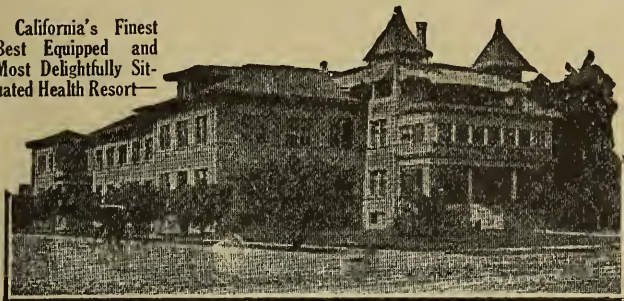


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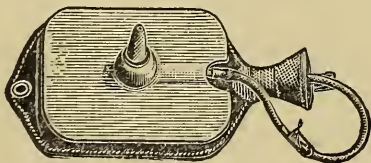
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**T**HIS magazine is devoted mainly to the following purposes:  
 The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both “regular” and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The “back to the land” idea, showing the advantages of a “little land well tilled,” to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called “infectious” diseases.

4. There is no such thing as “infection” or “contagion,” as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.



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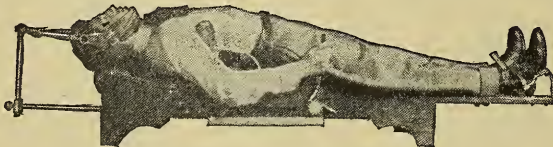
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Vol. III

LOS ANGELES, JUNE, 1914

No. 1

## The Waste of War

**A** HUNDRED years ago, when gentlemen considered themselves offended or wronged, even if they had been drunk, or otherwise mentally incompetent at the time, they were, according to the prevailing code of ethics, bound to meet and shoot or carve each other, after which "honor" was supposed to be satisfied. Nowadays they sue each other in the courts.

Can any valid reason be given why personal conflict is any more proper for millions of men, calling themselves nations, than it is for individuals? We are told that national honor cannot be arbitrated. Why is the honor of a hundred million people more sacred than the honor of one man?

The animal instinct of fighting—of overcoming an opponent—is strong in the human breast. It is a survival of barbarism, when man knew no law but

“The good old rule, the simple plan  
“That he shall keep who has the power,  
“That he shall get who can.”

This fighting spirit crops out continually. Indeed, it may be said to be the basis of our Society, our Politics, and our Business. Instead of each man trying to excel, he is not content until he has downed his competitor. Instead of wholesome emulation, we have harmful jealousy. Can a man not rise to fame and riches without pulling another down? Modern life is a constant battle. To that extent civilization is a failure.

The oft-repeated saying that the best way to have peace is to prepare for war, is false. It is good for steel and other war material manufacturers, but it is bad for the people. The civilized world is groaning under the cost of armed peace. Sixty-seven cents out of every dollar expended by the American government goes for wars and armament. Today, in an era of absolute peace (except in Mexico) the civilized nations of the world are spending two billion and a half dollars a year in preparing their armies and navies to spread death and devastation. An armed peace is like a man going around with a chip on his shoulder. The officers of a standing army naturally want war, because it means promotion and glory, just as the walking delegate wants trouble, or his followers would begin to ask what they paid him a salary for.

It is estimated that since the beginning of history, the loss in wars has amounted to fifteen billion men, or more than nine times the present population of the world. Authentic figures place the number of men killed during the twenty years of the Napoleonic wars at six millions, of whom Lafayette said three millions were Frenchmen, the flower of the youth and virility of the nation. Nor are we improving

in this respect, as time rolls on. During the nineteenth century, fourteen million men were killed in battle, or died as a result. Our own Civil War contributed eight hundred thousand men to the list of killed.

In the olden time wars were caused by the ambition, greed, and selfishness of sovereigns, or their satellites, often men of despicable character. Now they are usually worked up by ambitious politicians or manufacturers of war supplies, and speculators, egged on by unworthy newspapers acting as the picadors in a bull fight. When we see men urging gamins at a street corner to fight, we have our opinion of them. Strange to say, some preachers of the Gospel of Peace are found among them. However, this is perhaps not so surprising, for religious wars have always been the most bloody, ferocious, implacable and cruel. A writer has truthfully said:

More blood has flown, more communities been devastated, more lives have been sacrificed at the command of bigoted minds, in the name of religion, than through greed, lust of power and desire of gain all united.

A few weeks ago two hundred and fifty Mohammedan Albanians were crucified by Christians, in a church which was then consumed with fire. Even now Protestant and Catholic Irishmen are waiting to fly at each others' throats.

On a United States warship, at Vera Cruz, a chaplain preached a sermon, urging the invasion of Mexico and the slaying of Mexican men as a "holy war," even as Peter the Hermit incited men and children to cross Europe, braving hunger, thirst and the scimitars of the Saracens, to rescue the reputed tomb of Jesus from the infidels.

Another common purpose of war is to blind people to the misery and wrongs which they suffer at home. This has always been a favorite plan with despots, and is still commonly used.

People who do not think, which includes a great majority, are led on to war by appeals to false pride and false patriotism, by the waving of a piece of colored bunting. A man with family living on the northern border of an invisible boundary line has been for a generation friendly with a family a few miles away, on the other side. Perhaps they have intermarried. Suddenly he is informed that for a reason which he does not understand, it is his duty to hate and shoot his neighbor.

If the people understood what war is really like, war would cease. By those interested in maintaining war it is purposely surrounded and covered up with the glamor of inspiring music, patriotic songs, and gay uniforms. What Gen. Sherman said about war has often been quoted. Here is his full saying:

I confess without shame that I am tired and sick of war. Its glory is all moonshine. Even success, the most brilliant, is over dead and mangled bodies, the anguish and lamentations of distant families appealing to me for missing sons, husbands and fathers. It is only those who have not heard a shot nor heard the shrieks and groans of the wounded and lacerated that cry aloud for more blood, more vengeance, more desolation. War is hell.

Again, here is a statement by the late Emperor Frederic of Germany, after he had gone through the Franco-German war:

I hate the business of blood. You have never seen war. If you had ever seen it you would not speak the word unmoved. I have seen it, and I tell you it is a man's highest duty to avoid war if by any means it can be avoided.

A war for liberty is quite different, whether waged against foreign or native tyrants, but for every war for liberty there are a hundred waged for ignoble or puerile purposes, just as for every necessary surgical operation a hundred are unnecessary and harmful.

We have seen that Hague conferences do not suffice. Why? Because there is no power behind their decrees to enforce them. What would be a court without power to enforce its decrees? There should be an international court, backed by an international naval and military police, with full power to act. We should have had this long ago, had not mercenary men prevented the attainment of such an end. Meantime, the present United States administration has worked up a peace plan, a long step in advance. It has already been endorsed by thirty-one nations. More about this plan will be found on a later page.

For what frivolous reasons are bloody wars often waged? How many intelligent persons can name the causes of the principal wars of the past fifty years, with their enormous expenditure of blood and treasure?

While apparently the mass of the people, excited and misled, are still for war, there is a rapidly growing under-current of opinion and protest. This has been noticeable of late during our strained relations with Mexico. It is not surprising that there are an increasing number who oppose the brutality of war, as they oppose the brutality of bull fights, cock fights, and prize fights to a finish. There is an American association for international conciliation, publishing a journal.

The time will surely come, ere long, when the people will refuse to submit to the awful and unnecessary burdens of war—when they will refuse longer to be led like sheep to the slaughter, and will tell monarchs and statesmen to fight out their quarrels themselves. Such objectors are now sneered at. On the other hand, we should look at those who incite war as we regard assassins. In Europe, that has felt the greatest burden, there is naturally the most serious protest, especially among agriculturists, who are taxed to death to support immense armies that take from them the help they need to harvest the crops.

Hasten the day when men will say, with Thomas Paine: "The world is my country; to do good my religion."

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With mankind some of the worst dispositions which occasionally, without any assignable cause, make their appearance in families, may perhaps be reversions to a savage state, from which we are not removed by very many generations.—Darwin.

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Dr. Benjamin Rush, a signer of the Declaration of Independence, said: "The Constitution of this republic should make special provision for medical freedom as well as for religious freedom."

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Good editorial work can only be done out of spontaneous personal interest; it cannot be forced. To lose his enthusiasm is the worst thing that can happen to an editor—next to having been born without any.—S. S. McClure.

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Indulgence kills the spirit.—Goethe.

## Rational Exercise

**A**S I have previously said, exercise should not be undertaken for the purpose of producing big muscles, which are neither handsome nor wholesome, but for health and endurance. In *Physical Culture*, William Muldoon writes:

Abnormal development of muscles which are merely useful to show how exaggerated it becomes when one concentrates effort upon muscular growth and development only, is not to be recommended. It is sure to prove a great strain upon the vital organs.

Exercises taken by either sex for the purpose of developing muscles should be discouraged. What we want is graceful, active, strong people with vigorous minds and bodies.

If one eats right, such exercise need not be lengthy or tiresome. In almost every health journal one may see, monthly, a series of illustrated exercises. I wonder how many readers of these journals ever keep up such exercises more than a few weeks?

Those who work with their hands get more than enough exercise, although it is not always of the right kind. A little should be added to limber the spine. Exercise should be such as to develop the whole body symmetrically. The spine is of much more importance than the arms. Bennett's "Exercising in Bed" is good, if cut from 45 to 10 minutes, and done regularly. Five minutes exercise a day, regularly, is much better than 50 minutes, once a week.

The most wholesome exercise is not a dreary round of gymnasium work, but outdoor play or work, such as gardening, wood chopping, golf, tennis, rowing, swimming, or mountain climbing. For sedentary workers, a few minutes two or three times a day, at a pulley affixed to a door jamb, is excellent.

Again, men and women may benefit physically by their daily avocations—women in the house, and men in the shop or office—if they learn to do everything in a proper attitude. This is specially true of walking and of mounting stairs. You may get a lot of good out of both exercises, if you hold your neck against your collar.

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## Queer Superstitions

**W**E laugh at the ignorance and superstition of the "savage" who relies on his "medicine man," but how much more enlightened is the average civilized person in regard to the care of the body? For instance, here are a few current superstitions:

That food must be forced into a sick stomach, in order to "keep up the strength."

That the suppression of symptoms is a cure of disease.

That disease may be cured by the swallowing of poisonous drugs or the injection of animal filth into the blood.

That "medicinal whisky" is less harmful than bar-room whisky.

That constipation can be cured by cathartics, or consumption by stuffing.

That you may eat as you please, if you take a tablet after your meals.

That by affirming you are well you may neglect rational hygienic measures.

That an ailment affecting one particular part of the body can be cured by local treatment only.

That there is such a thing as a "brain food."

That a child must have measles, whooping cough and other ailments.

There are many more, but these are sufficient to prove that we have no right to look down patronizingly on simple folk who believe in the power of incantations and witchcraft.

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### At the Get-Well Bargain Counter

**T**HERE are many morbid people who go around sampling all kinds of so-called cures. They are regular shoppers at the Get-Well bargain counters. Only they do not really want to be cured. They only want relief, which is quite another thing. They would be unhappy without an ailment to discuss, and treat. These are the chief supporters of patent medicines, and indirectly of newspapers that run advertisements of such stuff. Other men and women, particularly women, more ambitious, lean to operations, and boast of their carvings with as much pride as German students parade their facial scars.

For such people the Nature Cure has no attraction. They would be lost and unhappy if they were really cured. When they apply to me for advice, I quickly spot them, and tell them they have come to the wrong shop. There is no "camino real" or royal road to health. There is no "specific."

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### Con-structive and De-structive Surgery

**A**T a recent meeting of the National Surgical Association in New York, marvels of surgical achievements in repairing accidents and deformities were described. This is con-structive surgery, and is praiseworthy. There is as great a difference between con-structive and de-structive surgery as there is between socialism and anarchy. For every con-structive surgical operation there are a hundred or more de-structive operations, for the removal of necessary organs, as the tonsils, ovaries, appendix, etc. Surgical operating has become a dangerous mania. On the slightest pretext, or with no pretext whatever, a patient is hurried away to a hospital to be carved—if the patient has the price or can raise it. This is done, partly for pride in a "successful operation," but too often it must be admitted, for the sake of the fee, which is often shared with the "good old family doctor."

As long as the people are so foolish as to permit themselves to be thus mutilated, there should be laws to protect them against the consequences of their folly. In England, they have been demanding that a coroner's inquest shall be held, when a person dies during or immediately following an operation, a demand that is certainly reasonable.

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There is scarcely a great truth or doctrine but has had to fight its way to public recognition in the face of detraction, calumny, and persecution.—Samuel Smiles.

## Epidemics and Quarantine

**W**HEN Vera Cruz was occupied by the American troops last month, twenty cases of smallpox were found among the native population, as they may always be found at any time throughout Mexico, where they think less of smallpox than we do of measles. A dispatch quoted an army officer as saying "there was no danger of an epidemic."

Why? How did he know? Vera Cruz was, as usual, in a most filthy condition. Yet, when a single case of smallpox breaks out in a clean American city, at once the alarm bells are sounded, quarantine imposed, and vaccination enforced. When refugees from this same town of Vera Cruz arrived in Galveston, starved, sick and miserable, they were forced to undergo quarantine for six days. Why this distinction? Because, while in America it suits the purpose of the political doctors to show their power, and instil fear into the minds of the people, by preaching epidemics; at Vera Cruz, for the time, it was contrary to public policy to cause alarm, and so increase the difficulties under which the United States officials labored. It was necessary to restore confidence.

The whole theory of quarantine is quite as absurd and silly, and just as ineffective, as the nailing of a horse shoe above the door. The microbes that it is sought to guard against, are microscopically small. Manifestly, some apertures must be left in a quarantined house. Also, a doctor—sometimes with a long black beard and a long black coat—goes in and out; and nurses. They say: "We take precautions." Bosh! What precautions can they take that may not be taken by anybody? Then, again, in all cases of so-called infectious diseases, dozens, scores, or hundreds of persons have come in close personal contact with the patient—sometimes sleeping with him—before the disease had been diagnosed and quarantined. Yet these people do not catch the disease.

As I have frequently said, there is no such thing as "infection," or "contagion," as the words are usually understood, except that a skin disease may be communicated by direct contact, as lice may be communicated from one body to another. When atmospheric conditions are favorable, those who, by wrong living, have their blood surcharged with waste matter, and are, therefore, lacking in resistance, will "catch" a disease, just as at sea, when it is rough, those whose stomachs are unbalanced will all get sick simultaneously. Yet we do not call that an epidemic.

Quarantine is an annoying and useless infliction, enforced for the purpose of instilling fear into the minds of the people, and increasing the authority of the political doctors.

We hear much of "preventive medicine" of late, since the people have begun to refuse to swallow drugs for the suppression of symptoms of nature's efforts to heal. Following is from "Medical Freedom:"

The hardest knocks that have been administered the political doctors recently were dealt by Dr. Charles V. Chapin, superintendent of health for Providence, R. I. In two lectures before the Harvard Medical School this experienced health officer declared that the "preventive medicine" campaign has not been productive of the predicted results. The Boston Journal, reporting his lecture, notice of which will be found elsewhere, quoted Dr. Chapin as

having attacked practically the entire campaign from the use of quinine for malaria, vaccination against smallpox and antitoxin for diphtheria, to the medical inspection of school children. He did not leave much of the "preventive medicine" structure so laboriously built up by the American Medical Association in the past fifteen years. Finally he added the finishing touch, according to the Boston Herald, by saying, "I don't think it necessary for a health officer to be a physician." Men who have been thinking about the hysterical campaign of "preventive medicine" for years long ago reached this conclusion. The fact that he, with his thirty years' experience as a public health officer, agrees with them is an indication of progress that is encouraging.

Teach the people how to live, especially how to eat. Teach them to be inwardly and outwardly clean, and they will be immune from epidemics. Indeed, epidemics of disease will then cease, because there will be nothing left for them to feed on, just as flies would disappear, if we entirely removed the filth on which they flourish.

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### "Complications"

**A**FTER a patient has undergone an operation, or a serious sickness, how often do we hear the doctors sagely remark to an anxious inquirer: "He will recover, if no complications set in." This is a convenient way to cover up the ill effects of drugs, operations and serums, or of the forcing of food into a sick stomach.

Treatment by the natural method is followed by no "complications" because it does not suppress symptoms, but removes the cause. When a man is cured by the natural method, he stays cured, unless he resumes the bad habits that caused the sickness, when, of course, he will get sick again—each time more dangerously sick, until he dies. And then it will be a clear case of suicide.

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### Metaphysical Icebergs

**F**LLE WHEELER WILCOX recently referred to friends of hers as "metaphysical icebergs." I have noticed that followers of Christian Science, while developing many admirable traits, such as placidity, courtesy and patience, tend to some extent to become introspective, self-satisfied, and indifferent to the sufferings of others. They cannot, indeed, be expected to show much sympathy for pain, when they deny its existence.

If your cult or religion, whether Christian Science, or Calvinism, or what not, tends in any degree to lessen your warm human sympathy for all living things, quadruped as well as biped, or to check the expression of your natural emotions, then such religion is to that extent unwholesome.

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Take away food from a sick man's stomach, and you have begun, not to starve the sick man, but disease.—Dr. E. H. Dewey.

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Whenever the weak and weary are ridden down by the strong,  
Whenever the voice of honor is drowned by the howling throng,  
Whenever the right pleads clearly while the lords of life are dumb,  
The times of forbearance are over and the time to strike is come.

—William Herbert Carruth.

## Menace of a Medical Trust

**I**N the Middle Ages the people were enslaved by religious superstition and tyranny. Now we have medical superstition and tyranny. In the Middle Ages the priests maintained their power by instilling into the people the fear of hell-fire. Now the doctors maintain their power by instilling into the people the fear of "bugs"—germs and microbes.

Drugging having been admitted a failure, they have now taken up the more dangerous—and more profitable—method of injecting into the blood artificially produced animal filth. At first this was done only for smallpox. Now it looks as if, before long, the doctors will be pumping poison into the blood for every disease for which they cannot find an excuse to operate. This practice is based on the flimsy and fallacious foundation of the germ theory—that germs are the cause of disease, whereas they are only incidental to disease, just as maggots are not the cause of rotting meat, but incidental thereto. Germs are beneficent scavengers. If what we are told by the "bugophobists" was only one-thousandth part true, the human race would have been wiped out of existence thousands of years ago, because these germs are omnipresent.

Vaccination does not prevent smallpox. On the contrary, it has kept smallpox alive. Had it not been for vaccination, smallpox would today be as rare as the black plague, another filth disease which ravaged Europe during the Middle Ages. Not only does vaccination not prevent smallpox, but it propagates other far more serious ailments, as cancer—almost unknown before vaccination began—diphtheria and tuberculosis. This, in addition to the many cases where the operation either kills or maims and disfigures for life.

The Appellate Court of the State of California recently confirmed the right of the State University at Berkeley to refuse students unless they had been vaccinated, and this although the people of California voted, by a great majority, in favor of an anti-compulsory vaccination law for school children. The English Parliament, after a six months' investigation, abolished compulsory vaccination in that country. Not one-third of the physicians believe in vaccination. Why, then, do they defend it, or keep silent about it? First, because to oppose it would not be "ethical," and second, because it brings the doctors in the United States, annually, an amount estimated at \$14,000,000, which is certainly quite an item, when we consider that the average income of the American physician is stated to be only \$800 a year.

Seeing that the people are beginning to drift away from them, the medical fraternity is now seeking to influence the children—another trick they have learned from the priesthood. They are aiming to get control of the schools by means of examinations, followed wherever possible by minor operations. In the State Hand-book on Hygiene, issued to the schools of California, may be found all the prevailing medical superstitions in regard to germs and infection. They are also introducing their false teachings into the moving picture shows.

Yet, on this continent there are not, today, half a dozen widely circulated publications that venture to protest or sound a warning against this menace to the health and life of the people. Why? Mainly

because a great majority of the people do not think, but take things for granted. They accept what the doctors say, just as they accept what the parsons say, with indifference, or as a matter of course. Even an indifferent and perfunctory press would, however, sit up and take notice if, suppose we say, the Catholic Church should propose a law that the souls of all the people should be subject to its guidance and control. That is, however, just what the Medical Trust aims to do, through national legislation, with the bodies of the people. I submit that this is far more important, because while we all know we have bodies—except, perhaps, some of our misguided New Thought and Christian Science friends—we none of us know for certain that we have souls.

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### “White Slavery”

**M**UCH nonsense is written about “white slavery,” so-called. When a man about town runs off, for a “lark,” with a merry widow, it is referred to in the press as “white slavery.”

We know little in Los Angeles of the grosser forms of commercialized vice, in comparison with large cities of the East and Europe. For instance, I am told that in Baltimore, a city about the size of Los Angeles, there are many hundreds of young girls, between 15½ and 18, kept by their masters in servitude at \$5 a week, subject to call by telephone, just as you might order a leg of lamb from the butcher, and sometimes, when business is slack, soliciting patronage over the wire. As Los Angeles grows we shall get this sort of thing also with other inevitable accompaniments of what we call civilization.

It is with such organized degradation of young womanhood, on a commercial plane, that the law should deal, not with the amorous escapades of hot-blooded young couples, or the intrigues of old bucks with adventuresses, who make a business of stalling such game. Otherwise the law is made ridiculous, and brought into further disrepute.

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### Eating to Live

**I**T is of little use to give up one of your bad dietetic habits, if you adopt another undesirable habit in its place. For instance, to give up wine and replace it by strong coffee, or to give up strong coffee and replace it by weak tea, a lesser evil, or to give up whisky and eat candy by the pound, or to give up smoking and to eat twice as much as you need, as many do who abstain from alcohol and nicotine.

The main point you should aim at is to conquer your stomach, and put it in its place, where it belongs, as the servant of the mind—to eat to live, not to live to eat. Then, after a short time, the joys of vibrant health will far more than compensate you for the fleeting and delusive pleasures of the table. Besides, real hunger makes a simple meal of natural food taste better than any seven-course banquet to a jaded appetite.

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It is said of Julius Caesar that, upon any provocation, he would repeat the Roman alphabet before he suffered himself to speak, that he might be more just and calm in his resentments.

## Faith Cures

**I**N October, 1911, a committee on spiritual healing, or faith cure, was appointed by a conference of the clerical and medical professions in England. This committee, composed of prominent clergymen and doctors, recently reported. In brief they say that the results of what is called faith, or spiritual healing, do not prove different from those of mental healing, or healing by suggestion. The committee recognizes that suggestion is more effectively exercised by some persons than by others. Faith, or spiritual healing, they say can be permanently effective only in functional disorders, as distinguished from organic disorders.

These conclusions are rational. As I have previously said, all faith cures, whether they take the form of hypnotism, or mental suggestion, or auto-suggestion, or relics of a saint, or Christian Science, or fervent prayer, or homeopathy, or sacred water, or bread pills, are forms of suggestion—the influence of a person's own mind on his own body. There can be no possible doubt whatever that myriads of cures have been effected by all the methods named. At the Grotto of Lourdes, in France, and at the shrine of St. Anne de Beaupre in Quebec, one may see thousands of crutches and other testimonials left by grateful patients. If a person has religious faith, then suggestion should take a religious form. To those who are not religious, such suggestions will not work, but must be given "straight." Christian Scientists and Catholics, alike, deny strenuously that their cures are due to suggestion, but they are mistaken.

Jesus undoubtedly utilized suggestion in making his cures. His whole teaching revolved around the necessity of faith. "Thy faith has made thee whole." Without faith on part of the patient, he could do nothing.

A good illustration of the power of suggestion is furnished in that old story about the man suffering from asthma, who retired in a hotel bedroom, and during the night woke up choking. He remembered that all the windows had been closed when he went to bed, so fumbling around in the dark, tried to open what he thought was a window. At length, being unable to do so, he shattered the glass. Then he went back to bed, where he slept peacefully until daybreak. On awakening he found the window tightly closed. The glass he had shattered was in a bureau. Thousands of similar instances might be cited, but it is unnecessary to prove that there is no need to inject the divine element.

The true physician will utilize this great power of the mind over the body. August Comte has said that doctors who bear in mind only the animal side of human nature should confine their practice to animals—they should become veterinary surgeons. At the same time, let us avoid falling into the other extreme. To say "all is mind" is as absurd as to deny the influence of the mind over the body. Man has both body and mind—brain and brawn. Let us recognize and utilize both, in striving to achieve a high grade of efficiency, for in no other way may this be done. In short, let us avoid extremes. That seems for many to be the most difficult of all things.

## America of the South

**I**T was an important step in the history of the western hemisphere when the United States accepted the offer of Brazil, Argentine and Chile, to arbitrate between this country and Mexico.

Inhabitants of the United States suffer from woeful ignorance of the great continent that lies below the Isthmus of Panama, over which we have thrown the protective mantle of the Monroe Doctrine. As the Britisher contemptuously refers to the classic featured natives of Hindustan as "niggers," so are we of the United States apt to regard all natives of lands below the line as "dagoes." We know more about Africa than we do of South America. Many intelligent Americans are astonished to learn that one political subdivision of South America—Brazil—is almost as large as the United States. In material resources South America is richer than America of the North. The development of Buenos Ayres as the wonder city of the world has even eclipsed the marvelous growth of Los Angeles. On the south Pacific Coast Chile closely duplicates California, in natural features.

Men of South America are handsome, courtly, intelligent, and enterprising. The women have the refined beauty and culture of the Latin race. South American cities can give us pointers on artistic beauty of public improvements.

If we wish to share the progress and prosperity of America of the South, we must drop our supercilious air and learn to cultivate the acquaintance of its people. Otherwise, Europeans will continue their peaceful invasion, which no Monroe Doctrine can repel. For young men of receptive temperament, able to study and acquire a foreign language, men who do not believe that when God made the United States, he finished his work, South America today offers grander opportunities than any other part of the world.

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## Wisdom of Woman

**W**OMEN are the inheritors of the oldest, most universal human wisdom. They have more sense than men, for the simple reason that a man has to be a specialist, and a specialist has to be a fanatic. The normal man all over the world is a hunter or a fisher, or a banker, or a man of letters, or some silly thing. If so he has to be a wise hunter or a wise banker. But nobody with the smallest knowledge of a professional life would ever expect him to be a wise man. But his wife has to be a wise woman. She has to have an eye on everything, an eye on the things that fanatical bankers forget. If the banker is melancholy, she must teach ordinary cheerfulness. If the banker is too convivial she must teach him ordinary caution. If she had four husbands she would be an optimist to the pessimist, a pessimist to the optimist, a Pagan to the Puritan, a Puritan to the Pagan; for she is the secret health of the world.—Chesterton.

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Flattery is often a traffic of mutual meanness where although both parties intend deception, neither is deceived.—Colton.

## Briefs

Over 200 Italian physicians have organized to fight vaccination, which they declare is a "relic of barbarism."

Thirty-five years ago the population of Chicago was that of Los Angeles today. How shall we compare 35 years hence?

One of the most brilliant baseball players of the past ten years ate his way out of the American League.

Some Santa Barbara lemon groves are said to have netted from one to three thousand dollars an acre the past season.

A Los Angeles parson resigned because he said the climate of California is so good that he gets no rest.

Orangeine contains no orange juice, but it contains acetanilid, a dangerous drug.

A married parson of Glendale, Cal., charged with flirting, attributed it to a "congenital weakness that he could not help."

A Los Angeles woman respondent in a divorce case said she drank Martini cocktails for medicinal purposes only. That is no worse than drug-store "medicinal whisky."

A children's mock marriage was performed in a Los Angeles church to raise money. It ill becomes the church to further lessen respect for the "holy sacrament of matrimony."

Chiropractors are now using the movies for educational purposes.

The British American Claims Tribunal assessed \$5,000 against the United States for illegal seizure of the ship Lord Nelson, in 1812.

The United States Court of Customs appeals has decided sardines are herring. Eastern sardines, not those caught in California waters.

William Bayard Hale, Wilson's investigator, says Huerta is an "ape-like Indian, aged, one-eyed, and subsisting on brandy."

Dr. Lazarus Barlow, of Middlesex Hospital, London, says radium causes cancer.

After "healthy disease carriers" English physicians are now discussing "cancer houses." "Bughouse."

The manufacture and sale of serums is an exceedingly profitable business, and is pushed like any other business.

Germany lacks farm laborers. Too many soldiers.

Elbert Hubbard played golf with Rockefeller. He says Rockefeller looks like Julius Caesar. Hubbard is something of a financier.

Sellers of newspapers in Berlin may only call out the names of the journals. Good idea.

The English House of Commons passed, by a majority of 42, second reading of a bill prohibiting experiments on dogs.

Rowan County, Ky., had 1152 illiterates in 1910. Today there are only 23. A woman county superintendent.

The native races of the world are steadily shrinking, under the civilizing effects of clothing, alcohol and syphilis.

Athletic sports are reducing the consumption of beer in Germany.

The Ford automobile factory recently made 1636 machines in one day.

It is said that during the past five years not one passenger has been killed on the Southern Pacific.

San Francisco has more bachelors and less school children than any other city of the size in America.

Lillian Nordica, a brilliant singer, is one of the latest victims of medical maltreatment of pneumonia.

The trouble in Mexico is chiefly due to the demand of the people for land of which they have unjustly been deprived.

An exchange says the Panama Canal is medicine's triumph. Nonsense. It is due to sanitary engineering—to the clean-up man.

The efficiency of the Ford automobile factory is said to have increased 44 per cent. since the increase in wages.

Sam Blythe says there is not a big restaurant in any big city in the United States where prices are not absurd.

Highly paid scribes, who write platitudes in caps and italics, are getting awfully tiresome.

Many retail stores look flourishing, but inquire first about the rent and other expenses.

Bishop Green says Sing Sing is a college of crime. So are many other prisons.

At a temporary home for lost and starving dogs, in London, 22,669 dogs were received during 1913.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. III

LOS ANGELES, JUNE, 1914

No. 1

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## A Two Year Old

**A**S someone has sagely remarked: Time flies. To which I may add that Time flies—or seems to fly—much faster as one grows older. To a schoolboy, awaiting the holidays, a month is an age; while to the veteran a year passes like a dream in the night. So it happens I find it almost difficult to believe that twelve months have passed since **BRAIN AND BRAWN** celebrated its first birthday.

A two-year old magazine, like a two year-old colt, should have shown its quality. I believe my readers agree that this magazine is not in the back class. I promise that it shall not fall back.

Appreciative readers may do good by calling to **BRAIN AND BRAWN** the attention of friends and acquaintances, or by sending us a list of names of those who might be interested, to whom we will send sample copies.

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## It Is Too Bad

**O**NE might suppose that, in view of the continued failures of wonderful ethical "cures," in the shape of drugs and serums, intelligent physicians would at least be willing—try natural methods—to give nature a chance. But no, such methods would not be ethical and as I recently said there are some physicians who would rather see a patient die "ethically" than be cured in an "irregular" manner. Then, again, many physicians have not yet unlearned the errors they absorbed in college. They really believe in the power of the latest fashionable "dope" and ever changing "authorities."

Meantime, millions are killed, in a strictly "ethical" manner, among them, unfortunately, many cut off in their prime, whom society can ill spare. It is too bad.

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Everyone should know the rudiments of the laws of health, so as to keep himself and those dependent on him well. A few good books on health, of which you will find a list on another page, will be one of the best investments you ever made.

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A set of back numbers of **BRAIN AND BRAWN** is one of the best investments you could make.

## An Uncivil War

**A**S a sign of the times, the disturbance in Colorado was of more importance than the trouble in Mexico. It is difficult to get the truth of labor disputes, because papers on both sides deliberately falsify, a foolish practice, as you cannot deceive the people all the time. A military board found that the cause of the Colorado riots was "the establishment in an American industrial community of a numerous class of ignorant, lawless and savage European peasants."

It is the depth of folly—it is a form of insanity—to suppose that a problem such as this can be solved by the "mailed fist"—by killing a few hundred or several thousand strikers. Such a course is indeed as futile as that of doctors who treat a disease by suppressing the symptoms, while not touching the cause.

Society would do well to try to avert the apparently inevitable conflict between Capital and Labor, because, when it does come, it will be a most uncivil war—much worse than a war between nations—and those who have most to lose will suffer the most.

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## Know Thyself

**A** MANUFACTURER would be ashamed if he knew nothing about the details of his machinery, and had to send for an expert every time some little thing got out of order. Yet, that is what a great majority of people do in regard to their bodies. Surely life and health should interest a man as much as the making of money. Every one should know at least a few radical facts about the laws of health. Under the head of "Good Books on Health" you will find listed a few carefully selected volumes giving information that forms a liberal education on the subject of the care of the body.

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## Crumbling Walls

**D**IFFERENCES of race, religion, language, and difficulty of communication, have kept the inhabitants of this small sphere apart. The walls are beginning to crumble, notwithstanding frantic repairs by selfish interests, who profit by dissention among the people of the earth. As men come to understand each other better, they will refuse to fight each other. Race prejudice will be the last to go. After that all may say: "The world is my country."

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If you wish to learn how to care for your body subscribe to **BRAIN AND BRAWN**. You will find in it during the year advice that may lengthen your life and make you more efficient.

## The Publishing Business

**I**N a talk before a local press club a newspaper woman, as reported, “spoke sharply of those papers whose publishers are in the business for personal gain.” That is going too far. If she had said “publishers who prostitute themselves for gain” it would have been right. Publishers, like plumbers and preachers, are not in business entirely for their health. They must live—or at least they seem to think so. And sometimes, like ordinary people, they have wives and children, who eat and wear clothes. All we can reasonably ask is that men do honest plumbing, or preaching, or publishing. The honest publisher sells his advertising columns, but reserves his editorial columns for his own opinions.

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### It is Different

**S**AYS Life:

There are too many magazines now for any one reader to look at. To sort out what one wants from such a mass is troublesome, and some people have given it up as a bad job, and shut the magazines out altogether.

This does not apply to **BRAIN AND BRAWN**, because it is “different.” There is nothing quite like it in the world.

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We offer no six-bit premiums with this dollar magazine. The subscription is a dollar net, or six for five. If you do not think it worth more than that, do not subscribe.

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### To the Sea

**B**REAK, break, break  
 On thy cold gray stones, O sea!  
 And I would that my tongue could utter  
 The thoughts that arise in me.

Oh, well for the fisherman's boy,  
 That he shouts with his sister at play!  
 Oh, well for the sailor lad,  
 That he sings in his boat on the bay!

And the stately ships go on  
 To their haven under the hill;  
 But, oh! for the touch of a vanished hand,  
 And the sound of a voice that is still.

Break, break, break  
 At the foot of thy crags, O sea!  
 But the tender grace of a day that is dead  
 Will never come back to me.

—Alfred Tennyson.

## Brooklets

A sick beggar has more chance than a millionaire invalid attended by half a dozen eminent physicians.

\* \* \*

How foolish to suppose you can cure a disease by suppressing symptoms and leaving the cause untouched.

\* \* \*

Picking up a volume of Dumas after a "problem" novel is like going from a close room into fresh air.

\* \* \*

Only after animals know man do they fear him.

\* \* \*

One reads so often of a "quiet wedding" that an outsider might think an ordinary society wedding is a riot.

\* \* \*

Those who cannot think need not despair. The art of thinking may be acquired by practice.

\* \* \*

Modern improvements are wonderful things, but it seems to me men were more contented and happier before the days of speedometers, skyscrapers and serums.

\* \* \*

Men and women who raise no children become selfish.

\* \* \*

Some refer to the brain as not a part of the body. Yet perhaps the same people eat scrambled brains.

\* \* \*

It is well to have confidence, but do not carry it so far as to become a "confidence man."

\* \* \*

The great trouble with this age is that men have shed their old beliefs and not acquired new ones.

\* \* \*

We hear much about "common sense." It should be called "uncommon sense."

\* \* \*

Breaking a habit by degrees is like entering a cold bath by inches. It is easier to plunge.

\* \* \*

Seasickness, like smallpox, is sometimes epidemic, but one cannot "catch" either.

\* \* \*

Not all who promise more than they can hope to perform are liars. The Spaniard says: "My house is yours"—but he doesn't mean it.

\* \* \*

Hot drinks and iced drinks are prolific causes of dyspepsia.

## An International Peace Plan

THE Peace Plan, which by authority of the President was offered to all the world, has made extraordinary headway. In less than a year the principle embodied in the plan has received indorsement from thirty-one nations, representing more than three-fourths of the population of the globe. Treaties have been concluded with thirteen, and agreement is near with several other nations. The plan provides for an investigation in all cases of international differences without any exception whatever, each nation reserving the right to act independently after the investigation. The advantages of the plan are threefold:

First, time will be allowed for investigation—the time agreed upon in the treaties already made is one year—and time itself is an important element in diplomacy. The war spirit is the spirit of anger and of passion. When men are angry they talk about what they can do; when they are calm they talk about what they ought to do. With nations, as with individuals, an interim between the offense and the time for retaliation is quite sure to result in an adjustment of differences. It would be well-nigh impossible to declare war after twelve months' reflection.

Second, the period of investigation gives an opportunity for the separation of questions of fact from questions of honor, and when the separation is made it is usually found that the facts can be reconciled and explanations exchanged in case an offense against honor has really been committed.

Third, efforts to promote peace have an educational value. They cultivate the spirit of peace, which, after all, is the controlling force. Men used to regard war as a necessity and to think in terms of blood; now they regard war as unnecessary and seek the means by which it can be prevented. As education increases men are able to take a more intelligent view of the subject, and intelligence is a champion of peace. An awakening conscience pleads even more strongly against force as a means of determining issues. Right is becoming more powerful and mere might less respected.

The spread of the democratic idea of government is also contributing the weight of its influence toward the cultivation of a public opinion favorable to peaceful methods. The masses bear the burdens of war, while a few win its glories and prosper through the expenditures that it compels. All the great forces of society are at work on the side of peace, and the President not only is in sympathy with them, but gives to them enthusiastic support.—William Jennings Bryan in Saturday Evening Post.

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## Evil Effects of Fear

IN order to avoid a quite negligible risk of getting typhoid fever, in order to secure one from smallpox that does not threaten, in order to protect one from a pestilence that is imaginary, fear, life-depressing, health-destroying, peace-shattering fear, is spread broadcast over the land. It invades every hamlet, it enters every home; everyone is urged to be afraid to eat natural fruit, to drink natural water or milk, to breathe the very air of heaven.

There will be a penalty for this false teaching—as sure as the rising of the next tide. It will probably be in the next generation in the form of a regiment of neurotics, hypochondriacs, neurasthenics, insane and mentally unbalanced people.—J. B. S. King, M.D., in Medical Freedom.

## Grape Juice

**S**ECRETARY of State Bryan has recently brought grape juice into vogue. In view of the approaching election, to decide whether California shall abandon the manufacture of wine, some prohibitionists have suggested that the vineyards be used to produce grape juice. The absurdity of this suggestion—like so many others made by prohibitionists—may quickly be perceived when it is stated that the wine product of California amounts to 40,000,000 gallons annually, while the present manufacture of grape juice amounts to only 200,000 gallons, or one-half of one per cent, and it is difficult to find a market for that small amount, so that several who have engaged in the business of late have failed. The reason for this is, first, that there is no great demand for this food beverage, second, that the demand is supplied from New York State, where a more palatable grape juice is made. Owing to the greater amount of sunshine, California grapes contain more sugar, therefore, the juice is heavier, and the juice more filling and “mawkish” than that made in the East, from Concord grapes. One of these New York State grape juices is widely advertised in leading magazines, and may be found for sale everywhere in California.

It is for the same reason that California grapes make better heavy sweet wines, like sherry and port, than light, dry wines, like those of the Rhine and France. It is only after our rich soil has been worn thin by half a century of growing grapes, like some of the soil of Northern California, that good light wines can be made.

