THE BODY CURES ITSELF

Facts prove conclusively that the human organism is a selfcuring, self-healing mechanism. But the essential materials for the work of healing and repair must be available. What heals a cut finger? Is it the ointment that is applied? No, the healing is done by and through the blood. The best that an ointment can do is to keep the wound clean, and possibly supply some

materials that the blood can attract and utilise.

Nature alone creates, and nature should be able to restore life is entirely spiritual; others claim that it is a matter of mind; yet others maintain that healing is a totally physical process. The truth is that man is a triune being consisting of spiritual, intellectual and physical departments, and that all three are essential, making up the being. Man does not possess a soul; he IS a soul—an entity. While the original source of life is Infinite and the basic reason for disease and death is being out of harmony with God and nature, physical life is in the blood: "The Blood is The Life". Hence pure, chemically balanced blood is a guarantee of life and health, and the person who has a good circulation of pure blood in his organism is a well being.

Anything which depletes or disorganises the blood brings about disease, which as the name implies is a lack of ease (dis-ease)—a lack of harmony in the body. Wrong, negative thinking, morbid and evil emotions, faulty diet and bad habits of living all tend to disorganise the blood and bring about disease conditions of the brain and body. This booklet is not intended to deal with all these causes, but with the fundamental fact that the organism is self-curative if the blood is normal, and that with pure blood there must be freedom from tension and illness. All that the physician, the osteopath, the homoeopath, the herbalist or the psychologist can do is to assist nature. In the end it is the body which cures itself by taking hold of and utilising the assistance given through the various forms of mental and physical healing. When the organism does not react to treatment of any kind, nothing happens. All depends on the intelligence already existing in the blood and the body cells making use of the assistance given. This is, of course, an argument in favour of natural healing. Suppressive drugs change symptoms and interfere with the system's healing forces. Natural therapies assist nature. A drug can kill germs and

suppress pain, but such a drug does not remove the basic cause of the pain or remove the reason why disease germs are present.

Pain is nature's warning that something is wrong, and the cause cannot be removed by a campaign of germ slaughter or by using pain-killing poisons which are foreign to the organism. Germs of disease can only flourish in poisoned blood, so the real remedy is to restore the blood to a condition of purity and chemical balance.

All these matters have been discussed thoroughly in other books by the writer. In this instance we are dealing with what we consider to be one of the most logical and effective methods of normalising the blood, and through the blood all the organs of the body, ever discovered by man. This method enables the human organism to utilise its total healing force, and at the same time necessary vital elements are introduced into the body and handled by the blood and cell intelligence in a manner strictly in accord with natural law.

WHEN NATURE SEEMS TO FAIL

Having established that the body cures itself one may rightly ask the question: how is it that when the best of natural treatment is applied on all three planes of being, results are not in evidence? And we have to confess that this is so often the case. Nine may get well, but number ten does not respond at all. Maybe it is the sufferer's thinking that is at fault. Yet the best treatment by mental analysis fails to produce any change. We believe the answer is this: the system cannot utilise and apply curative force of any nature when it is tensed up and in an irritated condition.

We hear a great deal, in these days of stress and rush, about the importance of total relaxation. Indeed, health specialists agree that many people cannot get well unless they learn how to relax. But, it is asked, why do not the best mental and physical treatments induce a relaxed condition? It would appear that many people just cannot relax, no matter what is done to help produce such a desirable state. Yet it should be possible, for the human system should react to the operations of natural law. We are indebted to the late L. E. Eeman, a health scientist and investigator of considerable ability, for a reasonable answer to this question.

The body consists of an enormous number of cells which are akin to minute electrical batteries. Each individual cell has its positive and negative electric qualities, and when the entire mass of cells is balanced, or polarised, tension departs and the mind and body is relaxed. When there is an excess of the positive flow, tension results. When the negative is out of balance, there is fatigue. Health results from a perfect state of balance between the positive and negative. Many sufferers have electrical leaks-their energy is not conserved and built up, but flows away owing to a condition of electrical imbalance. Of course, such leaks can be caused by faulty thinking and living: such as sexual abuse, for example, Some degree of electrical imbalance is present in ALL mental and physical disorders. When the entire body is out of balance we have a serious condition. When only groups of cells become imbalanced we have a localised disorder: an ache, some inflammation, or a local anaemia. In all cases the blood is affected, and so is its normal flow throughout the organism. It is only when a state of balance has been restored that the healing force can get to work. Eeman found a unique method of polarising the body, stopping electrical leaks and conserving energy. His system positively induces mental and physical relaxation.

