



## From the Papers on the Sundial:

It has been said that if you have your health you have everything. But what do they mean by everything? Does that mean *everything*? If so, that could explain why we can't fit anything else in the front hall closet.

Well, everything or not, health is all the rage. Diets, exercise, yoga, stress relief, medications—what's a Victorian to do? Well, we thought we might see if the turn of this century has anything on the turn of last century. And, it turns out, no, not really. Take your vitamins, wash your hands for fifteen seconds, brush your teeth for two minutes, get a good night's sleep and enjoy this issue. Doctor's orders.

## Is Disease a Reversion? by James Mortimer, M.R.C.S.

I have been asked by numerous parties—and believe me I have been to a few parties and, I must admit, some of them have been dreadfully boring and stuffy affairs, not like the ones Laura Lyons throws—to discuss the theoretical concept that disease is a reversion.

First, exactly, what do we mean by reversion. There are many ways to look at reversion. Mostly, I like to look at it upside down. That way I can be certain which way gravity is tugging at my walking stick. And it is quite a nice stick, too. Although I keep misplacing it. My friends at Charing Cross Hospital gave it to me. I use it extensively when I am walking through the moor. Although I don't like to go out at night. Rather frightful. Especially when the moon shines through the fog. Think you'd been swallowed up into a potato soup. Except that it rarely smells like potato. I like potato soup, particularly with a pinch of basil and salt. I know I shouldn't have the salt. It's just not good for me.

Like disease—it's just not good for you. Whether you call it reversion or inversion or diversion, the results are the same. And it's just not good. I like to take a practical approach to disease, which, by the way, we have not really defined either. It is a compound word, composed of "dis," which references negation or deprivation, and "ease," which refers to being without

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discomfort. Therefore "disease" refers to the negation of comfort, the two "dises" canceling one another out the way terms in an algebraic equation cancel one another out. I never really understood that either. When you cancel the terms out, do they disappear—there's that "dis" again—or do they perhaps go somewhere else that we cannot really understand? Perhaps to another time or maybe another geographic location. Perhaps the Far East, perhaps Africa or maybe South America. I have heard that there are still tribes in South America who remain untouched by modern society. I would like to see them, but then again if I saw them and they saw me, then they (**continued on page 2**)



### **Culverton Smith's Breakthrough Diet**

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\*May cause delirious episodes.

(continued from page 1) could not claim that they had been untouched by modern society.

A. Conan Doyle, MB, CM, MD  
Bush Villas  
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And one thing that modern society has is disease. So, we see, we have disease and we have reversion. How do we reconcile these two concepts that at first appearance—the opposite of disappearance because it has no “dis”—are completely unrelated. They are related exclusively and intrinsically by virtue of their own extrinsic particularities. By this, I mean that disease is a reversion to our previous form, a form which was unable to cope with the environment around us. As Darwin has told us, nature selects that which is beneficial. If it is not beneficial, or if at least there is no disadvantage—well, “disseed” again—the trait will be carried forward into the next generation. How exactly that occurs we are unable to say at this time, but suffice it to say that we are not the same as our ancestors. No, hardly at all. We throw much better parties than our ancestors ever could.

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The Kensington Walk-in Clinics is delighted to announce the opening of new offices in Kent, Paddington and the West End. All will feature the same caring and compassionate staff that our other fine clinics evince, plus each one will have its own specialty:

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### New Diet Announced Amazing Results! Everyone will use it

TRINCOMALEE. Two brothers have announced their derivation of a new and, so they claim, highly effective diet. Arden and Abercrombie Atkinson said that their diet will revolutionize the diet industry.

"Think of it as a steak and kidney pie without the pie," Arden said. "Just get rid of all that awful pastry."

"The bread is the worst part," added Abercrombie. It's got all sorts of bread stuff in it. And that's just bad for you."

Called the Atkinson Diet, the brothers claim that limiting what Arden, who appears to be the smarter of the two, calls carbohydrates will in turn lead to weight loss. "See," said Arden recently, "the carbohydrates break down into sugar kind of stuff and the sugars turn into fat in your body if you don't do stuff like chase after horses. Which is what our other brother Allen did. Except the horse ran off a cliff and Allen went with him. We had to call in a detective to find out whose horse it was. Tragedy it was."

But the brothers have submitted notebooks of data that they have collected from people who have followed this diet. "The results are amazing," Abercrombie states.

Still, the medical community is skeptical but reviewing the information.

"I couldn't imagine a steak and kidney pie without the pie," Professor Presbury, the eminent physiologist said. "That's like saying that cigarettes are bad for you."

### Medical Community Amazed Curative Breakthrough of Epic Proportions Doctor Lauded for Years of Research

LONDON. Dr. Ormond Sacker, late of Sumatra and New Zealand, has returned to England with an astonishing elixir which "cures darn near everything." Dr. Sacker has spent years working with Indonesian tribesmen whose lifespan is "much greater than ours," and has developed a substance that will, in his words, "make suffering a thing of the past." Dr. Sacker claims that his elixir will cure arthritis, jaundice, gout, pneumonia, headaches and impetigo. It also "makes a great mixer with run," he says. "And is good for thinning paint and varnish too."

Dr. Medical Community heaped praise on Dr. Sacker, saying that the elixir is a testament to his stamina and creativity. "Dr. Sacker is the pre-eminent expert on Indonesian herbal extracts," Dr. Community said.