Grape juice, like milk, is a food, not a drink. Therefore, it should never be drunk, but should be “eaten.” A glass of grape juice contains the juice of two pounds of grapes. Think of swallowing that at a gulp. No wonder many who use grape juice say that it does not agree with them. It ferments in the stomach and causes disturbance. In this way it is less wholesome than claret with one-third water. The proper way to use grape juice is to mix it with one-third water, and the juice of half a lemon to a glass, then to sip it very, very slowly, “chewing” it. Still better, however, when you can get them, is to eat the grapes, from which the juice is expressed.

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## He Missed the Road

**C**HARLES W. POST, of “Postum” fame, committed suicide a few weeks ago at his Santa Barbara, Cal., home, during a fit of what was supposed to be temporary insanity. He evidently missed the “Road to Wellville.” Nine weeks previous he had been hurried to Rochester, N. Y., and had been operated upon for appendicitis, although the Mayo Brothers said it was not necessary, but “was performed as a precautionary measure against future attacks.” It is quite probable that this operation, combined with his life-long dyspepsia, led to temporary dementia. It is a well known fact that the removal of necessary organs like the appendix is often followed by injurious mental as well as physical after-effects.

Post had visited the Battle Creek sanitarium while an invalid, and there noted some of the cereal foods served. He started manufacturing them on a small scale, and soon, by systematic advertising, developed an immense trade, and became very wealthy. There are several varieties of imitation coffee on the market, of which I do not consider Postum the best.

### Patriotism

**P**ATRIOTISM is the one of these lowest vices which most often masquerades in false garb as a virtue. But what after all is patriotism? "My country, right or wrong, and just because it is my country!" This is clearly nothing more than collective selfishness. Often enough, indeed, it is not even collective. It means merely, "My business-interests against the business-interests of other people, and let the taxes of my fellow-citizens pay to support them." At other times it means pure pride of race, and pure lust of conquest; "my country against other countries; my army and navy against other fighters; my right to annex unoccupied territory against the equal right of all other peoples; my power to oppress all weaker nationalities, all inferior races." It never means or can mean anything good or true. For if a cause be just, like Ireland's, or once Italy's, then 'tis a good man's duty to espouse it with warmth, be it his own or another's. And if a cause be bad, then 'tis a good man's duty to oppose it, tooth and nail, irrespective of your patriotism. True, a good man will feel more sensitively anxious that strict justice should be done by the particular community of which chance has made him a component member than by any others; but then, people who feel acutely this joint responsibility of all the citizens to uphold the moral right are not praised as patriots but reviled as unpatriotic. To urge that our own country should strive with all its might to be better, higher, purer, nobler, more generous than other countries,—the only kind of patriotism worth a moment's thought in a righteous man's eyes, is accounted by most men both wicked and foolish.—Grant Allen.

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### Seats for Women

**A**S I mentioned in the March number, the proprietor of a Los Angeles department store, when addressing a New York meeting of the National Drygoods Association, of which he is now president, gave good advice, among other things, urging seats for girls behind the counter. Yet I am informed that none of the leading department stores of Los Angeles, including the one referred to, have seats for employees, or where they have a few, that the employees dare not use them.

To stand all day is very bad for the health of women, especially at a time of the month when many of them feel they should be in bed. It leads to or aggravates falling of the womb, from which so many women suffer nowadays. Common humanity should dictate that women be permitted to sit down in stores, when they are not busy. Moreover, the eight-hour law passed by the latest State Legislature contains a clause providing for seats in stores.

It seems to me that this would be an appropriate subject for our women's clubs to take up. In New York much good has been accomplished by a woman's organization which publishes a "white list" of stores where employees are humanely treated, and gives the custom of its members to such stores. This is a good idea.

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A very difficult walking feat was accomplished in England in 1826, when a well known pedestrian named Lloyd undertook for a bet to walk thirty miles backward in nine hours. This he succeeded in doing, with fourteen minutes to spare, on the road between Bagshot and Portsmouth.—Exchange.

### Cocoanut Worship

**A**UGUST ENGELHARDT has lived for fifteen years on Kabakon, an islet of German New Guinea, whence he sends forth the gospel of cocoanut eating, and of sun and cocoanut worship, teaching that to go naked in the sun and eat nothing but cocoanuts is the only road to mental, moral and physical salvation. The idea of the world's population emigrating to the narrow fringes of sandy seashore, where the cocoanut flourishes, is too absurd to need comment. Besides, life should mean something more than lying in the sun and chewing. That is too much like the Indian devotee who spends his time in contemplation, with his gaze fixed upon his navel.

The cocoanut is a valuable food. I use it constantly, finely ground, with fruit. It is, however, an imperfect food. As I have heretofore shown, it is deficient in iron, as also is fish. This is why those who live mainly on these foods suffer from leprosy and beri-beri.

In BRAIN AND BRAWN for December, 1913, I published a translation from an article in the *Vegetarische Warte*, a German vegetarian paper, by G. Staudenmaier, who spent four weeks at Engelhardt's place, and described him as a living skeleton, walking with the aid of a cane, looking seventy-five years of age, suffering from kidney troubles, and instead of living on cocoanuts alone, importing all kinds of delicacies from Germany. I received a letter from Engelhardt dated March 7, in which he protests against this article, yet he practically admits the truth of Mr. Staudenmaier's statements. He admits that he eats all kinds of food besides cocoanuts, but says that since 1899 he has lived altogether for over 800 days on cocoanut alone, in various periods, one of them as long as 188 days, or six months. That is quite different from living on cocoanut alone.

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### Oxygen Inhalation

**A**COPY has been received from Dr. Henry Gross of Los Angeles, of No. 20, for February, 1914, of a publication issued by the Draeger Oxygen Apparatus Company, of Luebeck, Germany, proprietors of a large factory for the manufacture of therapeutical oxygen apparatus. This should by no means be confused with the raw fakes masquerading under the names of "Oxyopathy," "Oxydonor," etc., recently exposed by Dr. Harvey Wiley, in an Eastern magazine. The Draeger machines have been widely adopted by German and foreign physicians in place of drugs, in the treatment of various forms of disease. The American Priestly Company, of San Francisco, Pacific Coast branch of the Draeger Oxygen Apparatus Company, has been fortunate in securing the services of Dr. Gross, as the exclusive Southern California representative. Within a month he expects to receive a number of these apparatuses, the first of which will be installed in the new institute of Dr. Carl Schultz, where lessons in oxygen therapeutics will also be given by Dr. Gross. In the establishments, to be known as "Inhalatoriums," oxygen will be administered by inhalation internally and also externally in the form of oxygen baths. In an early number Dr. Gross will have an announcement in which he will give further particulars in regard to this method.

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Food without flavor is not appetizing. And when food is not appetizing it lies in the stomach like lead, and causes dyspepsia.—Henry T. Finck, in "Food and Flavor."

### Real War

**I**F the people only realized what war really is like, they would not so easily permit themselves to be seduced by subsidized newspapers, and driven into causeless conflicts by selfish and mercenary manufacturers of war material, ambitious politicians, and others. Here is an extract from the "Human Slaughter-House," by William Lamszus, a book I reviewed briefly several months ago:

"Is that a human being coming up, running, here? . . . he is coming with a rush . . . he will leap upon our backs . . . halt! halt! halt! He stumbles upright into the trenches, and tumbles sobbing and howling among our rifles. He strikes out at us with hands and feet . . . he is crying and struggling like a child, and yet no man dares go up to him . . . for now he is rising on his knee . . . and then we see! Half his face has been torn away . . . one eye gone . . . the twitching muscle of the cheek is hanging down . . . he is kneeling, and opening and closing his hands, and is howling to us for mercy.

"We gaze at him horror-stricken and are paralyzed . . . then at length the yokel—and our eyes thank him for it—raises the butt of his rifle and places the muzzle against the sound temple. . . bang! . . . and the maimed wreckage falls over backward and lies still in his blood . . ."

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### Gall Stones

**A** LOS ANGELES man told me that a friend who had undergone two operations for gall stones had left for Europe to have a third performed, as he could get it done cheaper there. European cheap labor.

What an utterly irrational idea it is to repeat a painful, expensive and dangerous operation without removing the cause. Gall stones are due to the over-consumption of proteid food. A similar cause, under other conditions, may produce cancer. The only cure—and a sure cure—is, therefore, to adopt a low protein diet. In this way you will not only get rid of gall stones, but greatly improve your general health. Unless this is done, operation will follow operation, until the resistance of the body being so reduced, the misguided subject will die from "complications," after "all that medical science could do for him."

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### Cancer

**I** HAVE received No. I, Vol. 4, of the Journal of the "Society for the Prevention and Relief of Cancer." (15 Ranelagh Road, S. W., London, price six pence.) The society opposes operations, and believes in constitutional treatment, especially diet, more particularly the avoidance of meat, with the free eating of fruit and salad vegetables. To this is added fresh air, sunshine, personal cleanliness, free action of the skin, and avoidance of worry.

As I have said, cancer is due to the consumption of more proteid food than can be assimilated. It may also be provoked by the indiscriminate mixing of foods that do not agree with each other. The society is on the right road.

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The mineral elements in food are of as great importance as the albuminous element. Tissue cannot be built without the tissue of food salts, which furnish the skeletal, or structural elements.—J. H. Tilden, M.D.

### Able Argument for Alcohol

**T**HE human being is an alcoholic animal, consuming food which creates a demand on the part of the physical body for alcohol. The fact that all the great thinkers in art, science and industry were and are alcoholics, may be accepted as an indication that alcoholic liquors have contributed greatly to the intellectual development of men. When it is considered that most of the crimes against virtue are committed by non-alcoholic it is no more than right to conclude that alcohol assists human beings to control their lusts. There is no doubt that alcohol assists human beings to hold their greed, vanity and ambition within bounds. It makes human beings more considerate of their fellows than they otherwise would be. It contributes to the development of human beings morally. All human beings should be educated to use alcoholic liquors.—Pacific Wine Brewing and Spirit Review.

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### Care of Illegitimate Children

**T**HE latest California Legislature passed a law providing that fathers must support illegitimate children. The first subject for the law was a Los Angeles man, who was charged with the financial care of twins; being required to pay for the support and education of the children, \$25 a month until the boys reach the age of ten, and \$30 a month until they are over fifteen.

This is a good law. Hitherto the responsibility has usually been left to the mother, in addition to the neglect or contempt she receives from society. It will, of course, be important that precaution be taken against fraud, or it may become too popular for girls to swear their illegitimate children on men who are able to support them.

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### Secretary Daniels on the Chances of War

**A** DELEGATION of representatives of American oil interests at Tampico, who have just returned to the United States, called at the Navy Department and told Secretary Daniels that the United States ought to police Mexico and permit the resumption of oil operations in the Mexican fields. Later, they saw the President.

Secretary Daniels told his visitors they ought to be thankful they had escaped with their lives. He suggested that inasmuch as they had gone down to Mexico to invest their money at greater advantage than was possible at home, they could do nothing but take chances.—Washington Press dispatch.

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### Expensive Squirrel Hunting

**A** DISPATCH from Sacramento announces a "great decrease in the bubonic plague infection among the ground squirrels in California." For the year ending April 30, it is reported that only three squirrels said to be infected were found, although the medical hunters went over two million acres of "infected" territory.

This is expensive squirrel hunting for the state, especially when, as I have said, there is no more possibility that the bubonic plague, a filth disease, could become epidemic on the wind-swept coast of California, than that orange trees could grow on cement sidewalks. However, it furnishes profitable jobs for the political doctors, and I suppose we should be thankful that their activities are not turned in more dangerous directions.

### Meatless Menus—Turnips and Cheese

**S**OME time ago I gave a receipt for "corn cheese" which at once became quite a favorite with my readers. Following receipt is still better, as turnips are more watery than corn, and, therefore, combine better with such a condensed food as cheese. This receipt is not original. I borrowed it from that excellent paper, the Christian Science Monitor. It is appetizing, nourishing and wholesome:

Use six turnips; peel, slice and parboil. Grease a pudding dish and place therein a layer of bread crumbs; then add sliced turnips, over which sprinkle a layer of cheese. Add a white sauce; then cover the whole with cheese, bread crumbs and butter. Bake about half an hour.

Turnips are eighty-four per cent. water, but we do not eat fruit and vegetables so much for the sake of the nourishment in them, as for the valuable organic salts in which they abound. The turnip is rich in potassium, calcium, phosphorus, and sulphur.

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### A Church Club

**S**INCE the Protestant Church finds it impossible to hold the people with the fear of hell fire, it is taking up, more and more, the care of the body, as well as the soul—the material as well as the spiritual.

The big Trinity M. E. Church South, of Los Angeles, is an institutional enterprise combining in a nine-story building, a hotel with 330 rooms, reception parlors, a banquet hall to seat a thousand persons, roof garden, library, gymnasium, tennis, handball courts, cafeteria, cafe, and barber shop.

Should Wesley come to earth again, he would be surprised at the changes in the church he founded.

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### The Cost of War

**T**HIS waste of money and this diversion of public attention and political capacity distorts patriotism so that instead of meaning a care for the interest of one's countrymen it means the killing of foreigners, and instead of becoming instruments for the management of society governments are satisfied to be machines for the management of armies and navies.

This means that nations cannot grapple with the real problems of life because they are grappling with an artificial problem of their own creating and this condition, instead of getting better, is steadily growing worse.—Norman Angell.

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### An Opening for Investment

**D**URING the past seven years my friend Otto Carqué has built up an important business in health foods. He now wishes to devote more time to writing, so he desires to get in touch with someone who is able to take an active part in the enterprise. By investment of a few thousand dollars the income from this business could, in a short time, be quadrupled. It is a good opening for a person interested in health subjects. Carqué's address is Sixteenth Street and Magnolia Avenue, Los Angeles.

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Food must not only be nourishing and wholesome, but appetizing. If it does not taste good to you it will do you no good.

### Why Not

**U**NDER the caption of "equal rights" the writer desires to say something about the medical laws of this State under which it is impossible for a considerable number of men of all schools to practice the noble art of healing. Why should a certain class of allopaths be given the "ipse dixit" as to whom they will allow to "practice medicine?" Why in the enlightened age must we submit to the tyranny of a school of medicine which fought homeopathy, osteopathy, and are now fighting mechano-therapy and chiropractic? Has not the citizen the God-given right to select a physician of any school or Christian Science if he so desires? Is it not after all a question of the survival of the fittest? If one can "cure" where another fails, why should a "progressive" law say him nay. Drugless men were promised great things from this administration, but they have not "progressed." It is as sane to ask a chiropractor to take an examination from an M.D., who knows nothing about chiropractic, as to allow a plumber to examine a lawyer.

Why not a chiropractic board? They are self-sustaining and add nothing to the taxes.—[Francis L. Smith, in Los Angeles Times.

### Poison Ivy

**N**OW comes the time of year when I republish my infallible poison ivy preventive. Many are afraid to go into the charming canyons of our mountains because they suffer so badly when poisoned by this vine. The poisoning takes place only when the plant is in blossom, the minute spores being carried on the wind, entering the pores of a person when they are open with perspiration. Or of course when it is handled. Here is the preventive. It is simple. Carry some of the mixture with you, if you are not immune:

One teaspoonful of concentrated lye to a quart of boiling water. Let it cool and bottle. Rub over every exposed part of the body before going where you expect to encounter poison ivy, and do the same on returning.

The above I give from knowledge, although I, myself, am not subject to poisoning, while my wife is very susceptible. As to a cure, I know nothing personally, but extract the following from a newspaper correspondence:

"In my experience the best cure is the quite simple one of kitchen brown soap. Scrub the rash with nail brush or hand brush and plentiful lather of the brown soap, washing it off with running water. This will generally stop the itching, and on a few repetitions cause the rash to disappear."

### Edison on Cigarettes

**E**DISON, the inventor, has had posted in his shops a sign reading: "Cigarettes not tolerated. They dull the brain." The inventor has always been an enemy of the cigarette, but is a heavy smoker of cigars, and chews tobacco. He recently made the following statement:

"The injurious agent in cigarettes comes principally from the burning paper wrapper. The substance thereby formed is called 'acrolein.' It has a violent action on the nerve centers, producing degeneration of the cells of the brain, which is quite rapid among boys. Unlike most narcotics, this degeneration is permanent and uncontrollable. I employ no person who smokes cigarettes."

### Unfortunate Girls

THE Florence Crittenton homes are for girls who have been so unfortunate as to become mothers without sanction of Church or Law, consequently bringing down upon themselves the wrath and contempt of Society, which sins only according to formula. The home in Los Angeles a place blessed by many, was over-crowded, when good fortune brought it \$50,000. A new and larger site was selected, but a loud outcry went up from neighboring—not neighborly—property owners. The site was abandoned and another chosen—a five acre tract of bare hillside on the outskirts of the city. Again loud outcries were heard and lawyers were engaged to fight the Awful Menace.

Do these misguided people think that illegitimate parenthood is “catching?” What kind of particularly holy men and women are they who thus shrink from near contamination by unhappy girls, many of them mere children—some of the mothers under fifteen years of age? Has the fact that the unfortunates have yielded to the superior guile and experience of man made them so vile that even their temporary existence in a neighborhood may not be endured by Respectability? Many of these girls are more moral than some of those who object to them.

“Alas for the rarity of Christian charity.” The homes named for Crittenton’s daughter who died have saved hundreds of young girls from suicide, from infanticide and from the streets. Where should they go? Out on the desert? Or should they be slain, as the adulteress was stoned to death, under the cruel Mosaic law? And if so, how about the men who are responsible for their condition? A new California law has justly made a man financially responsible for his illegitimate children. The awakened conscience of society should make him morally responsible also. Anything short of that, is sneaking contemptible cowardice—the cowardice that leaves a companion in the lurch when trouble comes.

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### Prohibition

PROHIBITION is a monstrous thing, an insult to a nation’s character, a preposterous interference with personal liberty. But it is an insult that community after community, State after State, country after country will have to swallow just so long as men persist in being weak, irresponsible fools. Naval officers would never have been forbidden to have intoxicants on board if they had not transgressed beyond the decent limit.

“Do what you like, but nothing in excess,” said old Dr. Johnson—but that isn’t the modern way. If we motor, we want to break records; if we tango, we dance all day; if we play auction bridge, we start right after breakfast; if we drink, we go the whole hog.

Every country gets the laws it deserves. It’s very humiliating to recognize that we probably deserve prohibition—[Alma Whitaker in Los Angeles Times.

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The inflamed stomach of a patient acts, by sympathy, as a spur to the function of the brain, which thereby exhibits a degree of impulsive energy that passes for power; the patient can walk or talk quickly, has incessant desire to move, etc., but all this is fictitious strength, just as the energy imparted by alcoholic liquors or tonic medicines is fictitious.—Hereward Carrington.

### Foolish Mothers

**A** FEW months ago I had something to say about good, noble American mothers, who uncomplainingly withstand the buffetings of fate. In the California Outlook, William Allen White writes of another kind of mother. He says:

“A lot of women get an idea that they can rest on the glory of merely being mothers. A lot of mothers think that just because poets have had a lot to say about the sacredness of motherhood that there is nothing else to do. But fool people usually are the result of fool mothers. Charity workers in every town know of scores of instances where men earn fairly good wages, and where the women by their shiftlessness, laziness and meanness have put the family in poverty and want. They can’t cook; and they know nothing of taking care of children; they live out of sacks and cans; they gad the street by day, and go to picture shows at night; they can’t sew, and they wont clean up the children. They haven’t the character to make the children mind, and they are too thriftless and idle-minded to keep the house much better than a pigsty.

“A mother is ‘the holiest thing alive’ only when she is the embodiment of intelligent, consecrated love. When she is merely a brood animal, when she is either a slattern—if she is poor, or a gadabout and a bridge fiend if she is rich, she deserves no more credit for being a mother than she does for having warts or a high instep.”

A physician who has practiced much in that line, estimates that over three-fourths of “female ailments” are due to gonorrhoeal infection.

### To Advertisers Who Think

**W**ISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper’s Weekly as saying: “Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results.”

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month “from kiver to kiver.”

Our advertisements are carefully censored. Readers know we accept nothing “off color.” This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no “slouch” of a writer. And I have had thirty-seven years’ experience in California, so I know my people.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

### The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

Many books are published now-a-days on the much-debated subjects of sex and sex education, some wise, others otherwise. This month I received half a dozen. Brief notices of three follow:

**MARRIAGE AND THE SEX PROBLEM;** Dr. F. W. Foerster; order through Naturopathic Publishing Co.; 225 pp.; price \$1.50 by mail.

This is a translation of a book of which over forty thousand copies have been sold in Germany, and it has been translated into three other languages. Those who expect a radical book on the sex problem will be disappointed. The author, who is special lecturer in ethics and psychology at the University of Zurich, Switzerland, was in early life strongly socialistic, and was even imprisoned for the cause, but with increasing experience, he came to regard socialism as deficient in moral and spiritual insight. He comes to the conclusion that the Christian—especially the Catholic—marriage ideas best answer the needs of humanity. He strongly urges the need of religion to keep men above the material. As to this I suggest that religion may be a crutch as well as an inspiration, and so weaken the will, instead of strengthening it. Native tribes that we call savages and birds, are faithful to their mates.

The author strongly assails the tendency of the present age to yield to sensuous pleasures and neglect duty—now-a-days an almost forgotten word—for indulgence. He praises the early saints and their practice of asceticism and celibacy, although he does not by any means oppose marriage and the legitimate exercise of the sexual functions. He points out the dangers of the prevailing doctrines of sexual looseness and says:

“Nothing could be more extraordinary than the facility with which those who aim at loosening the ties of marriage ignore the child’s most fundamental right—the right to possess a mother and a father.”

As to sexual education, to which the second part of the book is devoted, the author urges that rather than constantly forbidding this and that, the will should be strengthened to resist all that is evil.

This is a strong book, written in scholarly, temperate language. It is a valuable contribution to the literature of the nowadays over-emphasized problem of sex.

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**COURTSHIP UNDER CONTRACT;** the Science of Selection; James Henry Lovell Eager; order through Naturopathic Publishing Co.; 440 pp.; price \$1.20, postage 15c.

Mr. Eager does not, I believe, claim to be a literary man. He is a manufacturer of a hygienic appliance, and a student of the laws of health. Yet this book is more interesting than many written by those recognized for their literary ability and experience. It is more than a “problem novel,” because it seeks to solve a problem—the problem of unhappy marriages.

The heroine holds strong views on the subject of eugenics. Her mother was made unhappy by marriage, and she determines not to marry until she knows the character of the man. She has a contract drawn up by her father, a wealthy lawyer, to live for six months with a young man, each to have their own room, she to retain her person inviolate. The contract is recorded and

published in the papers. They furnish a flat. She attends to the cooking and housekeeping, and otherwise conducts herself as a wife, paying, however, half the expenses. Her course meets the approval of her father, and mother, of her minister and his wife, and of all her friends. I fear such would not be the case in real life. Nor could she hope to escape from a horde of buzzard-like reporters for Sunday editions. Before the six months are up, she discovers that she has not found her ideal, and goes back to her parents, glad not to have made another unfortunate marriage.

It would manifestly need great strength of character, first, for a pair of lovers to control themselves for six months, under the same roof, and second, for them to withstand the sneers and veiled insults that surely would come to them from a society that resents, as an affront, anything contrary to its formulas. It seems to me that for the present the object sought might be attained, and much mental suffering avoided, by the couple boarding for six months, alternately at the home of each of their parents.

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“WHAT I KNOW ABOUT THE ALCOHOL QUESTION—The Only Way to Settle It;” Booklet, W. S. Leake, The Ten Bosch Co., publishers, 121 Second St., San Francisco, Cal.; 30 pp.; price 50 cents.

Several months ago I devoted a page to “The Healing of Sam Leake,” written by himself, stating how Leake, a well known newspaper man, gave up alcohol. In this booklet he urges the absolute financial divorce of the United States Government from alcohol, but admits that even this will not be enough to keep people from the stimulant, or something much worse. He sees the only effective cure in Christian Science.

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TEACHING SEX HYGIENE IN THE PUBLIC SCHOOLS; Dr. E. B. Lowry; order through Naturopathic Publishing Co.; 100 pp.; price 50 cents net.

Dr. Lowry taught many years in the public schools. She is a graduate nurse, a practicing physician, and medical college lecturer. She admits that the proper persons to teach sex facts to children are mothers, but adds that mothers are usually either ignorant or indifferent on the subject. As to the methods of teaching, she says:

“Instruction lightly given or unaccompanied with the deeper reverence for motherhood and fatherhood, or love of home and children, is worse than useless. It only would call forth vulgar discussions by the depraved. This subject is like nitro-glycerine, in that it must be handled with extreme caution, or there will be an explosion which will wreck all the good intentions of the most progressive. No educational reform can succeed unless it has the approval of the majority of the masses. The first step is to educate the parents to the necessity of the proposed instruction, while at the same time the teachers are being prepared.”

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Whiskers on the masculine face are as natural and seemly as eyebrows. The absence of whiskers it is that marks the faddist, and proclaims the artificial.—Henry James in Los Angeles Tribune.

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Someone has said that a dimpled chin indicates a deceitful disposition. How about that, ladies—and some men?

## Hux Hupuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

### EASY TO GET WELL.

I am pleased to report that Mrs. Meyer is greatly improved in health, after taking your dietetic treatment for three months. She is less nervous, and her stomach is in good shape. She reduced her weight from 195 to 167 pounds. She found your directions very easy to follow. She just made up her mind, and stuck to it, and the results justify the strenuous endeavor required at first.—A. M. Meyer, Camarillo, Cal.

### BREAKING A HABIT.

I have smoked tobacco since the age of sixteen. Five years ago I smoked four ounces a week, but have gradually within the past two years, reduced it to about one ounce a week. It requires time to give a thing up that you have been used to all your life. If you give up anything suddenly, the worry will do you more harm than good.—H. M. Robson, 1 Gowan Terrace, Jesmond, Newcastle on Tyne, England.

### THANK YOU.

I have never felt more anxious for the success of anything than for BRAIN AND BRAWN, and if entire sympathy and good wishes can help, you have both from me.—Hattie B. Collins, Box 761, San Bernardino, Cal.

### A SIMPLE REMEDY.

I was born May 7, 1832. I carry my remedy in my finger nails. I scratch off the scarf skin wherever it pains me. I make it smart in the place of aching, and all pain is thus discouraged, and I am as limber as an eel.—Oscar O. Mead, 530 W. Wilkins St., Jackson, Mich.

### FROM A PHYSICIAN.

It is deplorable that the great masses are still groveling in the mire of drug superstition. What we need most are more true physicians like yourself, who know the laws of nature, and feel it their duty to teach the people how to live in such a way as to keep themselves free from sickness and disease. BRAIN AND BRAWN is doing a noble work, and under your able management should be a financial success, to which end I will co-operate with all the means at my command.—Dr. Edwin Raymond, 950 S. Olive St., Los Angeles.

## Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

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### TOBACCO.

R. T. W.—To lessen the harm done by smoking you should smoke only mild cigars, and only two-thirds of their length. Never smoke before the noon hour, and do not smoke within thirty minutes after finishing a meal. Cigarettes should be entirely avoided.

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### ASTHMA.

J. V.—Neither asthma nor any other ailment can be cured by moving to a different climate, so long as a person carries with him the cause of the disease. I knew a Los Angeles man who could only get relief from severe asthma by going up to San Francisco and getting into a heavy fog. The only way to cure asthma is by fasting followed by a restricted diet. In this manner, cures that some would call miraculous have been made.

---

### MONO-DIET.

W. A. D.—The mono-diet, or eating only one food at a meal, is an excellent thing, and the nearer you get to it the more you will benefit. If you do not care to go so far, at least adopt a menu consisting of not more than two or three foods—and this should include bread or potatoes, and see that they are foods harmonizing with each other. I regard the mono-diet as an important step toward the solution of the dietetic problem. In some cases it is sufficient to cure severe cases of dyspepsia. I shall have more to say on this subject in the near future.

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### ANEMIA.

J. T.—Anemia has been described by an English physician as “constipation of the circulation,” this being due to the consumption of too much food—to over-nourishment. Therefore, the ordinary treatment of anemia by giving “good nourishing food” is exactly the opposite of the course that should be pursued. Anemia, in short, is due to starvation caused by over-repletion.

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### THE BANTING CURE.

L. W.—The Banting cure for obesity, much in vogue about half a century ago, will certainly reduce the fat, but at the same time, it will debilitate the constitution, owing to the excess of proteid. The same is true of the Salisbury diet, or lean beef and hot water.

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### IRON.

G. A. L.—The only way in which you can get iron into the blood is by eating freely of foods that abound in iron. Inorganic iron, as given in drugs, is worse than useless, producing a feverish condition. As Dr. Trall has said: “It is an irritant, a stimulant, a blood destroyer, an exhauster, a poison, as is alcohol.” Among foods specially rich in iron are strawberries, watermelons, spinach, onions, radishes, and lettuce. Fish is entirely lacking in iron. Remember that iron is one of the smallest in quantity of the twelve minerals found in the human body, although to hear some people—including some doctors—talk, one would think it is the only one.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

*Harry Ellington D.D.*

## Drugless Healers

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

Dr. Schultz will have more information to impart next month in regard to his new institution, in which the teaching and practice of rational methods will be combined.

Following press dispatch from Chicago was published under date of March 31:

“Edgemoor, the home of John Dupee, Chicago millionaire, and one of the handsomest country estates in this part of America, worth \$500,000, has been sold for \$100,000 to Dr. H. Lindlahr, of Chicago, and John D. Larkin, another Chicagoan. The estate will be converted into a health resort, to be known as the Lake la Belle health resort, by Dr. Lindlahr, who for years has been building up city people by methods resembling those of William Muldoon.”

Dr. Lindlahr writes that the enterprise has been somewhat delayed by complications in regard to search of titles. There is room for many first-class health resorts in this country.

“Natural Health,” Vol. I, No. I, May, 1914, a “Journal of Mental, Physical and Social Efficiency,” is published by Dr. S. G. Fechtig, who runs an osteopathic sanatorium at Lakewood, N. J. It is edited by Dr. F. T. Allen; 10c a copy, \$1.00 a year.

Eugene Christian writes to me that he reaches four million readers weekly through syndicate letters and country newspapers.

In Pennsylvania the drugless healers rejected a license bureau offered them by the Medical Trust. The “irregulars” are very active in that state.

The Citizens’ Medical Rights Alliance of California has been endorsed by the Association of Naturopathic Physicians of California. If properly handled, and properly put before the public, the Alliance should be able to do much good work.

Dr. J. K. Gilkerson of Los Angeles edits a bright little monthly called the “Standard Chiropractor.”

## LIFE CONSERVATION

Today we are seeking mental and Physical Conservation. We aim to accomplish better work. A larger crop must be the result of our labor. Whether a laborer or a professional man, we seek to do more and better things. Results are what count.

Do you know just how to use your mental and physical machinery so as to make conservation possible? Are you today and every day “perfectly fit”? Do you begin each day’s work feeling that you could accomplish something worth while? Are you always at your very best? Are you content with anything less?

The work of the *International Health League* is to make each one of its members possessed of that vim and vitality which spells Perfect Health. We have to-day 20,000 loyal members including all classes from cowboy to President who have this knowledge. We want one more—YOU.

**SPECIAL OFFER:** We will send you the 40-page monthly magazine which is our official organ, one year, price 75c., will make you an Associate Member of the League, price 50c., and will mail you free the book “Social Hygiene vs. the Social Plague,” price 25c., a total of \$1.50 for 75c. in stamps, coin or money order. This is a special introductory offer giving you a total of \$1.50 for 75c.

There is “no string” to this offer. We mean just what we say. There will be no further dues nor assessments. One payment includes all the above for an entire year. Can you afford *not* to accept?

Just a word more: We have no drugs to sell you, no “health lift,” nor appliance, nor patent foods to exploit. But we tell you the Laws of the New Way of Living well and give you the Art of Living Long, so that each day you will be at your very best.

**INTERNATIONAL HEALTH LEAGUE**

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**Our Advertisers**

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

**NEUROPATHY.**

This system is taught at the Davis College. If you desire to know more, call or write for literature, or better still, read that remarkable book by Dr. Davis, "Neuropathy." It is an encyclopedia of valuable information relating to the care of the body.

**INTERNATIONAL HEALTH LEAGUE.**

This organization, located at Syracuse, New York, makes an attractive offer. See announcement.

**CHIROPRACTIC.**

Dr. J. K. Gilkerson, one of the leading chiropractors of Los Angeles, has an announcement in this number. Send for his booklet and see what he has to offer you.

**CONSTIPINE.**

Constipine is not a drug, or it would not be advertised in BRAIN AND BRAWN. It is a harmless and effective local remedy for constipation. Use this for a short time, and then regulate your diet, and you will find yourself on the road to health.

**RUPTURE.**

If you are so unfortunate as to suffer from rupture, you cannot do better than to go and consult Mr. John M. Benjamin, at his office on Main street near Second. He will tell you the truth.

**GOOD BREAD.**

Some say bread is the staff of life; others declare it is the "staff of death." However that may be, if you eat bread, you want good bread. The best unfermented wholemeal bread in Los Angeles is made by Zeller.

**Health Acre**

A simple suburban resort; forty minutes from Los Angeles. All natural methods used. I cured myself; I can cure you. Constipation a specialty. Graduate of Macfadden and studied with Lindlahr.

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**BIOCHEMISTRY**

Send 2c stamp for leaflet, Dr. Carey's books on Biochemistry and Bioplasma, a combination of the cell salts of the blood. Address

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Teacher of Biochemistry,

P. O. Box 293 Los Angeles, Cal.

**A WOMAN DOCTOR.**

Dr. Mary Kraft is a good, practical physician, who has made a specialty subject of food and food combinations, a most important subject when it comes to the cure of disease.

**SANITAS FUNDOSHI.**

This contrivance is not an ordinary suspensory. They are all more or less harmful. This is different. It is thoroughly hygienic, helping, instead of injuring, the health, and general efficiency. It is worn by all Japanese who, as we know, have a marvelous tenacity of life. It is inexpensive. Send for one, or send for literature.

**THORNYCROFT FARM.**

At Glendale, only twenty minutes' ride from Los Angeles, is located "Thornycroft Farm," a home-like health resort, where all rational methods of aiding nature are practiced, together with hospitable, kindly treatment of patients. M. N. Nelson, the drugless practitioner who conducts this place, is a graduate of Bernarr MacFadden.

**SOFT DRINKS.**

Now is the time of year for "soft drinks." Some of these drinks are much more harmful than mild alcoholic beverages. Those made by the Ice and Cold Storage Company are clean and wholesome.

**GERMAN SANATORIUM.**

Conveniently located, on East Adams street, is the German Sanatorium, where every facility for the cure and recuperation of invalids may be found. It is clean, home-like, and attractive.

**ARTISTIC LITERATURE.**

"A Modern Trust Company," a booklet published by the Security Trust and Savings Bank, is a work of art. Send, or call for a copy.

**COOL WATER.**

All who have lived on the desert remember, with gratitude and affection, the olla that hangs under the ramada, alongside of the adobe wall. The percolator, an improved olla, is a filter as well as a cooler.

Look through the list of drugless healers who have cards in BRAIN AND BRAWN. They are capable and honest and worthy of your confidence.

**I Produce Honey**

**For Quality, Not For Color or Quantity**

**P**ROPER digestion begins with the lowest form of life atoms. On this account a little salt should be eaten at the beginning of every meal. It should be natural, not commercial salt. The salt should be eaten with raw potato or sprouted wheat. Salt is required to start the digestive ferment into action. Food is what we digest, not what we swallow.

Salt dissolves food cells into the original atomic molecules. Natural sugar, like honey, reorganizes these molecules into new cells by culling out the better portion as we would shell an ear of corn and sort out the most perfect kernels.

Digestive ferment is the life of the body that is extracted from the blood. Before life can start its development a small amount of the opposite element is required. The digestive ferment cannot work until it has the opposite form of electrical force to resist it.

Salt is negative. Honey is positive. It requires the negative before the positive can begin. It is impossible to build health and strength until it is learned to keep these two forms of electrical forces working.

Much chewing produces much saliva but saliva so produced is of poor quality. A little red ripe honey eaten an hour before mealtime gives quality to saliva. The better the quality of saliva the more preference there will be for uncooked vegetables and cereals.

Foods cannot be eaten in the raw state unless this red of red ripe honey is superabundant in the blood to impart the positive electrical force to the saliva. Cooking, canning, bottling, cold storage and artificial preservatives interrupt the polarity of the food cells.

Lack of polarity in the cells causes the body to fail to adapt itself to changes of temperature which brings on silent, unrecognizable cell sickness. The remedy is to eat more raw food and less cooked food.

Salt is negative to raw food. Raw food is negative to healthy saliva. The positive electrical element comes into the mouth to seek its negative counterpart.

Electrical action of the saliva circulates by detonation to every nook and corner of the system and revives into new life every deficient cell. One remedy cures all—prevents all.

**C. W. DAYTON**

Owensmouth, Cal.  
"The Red Ripe Honey Man"

### The Business Office

Los Angeles visitors to Monte Carlo will find a copy of BRAIN AND BRAUN on the reading table of the Grand Hotel. It may serve to console them after they have blown in their surplus at the tables.

We need an active, reliable agent everywhere, to get subscriptions for BRAIN AND BRAUN. Magazine canvassing is much over-done, but BRAIN AND BRAUN is different. Nearly everyone wants it, after reading a copy. Write for particulars and terms.

### Have a Smile

#### HOW HE TOOK THE PICKLE.

The physician had been treating a man for dyspepsia for a long time, and finally, wishing to know how his patient was coming on, he told him to take a dill pickle just before going to bed, and see if he could hold it on his stomach over night. The next day the man called and the physician asked him the result.

"Oh, it was all right, Doctor," he said, "as long as I was awake; but when I went to sleep it rolled off."—Exchange.

#### ONLY IN BOSTON.

A Boston physician relates that his active 9-year-old boy was kept after school and the teacher had a serious talk with him. Finally, she said: "I certainly shall have to ask your father to come and see me."

"Don't you do it," said the boy.

The teacher thought she had made an impression. "Yes," she repeated, "I must send for your father."

"You better not," said the boy.

"Why not?" inquired the teacher.

"'Cause he charges \$4 a visit."—Exchange.

#### HE MEANT WELL.

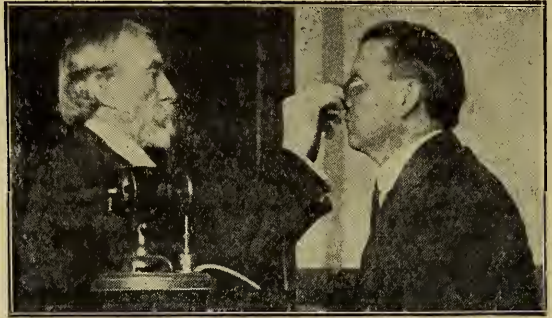
A gentleman who had married his cook was giving a dinner party and between the courses the good lady sat with her hands spread on the tablecloth.

Suddenly the burr of conversation ceased and in the silence that followed a young man on the right of his hostess said, pleasantly:

"Awful pause!"

"Yes, they may be," said the old-time cook, with heightened color; "and yours would be like them if you had done half my work."—New York American.

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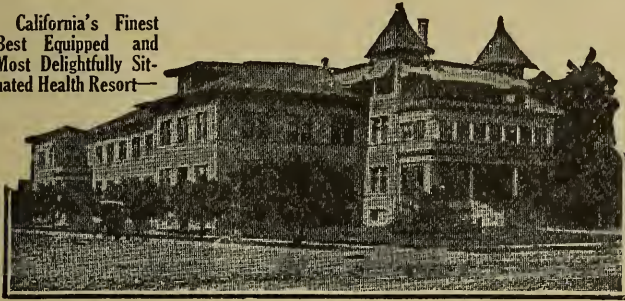
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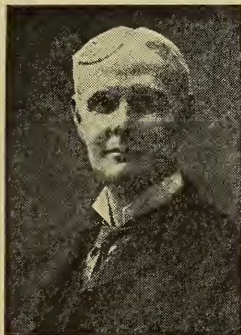
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**T**HIS magazine is devoted mainly to the following purposes:  
 The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back-to-the-land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

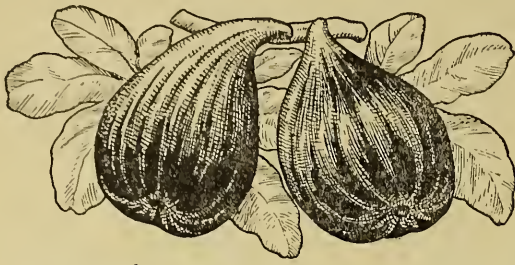
3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.