THE EEMAN METHOD

L. E. Eeman wrote extensively about his discovery. In brief, it amounts to what follows:

Any apparatus operated by electricity must act in accord with known electric laws. As in a battery, there must be a positive pole and a negative pole. When the two poles are linked a circuit is formed through which the electric current flows. Thus, when the positive and negative flows meet in a light bulb, light results. Any electrical "leak" will cause the battery to run down rapidly.

The human body, being composed of billions of electric cells, all of which are linked up, forms a living battery. When the flow of human electricity is normal the body is in a state of health. It is active, yet relaxed. There is no tension. If, through

any reasons, any part of the organism becomes more positive than it should be, or more negative, that part suffers from pain, congestion or inflammation as the case may be. If the vital electrical force is wasted in any way, and there is a "leak", the entire organism will suffer and there exists a condition known as innervation. In other words, when the electrical flow between positive and negative is imbalanced we have DIS-EASE in one form or another. This condition of electrical imbalance is evident in all known diseases, even as tension is also present in all disease conditions. When the imbalanced condition is normalised by polarising the electrical flow, tension goes and the body can commence to heal itself and take up and utilise remedial elements and curative foods.

In all animal organisms the head is electrically positive, while the feet are negative. The sacrum (hip and lower back area) is also negative. In right-handed people the right hand is more positive, while the left is negative. The right foot is positive and the left negative, although together they form a negative pole. Every organ has its positive and negative poles. A proper balance between the poles produces a state of relaxation and organic balance. By linking up the extreme positive and negative poles the entire organism tends to become polarised; relaxation

results and self-healing laws operate.

For example: by crossing the feet at the ankles (right over left or vice versa) two opposite poles are united and there is a flow of vital force between the two. The same applies to the hands when they are lightly linked together by the fingers being crossed. But there should not be any hard grip, as gripping means tension which takes away the value of the link-up. If the head and the sacrum are connected up by means of a piece of flex, then we have a very effective link between two powerfully operative poles. Eeman devised metallic mats, one to go under the head and the other under the sacrum. These mats were linked by a piece of flex connecting the two and running along the spine. The mats were covered with cloth, or any organic material, for comfort and convenience. It must be noted that this human electricity, or vital force, will pass through clothing; in this respect alone it differs from commercial electricity. The exact nature of human electricity is debatable. Many of the scientifically minded have tried to unveil the mystery, and various names have been given to this vital force. All we do know is that, apart from its ability to flow through organic matter, it acts in total harmony with the known laws of ordinary electricity.

ASTONISHING RESULTS

When the opposite poles of the body are linked we form what is known as "the Eeman circuit". The curative effects have, in many instances, been spectacular. Even with the fingers linked and the feet crossed excellent effects have been obtained, although for the full value of circuit treatment the head and

sacrum should be connected.

The writer, and many other experienced practitioners, can assert that this form of treatment has brought benefit to hundreds of sufferers from insomnia, neurasthenia, nervous tension, high blood-pressure, abdominal distress, indigestion, general debility and mental conditions characterised by excitement, restlessness and moodiness. Also there have been noticeable effects in cases of neuritis, rheumatism, feverish conditions, asthma, respiratory weakness, urinary troubles, and almost all known everyday disorders. However, the curative value in all disorders has been intensified considerably when suitable medicaments have been introduced into the circuit. Of this we shall deal later.

Here are examples of the effects of circuit treatment, or

auto(self)-induction.

A lady of fifty years had suffered from severe insomnia for many years. The only way in which she could get to sleep was by taking larger and larger doses of sedatives. Eventually the accumulative effects of the drugs taken caused indigestion and periodic inflammation of the bowels and urinary organs. She had been to a nature cure health home for treatment, tried homoeopathy and herbal therapy. All these methods produced a small measure of relief for a short time, but the insomnia returned in due course, and appeared to be worse than ever. Psychological treatment helped her mentally, but had little or no effect with her inability to get a good night's rest.

The writer then suggested the Eeman method, which she employed with diligence once during the day and every night on retiring. Some relief was manifest after the first twentyminute treatment. She persisted, and within six weeks had lost her insomnia and she gradually regained full mental and

physical vigour.

