use up the air when speaking. Sound of mind means sound in body. Educational issues are often medical issues. Help for mental illness only with healing of organs. Vision in images, Inspiration and Intuition are health-giving. Not just amass notes. Spiritual science spreads social hygiene. Salutogenic action of spiritual science thanks to sound common sense. Disposition for epidemic diseases due to too much sleep. Seven hours of sleep adequate. Independent, free life in mind and spirit also where hygiene is concerned—government standards should not inhibit individual endeavour, nor should economic forces. Hygiene from social insight. Threefold Social Order. Garden spider. Henbane. Sleeping with window open. Abnormal organ disposition of criminals. Emotions and feelings influence glandular functions. Defective organs with mental diseases and criminals. Theosophy and anthroposophy. Origin of epidemics. Parallel processes in mind and spirit and in organs. Atmosphere for micro-organisms. Typhoid fever. Bodily, organic disorder the case of problem in mind and spirit. Hypochondria, chronic pulmonary defects. Temperaments and organs. Iris diagnosis. Diseases as world history progresses—



spiritual stream behind them. Diseases must be cured. Wrong to let karma take its course and not help.

*pages 179–211*

## V ASPECTS OF PSYCHIATRY

### QUESTIONS AND ANSWERS

DORNACH, 26 MARCH 1920

Study of psychiatry today. Influence of spiritual science. Problems with transition from relatively well to relatively sick. Fundamental—consider whole social environment. Various conditions in robust country people and weak city people. Transitions from pathological to normal. Psychiatric medicine in need of reform. Raving madness, feeble-mindedness, difficult boundary between mentally normal and abnormal.

*pages 212–221*

## VI ADDRESS (FOLLOWED BY DISCUSSION) AT A MEETING WITH MEDICAL PRACTITIONERS

### ADDRESS

DORNACH, 21 APRIL 1924

Realities have lost value. Higher levels of human existence not known in modern medicine. Astral body and I organization predominantly active in human head. Physical body and ether body inducing more destructive processes in head, more constructive processes in system of metabolism and limbs. Liver comes to resemble head more when astral body and I withdraw. Reverse in the head. Too many vegetative processes in the head with diseases in system of metabolism and limbs. Identification of medicinal agents and cosmic activities. Lead, antimony. Telluric and cosmic processes. Soul at one on awakening. Levels of existence when walking and thinking. Liver disease and treatment. Loving study of morbid processes. Religious mood for healing processes. Insight processes for diagnosis and treatment. Treatment of excessively stimulated kidneys with silica. Statistics or full insight into single case. Stimulating astral body with arsenic to treat syphilis. Good medicines outside anthroposophy. Asthma treated with meditation. Courage to heal. Put aside thoughts of death. Medicaments as far as possible from plant world.

*pages 222–235*

## DISCUSSIONS WITH MEDICAL PRACTITIONERS (FRAGMENTARY NOTES) I

DORNACH, 22 APRIL 1924

*Leukaemia*—Various causes. Disorder in rhythmic human being—treat with resinous or latex-type saps and vegetable wax. This treatment ineffective if disorder is in metabolism. Ether body and astral body interact.

*Smallpox*—Weakness of I organization and affinity to spiritual world. Inwardly shaken when realizing influences of zodiacal configurations. Risk of infection great because it may be physical and psychic. Avoid infection by developing objective view and shutting oneself off.

*Smallpox vaccination*—No harm if anthroposophical work is done. Different if thoughts materialistic. Vaccination enhances ahrimanic power—no longer able to rise to things of the spirit. Statistics. Maintaining oneself in face of unwarranted spiritual elements also protects. If this education not possible, you have to vaccinate, do not oppose fanatically.

*Restlessness and problems going to sleep*—Possible reason years of problems with diet in the war. Astral body and ether body unable to interact in intestinal region. Transformation of foods in digestion. Ether body comes free, is born, in seventh year. Should be fully organized by coming from astral body = 'digestive disorder' there. Fight processes outside the human being rationally at physical level—calcium carbonate and phosphate. Dyspnoea and anxiety.

*Local disease of thoracic vertebrae*—Traumatic or lung shrinking or TB. Treatment—dilute tobacco injections, possibly phosphorus, and also stimulate vital energies.

*Treatment for damage due to mercury*—Hot baths followed by sweating. Possibly arsenic bath. To combat destructive tendency of mercury—follow up with geometry exercises, half hour daily.

*pages 236–249*

## DISCUSSIONS WITH MEDICAL PRACTITIONERS (FRAGMENTARY NOTES) II

DORNACH, 23 APRIL 1924

Viscum as a specific. Carcinoma. Pre-publication passages from *Extending Practical Medicine*. Fundamental Principles based on the Science of the Spirit. Example: From diagnosis to treatment. Case 4—paralysis, atrophic sites in ether body, astral body not penetrating. Astral body intervening too powerfully in physical body. Rheumatism—astral body intervenes directly in physical body in the joints—spasm or inflammation. Teeth getting worse. Cause of frequent dreams—weakness in ether body. Urinalysis. Weakness relating to smells. Prefers sweet dishes—weakness in astral body. Occult finding—allantois not fully developed. State of

allantois may be discovered from that of astral body. Allantois—physical correlate of astral body. Chorion—physical correlate of I organization. Often deep-seated damage there for generations. Influence I organization to harmonize astral body and ether body. Effects of pyrites ointment—astral body more lively. Action of golden agaric ointment. Solidago, Stellaria. Tea of willow bark, Stannum—highly effective for difficult child. Problems of history-taking. Case 5—Weakness of I organization means digestion of fats inadequate. Weakness of astral organization means carbohydrates not adequately digested. Ether organization too weak means protein not properly digested. Treatment with silica reduces sensitivity of astral body and I organization. Artificial sensitivity produced with mustard plaster—subtle stimulus. Guiding astral activity to ether body with copper and Carbo animalis. Pancreas preparation for ether weakness in digestive organs. Silver injections strengthen ether body in cases of pyrexia. Damage caused by metabolic deposits due to I organization. Insidious destructive damage due to astral body. Development of carcinoma corresponds to development of a sense organ, e.g. eye. Processes from outside the human being act like foreign bodies. Etheric deposits develop. Levels of existence relate in different ways. Very different in the ear. Breast cancer due to mechanical insults. Viscum injections for tendency to develop cancer. Heredity. Meditate on things it is possible to establish through spiritual science in disease processes according to the symptoms. Meditate on spiritual-scientific causes in relation to symptoms. Eurythmy—in the human organism things that are conscious are derived from the unconscious. Movements of limbs held back after birth (wrapping legs tightly) later helps speech development.

*pages 250–266*

*Invitation and programmes of courses in Dornach in 1920 and in Stuttgart  
in 1922 . . . . . 268–277*

*Notes . . . . . 279*

*Rudolf Steiner's Collected Works . . . . . 285*

*Significant Events in the Life of Rudolf Steiner . . . . . 299*

*Index . . . . . 313*

*Colour Plates . . . . . 323*