Other doctors remain skeptical though. Dr. James Mortimer, late of Grimpen Mire Medical Services and founder of Mortimer Medical Enterprises, said, "If it looks like a duck and walks like a duck, it must be a quack."

Dr. Sacker has responded to criticism with characteristic grace, saying, "I have faith in my elixir. Time will tell. They laughed at the Hansom cab. Well, maybe it wasn't so much a laugh as it was a chortle or a guffaw. Well, maybe not a guffaw, but at least a chuckle."



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## *Simpson's on the Strand*

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## **Five Rules for Truly Great Relationships**

Taken from Colonel Sebastian Moran's Health Newsletter

**Be Honest:** The best advice that I could ever give is to be yourself. Never forget who you are and never compromise yourself.

**Be Open:** Try new things, like hunting game in the western Himalayas. Not only will it hone your skills and make you a better person, it will also make you more interesting. And a better shot.

**Be Positive:** Always believe that you can do what you set out to do. If you are using an airgun, believe that you can make that kill.

**Be Playful:** Always be ready with a deck of cards.

**Be Bold:** Nothing succeeds like success. And boldness attracts others who are just as outgoing.

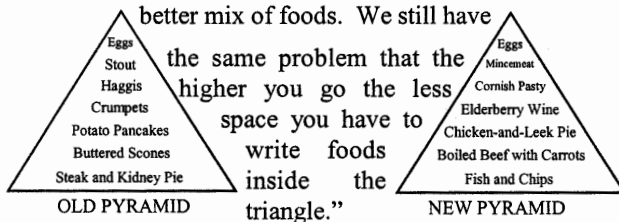
**Be Curious:** You never know what you might find out about a person until you ask. Sometimes you have to keep asking until you get what you want.



## Research News You Can Use!

**A Leech in Time.** Doctors in Northumberland have determined that the optimum number of leeches that should be used at any one time is fifteen. "Too few leeches," Dr. Reginald Dimwilter said, "results in the therapy not being efficacious. Too many results in no blood left in the patient."

**New Food Pyramid.** Researchers at Edinburgh University have announced a new dietary paradigm. "The old pyramid is out—well, it really is just a triangle," Dr. Dim Regwilter said. "The new pyr—triangle— allows for a much



**More than just hot-tempered?** Dr. Wilt Regdimer said today that he has found evidence to suggest that red-headed people are more likely to open pawn shops than those with other colors of hair. "They also like to copy lots of documents," Dr. Regdimer noted, "and are quite gullible."

## Jackson and Anstruther to Leave Practices

### Annoyed with Other Doctor

#### To Open New Insurance

Dr. Thaddeus Jackson and Dr. Mortimer Anstruther have announced that they will leave their medical practices in order to form a new type of insurance company. They both place blame on one of their colleagues, general practitioner Dr. John H. Watson.

"He was always demanding that we fill in for him while he ran around the countryside with that jack-in-office detective friend of his," said Dr. Jackson.

"I have been waiting two years for the payment that he promised for looking after his patients," Dr. Anstruther added. "I had my own practice to consider, but he never thought of that."

Dr. Watson could not be reached for comment.

"Besides," Jackson commented, "the real money is in insurance."

The two are in the process of starting a company called a "health maintenance organization."

"It is designed," Anstruther explained, "to contain costs while maximizing the benefit for the patient. I have three darts and a dartboard. The dartboard has monetary values on it—like 40 pounds, 350 pounds, 927 pounds. I choose an ailment—like bloodletting or leeches. Then I throw the three darts. Whatever three values the darts hit I take the average and that is what we will allow for that particular ailment. Scientific and statistically accurate."

## FDA Announces New Drugs

### Relief for Millions Expected

#### Pharmaceutical Stocks Surge

Tiny Headlines Give People Headaches

Fred's Drug Administration announced today that it has approved nearly two dozen new drugs for the treatment of a number of ailments. "This is a boon for the consumer and a cash cow for the pharmaceutical industry," Fred said.

Among the drugs announced are:

Phelpsedrin: for the treatment of extreme anxiety.

Melasium: Medication for anxiety when accompanied by feelings of impending doom.

RoLyonol: an anti-depressant, particularly for women who have suffered a recent loss.

Dunbaris: excellent for people who feel they are being falsely accused. (Part of the Stoneratin family of anti-anxiety drugs.)

Lestradenol: used in the treatment of hubris and those with delusions of grandeur.

Hunterexium: used for treating people who prefer to be alone or are afraid of crowds and ministers.

Moranitor: a gambling inhibitor.

Atorwilsonidel: used to reduce the anxiety in people who think they are owed money.

Seromycroft: a dietary supplement designed to suppress hunger. Used only in extreme obesity.

Adlervastatin: a mood enhancing drug that results in a feeling of calmness, even love.

Sutherlandelium: used for attention deficit disorder and to help the patient focus better.

Bakeraris: anti-anxiety drug used to aid people with a fear of poultry.

"This is a record for us," Fred said. "Approving this many drugs at one time might lead people to question our decision. But since we get free samples of everything, we really don't care."

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Carl Heifetz, Representative (both with the Servants and with the Tradespeople),

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Wanda & Jeff Dow, The Papers on the Sundial,

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