During the day she sat back in an easy-chair with fingers lightly linked over the abdomen and feet crossed at the ankles. She used two domestic scouring cloths as "mats" for the head and sacrum. These mats are threaded with copper, so they acted very well. She linked up the two mats with a piece of electric flex, connecting the two uncovered ends of the flex to the mats by means of claw clips. She relaxed to the best of her ability and allowed herself to "sink into peace". Sometimes she fell asleep, and awakened in due course greatly refreshed. Incidentally, one may remain in the circuit for any length of time, although results are not to be expected under fifteen minutes. Twenty to thirty minutes is a reasonable time. If one falls asleep, so much the better!

At night the lady did the same in her bed, occasionally going to sleep while in the circuit. Early during the course of treatments she would wake up and not be able to sleep again. So she would get out of bed, walk about to wake herself up thoroughly, then get into bed and again place herself in circuit. Later, she slept well throughout the night. Incidentally, L. E. Eeman advised this thoroughly waking oneself up in cases of

insomnia before again placing oneself in circuit.

A man of fifty-five had suffered for a lifetime from abdominal adhesions, prolapsed stomach and general debility. His abdominal pains were far worse at night; as a result he could not relax, and had very little sleep. Occasionally his abdominal pains were so bad that he felt like screaming with the agony. Various sensible forms of treatment produced no relief until he adopted the Eeman circuit. By this means his contracted abdomen relaxed—he said he could FEEL the relaxation taking place when in circuit—and he managed to get to sleep. His general health improved in a marked manner. Of course, circuit treatment did not remove his abdominal adhesions—there is a limit to what any form of treatment can accomplish; but it did bring him peace of body and made life worth living.

It may be said that no treatment other than manipulation can normalise the spine when there are subluxations. On the surface such a contention seems to be reasonable. But what causes spinal subluxations? Surely, in most cases, it is muscular tension (contraction) on one side of the spine pulling a vertebra out of position. Osteopaths and chiropractors know all too well that after repeated adjustments spinal bones again and again get out of position. The reason being that the cause for the

subluxation has not been removed, and this cause is tension, and tension is due to imbalance in the electrical polarity. Thus we have found that many cases of spinal subluxation have not only been corrected by using the Eeman circuit, but they have remained cured! Osteopaths using the circuit obtain far quicker and more permanent results when using this unique method of inducing relaxation.

We could quote cases of stomach, kidney, bladder, intestinal, respiratory and various nervous disorders yielding rapidly to Eeman treatment. Also, weak hearts have been built up and restored to a goodly measure of health by this method, while the mentally and emotionally disturbed have received far

greater benefit than by any other means.

MEDICATION BY INDUCTION

It was logical for Mr Eeman to arrive at the conclusion that if remedial agents were placed in the circuit so that the human electrical flow passed through them, some of the virtues of these substances would be carried into the organism. Many experiments by Eeman himself, and with the co-operation of other research workers, proved that his contention was correct. One way of proving that remedies could be introduced into the organism by this means was to have a subject volunteer to be a "guinea-pig" and allow himself to be dosed with drugs, the effects of which would be very obvious, and more or less dangerous. A lady assistant had the courage to act as the subject of these experiments, and the results were quite obvious, the subject experiencing the same effects when the drugs were placed in the circuit as when they were taken orally or by injection.

The writer himself conducted similar experiments with one of his sons. On one occasion this young man had a severe headache, the pain being intense. He was placed in the circuit and two tablets of aspirin were dissolved in water and placed in "the flow". The result was a quicker suppression of the pain than would have been possible had he taken the aspirin orally.

It follows that if suppressive drugs and poisons act on the organism in this way, then natural healing agents can also be similarly introduced. That this is a fact has been proved scores of times, and there is no doubt that the results obtained are

quicker and more effective. This would be due partly to the fact that the induction takes place while the organism is at ease (relaxed), and also by virtue of this: there is nothing to con-

taminate the medicament employed.

It seems reasonable to suppose that medicines can be contaminated in the mouth from food deposits and decayed teeth, thus entering the stomach somewhat affected by mouth acids, etc. This would be more pronounced with homoeopathic medicaments, as they are so easily affected by other substances and quite often, in the writer's opinion, actually antidoted in the mouth. When remedial items are introduced into the system by means of the Eeman circuit, such contamination does not take place. Moreover, the medicament enters the body as a force rather than a material substance; hence nothing has to be dirested or assimilated.