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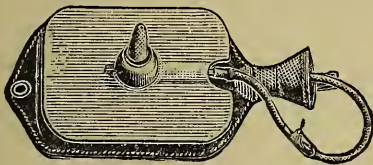
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Published Monthly by the

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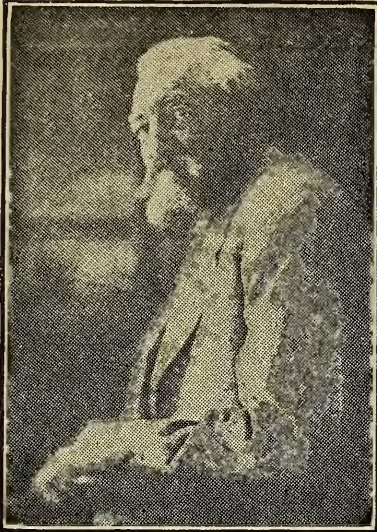
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# Dietetic Advice by Mail

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**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

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Vol. III

LOS ANGELES, JULY, 1914

No. 2

## Food Value of Nuts

**N**UTS are a most important food for those who discard meat from the dietary. Vegetarians may manage, but fruitarians cannot get along without nuts. They are a highly concentrated food, rich in oil, and should therefore, be taken with great moderation, especially in hot weather. In fact, they are essentially a cold weather food, being stored up by the nut eating animals for use in the winter months. Where, as is so often the case among civilized people, the teeth are defective, the nuts should be ground in a hand mill, or made into a cream, or butter. Ground nuts with fruit, or salad plants, as lettuce or watercress, or "cold slaw," make a complete and thoroughly nourishing dietary, when properly masticated. On an average, one pound of nuts is equal in nourishment to two and a half pounds of beefsteak.

Many people say they cannot digest nuts. On investigation it will usually be discovered that discomfort from them is largely due to insufficient mastication, and to the fact that nuts are often eaten when not needed, as after a hearty meal, or late at night. In a bulletin issued by the Experiment Station of the University of California, Prof. M. E. Jaffa, who is not a vegetarian, said:

The distress sometimes experienced when nuts are eaten is undoubtedly often due to improper mastication, or to over-indulgence. The investigations made at the California station indicate clearly that considerable quantities of nuts, properly eaten, do not cause distress.

Prof. Jaffa shows further, that the average digestibility of protein in nuts is about 90 per cent., as compared with 94 per cent. in other foods—not by any means an important difference.

In regard to nut foods, Prof. Jaffa writes:

There are a number of nut foods on the market, but it may be stated that there is little to be gained from the standpoint of food value or economy in their use, especially by healthy persons, who are willing to masticate their food thoroughly and to use nuts in reasonable combinations. Unless something has been added, the nutritive materials in such special preparations can not be greater than the nuts from which they are made, though in the mechanical condition, or in some other way, the foods may be better fitted for ready assimilation.

To this it should be added that the peanut is not a true nut, but belongs to a branch of the legume, or pulse family, containing much starch. It is only fit to be eaten when thoroughly cooked, and then in moderation. Most of the nut foods on the market are composed largely, and sometimes entirely, of peanuts, for the simple reason that true nuts cost from five to ten times as much as peanuts. Get a small nut mill. Then you know what you are eating.

The ordinary peanut butter on the market is further objectionable because the nuts have been roasted, and this liberates "free fats"

from the oil, which are highly irritating to the lining of a delicate stomach. Some hygienic peanut butters may be obtained made from nuts that have not been roasted, but as I have said, the peanut contains a larger percentage of starch than true nuts. It should be classed, not with nuts, but with peas, beans and lentils.

The only other important nut containing a large amount of starch is the chestnut. In Northern Italy this is used largely by the poor for food, and is sometimes made into bread, being there cheaper than wheat. In America it is quite expensive, and is a luxury.

Nut culture has been greatly neglected in this country, when we consider the immense value of the nut as a food, and the vast amount of nourishment that may be raised on an acre. This neglect is doubtless due to the fact that hitherto the nut has been regarded as a delicacy, or a luxury, like candy, and eaten on top of a hearty meal, and has of course, disagreed with people, so that many have come to regard it as indigestible.

About the only nuts that have been so far raised in this country, on a large commercial scale, are the English walnut and the almond, the former mainly in Southern California, the latter in Central California, and the pecan, in the Southern States. The culture of the pecan has of late become an important and exceedingly profitable industry in the South. The brown skin of the walnut is irritating to the lining of the stomach. A most delicate oil is made from the walnut, but it is very expensive.

The almond is a delicate nut, cultivated on a large scale in Central California during the past thirty years, although not so largely as the English walnut. The brown hull is tough, and the nut should always be blanched. Almond meal may be purchased, also almond butter. This, by diluting, may be made into a cream, to take the place of cow's milk. It is, however, quite expensive.

A nut almost unknown in the United States is the filbert, one of the most delicious of all nuts. It is cultivated on a large scale, for the market, in the county of Kent, in England. A larger variety is known as the "cob nut." The filbert is as superior to the hazel nut—of which family it is a member—as the hazel nut is superior to the peanut. Attempts to raise the filbert on a commercial scale in the United States have not so far met with success.

Pinones, or pine nuts, have a slight turpentine flavor that reminds one of the mountain forests. A large variety, known as the "pignolia," imported from Italy, is particularly rich in protein. The cashew is a small irregular shaped nut about the size of a filbert, and with somewhat the same flavor. It comes from the West Indies.

The coconut forms the main food of hundreds of thousands of people in tropical countries. A German named Engelhardt, who lives on a South Pacific island, preaches (but as I have shown, does not practice) the eating of nothing but coconuts, as a sort of religion. This is bad doctrine. The coconut is very low in protein. Also, it contains no iron, so that it would not do as an exclusive diet. Finely grated coconut, with berries, makes an appetizing and wholesome dish. In this form it is the most easily digested kind of nut.

I get my coconut meal from Otto Carqué of the Carqué Pure Food Company. He grinds it extra fine for me. That sold by confectioners is usually sweetened.

Following are analyses of the contents of seven varieties of shelled nuts, as given in Prof. Atwood's table, published by the U. S. Department of Agriculture:

	Protein %	Fats %	Carbohydrate %
Almonds .....	21.0	54.9	17.3
Brazil-nuts .....	17.0	66.8	7.0
Butternuts .....	27.9	61.2	3.5
Filberts .....	15.6	65.3	13.0
Pecans .....	9.6	70.5	15.3
Pine-nuts .....	33.9	49.4	6.9
Walnuts (Eng.) .....	16.6	63.4	16.1

From the above it will be noted that the pecan is low in protein, as compared with other nuts. On the other hand, it is higher in fat than any of those mentioned.

To this I add the following table, showing the amounts of nine important organic mineral elements contained in the body, and in three varieties of nuts. The figures show the mineral matter in one thousand parts of water-free shelled nuts:

	Walnuts	Almonds	Cocoanuts
Potassium .....	2.20	2.31	8.21
Sodium .....	0.17	0.38	1.57
Calcium .....	0.97	3.04	8.60
Magnesium .....	2.88	3.95	1.76
Iron .....	0.61	0.23	....
Phosphorus.....	10.10	10.10	2.18
Sulphur .....	0.22	0.96	0.95
Silicon .....	0.12	0.04	0.09
Chlorine .....	0.12	0.06	2.50
Total Salts .....	17.40	21.00	18.70

Before long, as the population of the earth increases, we shall be forced to study the food value of nuts from an economic point of view. An acre of walnuts will furnish 15,000 pounds of food, whereas an acre of wheat will furnish only about 900 pounds.

### Fly Swatting Foolishness

**N**OW is the time when the bugophobists again begin to "swat the fly." This is in accord with the regular medical practice of tinkering with effects, instead of removing causes. As I have previously said, if by any conceivable means one could possibly remove from existence every fly, the world would be over-taken by such an epidemic as never was seen, and human beings would die off like rotten sheep. Flies are nature's scavengers, like the buzzards of South America, and the dogs of Constantinople.

Clean up the filth on which they feed and breed, then there will be no flies. If your neighbor will not do so, nothing remains for you but to force him to do it; to get those in authority to make him do so, or else to move away.

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.—Solomon.

## What Men Call Love

**M**OST of the tragedy and misery of married life is due to the confounding of sex passion with love, although they are as wide apart as love and hunger. What men call love between the sexes is the normal urge of sex mating, implanted in the animal world, as is the appetite of hunger, in order that the race may not become extinct. Among wild animals, this passion is confined to certain seasons and is kept within natural bounds, the rights and wishes of the female of the species being always respected, whereas among civilized mankind it has been degraded to a means of sensual gratification and debauch.

For ages novelists and dramatists and poets have propagated this falsehood. They have glorified and still glorify the apotheosis of sex appetite, in place of true love. The rhapsodies and ravings and despair of their heroes and heroines are not signs of love, but of sex passion. True love, founded on respect and esteem, the love that lasts, does not lead men and women to act that way.

Young people, drawn together by the mutual sex urge, and having been taught that this is love, imagine they cannot exist without each other. They mate and after the sexual excesses of the honeymoon comes satiety, too often followed by indifference, antipathy and disgust.

Sex passion is natural and holy, when not exercised merely to satisfy physical appetite. When combined with and made subordinate to love there is found that rare thing, a perfect mating of man and woman, a union that will endure as long as life, the happy, well-mated pair growing closer and closer together as the years roll by.

While we are hearing so much of sex education, let friends of humanity remember they can teach young people no more important truth than to distinguish between love that lasts and passion that passes away.

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## Heredity

**I**T is the fashion, now-a-days, among semi-scientific smart Alecks, to question and deny every accepted belief, in order to show their mental agility. Among other things, some have gone so far as to deny the influence of heredity, declaring that human beings are influenced only by environment. This is folly. Every stock breeder knows better. Often one may notice little mannerisms in young people, strikingly reminiscent of their parents, who, perhaps died when their children were young or before they were born.

It is true that diseases are not inherited. If they were, the human race would have been wiped out of existence long ago. Tendency to disease is inherited. Therefore, those whose parents or grand-parents died of a disease, or exhibited abnormal physical or mental weakness, should steer clear of habits leading in that direction. For the same reason marriage is dangerous between two whose parents exhibited similar defects.

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Knowledge comes, but wisdom lingers.—Tennyson.

## “Send for the Doctor”

**T**HE Medical Trust is doing much indirect advertising. A correspondent sent me a clipping of one of a series of syndicate articles from a Pasadena paper, entitled “Human Life and Health—Talks to Mothers.” The author is Dr. S. Josephine Baker, director of the Child Hygiene Division in the New York City Board of Health. The article is only about half a column in length, yet nine times occurs the suggestion to “send for the doctor.” Here are samples:

“Only a doctor knows what food to give your baby, and when to give it.” A woman who does not know what food to give a baby, or when to give it, is not fit to have one.

“Never give medicine unless a doctor tells you to.” And then avoid it.

“Drugs that will cure one baby will kill another baby. Only the doctor knows which is which.” All drugs are poison to all babies, and will kill them if you persevere.

“If a baby’s skin is hot and dry, go to a doctor at once and find out.”

“If a baby vomits, take it to a doctor.”

Mrs. Dr. Josephine ought to receive quite a nice honorarium from the Medical Trust for this valuable advice, in addition to what she gets from the syndicate.

Not a word in the article of advice as to how to feed and care for the baby, so that it will not get sick, or how to give it a fast, and a bath, and to empty its bowels, when, as is usually the case, it has been over-fed.

To those who have made even a slight study of the laws of health, and the care of the body, and who know that all disease is an effort of nature to restore normal conditions, such articles as the one from which I have quoted are ludicrous. However, this is the sort of stuff that many papers publish nowadays as “health advice.”

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## Professional Pronouncements

**U**TGIVINGS of college professors, as reported in the press, are sometimes so silly as to cause the vulgar to snicker and the judicious to grieve. Especially is this true of professors attached to colleges heavily endowed by multi-millionaires. One is forced to wonder whether these men are simply notoriety seekers. If so, they are certainly aided and abetted to the utmost by the press. It is not so surprising that fool professors say these things, as that newspapers seriously publish them.

It has come to the point where the utterances of a college professor are no more regarded than a college yell. This is a pity, for some of the professors are good, learned, useful men. Such men, however, do not often get themselves interviewed in the papers.

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Courts were made for men, not men for courts. The court is an evil, and the less it is called into play the better for the community.—Justice William Renwick Riddall, of the Supreme Court of Ontario, Kansas.

## Slavery of the Kitchen

**T**HE American woman who has no servant, as is the case with a great majority, spends on an average, a third of her working time in the kitchen, and half of that time is devoted to washing and drying dishes, pots and pans. Many women enjoy cooking, which admits of some exercise of ingenuity, taste, fancy, and invention, but I have yet to meet the woman who does not detest the dirty task of cleaning up after a meal. Doubtless many women, lacking in strength of character, have been ultimately led by this everlasting grind, to choose an easier way.

Kitchen work has been much lightened during the past generation. When, forty years ago, I came from England to America, I saw my first sheet iron stove. For warming and cooking in residences, conservative Albion is still doubtless using the open coal fireplace in the kitchen, having on one side a small oven, and on the other side a small boiler for heating water; in the front a revolving spit, wound up by clockwork, with a basting pan beneath. The Britisher will tell you that no roast worth eating can be produced unless it is really roasted in front of a fire, not baked. American woodsmen, who have toasted venison steak before a wood fire, will be inclined to agree with the Britisher.

Of late years kitchen work has been further lightened by oil ranges, gas ranges, and latest and best, the electric cooker, soon to replace all other methods, together with the fireless cooker that "works while you sleep," and a score of labor-saving devices. There still remains, however, the drudgery of dishwashing, a problem that has not been solved for the family kitchen. If men had to do the family dishwashing, they would have solved this problem long ago. Also, they would not for generations have continued to induce back-ache by bending over low kitchen sinks, made this way by unthinking men architects, just because years ago dishes were washed in wooden tubs and buckets with high sides, so that a low sink was then more comfortable to work over.

The general adoption of the two-meal plan, making one a simple fruitarian meal, would be a long step in the emancipation of women. Then, by using Japanese napkins and wooden platters, that can be burned, the labor of dishwashing would be cut in half. The ordinary vegetarian dietary, with its multitude of mixed and messed up starches and sweets, involves more work than to cook a steak with fried potatoes, or a piece of boiled beef with greens. Even that, however, emancipates a woman from grease, the worst feature of dishwashing.

Woman—overworked and often unappreciated woman—should be an enthusiastic advocate of a dietary that combines good health, economy, and freedom from kitchen slavery.

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Irresponsible motherhood is always a sin, with or without marriage: Responsible motherhood is always sacred, with or without marriage.—Ellen Key.

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The net result of the labor of legislative bodies is always below the intelligence of the least intelligent member.—Herbert Spencer.

## The Tyranny of Clothes

**F**IFTY-FIVE years ago a French woman went from Paris to her native village and took to bed. She stayed there, without putting her feet on the ground, and died recently at the age of seventy-five. She suffered from no ailment. Her reason, as she told it, was that she disliked the trouble and time spent in getting up and dressing and undressing.

I can understand that woman, and to some extent sympathize with her. To me it is a burden to climb into a claw-hammer coat and stiff shirt, and I do so as rarely as possible. According to the Bible, our first parents adopted clothing to hide their shame. Now clothes are made a subject of glorification.

The following of silly styles in clothes, and the craving to be in the fashion, however absurd, causes much heart burning, jealousy and family quarrels. It frequently leads girls to prostitute their bodies for hire.

Modern clothes are expensive, unhygienic, and sometimes suggestive. What an advance it would be if we could get back to the unchanging, artistic costume of the Greeks, two thousand years ago, or to that of some of the Oriental races of today, instead of constantly adopting changing styles, one more inartistic than the other. Men's clothing does not run to extremes in our age, but men burden themselves with unnecessary clothing more than do women.

Now that women have the ballot, it is time for them to declare their independence of Parisian men milliners.

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### "Thot"

**O**CCASIONALLY I receive a letter from an "advanced" correspondent in which the word "thought" is mis-spelled "thot."

I always fancy that the writer feels something like a boy who smokes his first cigarette, or a girl who says "damn"—real bold and naughty. Why single from the big dictionary for mistreatment, this unfortunate little word? I am more or less familiar with seven languages, and know English to be the briefest and most practical of the widely spoken occidental languages, for which reason it is destined to be the language of the world, long after Esperanto and Volapuk are forgotten. English grammar is admirably easy, compared with the bewildering French verbs and the complicated German genders, but as to spelling and pronunciation, it is enough to drive a foreigner to drink, insanity or despair.

Admitting this, when we make a serious effort at spelling reform, it should be on a comprehensive scale. Besides, "thought" is not pronounced "thot" any more than "bought," "ought," and "wrought" are pronounced "bot," "ot," or "rot." Suppose that the first message flashed over the electric telegraph had been spelled this way: "Wot hath God rot."

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There are races whom we despise, and it generally turns out that we despise them because we do not know them. We have not found the same common footing of humanity with which to deal with them.—Charles Lamb.

## Hunger and Appetite

**ONE** of the most frequent of dietetic errors is the mistaking of appetite for hunger. Appetite is no more hunger than sexual passion is love. That faint, sinking feeling at the pit of the stomach, with a morbid craving for something to eat, is due to catarrhal inflammation of the lining of the stomach, and collapse of that organ, not to hunger. Hunger is indicated by watering of the mouth for plain food—even for a crust of dry bread.

Only when hunger is present are there juices in the stomach ready to dispose of food that is eaten. Otherwise, the food lies there mixed with mucus, then slowly rots and ferments, causing the formation of gas, that presses with great force in all directions, and sometimes makes a man think he is going to die of heart disease. Meantime, however, the ingestion of this food into the stomach, giving that overworked organ increased labor, has for a short time caused a feeling of false nervous energy that is mistaken for renewed strength.

Yet we find food literally forced on sick people. In fact, part of the recognized formula of nursing invalids is to tickle their palate with dainties. Food is urged into their unwilling stomachs in spite of strong protests. As many millions of lives are sacrificed to this criminally foolish practice of putting food into sick stomachs, that are not able to digest it, as are slain by drugs, serums, and unnecessary operations.

Nature tells when the stomach is ready to digest food. Her signal is hunger—real hunger, not mere appetite. Never eat when you are not really hungry. Miss a meal, or several meals. Instead of eating, sip slowly a glass of cool water. In this way you will get real strength and health, whereas, otherwise you will become a chronic invalid, or be seized with some acute disease that under medical mal-practice may readily carry you off.

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## The Road to Health

**EVEN** under perfect conditions of right living, the road to health is not level. It has its ups and downs, depending largely on atmospheric and temperamental conditions. Like a mountain path, the ascent is not uniformly steady, although there is always a gradual gain or loss. Again, the vitality is always higher in the morning, declining as the sun sinks, and the blood becomes surcharged with fatigue stuffs.

Following is from the New York Press:

It is a curious fact in psychology that nobody can stay at the same mental and physical level for twenty-four hours together. In the morning you are more matter of fact, for instance, than later in the day. It is in the morning that the best brainwork is done, too—brainwork of the sort that requires industry and clear thinking. And it is about 11 in the morning that your body reaches its highest point of energy. In other words, you are stronger, though almost imperceptibly, at 11 in the morning than at 3 in the afternoon. You reach that highest point twice in the day, for about 5 in the afternoon the muscular energy has risen again. But from 5 onward it declines steadily all through the evening and on till between 2 and 3 a.m.

Do not be discouraged if you have blue days, and apparently stumble occasionally on the road to health. The main thing is that

you are making steady gains from week to week, and from month to month, even if the gain is small and almost imperceptible. The road to health is like the "Rocky Road to Dublin," but one is amply paid for climbing it when one reaches the heights and looks down on the Valley of the Shadow of Death, through which one has passed.

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### Let Them Fast

**W**HAT strange and curious ideas many people have about food and starvation. A Los Angeles woman testified that she was "near death's door" because her husband had shut her up and fed her for several days on strawberries. Many a time have I "fasted" in summer on strawberries or other fruit, for a week, while others have done so, with much benefit, for months.

Then the English militant suffragettes. There is talk of "letting them starve" in prison. Bosh! "Let them fast," not "Let them starve." Hitherto, when they have gone on a "hunger strike" for a few days, they have been forcibly fed, by a painful process. I wrote to the London Times showing how absurd this is, when, in America alone, during the past twenty years, hundreds have fasted absolutely for more than a month, with great benefit to their minds and bodies, often entirely ridding themselves of chronic diseases that had been declared incurable. As I said in that letter to the Times, (it was not published, but I reproduced it here), a good fast, with daily thorough cleansing of the colon, and sweat baths, is just the treatment indicated for the wild women. It would sweeten their blood, clear their heads, calm their brains, cure their "cussedness" and send them out of jail "clothed and in their right minds."

Recently Dr. Linda Buffield Hazzard, of Seattle, Washington, who has cured hundreds by means of fasting, was sentenced to serve a term in the State penitentiary. She began her term by taking a fast of forty days, not as a "hunger strike," or protest, but for her health, and nobody thought of attempting to interfere with her.

In the next number I expect to write more in detail on fasting for the cure of disease, a most important and altogether too much neglected subject.

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### True Liberty

**W**E have reached the point where we understand liberty in a different sense than in the past. We begin to realize that we can obtain true liberty for ourselves only by granting liberty to every other man. It was not understood in this way in the past, and we see an anomaly in Washington, a slaveholder, fighting for liberty. He fought, of course, for his own liberty, or that of his class, whereas the present tendency is to fight for liberty for all classes—ultimately, for the destruction of classes.—James S. Collins in Metropolitan.

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- We become bound to persons by services we render them, not by those we receive. The reason of this is that men are rather proud than grateful.—Dumas.

## Meal Hours

**A**CCORDING to a Paris dispatch "learned scientists have proved that the proper time for dinner is 7:30 o'clock in the morning." Which only again proves that "learned scientists" are often unwise.

Scores of my consultants have testified to the great benefit derived from adopting the no-breakfast plan. Breakfast is the most logical meal to drop, because vitality is restored during sleep. At the most, make breakfast a nominal meal—a cup of something warm or a handful of fruit—and never, under any circumstances, swallow more than a glass of water until you have been up and around for an hour—two hours is better.

On the continent of Europe the breakfast consists of a cup of milk coffee—about one-fifth coffee and four-fifths hot milk—with rolls, followed by *dejeuner*, or luncheon, at eleven to twelve. In England they breakfast on oatmeal, a rasher of bacon or eggs, or a piece of broiled haddock, with marmalade and black tea. Only in America have I ever seen people eat a "square meal" as soon as they get out of bed. I can understand a man eating a bloody beefsteak of an evening, or a hunter, who has slept in the open all night, eating broiled venison cutlets over a wood fire at sunrise, but I cannot comprehend how an office man can shove a bloody beefsteak into his often slime-coated stomach, as soon as he crawls out of bed. It could only be done by using plenty of strong coffee as a "chaser."

In our unnatural modern life, meal hours must to a great extent bow to the tyranny of office, store or factory regulations, although a rational eater, who is not enslaved to hot drinks, may carry a meal in his pocket. The main thing is that two meals a day are enough for anyone, however hard the work, physical, or mental. When Rome was approaching her decadence, a writer chided his countrymen for eating to repletion twice a day. What would he say were he to spend a week in an American boarding house?

## Afraid of Poverty

**W**E have grown literally afraid to be poor. We despise anyone who elects to be poor in order to simplify and save his inner life. We have lost the power of even imagining what the ancient idealization of poverty could have meant; the liberation from material attachments, the unbribed soul, the manlier indifference, the paying our way by what we are or do, and not by what we have, the right to fling away our life at any moment irresponsibly—the more athletic trim, in short, the moral fighting shape. . . . It is certain that the prevalent fear of poverty among the educated classes is the worst moral disease from which our civilization suffers.—[Prof. William James.]

One who has had no experience of religious power cannot be argued into accepting the Divinity and His religion by any intellectual persuasion. The person who has experienced the saving power of religion needs no proof of its validity. It is real to him as love is to the mothered child.—Collier's.

## Civilization

**W**HEN the Man from Mars lands on Broadway, with exalted ideas of a sister planet he has hitherto only seen shining afar through the Martian night, this is about the first thing he is likely to have shoved at him as the "Foremost News of the Day" in the twentieth century of Our Lord, in this most highly civilized United States of North America:

Mine Accident—275 lives lost.

Man kills his Wife and Children and Commits Suicide.

Bank Cashier Runs off with \$50,000 and a Married Woman.

Death Toll of the Auto—Seven Killed and Fifteen Injured.

Troop Train Blown Up—Five Hundred Killed.

Sensational Charges of Graft in Charity Organization.

After Long Debate City Council Decides Sandwich not a Hot Meal.

Starving Strikers Dynamite a Factory.

Popular Minister Accused of Kissing a Widow.

Poker Game Raided in Fashionable Residence District.

Three Hundred Miners Entombed.

Preacher Denounces Sunday Baseball.

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In this flabby, comfort-loving, unstrung age, we are losing our Christianity mainly because Christianity is a creed for heroes and we are harmless, good-natured little people, who want to have a good time. If the Cross were not a pretty ornament we should have discarded it long ago.—[Dr. Inge, Bishop of London.]

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The happiest man is the man who thinks the most interesting thoughts.—[Timothy Dwight.]

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At last. A French physician claims to have discovered a serum to cure love.

## If He Should Come

**I**F He should come in such a guise  
 As once He wore 'neath Judah's skies,  
 And walk about as He did then  
 Among the busy throngs of men,  
 And call them to the Last Assize—  
 Would not He meet incredulous eyes,  
 And pity or amused surprise  
 From every Christian citizen,  
 If He should come?

The Scribes and Pharisees would not rise,  
 Stung by His lashings of their lies,  
 To nail Him to the cross again,  
 But merely tap their foreheads when  
 He spoke, with sympathetic sighs,  
 If He should come.—William Herbert Carruth.

### Briefs

An English vicar, in the London Chronicle, says the Puritan Sabbath is a "modern institution with neither history nor theology behind it."

Dr. Ross, a London surgeon, advocates feeding consumptives raw flesh of cattle known to have tuberculosis. Homeopathic.

Women over eighteen, in the State of Washington, receive a minimum wage of \$10.00 in stores and \$8.90 in factories.

About the only right left to pedestrians is the right to pay for street improvements.

In Boston they talk of limiting the length of courtships. I suppose the surplus women, if they cannot get husbands, want a share of the spooning.

Great Britain has on loan abroad twenty billion dollars.

The esthetic still rules in the university town of Oxford, where they will not tolerate trolley cars.

A woman in Calder, El Dorado County, Cal., had a twenty-pound baby. "Mother and child doing well."

The smallest man in the world died recently in London. He was 21 inches high and 53 years old.

Eastern dairymen say cows do better if spoken to kindly. Same with wives.

An Englishman in Berlin, born armless and legless, has six fine children.

Los Angeles has more telephones, per capita, than any other city.

Of 9000 murderers in the United States last year, only 88 were hanged.

Salmon and seals will soon follow the buffalo. The American way.

A woman took off 65 pounds in six months by eating one meal a day and walking three miles a day. You can do the same.

The Straits of Magellan will be lonesome after the Canal opens.

The people of Tahiti were among the finest on earth. Civilization has made them physical, mental and moral degenerates.

Newspapers run double-page ads; magazines double-page illustrations, and soon newspaper portraits will be life size. What then? Sanity?

A German professor says the reason men, and not women, sleep in church is that men pay close attention to the sermon.

The loss of meat animals in America by disease and exposure in 1913 is estimated at \$150,000,000.

The age of consent for girls is 10 years in Georgia, 12 in Alabama, and 14 in several other southern states.

No man is arrested for being drunk in London. He is put in a cart, a sheet thrown over him, and is taken home, if there is anything to identify him.

The prohibitionists have a big job. Noah is said to have made wine, and Osiris beer.

After experiments on charity "material" in hospitals, doctors are casting longing glances at the public schools.

The Archdeacon of Bombay says that for every Christian we have made in India, we have made a hundred drunkards.

Several of New York's biggest stores will close all day Saturday, during summer. Good idea.

I notice that at least a dozen places have the largest pipe organ in the world. Strange.

Only fifty residences were erected last year in New York.

While we condemn Mexican treatment of Indians, we should think of our own shameful record in that respect.

Dr. Anna Shaw, president of the National Woman Suffrage Association, says the marriage ceremony has outlived its usefulness.

Is Wilson responsible for the business depression in England, Brazil and other foreign countries?

Uncivilized armies poison wells with arsenic. A Southern California health resort boasts the discovery of a spring of arsenic water. Strange.

Secretary of Commerce Redfield says manufacturers are neglecting the worker, the most important factor in the whole problem of production.

Our California volcano might have waited until next year. It would have been an added attraction for the Exposition.

There are 2,500,000 more women than men in England. No wonder Britishers balk at female suffrage.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. III

LOS ANGELES, JULY, 1914

No. 2

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## To Our Subscribers

AS a subscriber you are, to a certain extent, interested in this magazine, or you would not be a subscriber. Perhaps it has not occurred to you that it takes a lot of hard, patient, uphill work to run a publication devoted to the Truth and the Right. You can help a little if you will. I am asking each of our subscribers to send in, during this month of July, a few new subscriptions. Some of you will be on vacation trips, when you will have a good opportunity to bring the magazine to the attention of chance friends and acquaintances. Or if you do not care to approach anyone personally, send in a few names, even one name, with the subscription price. One subscription, one dollar; six for five dollars.

This will cost you little, and will mean much to us. Will you not do this? I assure you I shall highly appreciate it.

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## Booms and Slumps

THE material wealth of the United States is just the same as it was a year ago. The coming wheat crop promises to be the greatest ever harvested. Yet "everybody" says times are hard. That "everybody" is a great busybody. Hard times mean lack of confidence. Commerce is a confidence game. Let a few begin to talk hard times, and you have hard times.

There is another cause. We have been living too fast. We have been consuming our cakes and ale before we earned them. Ever since I came to America, thirty-eight years ago, I have seen a constant recurrence of booms and slumps, or preparations for, or getting over, a boom or a slump. This is bad for the nerves as well as for the pocket. The United States is now nearly a century and a half old, and our "inexhaustible" land and mineral resources have reached a point where we can measure them. It seems to me that we should begin to take things more calmly, and sensibly, as they do in what we are pleased to call "effete" Europe, where the people get along quite nicely, live to a good old age, and are not nearly so much subject to neurasthenia or paresis.

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One cannot achieve reforms merely by writing and speaking. Still, agitation must precede action. Do not, however, let it stop there.

## Prohibition

CALIFORNIA, the leading viticultural State of the Union, has a wet and dry election coming soon, and a vote to amend the United States Constitution, so as to provide for national prohibition, is expected this month. This would have surprised George Washington, who was a sober man, yet took his rum before breakfast, a form of alcoholic indulgence I cannot recommend, as alcohol should never be taken on an empty stomach—unless the stomach has just been emptied of sea water.

The frantic efforts made by Congressmen to postpone the evil day when they will have to record their votes on this question, is significant of the working of prohibition laws everywhere. Such laws are always accompanied by a train of cowardliness, hypocrisy, hatred and uncharitableness. Because they have not, like anti-vice laws, the support of a great majority of the people, they can never effectively be enforced, while their infraction occupies a large part of the time of our minor courts and of our city and county legislatures.

We are altogether too busy trying to force others to do as we do, instead of trying to teach them that ours is the best way—or that we believe it is.

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## Votes for Women

ONE shallow argument against woman suffrage is that women are not adapted to be blacksmiths and soldiers and hodcarriers. Women have made good blacksmiths and good soldiers and they are today efficient hodcarriers, in Vienna. If young men continue to smoke cigarettes and loaf around poolrooms, and young women continue to play tennis and basketball, the advantage of strength will not long remain with the male voters.

However, I do not believe that physical strength is an argument for suffrage any more than smashing pictures and burning churches. If few women would make good blacksmiths, on the other hand, I never knew a man who would make even a poor wet nurse.

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It would be well if some of those who denounce the “freak legislation” of the latest California legislature, would show just what laws they would repeal if they had the power, so that the people may know what to expect.

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Before we can expect much real reform, we must learn to call things by their proper names. “Grafting” and “high finance” should be called stealing.

## A Job For Statesmen

**T**HOSE must be wilfully blind who fail to see, in the ever increasing unrest, the frequent calls for Federal troops, and other signs of the times, indications similar to those that have preceded uprisings of the people when gutters ran with blood. These mutterings of a forthcoming explosion are not confined to America, but are heard all over the civilized world, with exception of a few happy little lands, like Switzerland, where the people really rule and are content.

As I said last month it is a form of insanity to suppose that a problem like this can be solved by killing a few thousand rioters. Similar foolishness led many good but misguided aristocrats to lose their heads on the guillotine, in the last decade of the eighteenth century.

The whole question may be summed up in the statement that the people are beginning to think for themselves, and to resent what they regard as injustice. The elephant is dangerous when it realizes its strength. This is a job, not for politicians, but for statesmen.

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## Easy Money

**O**NE advantage of the present financial depression is a temporary let-up on the advertising of schemes to catch suckers. During the past decade, in Southern California, we have seen stock company epidemics for the development, not of natural resources, but of investors, in gold, building societies, rubber plantations, and many other lines. How many investors in these schemes will ever get back a cent of the capital invested, not to speak of interest?

Many have realized, when too late, that four per cent. in a savings bank is safer than forty per cent. in glittering promises. These words will, however, deter few. The yearning to get rich quickly is too deeply grounded. At least people might take the precaution only to invest in such schemes money that they can afford to lose, as they are almost sure to lose it.

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## Railroad Wrecking

**I**T may be that Uncle Sam would not make a success of running the railroads, but you may bet your bottom dollar he would not make such a thieving watered stock swindle of the business as have the Frisco, the New Haven, and the Rock Island, whose dirty linen is being washed in public, with more of them to follow.

Uncle Sam does not leave a trail of mourning widows and orphans after him.

## Brooklets

Newspaper work is harder and rewards fewer than in any other profession. Yet journalism, like the stage, lures many.

\* \* \*

If people would give to the care of the body only one-tenth of the time they devote to making money, they would be healthier and happier.

\* \* \*

Woman arrives by intuition at what man laboriously reasons out. That is one reason why woman will be a dangerous rival of man if it comes to a sex war.

\* \* \*

We abuse the superlative about California until some of us come to believe it all.

\* \* \*

A man without sense of humor misses much enjoyment but is more likely to make a "successful career."

\* \* \*

It is not surprising that women of the "400" sometimes elope with chauffeurs. A normal woman yearns for brain and brawn.

\* \* \*

It is almost worth while getting sick to enjoy convalescence—if you have not filled your system with drugs.

\* \* \*

If the devil does not devise special punishment for animal torturers, then I shall be disappointed in the devil.

\* \* \*

California flowers are all right, but a man occasionally needs a little cauliflower and Graham flour "on the side."

\* \* \*

Our auto speeders should remember Robert Louis Stevenson's saying: "It is better to have traveled than to have arrived."

\* \* \*

Anti-alcohol advocates would achieve more if they would emphasize efficiency rather than morals.

\* \* \*

Malefactors of small wealth have been heard to complain bitterly that the pernicious activity of the police hurts their business.

\* \* \*

We are told that drugs should only be taken "when prescribed by a physician." How many victims of drug habits began in any other way?

### He Casts a Stone

WHEN you walk through a forest after a rain, you see crawling out of their holes many uncanny insects whose existence you never suspected.

So, after a shower of public opinion on some social question you often encounter strange and repulsive views that surprise you.

Last month I criticised property owners who legally objected to the location, on a five-acre tract in the suburbs of Los Angeles, of an enlarged Florence Crittenton Home, provided for by the gift of a public-spirited Los Angeles man, the present home being overcrowded. A helping hand is here offered to girls who have made a mis-step, and are about to become mothers, many girls having thus been saved from despair and ruin. Most of those seeking help are quite young. One prospective mother was thirteen.

Such establishments are more common in Europe than in America, not because "accidents" happen more often there, but because our women, when in trouble, terrorized by the scorn vented by society on illegitimate motherhood, patronize professional abortionists to an extent undreamed of in any other country of the world.

These things will happen so long as American mothers continue to permit their daughters unreasonable liberties, under the strange belief that nothing could possibly befall their girls. It is mostly the parents that are at fault in such cases, although here, again, allowance must be made for over-worked mothers, who are trying to raise children, but have neither the time nor the strength to give them proper physical, mental and moral training.

The article referred to brought me a letter from a man who is entirely out of place in the California of 1914. He belongs in the Puritan days, when they burned witches, and branded with a scarlet letter girls who had been seduced—and found out. Or, perhaps, he should have lived still farther back, at the time when Jesus challenged one of the holier-than-thou bystanders to cast the first stone at a woman taken in adultery. I am glad to say this correspondent is not a subscriber to BRAIN AND BRAWN. Here is the stone this presumably blameless man does not hesitate to hurl, over my shoulder, at these young Magdalenes:

"LOS ANGELES, CAL., 333 E. Avenue 33,

"June 10, 1914.

"Mr. Harry Ellington Brook:—

"My attention has just been called to an effusion of yours entitled: 'Unfortunate Girls.'

"The entire effusion in question might properly be ignored but for the closing sentence of the second paragraph. I quote it:—

"'Many of these girls are more moral than some of those who object to them.'

"Now Mr. Brook; not one in ten of these girls who become mothers of illegitimate children knows even the meaning of the word 'moral.' They have been lewd from childhood. Their education, if any they have, is in their feet—they can dance. They can chew gum. They can hold down a seat in a crowded street car while a tired mother with a 'legitimate' child in her arms, or an aged and infirm woman hangs on to a strap. They can 'joy ride.' They can revel in bacchanalian debaucheries with notoriously lewd and abandoned brutes of the opposite sex—if only the latter will pay the price. And when at last retribution confronts them with consequences appalling, they can herd together in an elegant \$50,000 palace, equipped with the most approved appliances for relieving them of their encumbrances and 'philanthropists' pay

the bills. And at the same time, scattered all over this city,—hundreds of them in the aggregate—are cases of legitimate, but unfortunate prospective mothers pinched by ‘chill penury’ and suffering for the common necessities peculiar to their condition.

“Now Sir, in the case under consideration something like one hundred and fifty of the residents of this locality have enrolled ourselves as ‘those who object to them.’ We do most strenuously object to the planting of this ‘abomination’ in our midst. Not one of us is either directly, or indirectly, responsible for the unfortunate predicament of any one of the lewd ‘misfits’ who are today anxiously awaiting the completion of that structure. We hurl back into your teeth your base insinuation. You do not know the meaning of the word ‘moral.’ You are a degenerate.

“In conclusion, permit me to say: Let this proposed institution be changed into a haven where unfortunate but honorable motherhood may find succor and every one of the one hundred and fifty names will come off that protest. Aye more, I will stand sponsor that with the advent of each new baby some one or more of our wives and daughters will carry to the mother a bouquet of flowers and some dainty, thoughtfully prepared, and will have for her a word of cheer and encouragement.

“We are moral people out here Mr. Brook. We are humane. We are sympathetic. Our babies are all ‘legitimates’ and we do not want your vile brood.

