Your Name

Instructor Name

Course Number

Date

 Vintage Book Project

 Humans have always been looking forward to attaining a healthy and active lifestyle, and this struggle is not new. They have been striving to achieve a vigorous lifestyle since ages, since the time humans used to live in caves. In those times, people used to rely on natural sources like herbs, weeds, plants and natural extracts to cure various kinds of diseases. After that, the times started to advance and modern science started taking over. Humans started to move from conventional methods to modern techniques, and started using chemicals to treat themselves. But still there are a large number of people who believe in the magic of natural treatment and use organic remedies for their medical care (Kamboj). These people continuously strive to highlight the importance of organic and natural remedies and make people aware of their effectiveness. One of such persons is Dr. D.C. Jarvis.

 Dr. DeForest Clinton Jarvis, born in 1881, was a famous physician from Vermont, United States of America. He was a great advocate of folk medicine and contributed a lot in this respect to the nation and the world. Although, there are a number of compilations on his name, the most notable one, by Dr. D.C. Jarvis, in this respect is “Folk Medicine”. “Folk Medicine: A Vermont Doctor's Guide to Good Health” was published in 1958 by Henry Holt & Co. Publishers, New York (Jarvis). The book remained in The New York Times Best Seller list continuously for two years, selling more than 245,000 copies in a year. The book has seen many editions since that time and is still being published and sold with the last edition being updated in 2002.

 “Fold Medicine” is a book that highlights the importance of organic treatment and remedies in order to cure different diseases and medical issues. In the publication, the experienced medical specialist has focused on a very popular and effective method that is centuries-old but is still very useful. Dr.Jarvis recommended using a mixture of raw apple cider vinegar and honey for the treatment of various medical issues. This mixture is exchangeably called honegar or switchel. This method can still be used even in modern times and is highly recommended by both doctors and herbal practitioners.

The treatments and remedies shared in the book are especially helpful in burning body fat, decreasing body weight, improving sleep patterns, overcoming chronic fatigue, reducing high blood pressure and more everyday issues. Although these issues are very small, they are very common in current times and almost every person is worried due to them.

The publication was highly acclaimed in literary and medical circles. It received many positive reviews from both the readers and critics and was held in esteem by both alike. This appreciation can be seen in the form of the review presented by a reviewer in the form of the following comments, "Pliny, the ancient Roman originator of the doctrine of signatures, used honey and vinegar to cleanse the system and promote good health. D. C. Jarvis, M.D. in Folk Medicine has re-popularized the use of honey and apple cider vinegar in modern times.”

Hence, it can be concluded that Dr.D.C. Jarvis has presented great and valuable information in the form of his publication, “Folk Medicine: A Vermont Doctor's Guide to Good Health”. It contains the secrets to a vigorous and healthy life, especially in the forms of practices adopted by the generations of Vermont. These techniques can help the people attain their goals of a fit and healthy life in a successful and unharmful way, without having to pay thousands of dollars to the doctors and wasting money on medicines.

**Works Cited**

Jarvis, DeForest Clinton. *Folk medicine*. Fawcett Books, 1995.

Kamboj, Ved P. "Herbal medicine." *Current science* 78.1 (2000): 35-39.