This system of induction by circuit has been endorsed by professional healers of some reputation. There are other ways of linking up the opposite poles of the body, and we are dealing

with one method only.

THE AUTO-NORMALISER

Some years ago the writer devised a piece of apparatus which, in his opinion and that of other investigators, intensified the value of the Eeman circuit as a means for the introduction of remedial forces into the system. The name "Auto-Normaliser" was given to the apparatus as it was essentially a self(auto)-normalising creation. The idea was submitted to Mr Eeman and endorsed by him. It was found that by adding an earth wire to the circuit electrons were drawn from the earth, and this seemed to improve the action of the circuit in a general manner and the introduction of medicaments in particular. In the apparatus a container was placed in which the necessary medicament was dissolved in plain water. Leads with silver wire terminals were inserted into the medicament from the positive and negative poles of the circuit. The terminals were, of course, separated from each other. The earth terminal was of copper, as that was considered to be the best conductor of electrons from the earth. Later on the apparatus was improved by co-operation with Mr Bruce Copen, an expert in the design and manufacture of instruments for use in the science of

Radiesthesia. The apparatus evolved was so constructed as to further intensify the effects. This attractive and highly efficient Auto-Normaliser is now available to the profession and the public. Perhaps the most important matter with treatment by the Auto-Normaliser, aside from its therapeutical value, is the fact that treatments cannot possibly cause harm, not even to the youngest child or to the weakest invalid. There is nothing to get out of order, and with care the apparatus will last a lifetime. There is no electric current or shock, and the first cost is the last. True, medicaments, when employed, have to be purchased, but the cost is little. Even without medicaments the Auto-Normaliser pays for itself in health dividends hundreds of time over. The entire family can use it with confidence.

Dr. A. T. Westlake, a doctor of vast experience and an investigator with a scientific mind, considers that the best way to medicate is by means of this apparatus, and mentions the original model in his valuable book. *The Pattern of Health.**

MOTHER EARTH

Some practitioners question the value of earthing the Auto-Normaliser. We can say with certainty that results show the importance and value of this. In a sense the earth is the mother of us all, for it is from her breasts that we are nourished by the food she provides. We are "of the earth, earthy". It is claimed that every element found in the soil plays some vital part in our bodies, and that includes the vital mineral trace elements. Some are present only in microscopic quantities, yet without them the system does not function properly. By linking up with the earth when taking treatment we get an inflow of earth energy: a flow of electrons and the "wave energy" of our mother earth.

A blood chief of the North American Indians informed the writer that it is their custom to bury sick people up to their necks in the earth, and that this actually cures them of many diseases. The Indians claim that the Great Spirit heals from the air, vegetation and the earth itself, and that the healing force is most powerful in the latter. In Africa they have a custom

*The Pattrn of Health, by Dr Aubrey Westlake. Vincent Stuart Publishers Ltd. 25/-. By post from Bruce Copen, The Lodge, Brantridge Forest, Balcombe, Sussex, England. To U.S.A. \$3.70, postage paid. of placing the sick in sand up to their necks. We know for certain of a paralysed girl who was cured by this method after being given up by the doctors. So reason tells us to harness all nature's healing forces, and by having an earth lead to the tuto-Normaliser we are placing an enormous healing force on tap.

A UNIQUE MEDICAMENT

In formulating a natural medicament for use with the Auto-Normaliser it was decided to produce a remedy that was not only natural to the organism, but which acted on all the chemical processes and vital organs. Also, it was decided to use mineral substances only, as it was thought that the wave energy from these could be conducted into the body by this method in a more positive manner than the energy from vegetable substances. But it was also concluded that these mineral substances should be split up thoroughly by the process of prolonged trituration as employed by the homocopaths and Schuessler biochemists. When minerals are thoroughly triturated and their molecules "smashed", a great deal of curative energy is liberated. After about the 6x trituration we have a mineral in about as fine a form as that same mineral is found in plant life; but the trituration has vitalised the substance and its action is far more profound. It may be argued that the logical way is to make minerals as provided by the vegetable kingdom. Rightly so. Yet why is it that people suffering from, say, calcium deficiency diseases often fail to get well when they take an abundance of calcium-rich food? Obviously they do not assimilate properly. They pass calcium via their urine, but the system fails to take it up. In such cases a few doses of homoeopathically triturated calcium removes the reason for the faulty calcium assimilation. It appears that the triturated mineral attracts its like from the food eaten and the body can then assimilate. The wave energy from calcium (triturated) in the Auto-Normaliser has the same effect as when homoeopathic calcium is taken orally, and probably to a more marked extent. The same applies to all the principal minerals which have been included in the special medicament made up for use in the apparatus.

apparatus.