“You ask ‘What shall be done with them?’ The mandate of Jehovah is ‘Let her be stoned with stones, that she die.’ If you have any better plan put it into execution, only do not dump them out here among decent people.”

J. W. DAVIS.

Several years ago I investigated the workings of this Home, and I can assure Mr. Davis that very few of the inmates bear any resemblance to the unfortunate acquaintances he so graphically describes.

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### Not Much Comfort

**A**T Redondo Beach, a seaside resort near Los Angeles, the City Council has several times refused to sanction the erection of public urinals and water closets, known politely as “comfort stations.” Los Angeles is shamefully lacking in these conveniences, there being, I believe, only two in a city of half a million people. Every third-class town on the continent of Europe is well provided for in this respect.

To some this may seem a small and altogether insignificant matter. It is not. The foundation of life-long suffering has been laid by failure, on account of lack of opportunity or false modesty, to attend to natural functions. In such cases, a man may go to a saloon while a woman may hunt up a department store, but these places are not always within easy reach, and in “dry” cities there are no saloons.

In a civilized community public conveniences of this kind should be as much a matter of course as sidewalks and street lamps.

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School inspection will never amount to a row of pins, except to furnish a salary to physicians for carrying out the inspection, running people into a lot of expense for impossible cures, and giving the children and teachers, and those interested in the school, a false education in regard to health—how to gain it and how to keep it.—J. H. Tilden, M.D.

### Christianity and War

**A** SPEAKER—not a clergyman—before the Los Angeles Ministerial Union recently said:

“As to the Mexicans, I think it would be a great mistake to wipe them all out. We should go there and do the best we can to Christianize them.”

It was considerate of this speaker to discourage the idea of “wiping out” fifteen millions of our neighbors, because they are struggling to get back the land of which they have been robbed. Whether Christianizing would render them more peaceful is open to doubt.

Again, a Japanese training squadron recently visited the Pacific Coast. Unlike sailors of Christian nations, Japanese jackies on shore leave do not congregate in saloons and brothels. They visit museums and parks and reading rooms and make notes of what they see. In San Francisco 1500 Bibles were presented to the officers and men of the visiting fleet. A press dispatch said:

“In the presentation remarks great emphasis was laid upon the fact that the spread of the Christian faith meant that in time there would be no more war among the nations and all men would be brothers under the one God.”

Is this perhaps a grim joke? As I said last month, more blood has been shed during the past twenty centuries in the name of Christianity than from all other causes combined. Jesus said truly that He came not to bring peace upon earth, but a sword. Judging by history, if we desire universal peace we must look elsewhere for it than to the churches. We must look to the spread of the spirit of universal brotherhood regardless of race and religion.

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### The Penalty of Big Muscles

**T**HE reason an athlete cannot stand an attack of disease or disability lies in his habits and an inexorable law of nature. The natural law is, that where a person develops any part of the body or mind he must maintain it at the point reached. If a person develops his muscles he must keep up the development or they will decay. A person accustomed to an unusually active physical life uses up more cell material, hence there is more call for food, for air. Using up more material there is more debris, more waste, and the depurators or waste removers must work harder. All of this is healthfully performed as long as the habit of exercise is not interfered with. But anything which puts the athlete on his back, where he cannot exercise as before, is dangerous. Even a broken leg has killed an athlete, because he could not take his accustomed exercise. His waste carriers became clogged, and his system loaded with debris, and he dies with all the symptoms of tuberculosis. As a matter of fact, that disease kills in the same manner, and the cause is an inability to get rid of the accumulations of waste which the disease causes.—Col. James Rugby in *The Peril*.

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### The Canadian Way

**T**HE Canadian government prints on all its immigration literature: “Canada advertises only for farmers, farm laborers, and domestic servants, and these are the only classes guaranteed employment on arrival.”

It would be well, not only for immigrants, but for the state, if California would in this respect be honest, and follow the example of Canada.

### Jack London Was Premature

**I**N Collier's for June 6, Jack London had a letter from Vera Cruz, in which he devoted two pages to the wonders of typhoid fever inoculation, a practice which he declared was absolutely effective, and followed by no indisposition. In the letter was a picture of London, with the following inscription: "A fine physical example of inoculation against typhoid—Jack London, himself, snapped on the street in Vera Cruz."

In the Los Angeles papers of June 1 appeared a dispatch from Vera Cruz, stating that Jack London was seriously ill. An increasing number of physicians of standing declare that inoculation for typhoid, and other diseases, is not only useless, but dangerous, and that we are beginning to reap the harvest for this wholesale blood poisoning with animal filth by a great increase in cancer and other deadly ailments, that formerly were as rare as they are now common.

The British Army authorities have concluded that typhoid vaccine confers no protection on those who are specially susceptible to typhoid fever. What immunity is developed in other people, we are told, generally wears out within two years. Opposition to compulsory typhoid vaccination in the French army is reported to be very bitter among both civilian and military physicians. The act requiring it is said to have been rushed through Parliament without debate and without reference to the Academy of Medicine, as is the rule in all matters relative to public health. This has caused great indignation, particularly since the Academy has already decided against such a measure and recommended its optional use by soldiers.

Meantime, reports continue to be published of deaths following typhoid fever inoculation, and they bear but a small proportion to the deaths not reported.

Yet the political doctors continue to cry for more power to forcibly poison the blood of the people.

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### Honey

**H**ONEY is as wholesome and nourishing as concentrated refined cane sugar is unwholesome and lacking in nourishment. I always advise my consultants to substitute honey for sugar. Honey is a medicine as well as a food. Give it to the children in place of candy. Be sure, however, that you get pure honey. Glucose is more harmful than sugar. There are important differences even in pure honey according to the conditions under which it is made, just as there is a great difference in fruit, according to the soil on which it is grown. Dark red honey is much the best, although the people demand light yellow honey, just as they insist on light colored dried fruit, because they eat with their eyes and do not think. Therefore they have to suffer in their bellies.

Those who would like further information on this subject should write for interesting literature to J. W. Dayton, Owensmouth. He has made a life study of honey and can tell you more about it than you ever dreamt of.

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An exchange says: "Eminent ophthalmologists have announced that the eyes are not injured by watching motion pictures, but even gain some benefit." "Eminent ophthalmologists" have another guess coming.

### Please Don't Publish

THE TRIBUNE is in possession of a circular issued on the letterhead of a "Committee on Tuberculosis Nurses," which begins thus: "Enclosed is a petition asking for a force of municipal visiting tuberculosis nurses. Please sign and have such friends sign as you can, and return to us within forty-eight hours. Only Los Angeles city voters may sign such a document. To lessen the undesirable advertisement incident to undue publicity, we are desirous of making this campaign as short as possible."

We think that last sentence speaks for itself. It is sought to rush this job-creating ordinance before the council in such secrecy as would prevent any full or free expression of public opinion on the merits of the case. That purpose alone should condemn the project.

If the means thus employed for the promotion are objectionable, the scope of the ordinance itself is not less so. It is made the duty of the municipal visiting tuberculosis nurses, who are to be appointed in the ratio of one to each 100 cases, to visit professionally all reported cases of tuberculosis; the city's health commissioner is to establish such supply stations as he may deem necessary from time to time for the professional use of such nurses; and the purchasing agent, without any further action on the part of the council or any other department of the city, "is hereby directed to purchase on requisition from the health commissioner such supplies as the latter may from time to time deem necessary for the professional use of the tuberculosis nurses."

Borrowing a phrase from the promoters, we suggest that, "to lessen the undesirable advertisement incident to undue publicity," the tuberculosis nurses be supplied with keys to the city treasury.—Los Angeles Tribune.

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### A Summer Drink

THE principal of Chaffey High School, Ontario, Cal., recently issued an order to the effect that no more soda pop is to be sold on the high school campus. The reason given is said to be fear that the practice may lead to the boys forming habits of drinking from bottles.

It is true, as I have often said, the "soft drinks" sold at soda fountains are more injurious, from a health point of view, than pure light wines and beer, but the reason given in this case is a curious one. Acting on the same principle, it might be well to go farther back and prohibit infants from using milk bottles. A boy's character should be based on something more solid than that.

Here is a healthful, refreshing and appetizing summer drink: To a glass of cool—not ice cold—water, add the juice of half a lemon and a teaspoonful of pure honey. Stir up in it three or four leaves of mint. Sip slowly. Nothing but water should ever be swallowed in big draughts, and even that is much better sipped.

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Dr. J. M. Finney, of Baltimore, declares that the increase of cancer of the breast is largely due to the disinclination of mothers to nurse their infants. He says that mothers who have reared four or five children, and have nursed them all, rarely have it. The disease, he says, is a protest against modern civilization.

### Painless Parturition

**A**T Freiburg, in Germany, women in childbirth are treated with a narcotic called scopolamin, which is claimed to be harmless, and to make parturition painless. It is described in McClure's for June. Chloroform is sometimes used on such occasions, but doctors know it is dangerous. Patients are going to Freiburg from all parts of the world, which must be highly profitable for the University of Baden, where the treatment is given. Some cold-blooded religionists will declare that this is blasphemous, because the Bible says "In sorrow thou shalt bring forth children." I notice that it is only men who quote this statement.

Civilized women, like civilized men, are physically degenerate, and unable to stand the ordeal of natural functions, such as childbirth. All may have painless parturition if they will adopt a very abstemious, non-stimulating dietary during pregnancy, and take exercise up to the last. Most of the pains of childbirth are caused by the folly of over-eating, done under the direction of doctors, who say it is necessary for the formation of the unborn child. The absurdity of this is shown by the fact that the entire weight of an average child, with the after-birth, does not amount to more than one-half an ounce a day during the nine months of pregnancy. I have received wonderful reports from consultants of easy births following the adoption of these simple and natural rules.

An evil of child-bed now-a-days is that modern fad, the man midwife. A skilled midwife is better than a physician, because, first, woman can sympathize better with her sex, and second, the physician is too often in a hurry, and resorts to instruments before it is necessary.

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### Vivisection

**A**N important interpretation of Pennsylvania law on vivisection was made in the trial of Dr. Josephua E. Sweet, charged with wanton cruelty to dogs after operations, when Judge Bregy in addressing the jury declared that a person guilty of wanton cruel torture of an animal shall be guilty of a crime, even although the cruel treatment be done for scientific purposes. Dr. Sweet is assistant professor of surgical research in the medical department of the University of Pennsylvania.

An increasing number of prominent, broad-minded members of the medical profession are adding their testimony to the fact that vivisection is not only cruel and unnecessary, but misleading, but has led to many deaths of human beings that might otherwise have been avoided.

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The solar plexus is the great organic brain, the center of the vegetative life of the body, and as essential to the life of the body as is the cranial brain. This center has immediate charge of the digestive functions, the action of the heart, and the action of blood vessels and glands throughout the entire body.—Dr. J. H. Kellogg, in *Good Health*.

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The idea that a woman can't keep a secret is simply a fiction worked up by men to cover their own Babbling Bessism. A secret to a woman is first a possession, then an obsession, finally part of anatomy; if she parted with it she'd never feel the same again. Secretiveness is a female instinct.—"Jane Bunker" in *Collier's*.

### Bread

**T**HERE is a bread war on in Los Angeles and big rival concerns have been offering inducements to the public in the shape of attractive wrappers. Cleanliness is of course desirable, but it would be better if more attention were devoted to the nourishing qualities of the bread. Bread has been called the "staff of life." It has been so refined that ordinary bread, when it forms a large part of the dietary, might more truthfully be called the "staff of death." It is not so much that white bread is lacking in protein, although that is important when bread forms a large part of the dietary. It is the great loss of the all-important mineral elements that makes white bread a starvation food. The total organic salts in a thousand parts of whole meal flour are 23, whereas in white flour they are only 6. When the diet consists largely of white bread, sugar, another starvation food, and tea or coffee, is it any wonder that children grow up puny and fall easy victims to sickness?

We rob the grain of its most valuable properties and feed them to animals. It is not absolutely necessary that the extreme outer covering or bran should be included. It consists of silicon that feeds the hair, nails and teeth. Silicon is found in other natural foods. Bran, unless very finely ground, is irritating to inflamed stomachs and all dyspeptics have inflamed stomachs. Just underneath the bran lies most of the mineral content and this is sacrificed in making the superwhite flour that the people foolishly demand because they eat with their eyes. When the people demand better bread they will get it.

Physicians tell us that a certain percentage more of white bread than of brown bread is digested. Well, what of that?

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### Private Armies Supplied

For Sale or Rent—Private Armies. We are prepared to furnish to large corporations and other employers of labor with nothing to arbitrate, private armies of all sizes and degrees of bloodthirstiness. This is absolutely the best chance ever offered to keep your employees in subjection. Splendid substitutes for high wages, short hours, safety devices, sanitary measures and other unnecessary luxuries. In writing please mention how you want the army to serve; whether as armed guards, private detectives, deputy sheriffs, State constabulary or free-lance trouble-makers. In some States we can have our armies join the militia and thus throw most of the expense on the State, a very desirable method. Address National Amalgamation of Mercenary Murderers, New York. Branch offices in all large cities. All communications confidential.—Life.

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### Consumption and the Colon

**C**ONSUMPTION is always primarily a disease of digestion. Therefore how foolish it is to attempt to cure it while a patient is being over-stuffed with milk and eggs and other over-stimulating foods. Also, it is impossible to cure a case of consumption so long as the colon is foul, and the poisons generated there circulate through the blood. A person with a clean colon rarely gets consumption.

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A healthy person secretes from two to seven quarts of gastric juice in twenty-four hours.

How Los Angeles People Make a Living

THE Los Angeles directory for 1914 is out, containing 2878 pages and weighing something less than a ton. To get up such a volume is a colossal job. Then, almost as soon as one is out, you have to go to work on the next. Editing and making up a magazine is enough for me. If asked to edit the directory, I should take to the woods, and leave no address. I wonder how Mr. Devereux succeeds in retaining his amiability, or even his sanity.

The Los Angeles directory is a better guide to the population of the city than the Federal census, because the directory canvassers are paid by the day. According to the directory, the population of Greater Los Angeles, within the official city limits, a month ago, was 516,317. Now it is probably 4000 more. Some change from 1881, when I first came here. Then the population was 12,000. In the same year the population of Chicago was that of Los Angeles today.

You may learn many things from a city directory, if you know how to read between the lines. Here are the most numerous represented occupations. The list will interest outside readers who may be thinking of coming to Los Angeles to fill long felt wants:

Apartment Houses .....	858	Insurance Companies .....	803
Architects .....	157	Investments .....	486
Attorneys .....	1305	Jewelers .....	220
Bakeries .....	180	Land & Water Cos.....	201
Barbers .....	681	Manufacturers' Agents .....	358
Billiard Halls .....	201	Meat Markets .....	287
Chinese Merchants .....	118	Millinery .....	180
Ch. Sc. Practitioners.....	162	Mines & Mining.....	260
Chiropractic Schools .....	75	Motion Picture Theaters.....	111
Cigars & Tobacco.....	362	Nurses .....	903
Confectionery .....	251	Petroleum Cos., Etc.....	258
Contractors .....	1607	Osteopathic Physicians.....	202
Dentists .....	406	House Painters .....	193
Dressmakers .....	780	Physicians .....	1020
Druggists .....	262	Plumbers .....	309
Dry Goods .....	196	Printers .....	261
Express & Drayage.....	358	Real Estate Agents.....	3108
Furnished Rooms .....	1740	Restaurants .....	655
Grocers, Retail .....	1460	Saloons .....	208
Hardware, Retail .....	193	Shoes .....	425
Hotels .....	247	Tailors .....	607
Insurance Agents .....	398	Music Teachers .....	970

From this it may be seen that our wants are fairly well filled, except perhaps, in the line of real estate agents, music teachers, and physicians. The fact is, competition here is severe. As I have several times remarked, Los Angeles is one of the most unfavorable places in the country, for those who seek a light job or a small business. The reason is simple. Los Angeles has an ideal climate. Many come here for pleasure or health. If they go into business, or take a job, they consider themselves so much ahead if they make their board and lodging. The climate is worth the price. Still, it is hard on those who are not here for their health.

In the 18th century sugar was sold by apothecaries. Cheapening of sugar has multiplied diseases.

### Box Hopuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

#### IN A DOCTOR'S OFFICE.

I inclose a dollar for renewal. BRAIN AND BRAWN always has a prominent place in my office.—Dr. R. F. Tisdale, 3329 Grove St., Oakland, Cal.

#### SEEKING TRUTH—AND SOMETIMES FINDING IT.

I must have BRAIN AND BRAWN, the most honest and reliable magazine extant, ever seeking the truth. I will try to get up a club.—C. J. Harrison, 5 Valley Road, West Orange, N. J.

#### ROOM FOR MORE.

There should be more magazines like yours, and less of the trashy kind.—Frank Ebbinghausen, Reiff, Cal.

#### BETTER AND BETTER.

I inclose one dollar for renewal. I certainly don't want to miss any numbers. Your magazine grows better and better, and that is saying much, for it was good from the very "jump."—Alex. B. McCulloch, 523 West Tenth St., Manchester, Va.

#### THEY WILL; IN COURSE OF TIME.

Inclosed a dollar for renewal. Wish I could send as many more, as BRAIN AND BRAWN deserves. Every thinking person should read it.—Alfred Dolge, Covina, Cal.

#### SHOULD BE IN EVERY HOME.

Inclosed find \$1 for renewal of subscription. We would be lost without the magazine, as we gain so much valuable information from it. It should be in every home.—Mrs. J. L. Brown, 2443 Cincinnati St., Los Angeles.

#### A CONNOISSEUR.

Inclosed find money order for Five Dollars. All new subscribers. I am sending the magazines to friends who need them. For 60 years I have been reading health journals, and I consider BRAIN AND BRAWN the best for the general reader.—Jonathan G. Wright, 2001 Francisco St., Berkeley, Cal.

#### WHAT'S THE USE?

After all is said and done it must be summed up in this: We need very little in this world, but, most of us are of the opinion that the other fellow needs something that he has not got and we are attempting to supply his needs by separating him from that which he is trying to get from us. What a selfish proposition it is, at best. We work a little to earn a little money to get a little more to eat and to wear to give us a little more strength to earn a little more money to get a little more food, to give us a little more strength and ambition to earn a lit—O, what's the use?—Prof. B. H. Jones, 516 Federal St., N. S., Pittsburg, Pa.

## A SCOTCH VERDICT.

Enclosed find \$1.00, for which send Mrs. Mary Fraser, Cor. 7th and Howard Sts., Corona, California, your magazine. She is a remarkable old Scotch lady. I placed my last copy of your magazine on the breakfast table, and since that time she has had no interest in any other reading matter in the house. Only this morning she said: "How many truths I read in this little magazine."—E. E. Hamilton, 163 Morgan Place, Hollywood, Cal.

## A VETERAN VEGETARIAN.

I enclose a dollar for renewal of subscripition. I have been a vegetarian for over fifty years. I am now eighty-three. I was a sufferer from indigestion at the age of twenty-two, and found no relief from drugs, but since following natural methods of living, I have excellent health, have not had a headache in twenty years and am a wonder to my family and friends.—Mrs. K. P. Conkling, 207 S. Orange Grove Ave., Pasadena, Cal.

## DOCTORS AND DIET.

Your acknowledgment of the reading of my article on salt, recently appearing in the Dietetic and Hygienic Gazette, is received, and it gives me great pleasure to know that my effort has met with a response from as painstaking a student of the problems of nutrition as you are.

You ask me why physicians do not study these problems more. I have often asked myself the same question, and have been thus far unable to answer it. Being one myself, and feeling that no question pertaining to a physician's calling can be more urgent than those relating to health and its preservation, I have felt keen disappointment in the coolness and indifference with which they generally receive my efforts to discuss with them these important questions. The medical text-books usually ignore the chemical and osmotic influences actuating cells, the basis of all physiological processes. They seem to regard foods as having no physiological actions, other than supplying heat and energy, when as a matter of fact these results are essentially secondary to proper chemical and osmotic influences. Is not this true?—H. O. Beeson, M.D., 965 5th St., San Bernardino, Cal.

## FROM "MURCHISON."

My dear Dr. Brook:—Some time since I received a letter from you saying that there were a few shares for sale in the Naturopathic Publishing Company. If it had only come in time, before I was tied up in another matter, how glad I would have been to invest in BRAIN AND BRAWN, but it was too late. Nevertheless, I thank you for your offer. I remit for another year's subscription.—George Osgoodby, Pomona, Cal.

George Osgoodby was the author of the celebrated "Murchison" letter About a quarter of a century ago when published in an editorial in the Los Angeles Times, written by me at request of Gen. Otis—I being then and for twenty years later on the editorial staff of that paper—this letter caused a great sensation throughout the United States, then in the throes of an election. It resulted in the dismissal of Sir Sackville West, the British Ambassador at Washington, and the defeat of Cleveland. Mr. Osgoodby was never rewarded by McKinley for the service he rendered his party in drawing out the too confiding Britisher under the nom de plume of "Murchison." Sackville West died a few years ago in Kent, England, and there was a great lawsuit over his big estate. He hated Americans to the last. Can you blame him?

### The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

HIMSELF: Dr. E. B. Lowry and Dr. Richard J. Lambert; order through Naturopathic Publishing Co.; 196 pp.; price \$1.00, postage 10c.

This book is not interlarded with a large amount of religious talk, as many such books are. It gives in plain language sex information, advice and warning. Referring to night losses, the author says:

"This is an entirely natural condition for one who is leading a continent life, and should not be the occasion for any alarm, even though it occurs once or twice a week." This is altogether wrong. "Once or twice a month" would be more correct.

The authors quote a statement that about twenty-five per cent. of the sterility in the world is due to sterility of husbands, often entirely unimagined by them.

For syphilis the authors cannot do better than recommend that discredited and dangerous compound "salvarsan," which is said to "give promise of excellent results." One of the results was the death of eight patients in the Los Angeles County Hospital, a few months ago. As I have frequently said, syphilis is a comparatively easy blood disease to cure by natural methods when it has not been complicated by such dangerous drugs as mercury and arsenic.

The authors have nothing to say on the all-important question of diet. Yet, as I have frequently urged, it is as foolish to feed a young man on foods containing an excess of phosphates, which over-stimulate the sexual system, and expect him to keep chaste, as it would be to put him on a hot stove and tell him not to burn. The authors do not say anything on this subject because, probably, like almost all allopathic physicians, they have not been taught this important subject in college.

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HERSELF; Dr. E. B. Lowry; order through Naturopathic Publishing Co.; 208 pp.; price \$1.00, postage 10c.

A companion book to "Himself." Writing of prevention of pregnancy, the author properly criticises the action of a Congress forty years ago in imposing a \$5,000 fine and five years' hard labor for the imparting of any information relating to the prevention of conception. Yet, any druggist is prepared, not only to give such information, (sometimes misleading and dangerous) but to sell the means. As I have previously remarked, this act of Congress might well be termed "an act to encourage abortion."

Advice is given for simple methods of positions to correct falling of the womb. None of these exercises will avail, so long as the bowels are full of gas, caused by the fermentation of food through wrong diet. This is true of falling of the womb as well as of irritation of the bladder, piles and prostatitis.

Writing of "why girls go astray," Dr. Lowry criticises parents who in order to develop a child's character, make her do things she does not want to do, and refrain from things she most desires. The author asks: "Is it right?" Yes, indeed it is right—quite right. Not, of course, to do so continually, but frequently. If more children were kindly but firmly trained in this way, fewer girls would weakly go astray.

**THE ART OF KEEPING IN GOOD HEALTH;** Emil Wilk, Concordia Publishing House, St. Louis, Mo.; price 25c by mail.

In this booklet the author gives good advice on walking, breathing, bathing, sleep, diet, exercise and so forth. He urges good cheer around the meal table, and refers to a family that has a Victrola played during the meal.

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**THE MANUAL OF MASSOTHERAPY;** W. E. Forest, M.D.; Health Culture Co., Passaic, N. J.; 100 pp.; price 25c by mail.

This booklet describes the value of massage as a means of aiding nature to restore normal conditions, and particularly of mechanical massage, by means of rollers and muscle beaters.

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**AMERICA;** Through the Spectacles of an Oriental Diplomat; Wu Ting-fang; Frederick A. Stokes Co., publishers, New York; 267 pp.; price \$1.60 net; illustrated.

Dr. Wu was one of the most interesting diplomats ever stationed at Washington, where he served two terms. There he was induced to give up flesh food and alcohol by Mrs. Ex-Senator Henderson, author of that notable book "The Aristocracy of Health," of which I have an autographed copy. Later, after he went back to China, he wrote that he had also given up tea; certainly a hard job for a Chinaman.

In this book Dr. Wu deals fairly and squarely, in a most interesting manner, with American government, education, business methods, manners, women, costumes, eating habits, and other things. Many of his suggestions are distinctly original and good. A most interesting volume.

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**MENTAL AND PHYSICAL EFFICIENCY;** Frank E. Dorchester; Metropolitan Press, Vancouver, B. C.; 130 pp.; price \$1.00 by mail.

In this book the author aims to show the connection between mind and body in physical culture, and to outline the control of sub-conscious functions by conscious effort in exercise and muscular control. Although he does not say so, this is believed by some to have been the secret of the wonderful physical superiority of the ancient Greeks. To illustrate his idea the author says:

"Take paralysis; supposing the arm is paralyzed, it is generally assumed that the trouble is in the arm, whilst the fault of connection may be in the arm nerve; yet, might it not be possible that it is because the brain is not exerting control enough to push the plug home? This is certainly so in a lesser or greater degree. If the arm be susceptible to pain, the sensory nerves are alive, and in all probability the motor nerve may be fully alive, though exhausted or anaemic; their need is nerve force, which must come from the brain. If the brain is exerted often enough it may yet rejoin the nerve, or rather reconnect and gradually strengthen it to carry more current, until at last the arm is strong again. To fully exercise this effort to assume control, an attempt must be made to accomplish a physical action, thus mental and physical forces are working to a common end. If the nerve is weak through ill-nourishment, the combined efforts, plus blood supply, caused by attempted action, and massage by the nurse, will give greater results than massage alone can ever give."

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You can earn money during vacation by getting subscriptions for **BRAIN AND BRAWN**.

### Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

#### STARCHES, SOURS AND SWEETS.

J. R. T. Acid foods and starch foods should never be eaten at the same meal. They cause much commotion in sensitive stomachs. Nor should starches and sweets be mixed, as they readily ferment. This shows why rhubarb pie, for instance—starch, strong acid and sugar—is one of the most disturbing foods you can put into your stomach. Many suffer from the effects of mixing together foods that are otherwise good.

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#### ICE CREAM.

John F.—Even supposing it to be pure and fresh, ice cream is unwholesome, first on account of the admixture of cream with much sugar, second on account of the low temperature. Ptomaine poisoning is not infrequent after eating ice cream. The cream, having been kept for a considerable period of time at a freezing temperature, decays with great rapidity when it gets into warmer air. This, in addition to the billions of germs absorbed into the cream—an excellent culture medium—in course of mixing, but of that I say nothing, for as you know I am not afraid of “bugs.” Ice cream is a heating food and should be eaten, if at all, in winter. Never eat it at a meal.

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#### GAS.

N. W. F.—The uneasy wandering pains of which you complain are due to the presence in the intestines of gas, that presses on the delicate nerve centers. This is a common cause of a great many physical ill feelings that sometimes make a person think he is going to die. If you have the price, your doctor may begin to talk operation. The gas is caused by the fermentation, in a hot, moist stomach, of mixed and messed-up foods, that disagree and rot instead of digesting. The “remedy” is to take one of Dosem’s wonderful digestive tablets after a meal, or a glass of patent dope, 25 per cent whisky. If you keep this up long enough you will be beyond a cure. The cure is to fast for three or four days. This will cause you inconvenience. Cleanse the colon by an enema. Then eat dry, of foods that do not ferment and stick as near as possible to one food only at a meal and only two meals a day. At the end of the meal you can sip a few spoonfuls of something warm.

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#### BOOKS ON DIET.

Jonathan S. Yes, I know books on diet are confusing. There are good ones, but I know scarcely any in which I do not find something to criticise. One of the latest and best is “Common Sense Diet” by Prof. Jones of Pittsburg. It may be ordered through the Naturopathic Publishing Company, price \$1.15 by mail.

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#### SEE BACK NUMBERS.

R. L. W.—Your three questions have been fully answered in back numbers of BRAIN AND BRAWN. In fact, you will find almost any question relating to the care of the body answered in these back numbers. They are a liberal education. Better get a set of them while they may yet be had. Some of them will soon be unobtainable for love or money.

## The Healing Art

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

Following is from the Los Angeles Express of June 16:

“Thirty students of the Los Angeles College of Osteopathy, the Pacific College of Osteopathy and the Pacific Medical College were not allowed today to take the examination for surgeon and physician given by the State Board of Medical Examiners in session at the Goldberg-Bosley hall, Flower and Sixteenth streets.

“The board holds that the requirements of the regular medical schools in regard to educational qualifications are much more rigid than those of other colleges.”

This comes of flirting with the “regulars.” “Beware of the Greeks bearing gifts.”

The reason given in this extract was not the real reason. The course of the Osteopathic College is longer than the examiners required. The real reason is that the majority of the board is still obsessed by the fallacy that it can make all healers conform to the rules of the allopathic—that is to say the drugging, carving and serum injecting—school of medicine. As well try to keep back the tide. The people of the United States are beginning to be aroused on this question of medical liberty. It affects them more than it does the healers. The Medical Trust should read the writing on the wall.

Dr. A. B. Shaw, of the Los Angeles College, is not a man to be browbeaten. He will fight this fight to a finish, and will have the backing of all who believe in fair play. The State Board was foolish to monkey with a buzz saw.

Following is from the “Peril,” a live and talented advocate of medical freedom, published semi-monthly at Battle Creek, Mich.:

“In allopathic colleges the only thing developed is the students’ prejudices, which were probably great enough before. Taking an allopathic book of practice, we defy anyone to find a single decisive line of treatment for any one disease. It is long on diagnosis and short on practice.”

The Los Angeles College of Osteopathy has consolidated with the Pacific College of Osteopathy and will locate a new college in Los Angeles to be endowed with \$50,000.

Sixteen provisional members of the board of trustees have been elected as follows: Drs. W. W. Vanderburgh of San Francisco, A. B. Shaw, E. S. Merrill, T. J. Buddy, Cora Tasker, W. Curtis Brigham, R. D. Emery, C. H. Spencer, A. E. Pike, Long Beach; Walter V. Goodfellow, Lillian Whiting, Harry W. Forbes, C. H. Phinney, R. W. Bowling, M. M. Ring, W. J. Cook.

Dr. J. S. Schroeder of West Point, Neb., is a good friend of BRAIN AND BRAWN. From time to time he orders a batch of subscriptions sent to those whom he believes will be benefited by reading the magazine.

Dr. John D. Weinmann was recently married to Hazeltine White, who is a great help in conducting his attractive sanatorium near Glendale.

After the bill licensing Christian Science had passed both branches of the New York State Legislature the Governor vetoed it. The “regulars” thought it was too radical.

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Address R. F. D. No. 1, Box 236, Pasadena, Cal.

In the Naturopath (New York) for June appeared the first part of the interesting and valuable paper on Hydrotherapy read before the Naturopathic Association last year by Dr. Carl Schultz. The other part follows in July. Drugless healers would do well to secure these articles and file them for reference.

The "regulars" are gradually taking up drugless methods that have been used for half a century, as sun baths and wet packs. Of course they are new discoveries. For instance, the wonderful sun cures in Switzerland, where I took sun baths 40 years ago. Nothing is any good until it is indorsed by a "regular." Then it is great.

The wife of Dr. W. Herbert Trescott died of cancer after sickness and suffering of three years, so that the end must have come to her as a blessed relief. She was a tireless worker, earnest in sympathy with the cause of drugless healing and a great help to her husband. At the June meeting of the Naturopathic Association a resolution of sympathy with Dr. Trescott was adopted.

**PUTTING ON AIRS.**

Corporal (to soldier reporting sick)—  
"What's the matter with you?"

High Private—"Pain in my abdomen."

Corporal—"Abdomen! Abdomen, indeed! You don't 'ave no abdomen; you 'ave only a stomach. It's only the officers that 'as abdomens."—Exchange.

**Need Any Money?**

**W**E want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

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Dr. Cook has a new method of treating asthma, bronchitis and colds. He will be glad to explain it if you call or write.

**COOLING AND CLEANSING.**

The National Percolator Co. has issued a handsome booklet descriptive of its product, an apparatus that is rapidly growing in popularity. There are over 10,000 users in Los Angeles alone.

**IMITATION COFFEE.**

The Golden West Imitation Coffee, a Los Angeles product, is "different." It tastes so much like coffee as to fool a connoisseur.

**HEALTH IN THE FOOTHILLS.**

Dr. Weinmann has opened a charming health home in the oak-clad foothills near Glendale, a few miles from Los Angeles. It is a real home, not a hospital. If you are sick or weary look it up.

**SAFE TRAVELING.**

The Santa Fe safeguards its patrons in many ways. On one of the regular overland trains there is now a woman chaperon, to look after young women traveling alone.

**HEALTH ACRE.**

Mrs. Roney invites health seekers to visit her home-like place at Baldwin Park, near Los Angeles.

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Just a word more: We have no drugs to sell you, no "health lift," nor appliance, nor patent foods to exploit. But we tell you the Laws of the New Way of Living well and give you the Art of Living Long, so that each day you will be at your very best.

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**DIAGNOSIS.**

Prof. B. H. Jones of Pittsburgh offers physicians a novel accurate method of diagnosis. Our medical readers should investigate this. They will find it worth their while. Prof. Jones is a careful and conscientious student of the laws of health and the care of the body. What he says is worth listening to.

**HEALTH ENCYCLOPEDIA.**

McFadden's small encyclopedia is offered you. McFadden has made a great success of his business. He now lives most of the time at Brighton, England.

**A WHOLESOME TONIC.**

For a mild stimulant during the summer malt tonic is much more wholesome than tea or coffee, or a "highball." It is food as well as drink.

**CONSTIPATION.**

If you are troubled with this common ailment you should drop drugs and lose no time in sending for a booklet to the Eager Colon Cleansing Company. See their announcement.

**A HEALTH BOOKLET.**

Much continues to be written on health. Some of it is good, some bad, much indifferent. W. Williamson, of Pasadena, has written an interesting booklet on natural methods of healing, in which he tells how to regain health and efficiency.

**THE EYES.**

Dr. J. Harvey Moore, eye and nerve specialist, offers a new treatment for weak eyes or failing sight. See his announcement.

**STRETCH THAT SPINE.**

The spine is truly the backbone of the body. Sometimes, in civilized life, it sags and needs stretching. See announcement of the Pandiculater Company.

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Almost every week we receive such letters. And, would you believe it, from apparently intelligent people. How do they expect to get their magazine if they don't let us know where they are living? We are not mind readers or clairvoyants. Notify us when you change your address.

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We are still looking for reliable agents in all parts of the world to take subscriptions for BRAIN AND BRAWN. Easy and honorable work. Good commission. All or a small part of your time, as you please. Write for particulars.

## Have a Smile

### CONSOLATION FOR HAWKINS.

"What! Hawkins dead!" exclaimed the chaplain to the warder, upon entering the prison and learning that an inmate had expired. "Why did you not acquaint me?"

"Well, sir, it were midnight," stonically replied the officer, "and I didn't like to disturb you—but I managed it all right myself."

"'Orkins,' says I, 'you've been a bad 'un.'

"'Yes,' says he.

"'Orkins, you can't expect to go to heaven.'

"'No,' says he.

"'Then, Orkins,' says I, 'you must go to the other place.'

"'Yes,' says he.

"'And, oh, Orkins,' says I, 'how thankful you ought to be to have anywhere to go at all.'

"Then he passed away quite peacefully, sir."—London Tit-Bits.

### A DRUG STORE AD.

Just drop into our store today

And see the bargains fall.

Our peerless bargains bring disease

Within the reach of all!

—Exchange.

## RED RIPE HONEY

This honey is produced by keeping it through two winters. It ripens by the same process as the old winter apples, which were required to be kept until the following May or June before they turned sweet and mellow. The old, seedling grapes also had to be touched by frost to make them most delicious.

Cold removes sulphur gas and condenses the minerals. In digestion the minerals use water and produce carbon. Sulphur would convert water directly into gas and the gas would escape and the system would be clogged with sulphates. An infertile hen's egg is a sulphate. So is a seedless fruit. A fertile egg, and seeds that will grow, are carbons.

In order for food to become sustaining it must form cells and the cells must become fertilized (oxidized) in the mouth, in the stomach, in the blood, and a number of times until it finally arrives in the nerves and brain whence it has become sufficiently oxidized to produce purity of thought. These successive changes (evolutions) are oxidations. Each oxidation produces new life. The first oxidation is produced by the saliva. Unless food is properly oxidized it turns the arteries and veins into sewers instead of conveyors of life and energy, and every organ of the body is attacked by its own special variety of catarrh.

If your digestion is too weak to begin this oxidation process the electrotherm will begin it for you. Send for descriptive circulars.

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**AN IMPRESSIVE DISCOURSE.**

A Kingman county boy of 6 disobeyed one of his mother's commands. She didn't want to whip him, didn't believe that it was right to whip children, anyway, but decided finally that she would take him into a room where she could have him alone, and talk to him about what a naughty boy he had been. She tried to make the most effective talk of her life, and one that would reach his understanding. She painted a word picture of what became of naughty boys who disobeyed their mothers and how they would finally come to regret it. In fact, she made such a good talk that she was considerably affected by it herself. Jimmie listened with apparent interest and watched her face closely as she talked. She was sure that she was making a deep impression on his childish mind, when he finally broke in on her discourse with a discovery he had just made. "Why, ma, you never work your upper jaw a bit when you talk, do you?"—Kansas City Journal.

**JUVENILE FINANCIAL GENIUS.**

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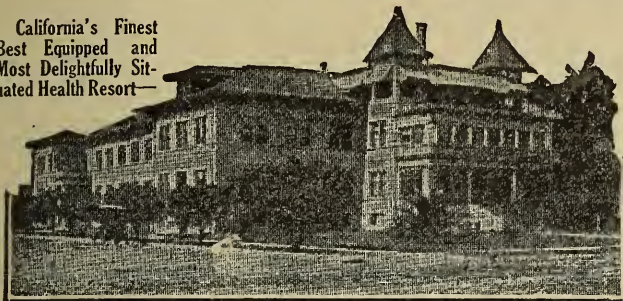
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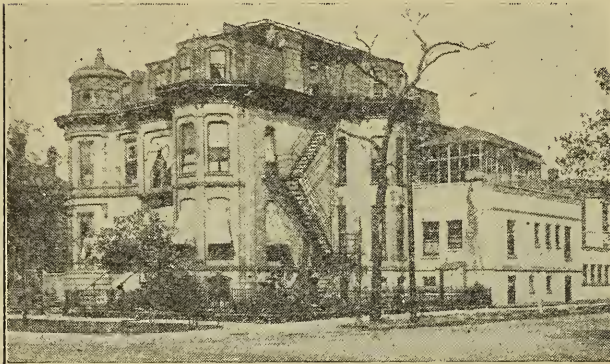
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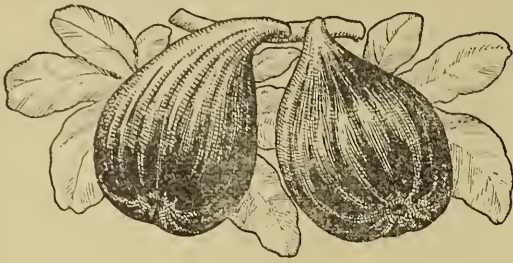
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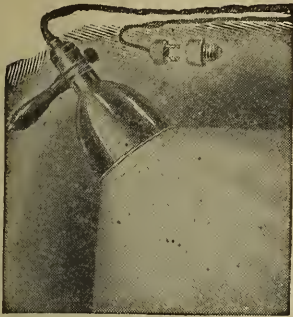
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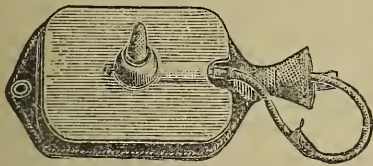
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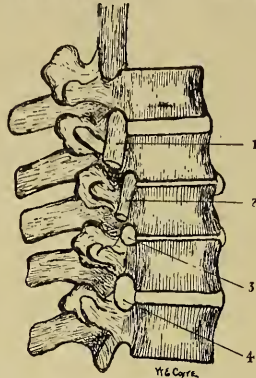
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# Brain and Braun

AUGUST, 1914

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Vol. III

LOS ANGELES, AUGUST, 1914

No. 3

## The Bible in the Schools

**F**ROM time to time a question arises as to the reading of the Bible in the public schools, whereat the discussion immediately becomes heated and acrimonious, as does all discussion of questions relating even remotely to religion, so that wise newspapers bar all such writing, knowing that it leads only to endless strife. Strange, is it not, that the Gospel of Peace should be like a red rag to a bull, and that an Orange procession should cause the blood to boil in a Catholic crowd.

