

## Health Themes in "Dr. Heidegger's Experiment"

How long have health officials been lying to us? "Dr. Heidegger's Experiment," by Nathaniel Hawthorne, explores the topics of charlatanry and quackery. The economy of medicine and agriculture conceal not only the veracious effects of their products, but also the detrimental ingredients and substances inside their "goods." Moreover, why don't we see the creators and administrators of these products use them if they're so safe?

Technology is developing at an unprecedented rate, leaving people oblivious to substances being used in their commodities: prescription drugs, "organic" foods and packaged foods. People are easily misled by a pretty package, yet ignore major hints: would you eat something with the names of ingredients you can't even pronounce? Similarly, the characters are easily misled by the appearance of the Fountain of Youth's water, yet they ignore its likeness to alcohol: the champagne glass and silvery bubbling of the water. Unfortunately, the effects of the 'water' are debasing their minds, causing them to believe they turned young.

Early medicine believed alcohol had healing properties. According to Ancient Origins, alcohol had positive side effects: "strengthens natural heat, preserves stomach, helps digestion." However, the negative effects include dimming consciousness, darkening understanding, and other ill-effects on the brain. It is impossible to overdose on vegetables and fruits, but why is it possible to overdose on alcohol and drugs? Are they, perhaps, inherently toxic?

Dr. Heidegger is no different than the elites who fool us. When he was asked to dance with Widow Wycherly, he refused and offered this weak excuse: "[Dr. Heidegger is] old and rheumatic, and [his] dancing days were over long ago." He clearly recognizes the liquid in the champagne glass is alcohol. Furthermore, with a pre-experiment, Dr. Heidegger convinces the individuals to indulge in strong liquor. The rose was able to regenerate itself because of science and because plant cells have a property called turgor pressure. This property uses water to prevent wilting. For example, if your celery is beginning to wilt, place it in a bowl of water. Turgor pressure exerts a force on the cell wall when there is too much water to achieve an equilibrium.

Dr Heidegger did not take his own 'medicine;' likewise, most oncologists, who recommend and administer chemotherapy for thousands of their patients, would never undergo chemotherapy even if they had cancer. Oncologists recognize that the constant input of toxic chemicals does not benefit the patient, instead it will continue harming patients. A similar hypocrisy is practiced in the cafeteria at Monsanto (world's largest GMO plant), which does not serve any GMO food products served. During the rise of GMO use, the rates of obesity rose too. Scientists continue to deny their connection.

People believed that if you drink from the Fountain of Youth you will gain eternal life and age backwards. However, the elixir that will grant you long life and resistance to premature wrinkles is maintaining a healthy diet. Furthermore, I believe the Fountain of Youth is water. Water and mineral water evidently combat aging factors by flushing out toxins from the body, combating eczema and psoriasis, enhancing bone health, promoting digestion, helping with rheumatism and delaying wrinkles. Furthermore, finding the right diet is necessary to self-care. A clean diet

will delay the process of aging. In addition, using natural products that lack chemical additives will bring benefits; for example, pomelo rice water helps delay grey hair by prolonging the presence of melanin pomelo rice water. Moreover, younger people need to understand that their current actions will impact them in the future.

“Dr. Heidegger’s Experiment” covers a variety of subject matters. Nathaniel Hawthorne questions and exposes the fraudsters who call themselves health professionals. However, it is our job as consumers to avoid them, and to protect our health.