The object in preparing this medicament was to provide the system with a flow of the most vital and essential energies

necessary to encourage every organic process in the body, paying very special attention to the blood itself and to its requirements. When an organ is nourished with pure blood and functions normally it cannot become diseased. Hence we consider that the use of the Auto-Normaliser will perform a great service in disease prevention, either with or without the medicament, although better results are to be expected when the medicament is employed.

Without the medicament all that is required in the Auto-Normaliser is plain tap-water, although effects will be better if a

good pinch of common table salt is added.

AN ANCIENT REMEDY WITH A DIFFERENT APPLICATION

Not many may realise that the use of one's own urine for healing purposes is as old as the hills. From time to time urine has been taken internally and applied externally for a variety of ailments, and more especially for rheumatic and skin disorders. The idea of swallowing one's own urine is very distasteful, to say the least, to the majority of people. However, we have to face the fact that there is considerable evidence that the value of urine as a remedial agent has been fully proven. Several books by competent professional men have been written on the subject, and the writer knows in person people who have been cured of rheumatism, skin trouble and other ailments by this means. One lady of considerable ability and very good looks attributes her healthy skin and youthful appearance to the daily taking of her own urine. She is a professional lady over sixty years of age. She looks not a day older than forty.

In a way, taking one's urine is a form of homoeopathy—a method of "like curing like". The urine contains small quantities of the toxic substances responsible for certain disorders in the system, and when the urine is taken orally these same substances act "homoeopathically" on the organism, thereby establishing a cure. Blood has been potentised and employed successfully in the same manner.

Country folk with rough hands from working out of doors often massage their hands with their urine, thereby keeping them soft and presentable. Indeed, urine surpasses all the skin

creams

The problem is the taking of urine. The idea is so repulsive to most people that they will not give the matter a second thought. The answer lies in the Auto-Normaliser. When one's urine is placed in the container the curative energies flow through the circuit and charge the body with its own healing powers. We are inclined to think that this method of urine therapy is superior in every way to the distasteful method of taking urine orally.

A few years ago a lady suffering badly from rheumatoid arthritis was advised to use her early morning urine in the Auto-Normaliser, as she had purchased one of the first models made. After a few weeks she reported that she felt much better and that there were signs that the arthritis was abating. But the most amazing thing was that her skin, formerly very dry and rough, had become fine and silky. A pasty look had vanished from her face and she felt full of hope. At that time the writer went to Australia for over two years and has lost contact with the patient, so we are not aware of the present position.

That the skin and kidneys are closely associated, all healers know. Anybody who has wet, clammy hands probably has kidney trouble. The two organs work together, and when the kidneys are weak the skin takes on part of the excretory work normally performed by the kidneys, and vice versa. Hence it is easy to follow the reason why urine therapy has such a good effect on the skin, the urine having been produced by kidney action.

We do not say that urine in the Auto-Normaliser will cure everything. That is unlikely, and there is not enough evidence available as yet to say how many disorders are going to respond to such treatment. But we think it likely that the field of relief and cure is a fairly extensive one. Once again the great thing to keep in mind is that such treatment cannot possibly harm—only good can come about.

To possess an Auto-Normaliser means that one has in the home a harmless and very potent health builder and a means whereby many disorders can be treated with success: an energy builder that operates in total harmony with natural law.

Auto-Normaliser . . . Instructions for Use

Outline of the instrument. The Auto-Normaliser comes complete with the following accessories:

1. Two cables with red and black terminals (spade type) attached to one end, and two chrome-plated electrodes at the other. The black is termed negative, and the red is termed positive.

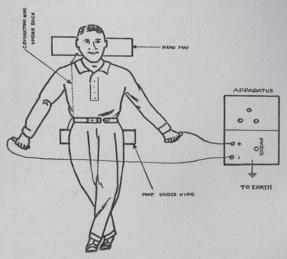
2. Two copper mats which are cloth-covered (the covers can be removed for washing), and with these you will find a short cable which clips at either end. This cable is clipped directly onto the copper mats, and can remain fixed if desired.