However, this objection to the Bible in the schools is largely based on the sincere and rightful conviction that the people must carefully guard their religious as well as their political freedom. In time they will also see the urgent need of demanding medical freedom. Nations that have groaned for centuries under priestly oppression are casting off the yoke. Let us not ignore the lessons of history.

What is the Bible? The word Bible, in English treated as a singular noun, is in its original Greek form a plural, meaning simply "the books," correctly expressing the fact that the sacred book of Christendom is made up of a number of independent records and essays, by men writing at different periods, sometimes conflicting with one another. The doctrines taught in the collection of writings called the Old Testament are quite different from those in the New. The Old Testament tells of a stern Jehovah, the New of a Merciful Father. The Old Testament teaches that man perishes like the beasts of the field, and holds out no further hope for him. "If a man die shall he live again?" sneeringly asks Job. The New Testament tells us that man may be saved from everlasting death by faith in Jesus Christ. The Old Testament teaches "an eye for an eye; a tooth for a tooth." The New preaches forgiveness of sins. Neither Old nor New Testament teaches the doctrine of immortality, or of everlasting punishment, although a few figurative passages have been twisted to read that way. From Genesis to Revelation there is no such phrase as "immortal soul," "immortal spirit," "everlasting soul," or "everlasting spirit." Innate immortality is a heathen doctrine—the doctrine of Plato. As I have said, the Old Testament teaches death of body and soul. The apostles taught that immortality is a gift to believers, who shall "put on the crown of immortality," while others go into everlasting extinction. Yet the heathen doctrine of the immortality of the soul is preached weekly from thousands of Christian pulpits.

Many historical incidents mentioned in the Bible have been confirmed by explorations in Asia Minor. Some of the Bible stories, notably that of the Flood, are found in earlier Oriental literature.

Occasionally on an old Egyptian papyrus comes additional light on a New Testament text. Many Old Testament stories are legend or myth, which keep parsons busy explaining away.

To dump all these different writings together is as if one were to bind up in one volume several histories and three or four biographies, with some essays and poems. In the early churches the various gospels and epistles were read as separate small volumes. There was long and strenuous discussion and dispute among holy men as to which books of the Old and New Testament should be regarded as "canonical," and consequently included in what we now call the "Bible." The Jews include in their Bible a number of books excluded from the Protestant book, and esteem the Talmud even higher than the Bible. The Catholics have a Bible of their own, edited to suit their tenets. So, you see, the decision as to what should be included in the Bible and what should be excluded therefrom was left to fallible men "even as you and I." It was like a session of copy readers for a magazine. They often make mistakes. Again, great freedom was taken with the text by early scribes, who copied and recopied, until some of the passages over which theologians dispute bear little resemblance to the original. Also translations have been faulty, so that a Revised Edition has been published.

There are passages in the Bible that would bar it from the mails, if it were not esteemed as a sacred book, and should certainly exclude it, as a whole, from the schools. Not that there is anything intentionally lewd in these passages. They were written with a high purpose, to point a moral, but they are not adapted to the childish mind. The same may be said of Shakespeare, and of other good books.

It has been suggested that an expurgated edition of the Bible should be published, for children, like that of the "Arabian Nights," the original of which is, of course, altogether too impossibly Oriental for Occidental reading. Old Testament writers were not prudes. They often indulged in realistic language. The Song of Solomon, the much-married, is a sensuous Oriental love chant, although churchmen have endeavored to read into it a veiled religious meaning. On the other hand, Proverbs, written when Solomon had grown older and more sedate, contains excellent moral advice, that may with advantage be read by children as well as by those of a larger growth.

Some of the characters of the Old Testament, beloved of God, were such bad actors that they would have landed in jail nowadays, and certainly would have been boycotted in a decent club. Among the laws and regulations given out by Moses and ascribed by him to the Almighty many are cruel and unjust. As, for instance, when Moses denounced the Israelites for having saved some of the prisoners taken in battle, whereas they had been commanded to slay all, including the old women and children, saving only the virgins. When Mexican bandits act thus we consider their conduct reprehensible, and certainly unworthy of emulation by those who profess religion. Yaveh, or Jehovah, the God of the Old Testament, as described by these ancient writers, was indeed, a jealous and cruel God, although David—or one of David's contemporaries—sang of him in softer strain. We are told that in the very beginning He preferred the smell of Abel's flesh food to the fruits of the soil offered by Cain, and after that He

demanded much shedding of blood and sacrificing of animals. He was the only one among the gods of antiquity who commanded the extermination of all who failed to worship Him. On the other hand, some of the hygienic laws of Moses are excellent and undoubtedly have contributed largely to the wonderful virility of the Jewish race. As, for instance, the forbidding of pork, and of the mixing of milk and meat at the same meal, and rules for personal cleanliness.

The principal objectors to the reading of the Protestant Bible in schools are the Catholics, the Jews, and the atheists or infidels. At the Central Conference of American Rabbis, held last month in Detroit, it was announced that American Jews would be called on to protest against the use of the Bible in the public schools. Even the Jewish Bible was included in this protest, because the rabbis say it contains immoral passages that children cannot understand. Rabbi Ephraim Fisch read a paper advocating an expurgated Bible, in which he said:

Sunday-school teachers who are not scholars are not competent to interpret the Bible. The Bible is complex and diversified and not to be undertaken literally, it is not arranged chronologically. Its interpretation requires thorough scholarship. It contains much that is immoral, understood by a mature mind as natural to the times, but which would be misunderstood by the child.

He referred of course to the Old Testament. Jews do not recognize the New Testament.

A Woman's Federation of Missionary Workers, that proposes to inaugurate a California campaign to establish a Bible course in the schools, recently met with a turn-down from the members of the Los Angeles Board of Education, who said that individually they would oppose any attempt to establish in the schools a course of Bible reading, being unanimous in the opinion that such reading could not be confined to the study of literature. One of the members said:

No person can read the Bible without in a degree giving a personal interpretation to it. It would be impossible to place a non-sectarian course of Bible reading in the schools and therefore I would oppose such a movement.

I do not agree with this opinion. Surely, it should be possible to select from the various books of the Bible passages to which no rational, fair-minded man could object, although, alas, few sectarians are either rational or fair-minded. The Bible contains some of the most beautiful narratives in the English language. For instance, the stories of Joseph and his brethren, of David and Absalom, and of Ruth. In the line of moral teaching, there is the Book of Proverbs, above referred to, and can you find anywhere a nobler or more condensed code of morals than the Sermon on the Mount, in the New Testament? If those rules were lived up to, this would surely be a much pleasanter world to live in.

I know there are some so prejudiced and narrow as to object to the reading of anything from the Bible merely because it is the Bible. They call themselves "freethinkers," but they are far from free. I have found as much narrowness and bigotry among atheists as among fanatical religionists. As I have heretofore said, the man who declares absolutely there is no hereafter is as bigoted as the priest who from a pulpit tells you all about it, and what you must do to get there. None of them knowing more than you and I on the subject, they should be modest.

Children should not be debarred from an opportunity to obtain knowledge of the literature of the Bible. No man can claim full acquaintance with the English language who is not familiar with these writings. The King James's version is a model of pure English, undefiled. Our greatest orators have drawn inspiration from it. It is true that the Bible may be found in many households, but in many others it is absent, and even where found, it is likely to be kept merely as an ornament for the parlor table, like the family album.

Whatever you may think in regard to its inspiration you must admit that the Bible is a wonderful book. Those who decry or attack it are usually those who know it the least. After all these years it is still the world's "best seller" and it will remain so after most of the products of our modern printing presses are forgotten. The Bible has often changed the history of the world. Disputes over the interpretation of Bible passages have parted husband from wife, father from children; have caused men and women to be burned alive and put to the most horribly excruciating tortures that religious fanaticism could devise, while others have been left to rot for half a lifetime in damp underground dungeons. Religious disputes have led to an endless succession of wars, in which oceans of blood have been shed. Even in our own Civil War a Bible text played a part, and split one of our churches in twain, for Southern preachers maintained that Noah's curse of Ham's descendants authorized negro slavery, furnishing one more evidence of the truth of what I have several times said, namely, that one may prove almost anything from the Bible. The references of Paul, the clever theologian, to what Calvin himself called "the horrible doctrine of predestination" have driven many doubtful souls to insanity and suicide.

On the other hand, promises held forth to the sick and sorrowful have brought comfort to millions of men and women of simple faith, who see in the Bible the Word of God. Myriads have died with smiles on their lips, consoled by hope derived from the Holy Book. Youths in far-off lands, cherishing the parting gifts of their weeping mothers, and remembering their self-sacrificing love, have often thus been led to keep themselves clean from folly and crime. Men who were hopeless wastrels have redeemed themselves and become useful citizens through the influence of a passage from the Bible. Suggestion, you say. Yes, but a powerful suggestion, you must admit.

Those who would ruthlessly take from such believers the consolation they derive from the Bible should first offer them something as good, or better, in its place. To do otherwise is as unnecessarily unkind as to tell a trusting child there is no Santa Claus. He will find out soon enough.

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No one who cannot master himself is worthy to rule.—Goethe.

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In religion what damned error but some sober brow will bless it and approve it with a text, hiding the grossness with fair ornament.—Shakespeare.

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When men go hunting they call it sport, but when the hunted animal turns to fight for its life, they call that ferocity.—Bernard Shaw.

## A Narrow View

**I**N a letter submitted by request to the Industrial Relations Commission, appointed by President Wilson, Vincent St. John, Secretary of the Independent Workers of the World, said:

We must educate the workers into knowing that the workers of this, and every other, country constitute a distinct and separate economic class in society, with interests that are distinct and separate from the employing class; that is to say, that the I. W. W. divides the society of today into two broad classifications—the employing class on one hand and the working class on the other!

To put our panacea into effect we may resort to various things—the strike, for instance. This involves the withdrawing of the labor power from the establishment in question, or from the entire industry in question.

Second, we might use “sabotage”—this involves the slowing up of production in a factory by the workers, the turning out of poor work—in fact, the interference with the process of production so as to destroy any possible chance for revenue or profit accruing to the owners from that particular industry or mill.

If the destruction of property would gain the point for the workers involved, we would consider it reasonable. The fact that property would be destroyed would not have anything to do with determining whether we adopted a certain plan or not!

This is a narrow view. It is true that opportunities are not so great in this country since the land grabbers got in their deadly work, but it is still true that the working man of today, if he is sober and industrious, may be the employer of tomorrow.

As I have previously said, the man who incites class hatred is as great an enemy to the community as the man who values human life no more than machinery. Mr. St. John teaches a false and dangerous doctrine—a doctrine that would lead straight to anarchy.

It cannot be too greatly emphasized that the socialists and labor unions, as a body, are not in sympathy with these extreme views. Should they ever begin to share such views, the outlook for this country would indeed be dark. The best way to keep socialism from falling into the arms of anarchy is to adopt that which is good in socialistic teachings.

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## Youth and Age

**O**NE of the odd features of human nature is the tendency of old people sternly and mercilessly to rebuke sex indiscretions in the young, apparently forgetting altogether certain episodes of their early life and making no allowances for the hot blood of youth. You cannot put old heads on young shoulders. Or, in the rare cases in which you succeed the result is not attractive. From the dawn of history youth has gone on making the same blunders his fathers made before him and buying his experience in the same expensive old school they patronized. As a witty Frenchwoman has said: “Si la vieillesse savait; si la jeunesse pouvait.” Alas, but that cannot be.

The next time you have occasion to rebuke youthful follies pause a few moments and take a look back at your own life, as you lived it before the fires of passion began to burn low.

## The Man and the Job

**T**WO thousand hoboes will meet in convention in Chicago on August 3 to 10. There are said to be 2,000,000 hoboes in the United States, of whom 50,000 are women, a statement that is almost incredible. Also 700,000 tramps and 500,000 "bums." The hobo is distinguished from the tramp and the "bum" as being a man who is out of a job and has beaten his way to some other city, willing to accept work if he can get it.

It is a feature of our faulty social system that while Seattle, for instance, may be crowded with idle men, the Southwest may be calling for helpers to save the harvest. How are the willing workers to get there? Few have spare cash. They have eaten it up. Yes, sometimes they have drunk it up, but that kind are not often over-willing to work.

A man rides a brakebeam from place to place getting temporary jobs—often hard, dirty, unpleasant and ill-paid jobs—until he quite naturally drifts into the great army of permanently unemployed and becomes a tramp. Not having found a chance to work for society, he lives off society. This is not good, either for him or for society.

It happens frequently that there are idle men in one place and idle jobs in another. The Federal government is establishing employment offices in leading cities. This is a step in advance. We could learn useful lessons in this line from continental Europe, especially Germany and Switzerland. If it is good for the government to facilitate the flow of money to places where it is needed, then it is still better to help the man and the job to meet.

---

## No Superfluous Organs

**N**OW some French surgeons are striving to prove that the brain is not indispensable, serving only to fill up the skull. There are certainly some who seem to get along without brains, but the many should not be judged by the few.

The list of "superfluous organs" constantly grows. There are already the tonsils, the ovaries, the stomach, the appendix, the prostate gland, the thyroid gland and the colon—four feet of it, according to Metchnikoff. What a botch Nature, or God, must have made of man when he was created.

There are no superfluous organs. The removal of any organ of the body is invariably followed, sooner or later, by physical, and often by mental ills. The tonsils are filters, at the portals of the throat. Their removal is followed by greatly increased susceptibility to throat ailments, and in turn the lungs may suffer. The appendix lubricates the lower bowel. After it is cut out constipation and diarrhoea alternate, and the mind is often affected. The thyroid gland furnishes iodine to the blood. Its extirpation is always followed by serious consequences.

There should be a law against this criminal folly of mutilating the human body, under the slightest pretext, or no pretext at all, except that the surgeon needs the fee.

## What Shall We Do With Her?

**A**T the instance of the Church Federation of Los Angeles, backed by the Health Commissioner, a proposal was recently put before the City Council providing for the physical examination of prostitutes by physicians of the City Health Department. This would furnish more work for the political doctors, in addition to the chasing of bubonic rats, cats, squirrels and fleas, and quarantining cases of belly ache, diagnosed as spinal meningitis.

Several inquisitive persons asked why the proposed ordinance should not include men. Yes, indeed, why not? Mainly because at present men make the laws. Men spread venereal diseases. Every woman must first have been infected by a man. It is estimated that three-fourths of the diseases peculiar to women, often making them life long invalids, are due to venereal infection by husbands or others.

Such medical examinations, common in Continental Europe and in some American cities, are of little use as a protection to men. They give a false sense of security. An hour after a woman has received her weekly bill of health she may again be infected.

What to do with the harlot has from the beginning of history been a difficult problem. Like cancer, commercialized prostitution is a disease of civilization. Never, however, until recent years, have dreamers proposed to "stamp it out," as the doctors talk of "stamping out" consumption, which also will be with us as long as men live wrong. Such talk is folly. Make it pretend to disappear for a time or drive it from small centers of population, as long as there are large cities within reach, yes, you can, but that does not dispose of it. Prostitution, in one form or other, has existed since the dawn of history, and will continue to exist while men and women under-exercise and over-eat, especially of foods containing an excess of phosphates that stimulate the sexual organs. This phase of the subject is entirely ignored by well-meaning but unwise reformers. They might as well talk of "stamping out" or ignoring sewage, also a nasty problem.

A restricted or "red light" district has its evils, but the scattering of the women through towns has greater evils. When you do this, as at present in Los Angeles, they may be found not only in lodging-houses throughout the heart of the city, but also in the residence sections. Hence, those who are not seeking such people are forced to run up against them. Girls, coming up from the country, may find their night's lodging-house is not what they supposed, but a house of assignation in disguise.

One thing all may agree upon. We should discourage degraded males who live on the earnings of these women, and act as recruiting agents to fill their ranks, often adopting the basest methods to further their ends.

---

Medical bigotry is an easy second to theological bigotry, even if not fully up with it, not to say a bit in the lead; and in neither of the two lines of service is the world being profited as much as it would if we thought more of doing the world good than of making a pet of our own particular way of doing it.—Dr. C. H. Parkhurst.

## Don't Be a Food Crank

**S**EVERAL times I have warned my readers against becoming cranky on the subject of food. There are some who seem to think the world revolves around their navels. They are always thinking about what they have eaten, or are going to eat, and how the food has acted, or is likely to act in their "tummies." In this direction lie the roads to chronic dyspepsia and to insanity. Besides, such a person makes life miserable to family and friends. One man declares you should not eat anything that grows underground, another measures the "calories" in each meal, a third distinguishes between the relative virtues of fruits that grow on plants, bushes and trees.

All this is foolishness. As I have heretofore said, you should make up your mind, by study and personal experience, as to what are the best foods to promote health of body and mind and endurance, how much food you need, and what combinations of food are harmful, and then "forget it." Don't be afraid occasionally to indulge your stomach. It is not the once a month banquet, or the once a week Welsh rarebit and beer that counts, but the daily transgressions of the laws of eating. Remember, it is of far greater importance how much you eat than what you eat. Most food reformers eat too much.

Personally, I am practically a fruitarian, eating two meals a day, one raw, one cooked. I consume, perhaps, as much as five pounds of flesh food in a year, and that includes fowl and fish. I avoid salt and cane sugar. This does not necessarily mean that when I dine out I refuse a dish containing those condiments. On such occasions I follow the apostolic advice to "eat that which is set before you, asking no questions for conscience sake." If you have moral scruples against eating flesh food—as you well may have, considering the cruelties attending the shipping and slaying of animals destined to be eaten by man—then cut it out entirely, but do so in a quiet, unobtrusive way, without making yourself vainglorious and others uncomfortable.

Following extract from Hereward Carrington's book "The Natural Food of Man" exactly expresses my views on this subject:

I am persuaded that much, if not all, of the value of a reformed diet may be offset by constant fretting and worrying about the food eaten. I believe that it would be better to eat a moderate amount of any food upon the market and think nothing about it, than to eat the best of foods—the most wholesome and the most nutritious—and keep worrying about them all the time. The hygienist should supply his body with good food, and then forget it. He should not think or worry about his food or himself in the least. Some individuals spend almost the whole of their lives in thinking about their food; and the consequence is that they constantly have dyspepsia, and get no benefit from any of it. One can dwell upon this food question far too much—to the point of becoming morbid about it. I went through that transition stage myself—one which I am glad to say I have experienced, because it enables me to appreciate the mental condition of others in a like state. I am also glad I have passed through that stage, and have emerged into what I consider a more sane and normal view of these matters. At one time in my life, the foods I ate formed a large part of my mental occupation and interest; I thought between meals what I should have for the next. I balanced up my every article of diet, and even went so far as to discriminate between the various kinds of nuts, because of the different percentages of proteid they contained! In those days I should as soon have thought of killing my dearest friend as eating a piece of meat, so monstrous did the idea seem to me. I sided with all those individuals who stated with glee that

“they had not touched a piece of meat for twenty-two years,” and so on. When I went out to dinner, I informed my hostess that I was a vegetarian, and asked to be excused from being helped to meat. But now I have emerged from that state of narrowness. Now, while I live upon the fruitarian diet, and that pretty strictly, when alone, I do not think I am being poisoned if I taste a piece of meat, when dining out, knowing that my system can well take care of the poisons generated, so long as I live all the rest of the time upon a normal diet; and I do not at all worry about my food, but eat a little of most of the things that are upon the table, and make up for it by slightly added care in my diet during the next day or two. Thus, though I consider the diet question one of the most important—if not the most important—before the civilized world today, I must warn all diet reformers against this tendency to get into a rut, on account of their food habits, and would advise them to be careful to preserve a sane balance of mind on these questions, and a just proportion in their viewpoint. Most diet reformers are too deadly in earnest. They should cultivate a sense of humour!

### Inner and Outer Cleanliness

**S**EE that sweaty navvy, covered with grime and slime, working in a sewer excavation. Behold that stylishly dressed woman, daintily powdered and delicately perfumed. How she turns up her nose as she passes by. Yet, the body of the laboring man is, in all probability, cleaner than that of the society woman.

How so? It is easily explained. Those who overeat and under-exercise, and consequently do not sweat regularly—the polite word is perspire—are like the whited sepulchre of the Bible, full within of corruption. The condition of their filthy colons can only be realized after a course of fasting, aseptic food and enemas. On the other hand, the organs of the man who earns his bread by the sweat of his brow function regularly, carrying off the waste, and a warm wash will soon make him clean without also.

Not a pleasant subject, you say, for discussion in polite society. No, but a most important one, for this retention of waste within the body is the cause of most of the ills that afflict poor humanity—of dullness, and inefficiency, and ill temper, and fevers, and premature death.

Inner cleanliness is of much more importance than outer cleanliness. Yet we hear little of this, in our sanitary upheavels. Therefore, disease continues to claim many victims, while learned but unwise medical investigators seek the cause anywhere but in the bowels of the patient.

### Making People Good

**I**N China we do not expend as much energy as Americans and Europeans in trying to make other people good. We try to be good ourselves and believe that our good example, like a pure fragrance, will influence others to be likewise. We think practice is as good as precept, and, if I may say so without being supposed to be critical of a race different from my own, the thought has sometimes suggested itself to me that Americans are so intent on doing good to others, and on making others good, that they accomplish less than they would if their actions and intentions were less direct and obvious.

—Wu Tingfang.

## Chiropractic

BY J. K. GILKERSON, D. C., LOS ANGELES

**T**HE word "chiropractic" in itself means "done by the hand," but this definition by no means conveys a correct idea of the great scope of the science, for in reality it only indicates the instrument used in the art of its application, whereas its scientific principles are based upon the study of anatomy and physiology, or structure and function of the body. Thus, the chiropractor recognizes the body as a machine, automatic in operation, wherein every part in its normal relation produces normal function and health, while certain parts out of normal relation result in abnormal function or disease. Therefore, chiropractic does not recognize "disease" as an entity, as something attacking the body, but a negative instead of a positive condition, existing only as a result of a specific cause. He does not aim to treat, heal or cure "disease," but to locate and adjust its cause only. Neither does he deal with symptoms, for they are only expressions of abnormal activity and function. Consequently he does not diagnose, but instead of diagnosis he draws his conclusions by analysis. His work with certain bones of the body has to do scientifically with the nervous system, for every cell of the body lives and functions only in response to nerve impulse.

Every nerve of the body is in some manner directly or indirectly associated with the vertebral column. The nervous system is so constructed, and its function in relation with muscular tissue is such as to affect the relative position of these bones, thus affording an index by which the chiropractor is able to analyze and determine the locality and degree of abnormal conditions existing. It is also by the adjustments of these bones into normal relation that he is able to restore normal function and health.

Practitioners of most methods of treatment base their conclusions largely upon the blood and its circulation, whereas the chiropractor recognizes the circulatory system only as a medium of conveyance and distribution, conveying provisions to the tissues and carrying away their refuse, while the power to carry on this circulation, assimilation, and depuration can only come by way of the nervous system.

Thus the chiropractor, recognizing the body as an automatic machine, self-reparatory in construction, and power to function its first essential, locates any obstruction to the normal transmission of this vital power, and as it were, opens the gateway of life caused to be closed by any such indiscretions or accidents, and by so doing restores normal function and health.

Chiropractic is not violent or dangerous, as some people seem to think. In fact, by modern methods of adjustment upon properly constructed tables, even temporary pain has been reduced to a minimum.

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To an honest mind the best perquisites of a place are the advantages it gives for doing good.—Addison.

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Nature is not benevolent; nature is just, gives pound for pound, measure for measure, never tempers her decrees with mercy, or winks at any infringement of her laws.—John Burroughs.

## The Proper Study of Mankind

HOW little we know of the true inwardness of those we meet from day to day, even of those with whom we become what is called "intimate," of acquaintances, friends, relatives, of our own family—yea, of our very selves. All wear a mask. How often are we forced to exclaim "Who would have thought it" when something quite unexpected is done by one we have known for many years. How often does a fond and foolish mother sob: "I never would have believed my daughter could do such a thing." Yet the potentiality of such action was always there, hidden from the unseeing eye. We, ourselves, are sometimes surprised, by a great crisis, to action of which we did not know ourselves capable.

Yet, while this ignorance prevails in regard to ourselves and others, how much time and money is spent in acquiring knowledge that does not count. As Pope truthfully said, "the proper study of mankind is man," in which he, of course, included woman. To this may be added the advice of the Roman sage, "Know thyself, this is the most precious of all knowledge."

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## Books and Bugs

ONE evidence of the absurdity of the germ superstition may be found in the reading of public library books and second-hand volumes. The pages of these books are pawed over for generations by all sorts and conditions of men and women, clean and unclean. In the case of old books some of these tomes date from before the time of the Great Plague of London. Many library books have assuredly been read by persons suffering from so-called infectious diseases. Hands have come into intimate contact with them and hands have often been carried to the face.

Surely, if disease germs are only one-thousandth part as deadly as the bacteriologists would have us believe, the reading of public library books should immediately be forbidden, as a menace to the public health. Or, after each reading, the book should be thoroughly fumigated and disinfected—not merely the cover, but each separate page. This would give employment to a large number of needy political doctors.

Apart from this foolish fear of "bugs" it is certainly pleasanter to handle new, clean books, and books are not expensive nowadays.

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## Immortality

IT must be so! Plato, thou reason'st well;  
Else, whence this pleasing hope, this fond desire,  
This longing after immortality?

Or whence this secret dread and inward horror  
Of falling into nought? Why shrinks the soul  
Back on herself, and startles at destruction?

'Tis the divinity that stirs within us;  
'Tis Heaven itself that points out an hereafter,  
And intimates Eternity to man.—Joseph Addison.

## Briefs

An Alabama negro, sentenced in 1894 to fifty years imprisonment for stealing fifty cents, has been paroled by the governor.

Dr. MacDonald, of the American Medico-Physiological Association, says there are about 300,000 persons in this country mentally defective. Modest estimate.

One marriage in five in Chicago is a failure.

Per capita consumption of meat in the United States has fallen from 213 pounds in 1900 to 160 pounds in 1914.

“Free treatments” are expensive in more ways than one.

A Hungarian physician plants hair on bald heads, but he does not promise that it will grow.

New York political doctors demand supervision of masseurs.

Holland will have two acres of tulips at the 1915 Exposition.

Militarism costs Europe about two and one-half billion dollars a year, to support five million non-productive men.

Chicago spends, for music, over \$36,000,000 a year.

The smoking and drinking bill of the United States now reaches \$2,700,000,000 a year.

Tens of thousands of the inhabitants of China support themselves and their families on \$15 a year.

Only about one-third of the price paid by the consumer for perishable products reaches the producer.

Los Angeles has more telephones per capita than any other city in the world.

Arezzo Cathedral, Italy, begun in 1277, has just been completed.

The British Government proposes to purchase control of half a million square miles of oil land in Persia, for naval supply.

Catholics protest against hostility of the Mexican Constitutionalists. Well, Mexico has suffered enough from the Catholic church has she not?

An eminent scientist declares that after years of investigation he has found that neither brain weight nor convolutions have anything to do with intellectual power. What is Thought?

A New York hotel loses more than \$100,000 annually by kitchen breakage.

The U. S. District Court of Iowa has held that the vasectomy, or sterilization law, of that state is unconstitutional.

State control of restaurants, cafes, and physical examination of cooks, waiters and dishwashers is recommended by a Philadelphia physician.

Italian "blackhanders" have committed 125 murders in Chicago in 3½ years.

The Emperor of Austria, the oldest monarch in Europe, arises in summer at 3:30 a.m.

California women school teachers ask the same pay as men receive for the same work. Why not?

An Oakland, Cal., Chinaman, married 22 years to an Irish woman, left her because he could not see her punish the children.

In San Francisco they are making a war against quacks. If they include allopathic quacks it is well.

Kansas consumes only \$1.25 per capita of alcoholic beverages, as compared with \$21 for the United States.

Commercialized use of Christian Science teaching is held by the Appellate division of the New York Supreme Court to be illegal.

Dunkards, in session at Frankfort, Ind., forbade the use of automobiles. Why is the auto more wicked than the buggy?

The National Association of Spaghetti Makers held a session in Chicago. America makes 75,000 tons and imports 50,000 tons of spaghetti.

Sugar consumption of nations, says a bulletin of the Agricultural Department, is according to their wealth. Also according to their sickness.

In one Indian state the people are divided into three heads: "Good characters," "conciliators," and "evil-doers."

During the past thirty years the death rate over forty has been increasing. Serums and stimulants and strenuous life.

One in three of the million population of East London dies in a charity institution.

America is behind Russia in enforcement of child labor laws.

In New York City there are a million Jews, 600,000 of them Russian.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. III

LOS ANGELES, AUGUST, 1914

No. 3

## "Authorities"

**M**ANY people rely entirely on "authorities." Such a man shuffles through life on three crutches, giving his soul into the charge of a priest, his body to a physician, and his worldly possessions to a lawyer.

Only half a dozen generations have come and gone since one Cotton Mather was an "authority" in New England. To doubt his authority was to endanger your liberty, and perhaps your life. He caused many to be tortured and imprisoned on charges of witchcraft and nineteen persons were hanged.

That was religious superstition and tyranny. Today we have medical superstition and tyranny, medical "authorities" teaching the false and illogical germ theory of disease, and constantly seeking for more power to forcibly poison the blood of the people with filthy animal serums.

Do not accept anything because it comes from an asserted "authority." The high authority of today may be discredited and derided tomorrow. Investigate. Think for yourself. It is to aid you in doing so that BRAIN AND BRAWN is printed.

## Watch the Women

**A**S I mentioned last month, some men object to female franchise because they say the women cannot fight. Can't they? The Amazons of Dahomey were noted for their fearless valor, and usually overcame their male opponents. Boadicea in her war chariot often kept the great Julius guessing. Today, in Mexico, there are hundreds of women fighting in the ranks and asking no favors on account of their sex. In the French revolution women took the lead, urging on the laggard men. Compare the athletic girls of today with the pallid, self-effacing, hysterical women of the early Victorian era.

For ages women have been kept down by social formulas and skirts; by Church and State. Says Paul: "Let the women keep silence in your churches." Social formulas are rapidly being shed, and skirts will follow.

You do not, perhaps, happen to suppose that women will be content with merely casting votes, do you? They will go for what they want, and they will get it, if necessary by force. Their intuition and

persistence will overcome your reason and obstinacy. You may laugh at this, but twenty years ago you would have laughed at the suggestion that today English and American women would be putting up such a strenuous fight for the suffrage, that a woman would be a candidate for Lieutenant-Governor of California, that policewomen would be common in American cities, that in England suffragettes would threaten the downfall of a ministry, that an excellent women's rights journal—already three times suppressed—would be published in Constantinople, and that in the republic of China there would be a rapidly growing demand for female suffrage. Laugh on, but you may wake up one fine morning to realize the truth of Kipling's saying: "The female of her species is more deadly than the male."

Since the dawn of history man has been running things on this little planet, but then, many things that have endured from the dawn of history have been changed of late. Women may not make a better job of running the world than have men, but I do not see how they could do much worse.

So I again suggest that it would be wise for you to watch the women, especially you self-satisfied males, who have been in the habit of yawping languidly about the "weaker sex." There are tribes in which the men have nothing to say, being kept merely for procreative purposes, like the drones in a beehive. Who knows?

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## Preaching and Practice

IT is surely well for a man to practice what he preaches, but Truth is Truth, whether practiced or not. Many of the greatest writers have not led exemplary lives, yet the world has profited by their teaching. We do not shun the Psalms of David, because he had a brave soldier killed that he might possess his wife, nor do we think less of the Proverbs of Solomon, because he kept hundreds of women to minister to his carnal appetite.

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Socialism can never be until men are unselfish and when they are unselfish it will matter little whether the government is socialistic or not.

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When prostitution is no longer profitable to house owners, white slavers and pimps it will disappear as an industry. When war is no longer profitable to steel and weapon makers and contractors it will soon become a thing of the past.

## Two Strong Men

**B**OTH Calhoun, formerly of San Francisco, and Huerta, formerly of Mexico City, have justified the praises showered upon them as strong men, ready to tackle any occasion that might arise. Calhoun displayed his strength—and nerve—by lifting—so they say—nearly \$4,000,000 from the safe of the United Railroads Company, while Huerta demonstrated his fitness by lifting, it is reported, \$6,000,000 from the Mexican treasury.

There is no doubt that these strong men could have lifted more, if there had been anything left to lift.

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## The Masses

**T**HE masses always have and always will be, slow to think, and easily led away by designing demagogues. Therefore, the masses will continue to undergo wrongs and hardships, varied from time to time by blind, insensate outbreaks of rage against the powers that be, whether good or evil. This has been the history of the world, and it will continue to be the history of the world, until men learn to think for themselves.

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All socialists are not necessarily angels, any more than all capitalists are necessarily devils, although some misguided reformers seem to think so.

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## Behind the Veil

**S**TRANGE, is it not? that of the myriads who  
 Before us pass'd the door of Darkness through,  
 Not one returns to tell us of the Road,  
 Which to discover we must travel too.

The Revelations of Devout and Learn'd  
 Who rose before us, and as Prophets burn'd,  
 Are all but Stories, which, awoke from Sleep  
 They told their fellows, and to Sleep return'd.

I sent my Soul through the Invisible,  
 Some letter of that After-life to spell:  
 And by and by my Soul return'd to me,  
 And answer'd, "I myself am Heav'n and Hell."

Heav'n but the Vision of fulfill'd Desire,  
 And Hell the Shadow from a Soul on fire,  
 Cast on the Darkness into which Ourselves,  
 So late emerg'd from, shall so soon expire.—Omar Khayyam.

## Brooklets

Stripped of vaneer man's two-fold object in life is the conservation of the individual and the propagation of the species.

\* \* \*

The "sole" idea of humor of some American cartoonists seems to be to make a man's shoes three times too large.

\* \* \*

You must make up your mind whether you are going to run your body or to let your body run you.

\* \* \*

You may have a head crammed with knowledge yet be a fool.

\* \* \*

The greatest of all healers is Father Time.

\* \* \*

After "mock marriages" why not a mock funeral, occasionally?

\* \* \*

Why not more use of our expensive church and school buildings?

\* \* \*

A worthy form of philanthropy is the loaning of money on personal property, at reasonable rates of interest.

\* \* \*

The ballot is a safety valve that often averts the firing of bullets.

\* \* \*

The greatest obstacle to Socialism is not Capital but Selfishness.

\* \* \*

No man is really free who has not conquered himself.

\* \* \*

The turkey would be more appropriate than the eagle as a national bird, because the turkey is peculiar to America, while the eagle is found everywhere.

\* \* \*

Parents cannot be too often reminded that ignorance is not innocence.

\* \* \*

I had rather reckon my wealth by friends than by money. Anybody can accumulate money, but nobody can buy real friends.

\* \* \*

Capital makes cowards of us all.

\* \* \*

People who buy a magazine because of the picture of a girl on the cover are not among those who think.

## Treatment of the Eyes of the New-Born.

**I** SEE frequent reference in medical and health journals to the practice of instilling strong solutions of nitrate of silver into the eyes of new-born babes for the prevention of ophthalmia neonatorum. Many of these ignorant fanatics urge the passage of a law compelling its use in every case.

Nitrate of silver should never be used in the eyes under any circumstances. Its effects are directly opposed to the natural methods of healing. It is unnecessary. I have attended many cases of confinement and never had a case of ophthalmia develop in a case I attended. I have been called to attend many of them and never failed to save the eyes unless the cornea had already sloughed.

The treatment is simple if you avoid suppressing the efforts of nature. For prevention, see that the nurse washes the eyes first with clear water before washing the body. If the body is washed first then the eyes will become infected if there is any pus on the body of the child. This disease is divided into three stages. First, or acute stage, attended with all the symptoms of acute inflammation. Redness of the eyes and swelling of the conjunctiva and lids. Second, or stage of suppuration. Third, stage of recovery or sloughing of the cornea and destruction of the eye, depending upon the treatment. During the first stage do nothing but wash the eyes out with a solution of boric acid or borax 10 grains to the ounce of water and apply cold packs, not ice. Never use ice packs on the eyes. I have known blindness to result. That is suppression of the worst kind. Use water from the hydrant. If the inflammation and swelling are great, and the water is warm, you can cool it with ice, but never apply the water ice cold. Allow the pack to remain on the eyes until thoroughly warmed by the heat from the eyes, then wring it out and wet again. Do nothing else until pus begins to flow, then, in addition to washing out the eyes with boric acid or borax solution frequently and continuing the cold packs until the heat and swelling of the lids has subsided, use the following: Hydrogen dioxide diluted one-half with water to flood the eyes two or three times a day followed by the aqueous, non-alcoholic extract of *Hydrostis Canadensis* 2 drams, glycerine 2 drams, water sufficient to make one ounce. If the pus does not subside in three or four days, use the peroxide full strength. Be sure you have a genuine preparation of the hydrogen dioxide and be sure you have a good preparation of *hydrastis*. This is not the colorless *hydrastis*. You should use the extract of the whole plant which contains both *hydrastin* and *berberin*. I have proven this simple method absolutely effective.

Any physician should be able to cure any case in its early stages, yet in my experience in the State Institution for the Blind at St. Louis I found more cases of incurable blindness due to this one disease than to all other causes. The records of other institutions show the same.

If it is right to enact a law compelling physicians to instill a violent caustic into the eyes of new-born babes, it is equally right to enact a law compelling them to inoculate it with smallpox virus, diphtheria antitoxin and all the rest of the vile toxins. Why in the name of all that is sacred, cannot these supposedly learned men use a little horse sense?

J. HARVEY MOORE, M.D.

Los Angeles.

### “Damaged Goods”

**B**RIEUX'S play, “Damaged Goods,” has been to Los Angeles, where it attracted overflowing audiences of all classes. The play is good in one way, and bad in another. It is good in-so-far that it warns young men against the dangers of venereal diseases. It is bad, on the other hand, when it leads them to believe that the only hope of cure is the regular treatment by means of a drug—of mercury, or “salvarsan.” These so-called remedies are worse than the disease. They only drive back the poison into the blood. The later stages of syphilis are merely manifestations of the deadly work of mercury. Syphilis is a comparatively easy blood disease to cure, by the natural method, if taken in time.

Before visiting Los Angeles, the play was shown in Denver. Dr. Tilden wrote, in “A Stuffed Club:”

“What is the subject represented by ‘Damaged Goods?’ A medical delusion on the subject of blood disease. A victim of this supposed disease can develop any type, if he is successful in getting the right physician. He can have a little ulcer and call a certain class of physicians, and it may not amount to very much. He can call another class of physicians, and the disease takes on a more intense form. Then he can call in another class, and the form is still more intense. But if he gets hold of any ultra-scientific man—one who is indorsed by modern medical science, or, in other words, the A. M. A.—he may be killed outright by the treatment; or he may go through life an outcast from a disease that has been built wholly and entirely by drugs and psychology.”