3. One earthing wire with a black plug at one end. This black plug is inserted into the corresponding black socket on the right of the instrument case, and the other end of the wire earthed to a water pipe, or any common earthing point (not gas piping).

4. Inside the instrument case there will be found a plastic container which has three terminals on top; remove these terminals by unscrewing the heads of the terminals, the spade or hook terminals can then be removed, and in turn the container. When you have the container out of its padded compartment you can unscrew the cap; this cap is fitted with a self-seal cap so that it is impossible to upset the bottle and cause leakage at any time. When the top is off the bottle, you will note three wires running into the inside of the container; two of these are pure silver, the other pure copper; these are the activating electrodes. It will be noticed that the black is the negative, red the positive and white the EARTH (copper) terminal. When replaced, see that these wires are not touching each other.

5. Take the medicament powder and put a teaspoonful of it into the container and half-fill with water; replace cap on container and shake gently to mix the contents. (In the case of Urine therapy, the urine is placed into the container, but the bottle MUST be well washed before using again. A spare container specially for Urine therapy can be supplied at small extra cost if desired to eliminate faulty cleansing of the original.) Replace the container into its compartment and connect up each terminal of its like colour, i.e. black to black, red to red and white to white.

Next, unwind the coil of cable to which the electrodes are attached (the electrodes are removable by unplugging, if desired to clean them at any time). Plug the red terminal on the red knob on the right-hand side of the case; this is done simply by unscrewing, with the fingers, the red knob. DO NOT tighten too much; no force is required. Repeat the procedure with the other electrodes, and all is nearly ready. The switch on the right-hand panel is to isolate the instrument from the action of the medicament if desired.



IMPORTANT. Do not subject the polythene container to boiling water as this will distort the material.

It is wise, after a number of treatments, to wipe the wires that go into the bottle with a slightly abrasive cloth, especially the copper one; this should be done when deposits are attached to the copper due to the action of the instrument.

Treatment

The patient may sit or lie down in a relaxed position to receive the treatment. One mat is placed under the head, the other under the sacrum (base of spine), with the connecting wire attached to each. Next, assuming that all cables are connected to the instrument, and the instrument is switched on, the hand electrodes are held, one in each hand. The feet are crossed at the ankles, right over left or vice versa. There is no electricity in the Auto-Normaliser: its action is purely natural, and based on natural energies in and around the body.

Do not grip the hand electrodes tightly. Hold them lightly. Gripping causes tension and this interferes with the full effects. When no special medicament is available, common table salt may be used instead—half a teaspoonful to the same quantity of water. This is quite effective, but not so vitalising or healing as with the medicament. When having treatment the patient should relax as much as possible. It is helpful to think of soothing subjects: good music, beautiful scenery, happy events, etc. Troubled thoughts interfere with the results. Imagine yourself being charged with health and energy, which is actually what is happening.

Urine Therapy

Be sure the container is clean and place a little of your urine (early morning urine is best but not essential) in the container and add water to about half full. This system is recommended especially for rheumatic and skin disorders. It may be alternated with treatment by the special medicament if desired, but always well cleanse the container after treatment with urine.

Note that when one individual is using the Auto-Normaliser he or she may use the same medicament for several treatments before replacing with fresh medicament and water; but on no account must the same medicament and water be used for more than one person. The container should be cleansed after each treatment when more than one is using it, and fresh medicament used for each occasion. One person may use the same medicament for up to a week at a time. With urine treatment the container should be cleansed after each treatment by all users.

In all cases the period for treatment can vary from fifteen to thirty minutes once or twice daily, or two or three times weekly. It has been found that half an hour is ideal. Since there is no possibility of overdose at all, it does not matter if the patient goes to sleep whilst connected to the circuit. Longer periods of treatment are suggested for severe illness. The Auto-Induction treatment is not habit-forming in any way, and can only do good. The originator or manufacturer would be pleased to answer any questions regarding the operation of the instrument at the address below. . . .

The Auto-Normaliser is manufactured and supplied by:
Bruce Copen, N.D., F.B.R.A.

"The Lodge", Brantridge Forest, Balcombe, Sussex, England. Manufacturer of Radionic and Natural Healing Apparatus. Note that the circuit method employed is based on the teachings of the late L. E. Eeman, although the linking up of the opposite poles differs somewhat from that suggested by him in that the method advised for the Auto-Normaliser is less complicated.