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### Orange and Green

**M**Y good friend John S. McGroarty wrote this in the Los Angeles Times: “If a portion of the people of say five of the northern counties of California were to take arms against a law which had been passed by the Congress of the United States to govern the whole nation, you would have an exact parallel to the Ulster ‘problem.’”

“Jawn” is a poet, not a mathematician or a sociologist, so he may be forgiven. So far from this comparison being “exact” it is not even approximately correct. The population of the five northern counties of California is not more than about one-tenth of one per cent. of the population of the United States. The population of Ulster is one-third of the population of Ireland, and more than half of these are Protestants. So you see that to make an exact “parallel” it would be more nearly correct to compare the Irish situation with the secession of our Southern States which, as we know, led to a long and bloody war, only in that case the Southern States stood up for negro slavery, while the Ulster men are standing for what they believe to be religious liberty.

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### Meatless Menu—Peanut and Vegetable Soup

**T**HREE or four young onions, parsley, 1 tomato, 1 small bell pepper, 1 turnip, 1 carrot, 3 pints of water. Boil slowly until reduced to one quart. Strain and add 2 heaping tablespoonfuls of peanut butter. Eat with croutons—cubes of toasted bread.

### The Churches and the Outcasts

**A** LECTURE was recently delivered in Los Angeles by Benjamin Fay Mills, a Los Angeles pastor, on the topic "If Christ Came to Los Angeles." Mr. Mills said, in part:

"When Jesus came to earth we are told He was born in a manger, the child of peasant parents, worked at the carpenter's bench, became a political and religious agitator, excoriated the priests and ministers and church members, denounced the rich and made great promises to the poor, was despised and rejected by the people of piety, and property and power, associated on equal terms with prostitutes, gamblers, grafters and criminals and was finally hanged at the Tyburn of His nation as an anarchistic disturber of the people and the peace, with His last breath telling a murderer that He would take him with Him to paradise.

"If He came tomorrow and lived as He lived before and talked as He talked before, He would go to San Quentin, if not to the barbarous gallows.

"Can anyone suppose the churches would welcome Him? In my time I have been the pastor of five orthodox churches and one liberal church, and I know the inside workings of as many churches as anyone in America; and I hardly know one church where Jesus and His apostles would be welcomed, to teach what they taught before.

"In one of my churches the officials protested against my bringing into the services some workers and unfortunate men because 'some people did not like the way they smelled!'

"Even where the poor man of Jesus' class is allowed to come, nothing essential is done for his real welfare. His interests are not dear to the church and the church leaders do not vote for what he wants and needs in the assembly of the people. When a man really tries to serve the people in a Christ-like spirit, he is frequently disfellowshipped by the churches like Tolstoy by the Greeks, McGlynn by the Catholics and Crapsey by the Protestants.

"Jesus said He did not condemn harlots and was called 'the friend of harlots,' but last week the Los Angeles Federation of Churches voted to aid in a deadly discrimination in the physical examination of prostitutes while permitting their responsible partners to escape unscathed.

"Churches move away from any locality when the people become 'wicked.' Where is the 'respectable' church that would really welcome the prostitute, the vicious, the criminals, the paupers, the Africans and the Asiatics on equal terms?"

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### Bubonic Plague

**N**ATIONAL Political Health Officer Blue has been busy as a paper-hanger these late days, in New Orleans, ordering down rat catchers from San Francisco to "stamp out" the bubonic plague.

As I have heretofore said, there is just as much probability of the bubonic plague, a filth disease, becoming epidemic in a clean American city as there is of orange trees growing on cement sidewalks. Meantime, the public mind must be kept in a state of alarm, in order that fat jobs may continue to be doled out to political doctors and their assistants, for the catching of rats, flies, squirrels, and other "varmint."

If the political doctors had their way, the unnecessary expense of their absurd activity would amount to more than Uncle Sam now expends on the army and navy combined.

### Simple Cure of Bright's Disease

**I**N the winter of 1900 I was called to see a woman with Bright's disease, already given up to die by two of the Syracuse physicians. This is the way most of my patients come to me, after all hope is gone. I found her bolstered upright in bed; had been unable to lie down for weeks on account of the feeble heart's action and difficulty of breathing; pulse weak, thready, 140 beats to the minute and almost undiscernible at the wrist; enormously bloated abdomen; legs so swollen that the skin had cracked open and a watery serum was exuding, requiring them to be constantly wrapped in cloths which demanded constant changing, and with all this she was passing less than a pint of urine a day which tests showed to be almost solid albumen.

The two physicians had given this woman all the drugs in the materia medica and as they had treated her for months and finally agreed that she could not live another week, they were discharged and I was called. Wasn't that a pleasing case to be invited to? These two doctors assured the family that "all had been done that was possible," so I guess I was called because, as some doctors say "I do nothing for my patients." It certainly looked as though the other fellows had stepped out just in time to have me sign a death certificate.

I will not give in detail all that the "do nothing" doctor did for this woman in the way of hot baths, massage and oil rubs, but the most important thing that I did do was to carry her cans of distilled water each day until I could order a still for her. I stopped all food and coaxed her to drink two quarts and more of distilled water each day. As a result, inside of thirty-six hours she was passing three quarts of urine a day. As the flow of urine began, the bloating lessened; as the bloating subsided the heart, nearly drowned in the dropsical effusion, became stronger; as the heart improved she breathed once more with ease and soon could lie down comfortably in bed. In a month she was able to take the car to my office and in three months the last vestige of Bright's disease had disappeared.—Edward Elmer Keeler, M.D., in "Here's How Health Happens."

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### An Ingenious Invention

**W**HEN I first saw a linotype I thought the machine came the nearest to displaying human intelligence of anything that I had seen. Claude Friel, of Los Angeles, has invented a wonderful improvement of the linotype that sets a number of different kinds of display type at one operation. Only a printer can appreciate the difficulty of doing this. With the financial assistance of his father, LeGrand Friel, a pioneer civil engineer of Los Angeles, he has secured patents in the United States and foreign countries, and has formed a company to exploit the invention. If I were able, I should buy some stock in it.

Claude's family have been playmates of my own family since childhood. I trust he may be more successful than was poor Mergenthaler, who had his invention of the linotype stolen, and died poor. The patent laws of the United States are rotten, and should be reformed.

Claude is getting to be a heavyweight. If he desires to enjoy the fruits of his invention, he should diet.

### Hope of Immortality

“I ADMIT that there are many good and beautiful passages in the Old and New Testaments; that from the lips of Christ dropped many pearls of kindness—of love. Every verse that is true and tender I treasure in my heart. Every thought behind which is the tear of pity I appreciate and love. What ecstasy it would be to know that God exists; that He is our father and that He loves and cares for the children of men! To know that all the paths that human beings travel, turn and wind as they may, lead to the gates of stainless peace! How the heart would thrill and throb to know that Christ was the conqueror of death; that at His grave the all-devouring monster was baffled and beaten forever! That from that moment the tomb became the door that opens on eternal life! To know this would change all sorrow into gladness; poverty, failure, disaster, defeat, power, place and wealth would become meaningless sounds. To take your babe upon your knee and say, ‘Mine and mine forever.’ What joy to clasp the woman you love in your arms and to know that she is yours forever—yours though suns darken and constellations vanish! This is enough: To know that the loved and dead are not lost; that they live and love and wait for you. To know that Christ dispelled the darkness of death and filled the grave with eternal light. To know this would be all the heart could bear. Beyond this joy cannot go. Beyond this there is no place for hope. How beautiful, how enchanting death would be. The shroud would become a robe of glory, the funeral procession a harvest home, and the grave would mark the end of sorrow, the beginning of eternal joy.”

“Is there beyond the silent night  
 An endless day?  
 Is there a dawn that leads to light?  
 We cannot say.  
 The tongueless secret locked in fate  
 We do not know—we hope and wait.”—Robert G. Ingersoll.

### No Wonder He Is Sick

ONE of my consultants, living in a warm section of California, gave the following description of his dietetic habits:

“I eat three times a day, and sometimes between meals. My food consists of everything in general. I use lots of butter. I am fond of rich foods, such as fried meat with plenty of fat on it, and stewed meat, well spiced with plenty of fat and gravy. I use olive oil quite freely. I eat hurriedly. I generally eat meat twice a day. Potatoes, fried, stewed and boiled. Beans. Pie and cake, or other forms of dessert. Candy. In fact, I eat plenty of everything that might be set before me. I drink beer, but not much at a time. Ice cream, soda and coca-cola.

“I have been a victim of the tobacco habit. Cigarettes are my specialty. At times I smoke 25 or 30 cigarettes a day.

“Practically all my exercise is indoors, and that not very hard.”

Is it any wonder that men who eat like this, especially in a warm climate, and in summer, are sick? Is it not rather a wonder that they are able to walk around, when they thus grossly abuse their stomachs? Nature is long-suffering, but she is also inexorable, and invariably collects her bill sooner or later.

### A Legacy for a Boy

“I AM going to save and economize in every way that I can, for I want to leave my two boys each a farm when I am gone,” said one of my neighbors the other day. And as I looked at his two half-grown hopefuls, both cigarette fiends, and as flat chested as a shingle, the thought occurred to me that there was a more valuable inheritance to leave a boy, than a farm.

I have a son twelve years of age, and I am teaching him first, to take proper care of his body, as there is nothing of more importance to him. I want him to know how to work, to create good, hard muscle; I shall tell him the things he should know as he grows older. I have explained the laws of creation to him, which gives him reasons for tender regard toward all womanhood. I shall teach him to be refined and gentle in speech and manners, and kind to all dumb creatures.

If he should desire to follow other lines than farming, I will do all within my power to help him perfect himself in his chosen profession.

I desire him to have, at least, a high school education. I want to instill in his mind that there is one standard of morals, that if he marries, (and I hope he will), he must be as virtuous and pure as he expects his wife to be.

As he sees tobacco users at every turn, I hope it will so nauseate him, that he will never allow it to pass his lips; but as a further incentive, I have deposited one hundred dollars in the bank to draw compound interest, until he is twenty-one, when it becomes his, if he has neither the tobacco or whisky habit; otherwise it reverts to his sister.

He will never become addicted to injurious personal habits, for he shall have the chance to read good books on the subject, which will make clear the result.

Between him and me there will always be close confidential relations; he will never be puzzled on any subject that is in my power to make clear.

I shall teach him to be honest and good because it is right, not through fear.

I want his legacy to be, a clean, vigorous, healthy, body—and consequently a healthy mind—made so, by the proper knowledge of its care.

Orland, Cal.

MRS. M. N. WILCOX.

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### The Florence Crittenton Home

THE cornerstone of the enlarged Florence Crittenton maternity home for girls, in the northern part of Los Angeles, was laid on July 10, with appropriate ceremonies. I was invited to attend, but could not conveniently do so, being still partly incapacitated by a fractured hip. The City Council denied the protest of adjacent property owners.

One of the leading objectors, in a letter I published last month, intimated that the girls who benefit by this home are “toughs,” of bad character. In this he displayed ignorance of the subject. Such girls do not seek a maternity home. They know too much.

It would be well if more rich men would give of their surplus for similar worthy purposes, instead of endowing institutions for the torture of animals, in the vain hope of discovering a serum cure for disease.

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Carlyle has drawn attention to the fact that in the Germanic languages, the words “healthy” and “holy” were originally identical.

### Religion of the Puritans

**T**HERE is a sample of the religious teaching dealt out to our New England ancestors a century—even half a century—ago. Indeed, there are some who still believe this sort of thing. The extract is from Rev. Thomas Boston's "Fourfold State:"

"The saints in glory will be far more sensible how dreadful the wrath of God is and still better understand how terrible the suffering of the damned are; yet, this will be no occasion of grief to them, but rejoicing. They will not be sorry for the damned; it will cause no uneasiness or dissatisfaction to them; but on the contrary, when they see this sight, it will occasion rejoicing and excite them to joyful praises."

"The godly wife shall applaud the justice of the Judge in the condemnation of her ungodly husband. The godly husband shall say 'Amen' to the damnation of her who lay in his bosom; the godly parent shall say 'Hallelujah' at the passing of the sentence of their ungodly child; and the godly child shall from the heart approve the damnation of his wicked parents who beget him."

Is it any wonder that the descendants of those who had such monstrous doctrine instilled into them should retain a belief that everything pleasant is sinful?

The recent big fire in Salem, Mass., reminds one that it is only 223 years ago—half a dozen generations—since in that same town of Salem, in the most godly country of New England, twenty persons were done to death, and fifty tortured, because they were accused of "witchcraft," their property being confiscated. One man, eighty years of age, who refused to confess, hoping to save his property for his family, was put to the torture, iron weights being piled upon him, but not quite enough to crush him. Then he was left to lingering agony, and fed only enough bread and water to keep him alive. We are told that the brave old man stood his torture with such courage that he taunted his persecutors, and asked them to pile on heavier weights. So he died, and four days later his wife, also, was tried for witchcraft and hanged.

Human nature has not changed since those days. Hatred and bigotry and malice takes other forms. That is all.

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### Dietetic Laws of Moses

**T**HESE are the beasts which ye may eat: the ox, the sheep, and the goat, the hart, and the gazelle, and the roe-buck, and the wild goat, and the pygarg, and the antelope, and the chamois. And every beast that parteth the hoof, and hath the hoof cloven in two, and cheweth the cud, among the beasts, these may ye eat. Nevertheless these ye shall not eat of them that chew the cud, or of them that have the hoof cloven: The camel, and the hare, and the coney, because they chew the cud but part not the hoof, they are unclean unto you. And the swine, because he parteth the hoof but cheweth not the cud, he is unclean unto you: of their flesh ye shall not eat, and their carcasses ye shall not touch.

These ye may eat of all that are in the waters: whatsoever hath fins and scales may ye eat; and whatsoever hath not fins and scales ye shall not eat; it is unclean unto you. Of all clean birds ye may eat.—Deuteronomy, xiv, 4-11.

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It is less harmful to take a mild stimulant between meals than to eat between meals when you are not hungry.

### For Weak Eyes

**W**E read in the Bible that Jesus spat on the ground and made clay with which he anointed the eyes of a blind man, so that he could see. This man was probably suffering from ophthalmia, or some form of partial blindness.

Many years ago, when I was a youth, I discovered the great power of fasting spittle, especially when applied to weak eyes. The first thing in the morning, when you awake, lick your fingers, and then rub the spittle thoroughly well in, all around the eyes and on eyelids. There let it remain for half an hour before you wash. They will smart and water a little, but that is good.

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### Materialistic Religion

**K**ANZO UCHIMURA, a devout Christian Japanese, says that "lack of piety" is a fundamental American trait. He adds:

"The Bible teaches that God is a spirit, but Americans do not believe in His power if it is not shown by forms and statistics. When they see me, they never ask, 'What do you believe in?' but always inquire, 'What church do you belong to? How many copies of your magazine are published? How many followers do you have?' When I say I commune with God under the shade of a grove, or by a stream, they scornfully reply, 'Very poetical, eh?'"

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### Kissing

**E**VERY little while a curious notion comes up about the danger of kissing. If there had ever been anything really dangerous about it, the human race would have been stricken from the face of the earth long ago. Possibly once in a couple of million years a man might have an infectious sore on his lip and the woman he kissed might have a cold-sore, in which case she might contract the disease. But, on the other hand, if the saliva of either party flowed freely over the lips, its germicidal property would secure immunity. Yet, strangely enough the conductor's saliva on a transfer has been regarded as dangerous, when, in fact, it tends to kill "germs" if present on the paper.—Charles E. Page, M.D., Boston.

[Probably less than 20 per cent. of the population of the world kiss on the lips, and not more than 30 per cent. kiss at all. As is well known, I am not a "bugophobist," but I would not encourage promiscuous kissing on the lips. People who are sick have little resisting power to disease, and the saliva, of course, shares the weakness of the rest of the body.—Ed.]

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Everything may be done for a broken-down individual except securing quiet—absence from noise; and if this requirement alone is neglected, restoration to health will not take place. Nervous people must secure rest from noise, because nothing is so uncompromisingly destructive to the nervous system as noise.—J. H. Tilden, M.D.

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Attended and advised by forty-one surgeons, operated on twelve times, and confined in eleven different hospitals, are the experiences Miss Ella F. Hobby, daughter of City Marshal and Mrs. Thomas J. Hobby, of Far Rockaway, has undergone as the result of a dog bite fourteen years ago.—Rockaway, N. Y., dispatch.

### The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

HERE'S HOW HEALTH HAPPENS; Edward Elmer Keeler, M.D.; order through Naturopathic Publishing Co.; 250 pp.; price \$2.25, cloth, by mail.

Dr. Keeler sent me a handsome autographed copy of the edition de luxe. The author, who has been writing on health subjects for many years, is broad-minded. He calls his doctrine "auto-therapy," and includes in it all rational methods of caring for the mind and body. He strongly advocates the use of distilled water, and favors fasting, where it is indicated.

This book is entirely in accord with my teachings. It contains a great many excellent suggestions for the acquirement and retention of health, and is a valuable contribution to the literature of the care of the body.

OTHER PEOPLE'S MONEY; How the Bankers Use It; Louis D. Brandeis; Frederick A. Stokes Co., publishers, New York; 223 pp.; price \$1.00 net.

The average man has only the remotest kind of an idea of what becomes of his money after he intrusts it to a bank. Let any one open a handsome office with polished mahogany furniture, plate glass front, and mark on it "Rock of Gibraltar" Bank, or something of that kind, and people will come and cheerfully hand over their savings, without any investigation as to the character of the people to whom they confide them. Fortunately the average character of American bankers is good.

This book contains a series of articles by Mr. Brandeis that appeared in Harper's Weekly. He shows the evils attending the present conditions of money monopoly in this country, conditions that will only be partly remedied by recent financial legislation. He shows how the system enables the man at the top to enrich himself without any compensating service to society, and, unlike some critics, he outlines constructive remedies.

THE RENAISSANCE OF THE GREEK IDEAL; Diana Watts, (Mrs. Roger Watts), Frederick A. Stokes Co., publishers, New York; 200 pp. 9 by 12 inches; price \$5, net.

In this handsome large volume, adorned with 104 illustrations, the author tells how she sought one of the lost secrets of antiquity—that which produced the great physical superiority of the Greeks over any race known to us before or since. As their statues show, they did not aim at producing unnatural and hideous bunches of exaggerated muscles, but were models of pure symmetry. Mrs. Watts believes that she has found the secret. She says:

"I myself began as an ordinarily active human being, but, in the course of training, development, researches, and discoveries, gradually acquired a knowledge that led to a condition which is nearer to that of the Greeks than any other that has yet been achieved.

"The secret consists in a condition of the muscles totally different from any realised by athletes since the time of the Greeks, a condition of tension, which transforms dead weight into a living force, and which made the Greek as different from the modern human being as a stretched rubber band differs from a slack one.

"There are frequent allusions in the Iliad to this power possessed by the Greeks of transforming their muscles on the instant into a condition of

almost superhuman force, and although much must be allowed for Homer's poetical imagination, there is no doubt that this extraordinary force was always produced by will-power acting on some special physical condition which resulted in a complete restoration of exhausted powers, taking away all sense of fatigue, and placing the body once more under an alert control."

A chapter is devoted to the subject of mental reactions, in which the author shows that the reflex action of physical movement upon the brain is not yet generally recognized.

This is a most interesting and valuable contribution to the science of rational physical culture, which must always take note of the mind as well as the body—of brain as well as brawn.

A STUFFED CLUB; Vol. 14, 1913-1914; J. H. Tilden, M.D., Denver, Colo.

Here is another volume of this invaluable magazine. I have said several times heretofore, and expect to say several times again, that every subscriber to BRAIN AND BRAWN should also be a subscriber to A Stuffed Club. The subscription, like that of this magazine, is only \$1.00 a year, and the value of a dozen numbers to those who know how to read it intelligently, and to apply the lessons it contains, is beyond calculation.

The present volume contains a series of valuable articles on "Food" by Dr. Tilden, which have since been published in book form. I shall review this book next month.

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Papers such as are usually read before medical societies lack literary merit, originality, study and research. Many of them are nothing but transcriptions from books.—Theodore Wm. Schaefer, M.D.

## To Advertisers Who Think

**W**ISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

## Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

### HAY FEVER.

G. A. F.—Hay fever is due to a condition of the blood which lowers the resistance, and makes it an easy prey to any abnormal outer conditions. Get your blood into good condition by adopting a diet that leaves no waste matter in it, and you will then not be subject to hay fever, or any other disease.

### TONSILS AND ADENOIDS.

Dr. ——— of Los Angeles removed my little boy's tonsils and adenoids, declaring that this would cure all that ailed him, but I see no difference, except that every time he catches cold his throat hurts. He is a clean boy of eleven years of age, inclined to be nervous.—F. A.

You can no more cure a person by cutting out their tonsils or adenoids than you can cure smallpox by picking off the pimples. Adenoids and swollen tonsils are due to a catarrhal condition of the system, and that again is due mainly to wrong diet, chiefly the over-consumption of starches and sweets. The tonsils are necessary organs, acting as filters at the portals of the throat. Adenoids are abnormal growths that will disappear under a course of correct diet, with air, sun and water baths.

### DIABETES.

J. W. K.—In diabetes the medical fraternity first withdrew all sweets and starches, because of the sugar in the urine, and because starch turns into sugar before it can be digested. After trying this for some time, and finding that it did not work, because they advised a diet largely of meat, and that made people sick otherwise, they went to the other extreme, and now some of them in Europe are recommending a potato diet, or an oatmeal diet—mostly starch.

The main thing in diabetes is not so much to exclude the sugar—although I disapprove entirely of cane sugar—but to adopt a dietary that will so strengthen the system that it can oxydize what little sugar is eaten and dispose of it. This can be done by adopting a dietary rich in the organic salts. Foods that specially abound in these salts are leaves, stalks and roots, and next to them, fruits. They must be eaten raw to get the full benefit of the mineral contents. With this must go full breathing of pure air.

### FASTING.

T. J.—Yes, it is often good for thin people to fast, as well as fat people. Many thin people eat much more than the average fat person. Consequently, you may easily see that when they over-eat and still keep thin there is something the matter with their stomachs—that they do not digest properly. Consequently again, it is very foolish to keep on putting food into a sick stomach, where it rots and ferments and adds to the illness of the party of the first part. Some thin, nervous people actually gain weight during a short fast, and always put on weight rapidly after a long fast.

I expect to write in some detail next month on the subject of fasting—that is, if it is not crowded out by something else.

### Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

#### HERE'S A WOMAN WHO ENJOYS DISHWASHING.

I am a regular reader of BRAIN AND BRAWN and find it always interesting. The July number is especially so. In the article "Slavery of the Kitchen," you assert that you "have yet to meet the woman who does not detest the dirty task of cleaning up after a meal." I feel moved to send you word that I occupy the apparently unique position of really enjoying dishwashing. There is nothing dirty or disgusting in cleaning up after a meal that has been carefully, sensibly and economically prepared in regard to the number of dishes and utensils used.—Katherine G. Lyford, 11 Nelson Court, Vancouver, B. C.

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#### CAN'T KEEP IT.

Inclosed find check for \$2 for three subscriptions to BRAIN AND BRAWN. Your valuable publication has surely been enjoyed, not only by me personally, but by a great many of my patients, who frequently take the liberty to cut out pages containing interesting articles, so in order for me to get the full benefit of it, it's a case of keeping it in my pocket till I am through reading before placing it on my table.—George Scherer, Chiroprapist, 304 Merchants' National Bank Building, Los Angeles.

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#### THESE ARE NO KNOCKERS.

Enclosed find two dollars, one for our renewal subscription, and one for a present to a friend. We have read your valuable articles starting with Care of the Body about nine years ago. We always look forward to the coming of BRAIN AND BRAWN, and can say we owe our present health to the advice contained therein. The good you have done, and the fearless way in which you conduct your noble work, must place you foremost among the literary men of the day.—Mr. and Mrs. Franz Haushammer, 6205 Figueroa St., Los Angeles.

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#### WANTS TO PROHIBIT ALCOHOL.

I have read BRAIN AND BRAWN two years, with some profit. Am taking more than a dozen publications. I have decided to do without BRAIN AND BRAWN until you actually come to cast your influence in favor of prohibition of the making and selling and giving away alcoholic drinks. Our nation is going dry.—Samuel B. Letson.

We do not publish liquor advertisements, although we could get plenty, and we need the money. I do not permit any subscriber or advertiser to dictate the policy of the magazine. When it comes to forbidding others to do what you do not choose to do, or what you believe to be unwholesome, how about tea and coffee and cane sugar, and chloride of sodium (table salt), and flesh foods, all of which are injurious. Mr. Letson will lose more than we shall, because BRAIN AND BRAWN is worth far more than a dollar a year.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

*Harry Ellington Brook M.D.*

## Dan's Wife

UP in early morning light,  
Sweeping, dusting, "setting  
right,"

Oiling all the household springs,  
Sewing buttons, tying strings,  
Telling Bridget what to do,  
Mending rips in Johnny's shoe,  
Running up and down the stair,  
Tying baby in her chair,  
Cutting meat and spreading bread,  
Dishing out so much per head,  
Eating as she can by chance,  
Giving husband kindly glance;  
Toiling, working, busy life—  
Smart woman,  
Dan's wife.

Dan comes home at fall of night,  
Home so cheerful, neat, and bright;  
Children meet him at the door,  
Pull him in and look him o'er;  
Wife asks how the work has gone.  
"Busy times with us at home!"  
Supper done, Dan reads with ease—  
Happy Dan, but one to please!  
Children must be put to bed—  
All the little prayers are said;  
Little shoes are placed in rows,  
Bedclothes tucked o'er little toes;  
Busy, noisy, wearing life—  
Tired woman,  
Dan's wife.

Dan reads on and falls asleep—  
See the woman softly creep;  
Baby rests at last, poor dear,  
Not a word her heart to cheer;  
Mending-basket full to top,  
Stockings, shirt, and little frock;  
Tired eyes and weary brain,  
Side with darting, ugly pain;  
"Never mind, 't will pass away,"  
She must work, but never play;  
Closed piano, unused books,  
Done the walks to easy nooks,  
Brightness faded out of life—  
Saddened woman,  
Dan's wife.

Upstairs, tossing to and fro,  
Fever holds the woman low;

Children wander free to play  
When and where they will today;  
Bridget loiters—dinner's cold,  
Dan looks anxious, cross, and old;  
Household screws are out of place,  
Lacking one dear, patient face;  
Steady hands, so weak but true,  
Hands that knew just what to do,  
Never knowing rest or play,  
Folded now—and laid away;  
Work of six in one short life—  
Shattered woman,  
Dan's wife.  
MRS. KATE TANNATT WOODS.

## The Healing Art

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

Natura Sanet non Medicus.—Hippocrates.

## A HOPELESS TASK.

I have received from Pittsburg a circular from the Pennsylvania Drugless Therapeutic Association, announcing that "there is a movement on foot to combine the forces of all drugless cults." As I have previously said, the task is a hopeless one, because the various schools of drugless healing hate each other much more than they hate the allopaths, even as the various Protestant sects hate each other much more than they hate the Catholics.

If, however, the schools of rational healing cannot love each other, or even pretend to love each other, they might, while they are up against a big fight with the Medical Trust, at least have as much sense as animals when they flee from a forest fire, and refrain from devouring each other.

The secretary of the Association is Dr. C. G. Hildreth, 405 Magee Bldg., Pittsburg. B. H. Jones, a good man, is chairman of the legal committee.

## HE DESERVES A REST.

Zack Shed, health specialist, of Denver, author of that celebrated argument for medical freedom before the Denver Legislature, writes to me that he has sold out his office, and believes he is out of practice. He says: "I do

not know what course I may take, but at my time of life I desire now to avoid the pulling, punching and hard knocks of an office practice, which with me is always a busy one. Meanwhile, I shall try now and then to send you a subscriber, for your magazine is certainly a grand work.' Mr. Shed is seventy-five years of age. He was married a few months ago. He has always been a good friend of BRAIN AND BRAWN.

**A CAMPAIGN OF EDUCATION.**

The Los Angeles County Chiropractic Association has launched a state-wide campaign for the purpose of educating the people on the necessity for medical freedom. The chiropractors complain that the present State Law governing examinations for medical practice is unjust, because it forces them to take up branches of medical theories that are of no value to them. Also, they charge that the examining board is composed of physicians who are not in sympathy with drugless methods, and that often unfairness is shown. Efforts will be made to have the next Legislature enact a law providing for a special examining board for physicians who do not use drugs in their practice.

**'PHYSICIANS AND SURGEONS.'**

Editor Jones, of the California State Medical Journal, goes a little out of his way to jab the Naturopaths, and at the same time displays ignorance of the present State medical law. The latest Legislature did away with sectarianism. There are no Naturopaths now, or Chiropractors, or Mechano-Therapists, or other "irregular" schools. They are all classed as "physicians and surgeons."

**SPONDYLOTHERAPY.**

The third annual convention of the American Association for the Study of Spondylotherapy will be held in Chicago from September 21 to 24. Headquarters, Hotel La Salle. For particulars and programmes address the secretary of the organization, Dr. S. E. Bond, 207 N. 9th St., Richmond, Ind.

**IT'S UP TO YOU.**

Local representatives of the State medical authorities are still persecuting and prosecuting worthy healers, who give baths, or oil rubs, or diet, often

**HERE YOU ARE**  
**Best Imitation Coffee**  
**ON THE MARKET**  
MADE FROM PURE CEREALS  
**GOLDEN WEST**

You can boil it as much as you like; you can not hurt it. Do not have to strain it. Read what Dr. Harry Ellington Brook, editor of Brain and Brawn, says: "One of the very best I have ever tried." You can boil enough on Monday to last you a whole week; all you have to do is to warm as much for your meal as you want. It will be just as good Saturday as it was on Monday. Give it a fair test. Send for a trial package. Price 20 cents.

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by these simple means curing those who have been reduced to wrecks and given up as hopeless by members of the drug-ging, serum-injecting and carving schools. At the same time many scoundrelly M.D. "specialists" go unwhipt of justice. This concerns the people much more than the healers, for a physician can only lose his living, while the people may lose their lives. It is up to you.

**OSTEOPATHS ON THE WARPATH.**

I referred last week to the fact that thirty students of the two Los Angeles osteopathic colleges were refused examination by the State Board of Medical Examiners, while sitting in Los Angeles.

The way it came about was this: A couple of members of the State Board of Medical Examiners went to the Pacific College of Osteopathy and offered, if that institution would stand in with the Board and "be good," that the Board would proceed against the Los Angeles College of Osteopathy, and the Los Angeles Eclectic College. This offer was refused. The Board then made an offer to the Eclectic College that if it would stand in the Board would shut down on the two osteopathic colleges, and thus make students for the Eclectics, the offer to stand open for a year. The Eclectics were so foolish as to fall for this offer. Hence, the assault of the Board on the Osteopaths.

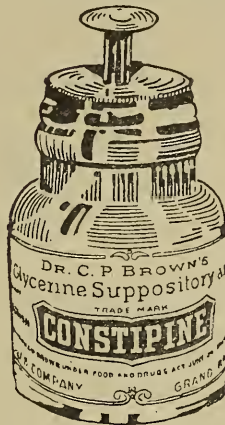
What a high and mighty principle is here shown, is there not? As I said last month, the osteopaths will now perhaps find out the folly of flirting with the allopaths. There is only one way to fight the allopathic Medical Trust, and that is with a club. Like some native tribes, they take any conciliatory movement as an evidence of fear.

The two Los Angeles Colleges of Osteopathy have filed a petition for a writ of mandate before the superior court of Sacramento county in an effort to compel the State Board of Medical Examiners to admit students to state examinations and compel the Board to issue certificates. Here, then, we have the spectacle of the osteopathic colleges attacking the very bill which was so inviting to them when their representatives were seeking to favor the Medical Trust. I sincerely hope that

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Today we are seeking mental and Physical Conservation. We aim to accomplish better work. A larger crop must be the result of our labor. Whether a laborer or a professional man, we seek to do more and better things. Results are what count.

Do you know just how to use your mental and physical machinery so as to make conservation possible? Are you today and every day "perfectly fit"? Do you begin each day's work feeling that you could accomplish something worth while? Are you always at your very best? Are you content with anything less?

The work of the *International Health League* is to make each one of its members possessed of that vim and vitality which spells Perfect Health. We have to-day 20,000 loyal members including all classes from cowboy to President who have this knowledge. We want one more—YOU.

**SPECIAL OFFER:** We will send you the 40-page monthly magazine which is our official organ, one year, price 75c., will make you an Associate Member of the League, price 50c., and will mail you free the book "Social Hygiene vs. the Social Plague," price 25c., a total of \$1.50 for 75c. in stamps, coin or money order. This is a special introductory offer giving you a total of \$1.50 for 75c.

There is "no string" to this offer. We mean just what we say. There will be no further dues nor assessments. One payment includes all the above for an entire year. Can you afford *not* to accept?

Just a word more: We have no drugs to sell you, no "health lift," nor appliance, nor patent foods to exploit. But we tell you the Laws of the New Way of Living well and give you the Art of Living Long, so that each day you will be at your very best.

**INTERNATIONAL HEALTH LEAGUE**

1017 So. Salina St., Syracuse, N. Y.

this will prove a good lesson to our osteopathic brethren.

ABOUT ATASCADERO.

Dr. Margaret Goettler of Pasadena will soon make her home on the Lewis colony at Atascadero, San Luis Obispo County, Cal., in which enterprise she has taken much interest. The location is one of the most attractive in California. I hope Dr. Goettler will be happy and successful in her new venture. She is a good woman and a good physician.

On Saturday, August 8, from 2 to 5 in Echo Park, Los Angeles, there will be a talk about Atascadero, followed by luncheon. Among the speakers will be Mrs. M. E. Jenkins and Dr. Goettler. Men as well as women, invited. Bring cups and spoons. The ladies will supply the "dope."

HOMEOPATHS GETTING WISE.

For years the homeopaths have been hob-nobbing with the A. M. A. Now they begin to see their error. At the recent annual meeting of the American Institute of Homeopathy, in Atlantic City, the president, Dr. De Witt Wilcox, of Boston, formerly a member of the A. M. A., denounced that organization as "fast degenerating into a political machine bent on throttling everything that stands in its way for obtaining medical supremacy." He advised all homeopaths to leave it, and the 800 present cheered loudly.

Personal

Dr. C. I. White has removed from San Diego to Riverside, his old home, where he is now practicing.

Dr. Samuel F. Grover, formerly of Portland, O., has opened offices at 935 Market St., San Francisco, in the Pantages Theatre Building. Dr. Grover makes a specialty of spine, nervous and chronic diseases.

Mr. Otto Lichti has bought an interest in Dr. Olson's Swedish Institute on West Seventh Street and assumes the position of business manager. Several improvements are contemplated.

M. N. Nelson, physiculturist and dietitian, has opened a city office for Thornycroft Farm in the Broadway Central Building.

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#### BY THE SEA.

At Long Beach, only three-quarters of an hour's ride from Los Angeles, is a big sanatorium, where may be had all those methods of aiding nature to overcome disease that are found in the establishment at Battle Creek, Mich., famous the world over. W. Ray Simpson, manager of the Long Beach Sanatorium, is a happy combination of a hygienist and a business man; a combination as good as it is rare.

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#### BLACK FIGS.

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#### HOW TO SAVE MONEY.

The California Savings Bank has devised a simple plan of saving money on the installment plan, that will enable many to accumulate a nest egg who would otherwise waste the money on things that are not worth while. Call or write for information in regard to this easy payment plan of savings.

#### A HEALTH BELT.

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**The Business Office**

That this magazine is good to look at as well as to read is due to the skill and painstaking care of those in the Times-Mirror Job Office on South Broadway, who are charged with getting it out. They have my sincere thanks.

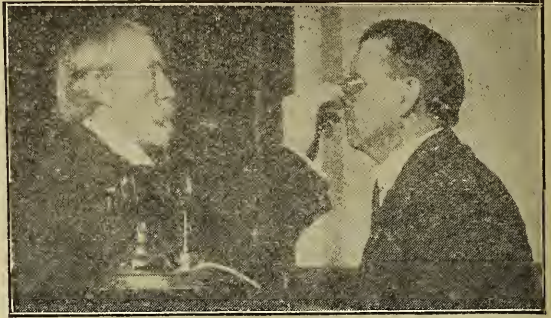
We have arranged with Louis Bessell, Metropolitan Bldg., to act as our representative in New York. Mr. Bessell has had some experience along the line of hygienic business.

The price of single copies of BRAIN AND BRAWN is ten cents. If we were rich we would be glad to give them away by the thousand, but unfortunately we are not.

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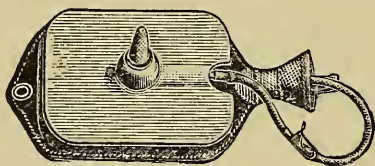
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**T**HIS magazine is devoted mainly to the following purposes:  
 The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

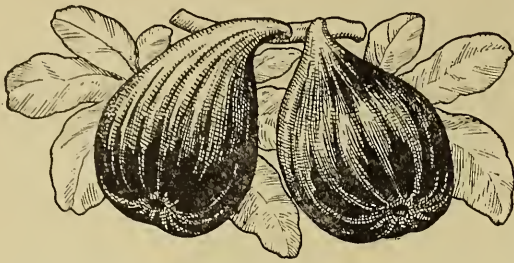
3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.



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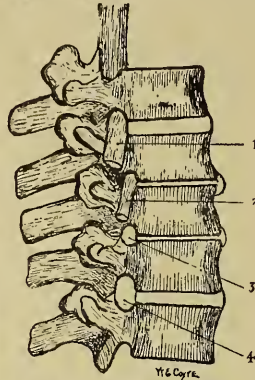
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# Brain and Braun

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Vol. III

LOS ANGELES, SEPTEMBER, 1914

No. 4

## Fasting for Health

**H**IPPOCRATES admitted the possibility of fasting more than six days without a fatal issue. Don't laugh at Hippocrates. There are even today physicians who will solemnly tell you that a man cannot go more than ten days without food, and that those who pretend to do so are fakers.

Meantimes, the fasting cure has become quite popular since thirty years ago, when Dr. Tanner, now a resident of Los Angeles county, astonished the country, and provoked incredulity on part of the medical fraternity, by twice fasting for forty days. Since then this feat has frequently been exceeded, and in some cases almost doubled.

Fasting is no new thing. In olden days it was common for philosophers, and students, and religious enthusiasts to fast, in order to mortify the flesh and increase their spiritual and intellectual powers. Jesus fasted for forty days in the wilderness before he approached his great task. How foolish then, as I recently wrote to the London Times, for the British government to forcibly feed suffragettes. Let them fast a few weeks. It would do them good.

Astonishing ignorance prevails among "laymen" and medical men alike on the subject of fasting. Recently a Los Angeles paper announced that a woman had fasted for forty-five days, "subsisting on little else but milk." Little else but milk—that is too say, she ate little besides food. What rot! Again, not long ago an old gentleman made a trip of a hundred miles to ask me what he should eat when he was fasting.

Fasting is a house-cleaning process. Here is an extract from an article on the "Fasting Cure" by J. H. Kellogg, M.D., of Battle Creek, in "Good Health" for January, 1905:

The majority of people are eating two or three times as much as they need, and the consequence is that they cannot utilize it all, and it accumulates in the body as half-burned material—just as cinders will collect from the furnace until you cannot get air through the grate. You have to remove them before you can get a good bright fire burning. . . . Fasting gives the body a chance to clear up all the unnecessary material, which it will do before it will begin to consume the vital tissues. It is exactly the same principle that you follow in your house when you have a coal famine; before you burn up the bric-a-brac and the furniture, you get rid of all the rubbish and unnecessary things.

Fasting is a most efficacious means of aiding nature to eject morbid matter from the system and restore normal conditions. In some cases, for instance when there is an internal tumor, it is the only way. Fasting gives the overworked and much abused stomach a therapeutic rest.

Fasting is specially indicated when a person is fleshy, incumbered with waste matter, "positive" physically and mentally, one

who does not take sufficient physical exercise. Such people should also take frequent short fasts, and should never eat more than two meals a day. Fasting is not indicated in people of a nervous, emotional temperament, below normal in weight, and physically and mentally negative, with weak and flabby muscles. That is to say, they should not take a long fast, except when nature calls for a fast by forcing elimination in the shape of some form of sickness. Those with organic heart disease should not take a long fast. See, however, that what you think heart disease is not merely gas pressure on the heart.

Objections have been raised in some quarters against fasting that it is a species of cannibalism, the body feeding upon itself. For over forty years I have made a study of the subject of fasting for the cure of disease, and am, therefore, somewhat qualified to express an opinion. It is true that during a fast the body feeds upon itself, but it happens that it first proceeds to devour matter that should be got rid of. In Yeo's *Physiology* the following interesting table is published, showing the losses that occur in death after starvation:

Fat . . . . .	97 per cent.	Muscle . . . . .	30 per cent.
Spleen . . . . .	63 per cent.	Blood . . . . .	17 per cent.
Liver . . . . .	56 per cent.	Nerve Centers . . .	0 per cent.

The late Dr. Dewey claimed that during a protracted fast the most malignant tumor may be absorbed.

You may say that we often read how people have died after a week or ten days, or weeks, of starvation. There is a great difference between fasting and starvation. Fasting is voluntary; starvation is involuntary. Starvation, as in the case of ship-wrecked mariners, or lost prospectors, is usually accompanied by great mental agony, exposure and physical suffering. That is what does the harm, not the abstinence from food.

It may also be said that death occasionally terminates a protracted fast. Sure. I have also heard of deaths following a brief illness, during which the patient was stuffed with food and doped with drugs. In such cases the death is not ascribed to the treatment administered by eminent medical practitioners, but to the disease. How illogical. Hereward Carrington writes as follows on this phase of the subject in "Vitality, Fasting and Nutrition:"

In the last stages of many diseases, I do not doubt that a cure is quite impossible to effect, even by fasting, aided by all other hygienic auxiliaries. But the case should not have been left thus long before treatment was begun. The cause of the patient's death is, therefore, not the fasting from which the body derives extreme benefit in every case; but the previous, lengthy and neglected disease, which rendered the system incapable of being cured by any means; in fact, rendered the case absolutely hopeless. That so very few deaths result from fasting, then, shows the almost unlimited potency of this method of treatment; and shows, also, that death, in such cases, always results in spite of, not on account of, the fast having been ultimately undertaken.

During the past quarter of a century many persons have, with great benefit to their health, undergone periods of total abstinence from food, ranging up to seventy-five days. The limit where starvation is reached appears to be about ninety days, judging from cases

where the stomach has been irreparably injured by a corrosive chemical.

There are two sure things about a fast. First, the unpleasant feelings—and they are often unpleasant enough, as when a man gives up the use of alcohol—last only from two to three days. After that all is peace and comfort. Second, the average loss of weight during a fast is one pound per day. If a person is much overweight, it will be more. If a person is very thin, it will be somewhat less.

There are a few simple precautions that must be taken in fasting. To begin with, if you have been living almost entirely on cooked foods, lacking in the important mineral elements, so that your system is deficient in these elements, you should, before beginning a fast, live for a month principally on fresh fruits, and salad plants, in order that you may have a proper start. Otherwise you are likely to suffer. It is absolutely essential that the bowels should be emptied daily by means of an enema, as during a fast they do not work normally. Many have found fasting a failure because they did not observe this simple rule. It is astonishing how much waste matter may come from the bowels after one, two or three weeks of fasting, showing how necessary such a house cleaning was. A warm bath should be taken daily. Drink water according to thirst. One must exercise care in breaking a protracted fast. The fast should continue until the tongue is clean, and there is real hunger, not merely appetite.

The main thing is for you to have confidence in the outcome. If you have not that confidence you should not fast, for your mental attitude will prevent it from benefiting you as it should.

The most striking immediate effects of a fast are the great increase in keenness of the perceptive faculties—sight, hearing, and smelling. The intellect becomes much brighter, and mental tasks that seemed heavy are now trifles.

Short fasts of from one day to a week are often of much benefit. A good plan is to fast every week for twenty-four hours, which may be done easily in this manner, namely, abstaining from food from the evening meal of one day to the evening meal of the next. This is going without food for twenty-four hours, yet you don't pass a day without eating.

In any case, be sure never to eat when you are not hungry. In such cases the food does you no good, but does harm. Don't eat merely because the dinner bell rings. Skip a meal—or two or more, if necessary, until you are really hungry, and a crust of dry bread looks good to you. Then you may safely eat.

The no-breakfast-plan, popularized by the late Dr. Dewey, is a most excellent and valuable aid to the recovery of health. Scores of my consultants have reported that this one step has done more than any other one thing to transform them from invalids to healthy, active men and women. Strength is restored during sleep, so that a meal on awaking is altogether superfluous. If you have not yet done so, give the no-breakfast-plan a fair trial, say for a month. You will be surprised at the wonderful increase in mental and physical efficiency during the forenoon. If you think you must do so, take, until you have weaned yourself from that also, a cup of tea or coffee not less than one hour after rising, but do not eat even a cracker with it.

When a person is ignorant on the subject of fasting he should place himself in the hands of an experienced person, before undertaking a protracted fast. I quote again from Hereward Carrington's book:

Fasting rightly applied is an extremely potent and far-reaching method of cure; of its therapeutic value I cannot, indeed, see the limit, while its dangers are so slight, so insignificant as compared with any other method of cure as to be altogether unworthy of consideration. But fasting should be applied by skilled hands; or rather, practiced only under the close supervision and observation of one skilled in this method of cure; one who thoroughly understands the philosophy of the treatment, and who has unlimited faith in its effectiveness. The average physician is no more qualified to undertake the supervision of a protracted fast than is any other man who has a good working knowledge of physiology; the theories involved are as new to him as to the merest layman and I cannot, consequently, too strongly advise anyone who contemplates undertaking a fast of any length to do so only under the supervision of some reputable hygienic physician, moreover, one who is thoroughly familiar with the theory and phenomena of fasting; for fasting is far more than merely "going without food." Many more factors must be taken into consideration than this. The amount of daily exercise to be undertaken; the question of water drinking; of enemas; of bathing, breathing, and a hundred and one minor but highly important factors must be reckoned with if the fast is to be conducted easily and satisfactorily.

Here are good suggestions on the subject, sent to me by a nurse, C. C. Schultz of Los Angeles:

"My experience with fasting dates back some fifteen years. I have taken fasts from three days to forty-six.

"To fast correctly it is my firm conviction that it is necessary, first of all, to get the right mental attitude, to be able to feel safe in doing without food for a given length of time, without the fear of starving or becoming sick. This is most important, for results. Second, you must be in a home, where people are not antagonistic, as most fasters lose heavily in weight, and the constant suggestion of fear from those near you, is sure to have its evil effects on the mind. So to be with some one who knows, is of benefit even to those experienced.

"I cannot say I recommend fasting for weak or anemic people. I advocate intelligent fasting. Fasting is comparatively easy to most people, but to break it is the task, at least in a long fast—to eat the right food, and not over-eat.

"I closed a real estate deal on my forty-fifth day. I was somewhat weak, but otherwise felt fine. I should advise during a fast rest, except walking."

Sometimes a "fruit fast"—eating nothing but fresh fruit in season—is better than a total fast, and where there is organic disease it is the only way. In this manner, while you are eating, yet you absorb only a small amount of nourishment, while you have the benefit of the pure, filtered water in the fruit, and the medicinal acids it contains.

Fasting is a cure not only for physical, but also for mental ills. Wonderful recoveries from insanity have followed a complete fast. Perhaps some day, when medical bigotry ceases to fight against anything that is not endorsed by medical "authority," we shall see the fasting cure introduced in our insane asylums, and jails and reformatories, when the results will astonish the world, as they have in the fruitarian hospitals of Mildura, Australia, and Bromley, England.

Do not go to extremes. Do not fast merely for the sake of fasting. Above all, remember that it is of little use to abstain from food if, after the fast you resume a wrong method of eating. A fast gives you a fine opportunity to reform your dietetic habits, because at the

end of a long fast a crust of dry, stale bread will look mighty good to you.

On another page I give a list of a few books on fasting for the benefit of those who desire to delve further into the subject.

---

### Never Too Old to Wed

**T**HE old boys are getting gay. Here are two dispatches under one date:

Clarksville, Tenn., July 26.—Martin E. Hall, 79 years of age, father of nineteen children, and Miss Cora Faughn, a timid maiden of eighteen summers, were married here at midnight by Magistrate J. M. Jarrell. They eloped from Lyon county, Ky.

Huntington, W. Va., July 26.—A romance culminated here when the Rev. C. H. Lakin, seventy-six, married Miss Nora Quinn, 36 years his junior. Miss Quinn became infatuated with the aged minister while listening to one of his sermons.

When a man of 79 marries a girl of 18, you do not need to be a prophet to foretell what is going to happen as the result of such an unnatural union. As soon as she realizes what she wants, and what she has missed, the girl will go for it, and will get it, for there will be no lack of accommodating young men to oblige her. Perhaps, in this case, it may be one of her husband's sons.

---

### "Healthy Disease Carriers"

**A** FEW months ago an epidemic broke out in Hanford, Cal., following a dinner attended by about 150 citizens. The dinner was a Methodist affair, and included chickens, and you know what Methodists can do to chickens. All those who partook of the dinner were suddenly seized with sickness. Thereupon all the available sanitary inspectors of the California State Health Board were rushed down to investigate. And what conclusion do you suppose they came to? They immediately went to work on the theory that the food or drink served was contaminated by a "typhoid carrier." Of course the "grub" had nothing to do with the kind of food that was eaten.

As I said recently, this "healthy disease carrier" absurdity is about the most ridiculous craze so far brought out by the medical fraternity. Under it everyone may be open to suspicion, and perhaps arrest and imprisonment, for at some time every healthy person carries about the germs of what are called contagious diseases.

This is what the people pay an army of political doctors for. And these same political doctors are always asking for more power, so that they may get more lucrative jobs.

---

A man who overeats is not able to struggle with laziness and a man who overeats and is idle will never be able to struggle with sexual lust. Therefore, according to all moral teachings, the aspiration after abstinence commences with the struggle with the lust of gluttony, and it begins by fasting.—Tolstoy.

## The Beginning of the End

**D**URING the nearly two thousand years that have elapsed since the angels sang "Peace on earth, good will to all mankind," there is no branch of human effort in which more notable progress has been made than in the art of war—the art of slaying human beings and destroying the improvements they have made. In the days of the Caesars men fought face to face. Now, sometimes, they do not see each other before they are killed. Then, their death-dealing weapons were swords, spears and javelins, and to batter down walls they had catapults, hurling large stones. Now machine guns fire six hundred bullets a minute. Mines are sprung from below, destroying whole regiments, and bombs are hurled from above. Great warships, each costing millions of dollars, are destroyed by invisible agencies almost in the twinkling of an eye. Here is a description of the springing of a mine, from "The Human Slaughterhouse" by Wilhelm Lamszus:

The Earth has opened her mouth—lightnings, crashes and thunderings, and the Heaven splits in twain and falls down in flame—the earth whirls upwards in shreds—men and the earth blaze and hurtle through the air like Catherine wheels—and then—a crash, a maddening uproar, strikes us full in the chest, so that we reel backward to the ground, and half-consciously struggle for breath in the sand—and now—the storm is over—the pressure of the atmosphere relaxes off our chest—we breathe deep—only scattered, dancing flames now and squibs—fireworks—

But what on earth has happened? We peer out fearfully over our earthworks. Has red Hell opened its mouth?

There rises a noise of screams and yells, and uproar so unnaturally wild and unrestrained that we cringe up closer to one another—and, trembling, we see that our faces, our uniforms, have red, wet stains, and distinctly recognize shreds of flesh on the cloth. And among our feet something is lying that was not lying there before—it gleams white from dark sand and uncurls—a strange dismembered hand—and there—and there—fragments of flesh with the uniform still adhering to them—then we realize it, and horror overwhelms us.

Outside there are lying arms, legs, heads, trunks. Men are howling into the night. The whole regiment is lying mangled on the ground there, a mass of humanity crying to Heaven.

In civilized warfare the wounded are carefully attended by Red Cross nurses. Reverend chaplains go with the regiments to give spiritual consolation, and to encourage men to further deeds of slaughter, all in the name of God, for each nation, on entering upon a war, calls on the Almighty to defend its cause.

Will this war be the beginning of the end? Perhaps. In every country the Socialists, almost alone, have opposed the war. Delegates representing thirty million Social Democrats met in Basle in November, 1912, all crying "Fiat pax"—"Let there be peace." Then, as a writer said, oil spread over the troubled waters, and the captains and the kings took second thought. The Socialistic anti-war spirit is crystallized by the International Socialist Bureau of Brussels. As far back as '70 and '71 the French and German Socialists sought to bridge the bloody chasm, but failed, for they were few in numbers. At the time of the Russo-Japanese war, Socialists from these two countries met and interchanged pledges of peace. In the days of the greatest hostility between the ruling classes of England and Germany, English

and German Socialists exchanged fraternal greetings. It is said that nearly a third of the German Army is now Socialistic, or in sympathy with that cause. Berlin Socialists turn out between two to three hundred thousand strong in Treptow Park, and elsewhere, and in perfect order, listen to their orators denounce mass murder, that is to say, war. Prison sentences for leaders in this peace work in Germany, France, Italy, and other countries, seem only to stimulate them to greater activities, as is natural, because persecution is to reform what oil is to a flame.

The subtle influence of the Socialistic propaganda is great. Have you noticed the contrast between the war fever that seized the United States sixteen years ago, in 1898, and the apathy exhibited by the public during the past year toward the possibility of a war with Mexico, or even their strong opposition to such a war?

The voices of the Socialists have been temporarily drowned, and Jaures, able advocate of peace, was assassinated in Paris. Their voices and the voices of others who urge peace shall yet be heard. City Councilman Fred C. Wheeler, of Los Angeles, summed up the present situation clearly when he said:

The war undoubtedly is the result of the desperate efforts of the monarchs of Europe to save their thrones, threatened by the rapid rise of popular government. The kings, czars and rulers deliberately planned the war in the vain hope that it would re-ignite the spirit of loyalty to them, which had been rapidly dying out among the masses of the people. But I predict that the results of the war will be far different from what the potentates expect. I believe that the war is only the beginning of the end of monarchical government in Europe. The people have tasted some of the almost forbidden fruits of governing themselves and they cannot be denied much longer. The theory of the divine right of kings to rule has been supplanted in the minds of the people by the true theory of the divine right of the people to rule themselves. To my mind, the outcome of the war will be the destruction of monarchy and the rise of greater democracy.

And the New York Evening Post thus comments on the case of the "three kings":

The human mind cannot yet begin to grasp the consequences. One of them, however, seems plainly written in the book of the future. It is that, after this most awful and most wicked of all wars is over, the power of life and death over millions of men, the right to decree the ruin of industry and commerce and finance, with untold human misery stalking through the land like a plague, will be taken away from three men. No safe prediction of actual results of battle can be made. Dynasties may crumble before all is done; empires change their form of government. But whatever happens, Europe—humanity—will not settle back again into a position enabling three Emperors—one of them senile, another subject to melancholia, and the third often showing signs of disturbed mental balance—to give, on their individual choice or whim, the signal for destruction and massacre.

Again, Chauncey Depew, who has long been an ardent admirer and personal friend of the Kaiser, recently said: "This war will mean the greatest impulse for Socialism that history records. It will mean the end to all kings with real powers, and an end to all bullying bureaucracies."

Should Socialism succeed in freeing the world from the horrors and burdens of war, it will have furnished at least one good reason for its existence.

## Nature's Medicines

**F**OR many years I have been insisting on the importance of the mineral elements, or organic salts, in foods. Some readers may have thought me tiresome, but I have recognized this as one of the most important features connected with the physical and mental development of the human race. Until recently the subject has been almost entirely ignored, in this country, although for half a century it has been recognized in Germany as of the greatest importance. There such investigations are conducted more thoroughly than here. McCann's "Starving Amercia," is the first book in America to arouse public attention to the subject.

In the February, 1913, number—now almost out of print—I published an article on "Medicinal Foods," with a table of the mineral contents of leading foods. In this I showed that deficiency of these all-important organic salts, as found in bolted flour, or boiled food, or canned milk, causes anemia, leprosy, beri-beri, and other diseases, and is no doubt a leading cause of pellagra and consumption, the body being thus starved by deprivation of essential elements.

Even when we consume natural food it may lack in the essential organic salts, because the soil in which that food was grown has been starved by stimulating with animal refuse, instead of nourishing with natural fertilizer, obtained from rocks. An analysis of potatoes grown in devitalized soil showed only thirty-two parts per thousand of mineral elements, while potatoes raised in soil rich in mineral showed seventy-two parts per thousand.

There appeared recently a letter in the Los Angeles Times from C. Devonshire, of this city, who has made a study of the effects of mineral starvation in poultry. He states that at his request the U. S. Department of Agriculture will investigate this question, as it applies to human beings. Ten years ago I wrote to the Department, asking if they had any analysis of the mineral contents of food, and received reply in which they admitted that they had not, everything in the line of mineral being dumped together under the name of "ash." They might about as well say "grub."

I notice, however, from Mr. Devonshire's letter, that it is expected to find out whether some artificial mineral substitute can be provided. This, as I have heretofore shown, is altogether impossible, as well as unnecessary. Here is a simple fact that seems so very difficult to get into the minds of great scientific "authorities:" Minerals in the inorganic form are absolutely unassimilable by the human system. If not poisonous, they are inert, and in any case, they are at once thrown out by the eliminating organs. Men will never be able to utilize minerals in the inorganic form, until rats begin to eat T rails. This, of course, upsets the whole mineral drug theory. Why, however, seek substitutes? Even when the soil is not properly nourished, we may get a sufficiency of minerals from foods extraordinarily rich in them, such as strawberries, spinach, lettuce, and celery. They must, however, be eaten raw, to get the full benefit of the mineral contents.

It is well that the Department of Agriculture is taking up this important question, even if it does so from a wrong point of view. I hope it will also go thoroughly into the question of mineral fertilizers.

As I stated in the April number, there seems to be a trust among the manufacturers of artificial fertilizers, as an Eastern manufacturer of natural rock fertilizer found that he was unable to ship his product into California, owing to objections raised by certain State authorities. This is a subject that might well engage the attention of the United States government.

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### The Poor Food Law

**T**HE greed and selfishness of manufacturers makes the "Pure Food Law" more and more a farce. What may be called the finishing touch was put upon it recently when the Supreme Court of the United States placed the burden of proof upon government prosecutors to show whether the harmful substances in food products are really harmful. It is no longer sufficient to prove that certain products contain a quantity of outlawed ingredients, but it must be shown that the quantity is injurious to health. Preservatives and adulterants used in foods seldom strike a person dead immediately. When, however, these doped foods are consumed for any length of time, they produce chronic diseases, the cause of which is seldom recognized, because they are attributed to germs, or anything but the real cause. And, notwithstanding the Pure Food Law, it is still difficult to get an absolutely pure food in a grocery store. That is, one containing no adulterants or preservatives.

The California State Board of Health, in one month, recently caused to be seized no less than 97 packages of food products, including eggs, tomato pulp, and fish "composed of filthy, decomposed and putrid animal or vegetable substances." The tomato pulp is a waste product prepared from the skins and cores and sweepings of the canning factory. In its partly decomposed state it is scraped from the floor and put into kegs with the food manufacturer's pet anti-septic. It then goes into storage to be called upon as needed in the making of our cheap condiments.

Then, there is meat inspection at the stock yards, which has gradually become more and more lax since Upton Sinclair electrified the world with his "Jungle." The latest regulations for federal meat inspectors, approved by Secretary Houston, to become effective January 1 next, include the ruling that meat which comes from an animal having localized cysts or lesions, but with the remaining portion fit for food, may be sold in cans after sterilized cooking, "as is done in Germany and Austria," at lower prices. Anyone who knows anything about the laws of health and disease, knows that local eruptions or sores are merely symptoms of a diseased condition of the whole body. Do you like the idea of eating canned meat from an animal that had "localized cysts or lesions," even at lower prices?

It is up to the people to say What and When. So long as they are indifferent, they will continue to be served with food that slowly undermines the digestive organs, saps the vitality, and brings on premature death.

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The ethics of Socialism are identical with the ethics of Christianity.—Encyclopaedia Britannica.

### Dangerous Fads

**J**UST as political reactionaries apply the epithet "fad" to a reform they cannot otherwise criticize, so also "regular" physicians are in the habit of calling fads, or "dangerous fads," such rational methods of aiding nature to eliminate disease as food restriction, or fasting, when the digestive organs are unable to do their work, hydrotherapy, osteopathy, chiropractic, mental suggestion, and other means, the value of which have been amply demonstrated, when all "regular" methods have failed.

What of such dangerous ever-changing medical fads as the administering of mineral poisons to cure another poison in the system, the injection of animal filth into the blood, the blind groping for germs from without, as the cause of diseases that originate from the breaking of natural laws, and the cutting out of necessary organs, whenever they are suspected of being in a diseased condition.

How about these dangerous fads?

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### Transplanting Organs

**T**HE latest wonderful performance of the surgical conjurers, seeking fame and money, is the transplanting of organs from one animal to another, with an eye on the human race. Unfortunately, they are compelled to admit that these transplanted organs do not "stay put"—that they do not thrive in their new homes, and soon give up their work.

There are some limits to the possibilities of "monkeying" with Nature. This, however, will not prevent the sacrifice of further thousands of animals, paid for by Rockefeller's "medical research" fund.

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### Woman and War

**I** AM a woman—a mother. All the strength and pride of men which war has disfigured, maimed and slaughtered upon all the battlefields of history have been carried beneath the hearts of mothers like myself, mothers who dreamed of joyous and beautiful lives for their sons. We, the mothers of the race, have been most despoiled by war; we have paid the supreme forfeit. The lives blotted out in the bloody mists of war have all been conceived in our wombs and nursed at our breasts. The lives broken and marred by war have all been blood of our blood, bone of our bone, flesh of our flesh. Why, then, should we mothers do aught but hate war and love peace?—John Spargo, in "Socialism and Motherhood."

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Erratum: In the article "Youth and Age" in the August number, two words in a French quotation were transposed, reversing its meaning. It should have read: "Se la jeunesse savait: si la vieillesse pouvait."

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Never try to change people's first impressions of you. When you want to develop another side of your nature, pack up and dig out.—Edward Earle Purinton.

## Tolstoi's Vision

ACCORDING to Hector Alliot, in the Los Angeles Times, in 1911 Emperor William asked the Czar to obtain for him a message from Tolstoi—something the philosopher had never before written. Tolstoi is said to have dictated to his grand niece the following remarkable prediction, which was printed and circulated privately among his friends:

This is a revelation of events of a universal character, which must shortly come to pass. Their spiritual outlines are now before my eyes. I see floating upon the surface of the sea of human fate the huge silhouette of a nude woman. She is—with her beauty, her poise, her smile, her jewels—a super-Venus. Nations rush madly after her, each of them eager to attract her especially. But she, like an eternal courtesan, flirts with all. In her hair ornament of diamonds and rubies is engraved her name: "Commercialism." As alluring and bewitching as she seems, much destruction and agony follows in her wake. Her breath, reeking of sordid transactions, her voice of metallic character like gold, and her look of greed are so much poison to the nations who fall victims to her charms.

And behold, she has three gigantic arms with three torches of universal corruption in her hand. The first torch represents the flame of war, that the beautiful courtesan carries from city to city, and country to country. Patriotism answers with flashes of honest flame, but the end is the roar of guns and musketry.

The second torch bears the flame of bigotry and hypocrisy. It lights the lamps only in temples and on the altars of false institutions. It carries the seed of falsity and fanaticism. It kindles the minds that are still in cradles and follows them to their graves.

The third torch is that of the law, that dangerous foundation of all unauthentic traditions, which first does its work in the family, then sweeps through the larger worlds of literature, art and statesmanship.

The great conflagration will start about 1912, set by the torch of the first arm in the countries of Southeastern Europe. It will develop into a destructive calamity in 1913. In that year I see all Europe in flames and bleeding. I hear the lamentations of huge battlefields. But about the year 1915 a strange figure from the North—a new Napoleon—enters the stage of the bloody drama. He is a man of little militaristic training, a writer or a journalist, but in his grip most of Europe will remain till 1925. The end of the great calamity will mark a new political era for the old world. There will be left no empires or kingdoms, but the world will form a federation of the United States of Nations. There will remain only four great giants—the Anglo-Saxons, the Latins, the Slavs and the Mongolians.

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## Glory Enough for One Day

It is glory enough for one day  
 To have dreamed the bright dream of the reign of right;  
 To have fastened your faith like a flag to that immaterial staff  
 And have marched away, forgetting your base of supplies.  
 And while the worldly wise see nothing but shame and ignoble retreat,  
 And though far ahead the heart may faint and the flesh prove weak—  
 To have dreamed the bold dream is glory enough,  
 Is glory enough for one day.—William Herbert Carruth.

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The learned are those who have studied in books—the thinkers, geniuses, enlighteners of the world and liberators of the human race are those who have read direct from the pages of life itself.—Schopenhauer.

## Briefs

My wife is German and I am English, but we have not quarreled over the war, for the simple reason that we have not discussed it.

Judging from fake war news Rome is Europe's El Paso.

This war is not conducted as a correspondence school.

Pope Pius was a good man and lived a simple life.

The tail of a comet is a hundred times as thin as air. Perhaps that is what "spirits" are made of.

The U. S. Steel Corporation has proved that in six years safety work has reduced accidents 43 per cent. and saved from death or injury, 9000 men.

The flea is said to spread scarlet fever. After you have done swatting the flies, catch the fleas.

More French champagne is consumed every year in Petersburg than is produced in the champagne district, and more Lucca olive oil is sold in America than is made in Tuscany.

Dr. Guelpa, of Paris, has written a book on the successful treatment of diabetes and other diseases by fasting. Being a "regular," the medical fraternity may listen to him.

Experiments have shown that fruitarians have more magnetism than meat eaters.

The "special edition" man is now abroad in the land, and the political candidate is his lawful prey.

The London Lancet says that ants carry disease germs. Go to the ant, thou sluggard; consider her ways and be wise.

A block on the East Side, New York, is closed from three to six daily during summer, to allow children to play.

Movies were formerly a mania. Now they are a disease.

Edward H. Morrison, a blind Los Angeles osteopath, successfully passed a three days' law examination.

John R. Thompson, a country school teacher, and storekeeper, who started a small Chicago restaurant twenty years ago, has sold out a string of restaurants for \$6,000,000.

The present cut and slashed female costumes are the most inartistic that have appeared for a generation.

Beggars in Turkey have formed a trade union, of 10,000 members, with headquarters in Jerusalem. They send out begging letters all over the world.

Manufacturing fake war news to sell extras is dirty business.

Nearly half the rail passengers in Prussia travel fourth class.

Europe spends a generation in developing trade, and then organizes fleets of "commerce destroyers." Childish folly.

Victims of unnecessary surgical operations out-number those killed in a bloody war.

There are 16,000,000 Catholics in the United States.

When you figure the high cost of living, remember Americans spend a million a day to see moving pictures.

Three-fourths of the income of the United States for the past thirty years has been spent for warlike purposes.

There are a thousand tons of useless printed documents at Washington, representing an annual waste of a million dollars.

In England the barmaid is an established institution. In America they are introducing female cigar clerks. Bad business.

Government agents found 7,000,000 pounds of meat in Chicago cold storage houses that had been there from six months to six years. Nice food.

Sugar and meat both advance in price. Neither is necessary.

Many charitable institutions are run mainly for the benefit of the salaried officials.

So many unfortunate people nowadays with nothing to wear but clothes, and nothing to eat but food.

Next to Krupp's daughter, Emperor William is the largest stockholder in the Krupp gun works.

Capt. Ezekiel Diamond died in San Francisco. He claimed to be 118 years old.

Even the Pope suffers from the war. Contributions of "Peter's pence" have almost stopped.

Two million families in England live on about \$5 a week.

The parcel post is a boon to the public, but hard on letter carriers.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. III

LOS ANGELES, SEPTEMBER, 1914

No. 4

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## A Californian Magazine

SO far, California, famous for many things, has not earned much of a literary reputation. We have, indeed, produced good writers, but hitherto it has been thought necessary to get a New York O.K. on books, as on plays. Yet half a century has passed since the Overland Monthly—still published—was given national fame by Bret Harte, while other clever men brightened its pages and those of the Golden Era. Then, however, the railroad had not come, to make us a tail to New York's kite. We were sufficient unto ourselves.

Twenty years ago, when I with two others started the Land of Sunshine—now published as Out West—it was ahead of time. Los Angeles then had only 60,000 inhabitants, whereas now it has nearly 600,000. We should be able to support a literary magazine. If California is to become the "Italy of America," and Los Angeles the "modern Athens," as our boomers tell us, we must cultivate our minds as well as our land. We should no longer be content to depend on New York for our fashions in literature.

BRAIN AND BRAWN is a California magazine. Like California, it is "different." I believe it is deserving of support from Californians. What do you think? That is, those of you who believe with me that "the truth about California is good enough," my motto in writing about the state for thirty-five years. Understand, I do not for a moment ask you to support the magazine only because it happens to be published in California. That would be like backing a country in all it does, merely because you happen to be born in it. I do not believe in such narrow patriotism.

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This magazine is not published primarily for the purpose of pleasing the public. I leave that task to youthful enthusiasm and inexperience. If it pleases my readers I am glad, but my main object is to tell the truth, even if by doing so I may not shame the devil. That is rather a hard task, if we may credit ecclesiastical authorities.

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The advance in meat prices is a blessing, because it will teach many that they can do without flesh foods to the benefit of the health and their pockets.

## Not an Unmixed Blessing

AS I have heretofore remarked, the Panama Canal will not be an unmixed blessing to California. Besides the material prosperity, predicted by enthusiastic boomers, it will bring us hordes of illiterate immigrants from southeastern Europe. California is no longer the most remote part of the United States. It is the first stopping place. To a great extent this movement will be artificial, worked up by steamship agents, selling installment tickets on commission and holding out misleading promises of an El Dorado. This immigration will bring with it evils from which we have heretofore been free, in the shape of city slums and labor troubles that worry and weary overcrowded cities of the East. Most of these immigrants will settle in crowded quarters and colonies of their own, where they will not readily be amenable to American influences.

Argonauts and those who came soon after will regret the passing of old-time California, the land of hearty hospitality and free spending. They have seen the days of fifty-dollar slugs give way to the days of the silver dollar, the four bits, the two bits, the dime, the nickel, and last of all, crowning insult, even the penny.

We must make serious preparation to meet and if possible solve this new problem, so that the evils of the foreign incursion may be modified. There will be labor for many of them in our orchards and vineyards—if the Law does not destroy the vineyards—but what are they to do between harvests? This is an important question, for remember that a great majority of these people are as poor as they are uneducated, having saved just enough money to reach California.

A praiseworthy beginning has been made on the social side of the problem by public-spirited Los Angeles people under the guise of the "Coleman House Settlement Association." It is, however, a large problem and its solution must not be left entirely to private endeavor. City, county and state must co-operate. As for Uncle Sam, he thinks he has done his part when a brass-buttoned official hastily examines the immigrant for mental deficiency, trachoma and the possession of \$25 or thereabouts.

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## Mentally Myopic

THERE are many persons so narrow and confined in their mental horizons that they regard the report of a pink tea, or a baseball game, or a political meeting, as of more importance than news of epoch-making events, involving a large part of the human race. Such persons are deficient in what phrenologists term the "organ of size." They are mentally myopic. Their own petty private affairs

really appear to them to be of more importance than movements affecting the welfare of humanity. They remind one of a minute insect, to whom his leaf is a world.

These passive obstructionists, in their mushy way, clog the progress of the world, like the dust in an engine, or the mud on the wheels of a carriage.

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## A Monotonous Climate

**O**NE day this year they had a heat wave, with many prostrations, in Missouri, and on the same day, in Connecticut, it snowed.

This California climate must seem awfully monotonous to Easterners, until they get used to it. About the only change we have here is from dry to wet, and then back again from wet to dry, just like local option elections. However, many of our new citizens seem to be quite willing to dispense with the beautiful snow and the flowers and the buds that burst forth in the spring, although some of our old-timers occasionally get a little homesick when they read about those things. Surely, it is worth something to live in a climate where you may walk or sit or play in the open air 350 days in the year—or 365 days if you don't mind getting wet—in a State where if you say "what a fine day!" it stamps you as a "tenderfoot."

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## A Lesson from the War

**S**OON after hostilities broke out, it was reported that nearly all the gold reduction plants in America would have to close, because of lack of cyanide of potassium. Then it was stated that the beet sugar factories might have to shut down because they could not get seed from Austria and Russia. So it has gone, all along the line.

The war has already taught us how far this great country of boundless resources is still dependent on Europe. We should profit by the lesson.

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Napoleon said all Europe would, in a hundred years, be republican or Cossack. It is a hundred years next June since Waterloo.

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This war has punctured the false claim that big armaments promote peace.

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War is nowadays largely a matter of finance, therefore a neutral nation might almost as well furnish belligerents with men as with money.

## Brooklets

You cannot expect to get well as long as you continue to think ill thoughts.

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In a country with universal suffrage the people get as good a government as they deserve.

\* \* \*

He who has not cultivated a taste for reading is preparing for himself a miserable old age.

\* \* \*

It is much easier to fall into a bad habit than to climb into a good one, which seems to confirm the theory of Original Sin.

\* \* \*

Physical courage is common. Moral courage is rare. It sometimes takes less courage to fight than to refuse to fight.

\* \* \*

Let us pay more attention to the development of the soil and of the soul.

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A diplomatist has said that language is useful to conceal the thoughts. Some use it to conceal their lack of brain.

\* \* \*

The woman who makes herself sexually attractive has more chance than a good housewife, to hold the average husband.

\* \* \*

Any one who reads only one newspaper is likely to fall into a very narrow groove.

\* \* \*

History is mainly the story of men killing each other.

\* \* \*

A man must be a great and clever thinker to be able to avoid extremes.

\* \* \*

No man can make a real success who seeks only wealth.

\* \* \*

Many Awful Dangers and Insurmountable Obstacles are transformed, when boldly approached, into Silly Scarecrows.

\* \* \*

Arrogant men and nations should remember that "pride goeth before a fall."

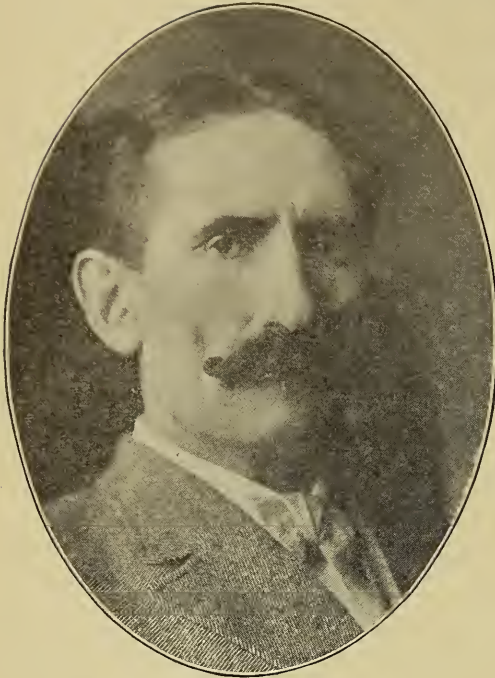
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War brings out the worst and the best in human nature.

\* \* \*

If arming is the best way to secure peace why not let every man carry a gun?

## How Naturopathy Gained Recognition



Carl Schultz, N. D., D. O., M. D.

**D**R. CARL SCHULTZ is known as the father of Naturopathy in California. It was through his efforts that the bill licensing Naturopathy was pushed through the State Legislature, after a strenuous fight.

Like those who pioneered the Nature Cure in Germany, half a century ago, Schultz comes from the plain people. He is a self-made man. In Germany he held positions of trust while going through the high school, keeping books for a small factory, and often being left in charge of the business. He served four years honorably, in the German army. Losing his wife and fortune, he came to America, where he endured many hardships, but always pushed ahead. He is a hard and conscientious worker. Rich or poor, his patients must do as he tells them, or they will cease

to be his patients. His employees are expected to comply with his strict ideas of punctuality and cleanliness.

Dr. Schultz has studied and practiced every branch of the Nature Cure. This system has for half a century been practiced in Germany, and with wonderfully beneficial effects. It includes all rational means of aiding nature to purify the system and restore health, as diet, fasting, active and passive exercise (massage,) hydrotherapy, electricity, adjustment of the spine (osteopathy, chiropractic, etc.,) deep breathing, sun and air baths, rest, sleep, and mental suggestion.

In 1905 a number of Nature Cure healers were quietly working in California, healing the sick and doing good. They were mostly Germans and Swedes by birth. They did not rush into the newspapers and make a big howl about their cures. Some of the members had practiced for nearly twenty years in California before the enactment of any medical law. They never supposed that in a free country like America, which they had chosen as the land of their adoption, they might at any time be denied the right to follow their chosen profession.

Then persecution began on the part of the allopathic school of medicine, acting through the State authorities, and after a solemn promise had been given that honorable drugless practitioners should not be interfered with. The Naturopaths were forced to organize for their own protection, and to obtain legislation recognizing them. The first organization of the Naturopathic Physicians of California was effected in June, 1903, and the Association was incorporated on August 8, 1904.

The Naturopaths did not wish to make a fight, as most of them were poor. It was left to two or three to furnish the money and take up the fight in the courts. The effort to secure legislation began as early as 1905, a bill being then introduced to regulate the practice of Naturopathy. This was done

at the request of Dr. Schultz. The bill was never taken out of committee. In 1907 there was further attempt at legislation, and a more serious effort was made. The Naturopaths subscribed of their modest means, as far as they were able, and sent a man to Sacramento, who promised many things, but did nothing, and proved to be a faker. Another was sent up, with no better results. The Naturopaths are good men, but they are not always good judges of human nature. An attempt to interest the newspapers proved entirely unsuccessful. The average newspaper editor is absolutely lacking in knowledge regarding the laws of health. He takes it for granted that everything an M.D. says must be so, just because he is an M.D.

Then, in 1909, as things were beginning to look desperate, the Association elected Dr. Schultz to go to Sacramento—at his own expense. He borrowed money, and went up with his wife, who stood by him through thick and thin, cheering him when things looked desperately dark. He was there practically through the whole session working night and day, taking scarcely any sleep. The outlook appeared hopeless. The legislators grinned or sneered. The State Board smiled. The medical fraternity giggled, and even I doubted that Schultz could possibly put through legislation in face of such terrific odds. He stood firm, however, and the more difficulties encountered, the harder he fought. He reminded me of the importunate widow in the New Testament.

Dr. Schultz showed his talent of organization when letters from the people became so numerous that the speaker of the House told Schultz if he did not “call off the dogs,” he would not let the bill pass, as most of his time was taken up opening letters on behalf of the Naturopaths.

Chatting some time ago with Dr. Schultz about his experiences he said:

“Our system of making and passing laws is wrong, because nearly every member of the Legislature represents some special interest, although he tells the voters he will go to the Legislature with free hands. In order to pass his bill the legislator bargains with others, and to please those who elected him, he introduces a bill, or half a dozen bills, which he never intends to pass. When you go to Sacramento to look after some measure, one member sends you to another, and that one sends you around to the first member you had seen, who started the circle. When one finds out these honorable gentlemen are trying to get rid of you, and are making a fool of you, and you begin to get your Irish or Dutch up, according to your nationality, and you tackle Mr. Legislator, who first started you around the circle, he becomes highly indignant that you should dare to cast reflections upon an honorable member of the Legislature of the State of California.”

Finally, after a good many different tricks had been tried in and out of the Legislature, for the purpose of defeating the bill, it passed, and was signed by the governor on March 19, 1909. The Legislature was astonished at what it had done. The State Board of Medical Examiners was dumbfounded. The “regulars” were too amazed for utterance.

The fight for medical freedom in California is not ended. It is but begun. It will not be settled until it is settled right—until physicians of every rational school of healing are entitled to practice, provided they are competent to perform what they preach. And the question of competence must not be left to be decided by an examining board composed of men who know nothing of these methods of healing. Under such a system Jesus would surely have been debarred from healing the sick, for the Pharisees would never have granted him a license.

### A Forty-One Day Fast

**W**HEN I began my fast I was almost helpless. I weighed 286 pounds. I could hardly walk. I had rheumatism, piles, headache, constipation, catarrh, palpitation of the heart, eczema, and painful corns. I decided to try a fast, believing that I could not get any worse, and might get better. I started on February 1. It was hard for four or five days, during which time I was very hungry. After that I was at ease. I grew stronger, the corns became less painful, I found I could not catch cold. I kept it up until March 13, a period of 41 days, during which time I lost 56 pounds. I also lost my catarrh, constipation, piles, headaches, eczema, rheumatism, palpitation of the heart, and indigestion. On the forty-first day of my fast I walked six miles, which I could not have done on the first day.

I am still far too heavy. I shall take another fast and get rid of some more of my superfluous weight. During the fast I drank water with a little lemon juice. Water straight did not taste good to me. I slept well. I took hot baths and enemas every day. On the thirtieth day I indulged in a boxing bout, and got the best of my opponent, but it made me weak, and I had to rest for an hour. During the fast I walked on an average about four miles a day. Sometimes I felt very cold, as February was a cold month.

I advise any who are suffering from serious chronic disease to try the fasting cure, but they must be sure to have confidence in themselves, or else fast under the direction of an experienced person, as if they make up their minds they are going to starve they may do so.

Los Angeles.

M. L. CROW.

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### The Yosemite Valley

**I** RECEIVED a picture card from Dr. Walter Lindley, of the California Hospital, Los Angeles, on which he wrote:

“After thirty-nine years in Los Angeles, this is my first sight of this glorious valley. I visited the Mariposa big trees, at Wawona, on the way up. I have often seen the picture of the stage going through one of the trees, but nevertheless, it thrilled me when the driver cracked his whip and the big stage went swinging into the trunk of the old giant.

“The man you see on the over-hanging rock on this picture, Glacier Point, 3,200 feet above the valley, was a photographer. He was too foolhardy, and a few days ago fell several hundred feet, to his death.”

Like Dr. Lindley, I have been nearly thirty-nine years in California, and am ashamed to confess that I have not yet seen the Yosemite Valley, although I have often passed within a hundred miles of it. I have seen the three most impressive art productions of Europe—the Lion of Lucerne, the tomb of Napoleon, and the Cathedral of Milan—and I have seen two of the greatest natural wonders of America—the Grand Cañon of the Colorado, and the Falls of Niagara—and I hope, before I die, to see the third.

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A German physician suggests the need of “fruit rooms” in large cities. Many people are compelled to eat indigestible downtown lunches who would be glad to make a repast of fresh fruits if they were not compelled to eat them upon the street. The idea is a good one. Here is a chance for business enterprise. A room of this kind is needed in every city.—Good Health.

### School in September

**T**HE schools of Los Angeles County, as usual, open in September. September is the hottest month of the year, in California. To bring the children fresh from seaside and mountain, and sit them down in stuffy school rooms, is not only unwise, but cruel. Under such conditions, they cannot give proper attention to their studies. It does not make so much difference in Los Angeles, where the weather is mild, but in the interior it is a hardship.

For many years I, and many others, have denounced this practice. At a recent meeting of the Board of Education, in Los Angeles, the board was asked to consider the advisability of deferring the opening of schools in the fall, two or four weeks. The statement was then made that under the State law, the schools must close on June 30, and that postponement of opening day would entail a shortening of the school year, and cause consequent loss.

Are the laws made for the people, or the people made for the laws? Are we no more progressive than the Chinese, who required two thousand years to find out that they could get roast pork without burning down pig styes? Must we necessarily start a secession and form a state of Southern California in order that children should not sit in school during a heated term?

When the people seriously make up their minds to have this condition changed, it will be changed. The trouble is that, in this, as in other cases affecting the public, what is everybody's business is nobody's business.

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### Folly of Feeding the Sick

**T**HE medical profession has inculcated so much fear in the people, and itself, about starving to death, that few sick people are willing to go without food even when suffering; and the most pronounced ignoramus in the medical profession should know that digestion is positively inhibited when the body is suffering. When there is pain and fever, digestion is suspended; when there is discomfort, with much enervation, rest and water are the only foods needed.

Thousands of people have died this fall from typhoid fever; no, I would better say that they died from typhoid fever treatment, for the fever is not per se fatal; they died from drugs and food.

As I stated above, the medical profession has taught the people to fear fasting in disease, and, as a result, few people are willing to miss a meal when uncomfortable, but persist in eating until a simple indisposition is forced to take on a severity that frequently costs a life.—J. H. Tilden, M.D., in "Food."

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### The Balloon in Warfare

**I**T is usually supposed that the first use of the balloon in warfare was by the late Prof. Lowe of Los Angeles, during the Civil War. This is not so. One hundred and twenty years ago, during the French revolution, while the French were fighting the Austrians in the Netherlands, where they are now fighting the Germans, a Montgolfier hot air balloon was sent up by the French to take observations of the Austrian position. The Austrian cannons fired at the balloon, but without avail. After signaling, it descended in safety.

### A Fast That Failed

**M**RS. E. C. RONEY runs a modest four-acre "health farm" at Baldwin Park, near Los Angeles. She is a graduate of Macfadden, of New York, and a pupil of Dr. Lindlahr, of Chicago. She has herself been healed by natural methods, and is enthusiastic on the subject. She is conscientious, and will only take one patient at a time.

There came to her several months ago, a young Philadelphian, suffering from asthma. Under Mrs. Roney's direction, he fasted for fifty-four days, taking sun baths and massage. Long before the end of this time his asthma disappeared, but when Mrs. Roney wished him to begin to eat, he was disinclined to do so, and when light food was administered, he vomited.

Mrs. Roney wrote and asked me to go out and see him, but I could not do so, being crippled. She called in a doctor of the allopathic school who could do nothing for him, and a week later he died. His temperature and pulse were practically normal, namely, 98.3 and 85. At the beginning he weighed 161 pounds, at the end 116 pounds.

Two days before death there were visible local proofs of a former venereal disease, that probably had been mal-treated in the "regular" way with mercury, of which there was also plentiful evidence. This, doubtless, was the actual cause of the death. In his book "Vitality, Fasting and Nutrition," Hereward Carrington reports a somewhat similar case. A woman, partially paralyzed, began a fast on October 1, 1902. She steadily improved until the end of the month, when she commenced vomiting. Food was administered on the last three days, and retained, but made no change in the patient, and was only administered to prove to the friends of the patient that starvation was not the real cause of death, should such occur. Of the death Mr. Carrington writes:

"On Nov. 16, in spite of the greatest care, the patient died—only in her last moments revealing the secret of her life, and confessing to the hidden disease lurking within her, which was the real cause of her death (and as the result of which, and its subsequent mal-treatment, she really died, and not from the fast.) The patient was tainted—with syphilis."

No autopsy was held in the Riley case. The coroner did not consider it necessary. This was regrettable. It is always well to have an autopsy in such cases, in order that the real cause of death may be ascertained.

Another thing. Patients should be frank with those who treat them. A system full of catarrhal mucus has to be handled somewhat differently from one impregnated with mercury and suppressed syphilis.

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### The War Game

**M**AN is the only animal so desperately wicked as to premeditate the murder of its own kind years in advance. Military laws, patriotism, organization, discipline and many other restraints have thrown a fine network of harness over the entire population. Before men are born they are doomed to learn the most wholesale method of murdering each other, in order to gratify the desire of a dozen men in Europe to play at the game of changing boundary lines and scattering the lives of the millions of catspaw soldiers by murder, and all others by famine. They do this with less regret than if they were vermin. If born in Europe, you soon discover that your right to govern your conduct by the use of your own brains has been stolen.—Charles Orchardson, in Los Angeles Tribune.

### Arterio-Sclerosis Cured by Fasting

**A** LOS ANGELES paper reported the case of Ernest Norris, 4237 South Flower Street, Los Angeles, who cured himself of a twelve-year case of arterio-sclerosis, or hardening of the arteries, by a fifty-two-day fast. He took sun baths daily. His weight was reduced from 117 pounds to less than 80. During the fast he consumed orange juice and water, so that it was not a complete fast. He says he was hungry all the time. This is most unusual. The testimony of fasters is almost unanimous that, after the first three days, they have no desire for food, until real hunger appears. The reason for the difference is manifest. Mr. Norris consumed orange juice. This was a mistake. Orange juice is not much, but it is just enough to keep the digestive organs aroused, when they should be asleep. Also, orange juice is irritating to the sensitive stomach of a faster. Absolutely nothing but water should be taken during a fast.

Mr. Norris says he is in good health, and that there is not a trace of his ailment left.

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### "My Beloved Jews"

**T**HERE is a comic incident amid the tragedy of war:

"The Frankfurter Zeitung says that the Russian Emperor has issued a manifesto addressed to 'My beloved Jews,' in Russian and Yiddish, reminding the Jews of the benefits they received from Russia and from the house of Romanoff in particular, and calling upon them to volunteer in the Russian army, as Jewish and Russian interests are identical.

"In return, the Jews are promised permission to live in districts hitherto forbidden them. The newspaper comments:

"The Jews are somewhat backward in responding to this invitation."  
Mr. Romanoff lacks a sense of humor.

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### Pornographic Pictures

**N**OW many people who go to see (and perhaps advocate) "white-slave" moving pictures realize exactly what they are doing? How many of these same people are aware that in many Latin-American cities—some of them not very far away either—frankly pornographic "movies" are open to those who care to see them? Now, this word "pornography" is derived from the Greek, which means "that which is written about harlots." Doesn't this signification come dangerously close to the "white-slave" pictures? Obscene art appeals directly to the animal instincts; veiled nastiness—even though it be windily heralded as reform stuff—does the same thing in a more roundabout manner. Open filth is almost always preceded by the disguised sort. If our public "movies" ever descend to the level of some of those the traveler in South America sees, it will be because the public has acquired the taste by gradually becoming inured to these craftily masked vice films. What some folks need is a strong injection against the morbidity that comes from brooding too long on the manure heap.—[Colliers.

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In the good books on health advertised on another page you will find liberal education in the care of the body.

### Books on Fasting

**T**HERE is a list of a few books on fasting. Any of them may be ordered through the Naturopathic Publishing Company. Prices include postage: Vitality, Fasting and Nutrition; Hereward Carrington; 648 pp.; \$5.25. (See review in this number.)

Fasting for the Cure of Disease; Dr. Linda Burfield Hazzard; 370 pp.; \$1.10. (See review in this number.)

Perfect Health; Charles Courtney Haskell; 220 pp.; \$1.10.

The Philosophy of Fasting; Edward Earle Purinton; 130 pp.; paper bound, \$1.10.

The No-Breakfast Plan and Fasting Cure; Edward Hooker Dewey, M.D.; 207 pp.; \$1.15.

The Best Thing in the World; J. Austin Shaw; 125 pp.; \$1.15.

The Natural Cure of Consumption; C. E. Page, M.D.; 289 pp.; \$1.15.

The Fasting Cure; Upton Sinclair; 153 pp.; \$1.10.

### The Parson's Difficult Job

**I**F the church attempts to keep up with the demand it is mocked. If it sticks to the old lines it is ridiculed. If it takes a hand in the industrial problems it is meddling. If it does not it is negligent. If it lifts up its voice in civic affairs it is mixing politics and religion. If it does not it is regarded as not being interested. If a preacher does the unusual thing in his church work he is characterized as a mountebank. If he does not he is dull and is looked upon as a ninny.—Rev. O. V. Wilkinson, Los Angeles.

### Meatless Menus—Bran Bread

**T**WO cupfuls of bran; one and one-half cupfuls of cornmeal; two cupfuls of sour milk; one-half cupful molasses or honey; one cupful chopped raisins, figs or nuts; one teaspoonful soda. Mix the bran, cornmeal, molasses or honey, and raisins in a basin; mix the soda and sour milk together; then pour them among the dry ingredients; turn into a buttered pan and bake in moderately hot oven for one hour.

Those back numbers are rapidly disappearing. By and bye you will be sorry that you did not take the opportunity of getting a complete set of them. They are surely worth many times the cost.

### Quality In Advertising

**A**DVERTISERS have been finding out that in many cases cheap circulation is about on a par with no circulation. There are classes of advertised goods which need the widest sort of publicity. But most advertising is the exercise of suggestion and persuasion upon readers, and here the quality of circulation is doubly important, for where it is high-class the readers are not only real earners and people of thrift, but are more susceptible to good business inducements than those of a less perceiving order.—*New York Evening Post*.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

*Harry Ellington Brook N.D.*

### The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

**VITALITY, FASTING AND NUTRITION;** Hereward Carrington; order through Naturopathic Publishing Co.; 650 pp.; price \$5.00, postage 25c.

This is a remarkable book. It is the most complete book on fasting that I know. Yet, it is by no means entirely devoted to the subject of fasting. The writer is a young man, but he has done a lot of deep reading, and quotes a great number of writers. The book is divided into five parts: "The Nature of Disease," "The Physiology and Philosophy of Fasting," "Vitality, Sleep, Death and Bodily Heat," "Hygienic Auxiliaries Available During a Fast," "Studies of Patients During Their Fast."

Mr. Carrington holds the revolutionary theory that heat and energy are not derived from food, but from some mysterious outside source during sleep, and that, therefore, we only need a very small amount of nitrogenous food to repair the small daily waste of the body. There is an introduction by Dr. A. Rabagliati, of England, who shares Mr. Carrington's views on this subject.

I strongly recommend this book to all who are seriously interested in the subject of the care of the body.

**FASTING FOR THE CURE OF DISEASE;** Dr. Linda Burfield Hazzard; For sale in Los Angeles by Otto Carqué, 1605 Magnolia Ave.; 370 pp.; price \$1.10 by mail.

The author is undergoing an indeterminate sentence of two to twenty years in the Washington State penitentiary, for having, as is asserted, starved an Australian woman to death. She had previously been persecuted and prosecuted for many years by the regular medical fraternity of the Northwest. They were probably aggravated by the fact that she had made many remarkable cures by means of fasting. On entering prison Dr. Hazzard took a fast of forty days, thus furnishing an object lesson to the British authorities, who think suffragettes will starve if they fast for a week.

I have nothing to say about the wrongs or rights of Mrs. Hazzard's sentence, but I will say here that this volume is the best short book on fasting that I know. It is plain and practicable.

**SOCIALISM AND MOTHERHOOD;** John Spargo; B. W. Huebsch, publisher, New York; 126 pp.; 65c by mail.

Mr. Spargo has written many books on socialism. This is a lecture somewhat amplified, delivered by him in many cities.

The author shows that Socialists have continually fought for the protection of motherhood. Many years before the International Congress of Hygiene, in 1900, passed a resolution declaring that "every working woman is entitled to rest during the last three months of her Pregnancy," Socialists in many countries had urged that reform. Moreover, they had faced the need of providing for the mother during her enforced idleness, and advocated the payment of "maternity subsidies" by the state or municipality to atone for the loss of wages.

The author endorses medical inspection in schools. This is wrong. The placing of the schools under the charge of the drugging, serum injecting, and

carving school of medicine is another step toward medical tyranny. Socialists should be the last to endorse such a proposal. They would be, if they understood conditions.

Mr. Spargo shows that Socialists do not, as is so commonly charged, endorse "free love." This same charge has been made against almost all reformers including followers of Fremont, the founders of the present Republican party, during Fremont's campaign in 1856. He admits that some Socialists have advocated free love, but they have done it as individuals, not as representatives of socialism.

A valuable and interesting little book, that should be read by all thinkers.

FOOD; J. H. Tilden, M.D.; order through Naturopathic Publishing Co.; 260 pp.; price \$2.50, by mail \$2.65.

This is a most valuable contribution to the Library of Diet, of which so much is indifferent or bad, and so little good. It is not an ordinary dissertation on proteids, carbohydrates, "calories," and so forth. The author goes into the primary causes and the ultimate results of wrong eating. Referring to the difficulty of getting people to reform their bad dietetic habits, Dr. Tilden says:

"Why are people with diseases brought on from this manner of eating so incurable? Because it takes so long after the habit is changed to get to feeling right. Nature begins at once, as soon as the habits are righted, to get rid of the influences of wrong life, but, before the enervation is overcome and full strength returns, the patient suffers many hours from the distress of weakness and longing for stimulation.

"It is hard for people, and even many doctors, to understand that great lassitude, and even loss of appetite, follows the giving up of the disease-producing foods, or the habits common to civilization, and the adopting of a natural, health-producing regimen. The disagreeable symptoms will be interpreted as coming from the change in food, and ignorance will advise a return to stuffing and erroneous food combinations, which, when done, will bring great relief! The same relief, however, that the whiskey and drug fiends experience in returning to their stimulants."

SECOND ANNUAL REPORT AND YEAR BOOK OF THE SOCIETY FOR THE PREVENTION AND RELIEF OF CANCER, 1913; 15 Ranelagh Road, London, England; booklet, 24 pp.; price 25c.

This Society aims to investigate the cause and cure of cancer along rational lines, apart from operations, radium and similar useless and injurious medical fads. The Society publishes the only periodical in the world devoted exclusively to the study of the cancer problem in its various phases.

The secretary reports that the Society does not receive any support from the members of the "regular" medical fraternity. That is quite to be expected. As I have said, allopathic physicians would rather see people die "ethically" than to have them recover in an "irregular" manner. One prominent Glasgow practitioner wrote to the Society: "Will you kindly communicate to your Council my best wishes, which are that your organization may shortly become extinct from lack of support."

Mention is made of the significant and alarming fact that cancer is just at the point of overtaking consumption in the mortality lists.

### Hox Hupuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

#### WORTH A DOLLAR A COPY.

There are at least two or three things in each number of BRAIN AND BRAWN that are worth a year's subscription.—W. E. Johnson, McLeansboro, Ill.

#### MISLEADING STATISTICS.

They tell us that figures do not lie, but it depends on who manipulates the figures. In a published report of vaccination for the prevention of typhoid fever in the U. S. Army, a comparison is made between the volunteers in the Spanish-American war, camped at Jacksonville, Fla., and the regular troops, stationed in the government barracks at San Antonio. Such a comparison is absurd. In the first place, the volunteers at Jacksonville were not accustomed to camp life, and in the second place, they were in a temporary camp in a low, miasmatic country in summer, with every condition conducive to the production of fevers, while in San Antonio the regular troops were accustomed to army life and were stationed at the army post, where the sanitary conditions are the best possible. The government post is situated on a high sandy hill. It has artesian water and the air is as pure as anywhere in the country. It is an arid country with nothing to produce fevers of any kind. Under such conditions it is not likely there would have been a single case of typhoid fever, without vaccination.—Dr. J. Harvey Moore, 601 Bumiller Bldg., Los Angeles.

#### HE ENJOYS IT.

I am not one of those thin skinned people who want our members to read this magazine and none other. There is no one man nor magazine on earth that will give you all the truth. We want perfect health for all our members. Nothing less will satisfy.

Harry Ellington Brook, the editor of BRAIN AND BRAWN, has had his hat in the ring for many years and is well qualified to teach the Ways of Right Living. Also, I do not think that he is a "crank." He will not try to get you off on a fad. He has a pretty liberal supply of common sense. All his teachings are according to the Laws of Auto-Therapy.—E. Elmer Keeler, M.D., in "Good Health Clinic."

#### UNTIL DEATH US DO PART.

As long as I am permitted to remain on this planet, and the subject matter of BRAIN AND BRAWN is thus continued, I intend to be one of your subscribers.—Charles C. Schubert, Santa Monica, Cal.

#### HOPE SO.

I congratulate you on the excellence of BRAIN AND BRAWN. I wish you had a circulation of a hundred thousand. You will have it.—Dr. J. Harvey Moore, 601 Bumiller Block, Los Angeles.

## FROTH AND FACTS.

I inclose a dollar for renewal. If you would give more facts and less froth it would improve the magazine.—Rev. R. J. Cotter, Holy Family Rectory, 1159 El Centro St., South Pasadena, Cal.

I print every month more facts than are pleasing to many unprogressive physicians and parsons, some of whom occasionally froth at the mouth. On the other hand, judging from the Monday morning papers, most pulpit lectures are short on facts and long on frothy platitudes and flowery periods.

## A TASTE OF THE FLESH POTS.

I am getting so that I read BRAIN AND BRAWN from "10c the copy" on the front cover, to the picture of the "percolator" on the back cover. In the August number you admit that a conventional meal will not hurt once in a while. Good! When I am invited to the conventional meal I eat it with no fuss or feathers, but once, when I tried meat for a couple of weeks, experimentally, I had a return of rheumatism.—Evangeline C. Roney, Baldwin Park, Los Angeles Co., Cal.

## BUT THIS IS DIFFERENT.

We enjoy your sprightly magazine very much. Hope it will be a money-maker for you by and by, if not now. It surely is deserving of success, but in these days of no end of making of magazines, it takes a deal of hard work and expense to make one go.—W. S. Livengood, Meyersdale, Pa.

## ONE MORE CRANK.

I inclose a dollar for subscription. BRAIN AND BRAWN is all right. I have read three numbers from cover to cover. Your ideas and beliefs are in exact harmony with mine, so you have at least one brother "crank" in the Buckeye State.—H. E. Nair Jr., R. F. D. No. 1, Box 69, Niles, Ohio.

## SOCIALISM.

At request of several comrades who are staying here, I refer to some more knocks at socialism in your August number. You say that a change from selfishness to unselfishness is necessary. Socialists think selfishness a natural instinct, they think, however, that happiness would be more certain, more secure, if we were on a co-operative basis.—Theodore Caldwell, Pasadena.

By the same mail I received a letter criticising me for my socialistic utterances. One has to start a magazine to find out how unreasonable people can be.

I believe in the theory of socialism, as I believe in the Golden Rule, but I refuse to swallow the labels and formulas and shibboleths of this or any other political or religious cult. As I have said several times, socialism will follow republicanism as surely as republicanism follows monarchy. Whether it will be a success is another question. Those who expect to find in it a panacea for all human ills will be disappointed, for human nature will not have changed. Few co-operative ventures have proved successful, because few will sacrifice time and labor to the common weal. A name means nothing. There may be more real liberty under a monarchy than under a republic. The wisest plan is gradually to adopt that which is good and practicable in socialism. Progressive statesmen of all parties are doing this.

### Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

#### RELIEF AND CURE.

R. N. S.—What you want is evidently not cure, but relief. I do not deal in relief. For that you should go to the drug store, or to any of the regular physicians. I promise you a cure, if you follow my advice, but it will cost you patience and perseverance and self denial. Very few sick people possess those qualities. That is why most of them have to go on struggling from one "relief" to another, until they sink miserably into a grave.

#### FATS AND FRUITS.

(1) Is it not better, in taking an acid meal of either tomatoes or fruits, always to take some oil, especially if a person is underweight? Acid food irritates my stomach, and makes my tongue whitish.

(2) Will oil with acid food counteract the eliminating properties of acid food?

(3) Have sweet fruits as dates, figs, raisins, eliminating properties, or are they pure energy makers?—P. H. Bauer, Wulfekuhler Bank Bldg., Leavenworth, Kansas.

(1) Yes, but "free fats"—that is, oils extracted from their source—should be used with much moderation, for they are to some extent unnatural, and, therefore, not altogether desirable. Thus, ripe olives are much better than olive oil, and nuts are much better than nut oil, and corn is much better than corn oil, just as sugar cane and sugar beets are wholesome, while refined cane sugar made from those foods is unwholesome. When oil is used it should be thoroughly beaten up in the shape of an emulsion or mayonnaise.

(2) No, not unless too much is used.

(3) To some extent, but not nearly so much as sub-acid fruits such as fresh apples, peaches, apricots, nectarines, guavas, etc.

#### GALL STONES.

J. L. S.—As I said in the June number, gall stones are due to the consumption of more proteid food than can be assimilated. Under other conditions they may form cancers. If you postpone cure too long, satisfying yourself with relief, you may get a cancer. To operate on gall stones without removing the cause is just as sensible as it would be to pull the plug of a bath tub in order to empty it, while letting the faucet run. The diet should be cut down, so as to include as little as possible of the proteid foods—meat, fish, fowl, eggs, cheese, milk, peas, beans, and bread—and should consist largely of fresh sub-acid fruits and non-starchy vegetables as spinach, turnip tops, etc. Acid fruits should, however, never be eaten at the same time with starch food. They may be eaten only with nuts or cottage cheese. Tomatoes and ripe olives eaten raw, are fruits, and may be added for variety. It would be well to make one meal—preferably the noon meal—of fruits.

Also, after a twenty-four hours' fast take half a pint of olive oil, thoroughly beaten up with a little lemon or tomato juice. You may if you please eat this with salad or other vegetable food. It is highly important to get the skin to act, so as to aid elimination. Take a hot bath twice a week, and follow it by thoroughly rubbing the body with St. James's Oil.

Authorized Announcement.

## Consolidation of Osteopathic Colleges

**A**N announcement of unusual interest to all interested in good health and natural means of preserving it, has just come from the osteopathic colleges of this city. Los Angeles has been the only city in the world possessing two prosperous and progressive colleges of osteopathy.

At the recent meeting of the California State Osteopathic Association, held in Stockton in May, it formed a committee to canvass the possibility of uniting these institutions in one new, greater college. As a result, options were secured on the existing institutions and on July 15 a new corporation was formed under the laws of California for the establishment and endowment of educational institutions, without profit or stockholders. An initial endowment of nearly \$50,000 was raised. The consolidation has been perfected and new officers elected as follows: Dr. H. W. Forbes, president; Dr. Lillian Whiting, vice-president; Dr. A. B. Shaw, secretary and treasurer; Dr. Carl H. Phinney, chairman of the faculty; Dr. C. H. Spencer, registrar; Prof. W. J. Cook, auditor; Dr. M. M. Ring, secretary of the faculty. The Board of Trustees includes the above named physicians and in addition Drs. J. O. Hunt, W. C. Brigham, T. J. Ruddy, W. V. Goodfellow, N. F. Sprague, R. W. Bowling, Cora N. Tasker, R. D. Emery, J. L. Adams, A. E. Pike, J. M. Clark, J. W. Freestone, Ed. S. Merrill and Rose Vanderburgh.

Both of the plants of physical equipment will be used, giving five large buildings, with a total of 18 stories or floors, with more than 40,000 feet of floor space. Both entire faculties, now aggregating 45 active professors, are engaged. During the past year these institutions had an aggregate of 429 students, with cash expenditures of more than \$75,000. It is a reasonable presumption that matriculants will pass the 500 mark during the ensuing year, and that more than \$100,000 will be expended in their education for the year.

One cannot get something for nothing in this world. He who joins his tuition forces with 500 others, gets the benefit of the entire expenditures. The 78 weeks' course is approved by the State Board of Medical Examiners of California. The class received September 17 will be the last one accepted for a three years' course and this course is accepted by 42 states of the Union. In addition a four-year course is conducted, and, beginning with the next February class, it will be exclusively a four-year course, which conforms to the requirements of every state in the Union, of Canada and many other foreign countries. The prospective student may therefore select, for the last time, his choice in the length of the course. Under the California law, this will also be the last class that can be received without the high school equivalent of preliminary education. For these reasons the managers of the institution have already received assurances of the matriculation of the largest class in the history of any medical college in the western half of the United States.

Under these circumstances, all well-equipped young men and women who aspire to become physicians, should act immediately. The new college announcement is just off the press and is at the disposal of every person interested. There are many young men and women who have good impulses to enter the profession but delay action until it is too late. Therefore, in a way, the great element of character—action instead of procrastination—determines the life course. If you are interested and are among those who do things, address the College of Osteopathic Physicians and Surgeons, Dr. A. B. Shaw, secretary and treasurer, 321 South Hill street, Los Angeles, Cal.

## Have a Smile

Humor is the only test of gravity, and gravity of humor, for a subject which will not bear raillery is suspicious, and a jest which will not bear a serious examination is certainly false with—[Georgias Leontinus.

### A COMPLIMENTARY NOTICE.

Dumas one day dined at the house of Dr. Gistal, a celebrity of Marseilles. After dinner the good Doctor brought his distinguished guest an autograph album and asked him to add his name to it. "Certainly," said Dumas, and he wrote: "Since the famous Dr. Gistal began to practice here they have demolished the hospital—" "Flat-tery!" cried the delighted Doctor. "And on its site made a cemetery," added the author.—Exchange.

### GETTING IT ALL.

The doctor told him he needed carbohydrates, proteids and, above all, something nitrogenous. The doctor mentioned a long list of foods for him to eat. He staggered out and waddled into a Penn-avenue restaurant.

"How about beefsteak?" he asked the waiter. "Is that nitrogenous?"

The waiter didn't know.

"Are fried potatoes rich in carbohydrates or not?"

The waiter couldn't say.

"Well, I'll fix it," declared the poor man in despair. "Bring me a large plate of hash."—Pittsburgh Post.

### TOO HEARTY A DIET.

A young Englishman came to Washington and devoted his days and nights to an earnest endeavor to drink all the Scotch whisky there was. He couldn't do it, and presently he went to a doctor, complaining of a disordered stomach.

"Quit drinking!" ordered the doctor.

"But, my dear sir, I cawn't. I get so thirsty."

"Well," said the doctor, "whenever you are thirsty eat an apple instead of taking a drink."

The Englishman paid his fee and left. He met a friend to whom he told his experience.

"Bally rot!" he protested. "Fawncy eating forty apples a day!"—Saturday Evening Post.

# HYDRATES vs. SULPHATES

Most everyone thinks they must go away from home to regain health when health is acquired by the knack of sitting under one's own vine and fig tree. If they knew how to propagate vegetables, fruits and honey they would stay at home in order to get health.

Instead of real merit, nearly every kind of food is produced to excite curiosity or produce bulk. These characteristics are produced by the expansion of the sugar cells into cellulose.

Cellulose foods require grease, pepper, salt and vinegar and this combination is so obstructive after it gets into the system that eating has become a very precarious pastime.

When you cannot regain health by staying at home it cannot be long before you will cease to have regard for home and though you may sing of the love of home these strains will come from an empty hat.

Red ripe honey is a hydrate sugar. White honey and nearly all fruits are sulphate sugars. Hydrate sugar is produced by cold. Sulphate sugar is produced by heat.

Hydrate fruits are red on the inside. Sulphate fruits are red only on the outside. Hydrate sugar consists of organized cells. Sulphate sugar produces gas and ether.

Hydrate cells are able to reproduce themselves while sulphate cells proceed downward to degeneration.

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## The Healing Art

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

Natura Sanet non Medicus.—Hippocrates.

### THE TRUE PHYSICIAN.

A physician, like a poet, is born, not made. Yet we see medical colleges turning out hordes of young men who have no "call" to be healers of the body, even as religious colleges turn out herds of graduates whom Nature never intended to be shepherds of souls.

In olden days the priest and the physician were one. Thus was recognized the close connection between the physical and the psychical in man. "Who can minister to a mind diseased?" A true physician can. Not with drugs or mechanical apparatus, but with human sympathy and with the knowledge that almost all mental ailments are caused by a sick stomach, and that again is caused by wrong eating.

The ideal physician must himself be well or how can he impart health to others? He must have a soothing, well modulated voice and a cheerful smile. Often half the battle, that, at a sick man's bedside. He must have sympathy with human suffering, even when he knows that suffering to be the direct result of wrong living.

Before seeking a medical education, young men and women should ask themselves whether they are fitted for the noble profession they think of adopting, or whether it would not be better for them to seek some other occupation. If they look merely to the financial gains they will surely make a failure of their lives, no matter how rich they may become.

### PROPOSED NEW STATE MEDICAL LAW.

The initiative medical bill, for which sufficient signatures have been secured to place it on the ballot of the fall election, was prepared for drugless physicians of California by a committee of seven members of different schools of drugless therapy, who are familiar with every drugless bill that has been proposed. Neither the naturopaths nor the osteopaths were consulted, because they are legalized and therefore not specially interested.

The aim was to draw up a measure that would be impartial to all. The members of the committee are aware that it is utterly impossible to get a bill through the Legislature under present conditions. This bill gives a license to practice any method, no matter what drugless system a person may belong to. All he has to do is to register within six months after the bill is passed, and he is not required to take an examination, if he has been practicing six months prior to the passage of the bill.

The bill provides for a State Board of Examiners for drugless physicians, entirely apart, independent and separate from any medical board whatever. It provides for every drugless system in California to have one member on the board to represent his system and no one system shall have more than two members on the board, so that no one system can monopolize the board and no partiality can be shown to any system.

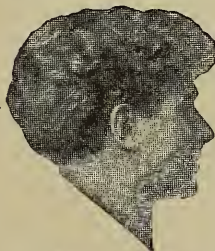
The Medical Trust controls a majority of the members of each Legislature, but it cannot control the votes of the people. The bill has been placed upon the ballot for the coming election and

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together with other measures that affect the people, it will be voted upon. Once passed it becomes a law and cannot be changed by legislation or juggled by the Medical Trust.

**PRACTICING FOR PAY.**

Christian Scientists complain of a decision rendered by a New York court that commercialized Christian Science is subject to the same regulations as medicine. That ruling does not seem to me to be unjust. Where Christian Scientists practice for money, they should be under the same regulations as other healers. The man in the test case in New York admitted making over \$5,000 a year in his practice. It is all right for a Christian Scientist to accept pay for his services, and it is all right for a Naturopath to accept pay for his services, but there is no reason, that I see, why one should be preferred by the law over the other.

**DRUGLESS HEALERS LACK EFFICIENCY.**

Writing in the Naturopath, (New York) for August, Edward Earle Purinton declares that "the Nature Cure in America is only twenty per cent. efficient." He says:

"You Naturists don't know your job! You are in the business of selling a commodity—health. But you have never learned business psychology, nor applied business methods, nor even respected business principles. If you were selling pianos or carpets or stove-polish, you would hire real salesmen and establish a modern system of management. You fail to win popularity because you neglect the right methods of merchandising—or because you try to sell reform, which no one wants, and no one pays for. If Doctor Munyon is a millionaire, it is because he is a clever business man. He is richer than you, not because he is less respectable, but because he is more efficient. Put your brains in your work—not in your talk; meanwhile stop bemoaning your hard luck; you haven't any, there isn't any, there is only hard hearing when Good Luck calls."

**CANADIANS PROSECUTING CHIROPRACTORS.**

The Daily Times of Vancouver, B. C., recently contained a two-page description of the trial of two graduates of a chiropractic college for practicing their profession. They were fined \$25 without costs.

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**FALLING INTO ERROR.**

Following dispatch from Philadelphia was recently published:

"A nation-wide fight was started at the American Osteopathic Association convention to stamp out social diseases in the United States by placing all patients under government supervision."

I regret to see that our osteopathic friends are falling into the same error as the allopaths, in supposing that it is possible to "stamp out" any disease, by any other method than by teaching people to live right.

**NAPRAPATHY.**

A handsome hundred page illustrated book contains the seventh annual catalogue of the Chicago College of Naprapathy. Naprapathy is described as "a system of curing human ailments by locating and correcting disease ligaments." The college was founded in 1908. Naprapathy was founded by Dr. Oakley Smith, now president of the college, at 1428 West Jackson Boulevard, Chicago.

**EYE DOCTORS IN COUNCIL.**

At the seventeenth annual congress of the American Optical Association, in St. Louis, Albert Myer, of Minnesota, was re-elected president, F. W. A. Detmers, of Los Angeles, was chosen vice-president. The 1915 convention will probably be held in San Francisco. The association adopted a resolution urging the enactment of laws requiring chauffeurs to submit to tests for perfect eyesight before they are granted licenses. The proposed law would compel all chauffeurs not having perfect eyesight to wear glasses.

**Personal**

Dr. Carl Schultz will be at the office of Dr. August Greth daily except Saturday until New Year's, when he expects again to have a sanatorium of his own.

Dr. Hester L. Abbott, better half of Dr. George B. Abbott, treated herself to a well earned vacation, and visited her mother in Portland, Ore.

**HIS FATHER'S FOLKS.**

"Ma, am I a descendant of a monkey?" asked the little boy. "I don't know," replied the mother, "I never knew any of your father's folks." The father, who was listening, went out in the coal shed and kicked the cat through the roof.—Kansas City Star.

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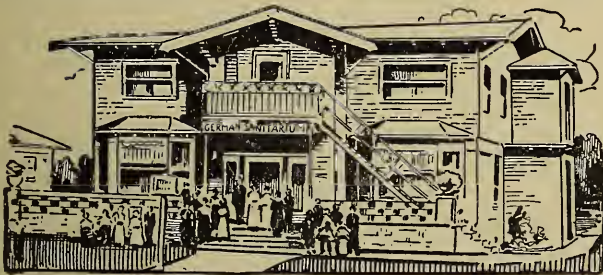
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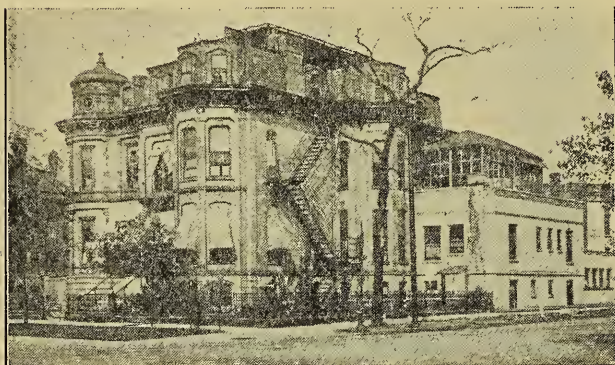
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**T**HIS magazine is devoted mainly to the following purposes:  
 The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

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5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

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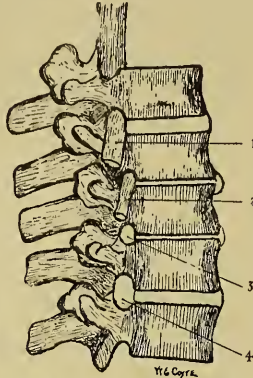
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OCTOBER, 1914

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Vol. III

LOS ANGELES, OCTOBER, 1914

No. 5

## Chief Causes of War

**T**HE chief causes of war are Militarism, Patriotism, Secret Diplomacy, and Ignorance.

This war has fully exposed the falsity of the popular phrase "In time of peace prepare for war," meaning that in this way we may avert war. All the nations now at war were fully prepared, with immense military machines. You might as well give a boy a gun and tell him not to use it, as to expect these nations not to make use, sooner or later, of their costly preparations. Officers of a standing army and navy are naturally anxious for war, which means to them glory and promotion.

Big armies and navies, military academies, boy scouts, war songs, "sport" that consists in killing things, all cultivate the blood lust, and lead ultimately to war. If arming is a good way to preserve peace, why not let every citizen carry a gun? Great armaments are an awful burden, even in time of peace. Finally the people begin to rebel and must be quieted by finding some use for the expensive martial implements. Their attention must be diverted as you give a crying child a rattle. Here is an extract from an article by Dr. Charles E. Jefferson, in the *Christian Century* (Chicago.) It was written before the war clouds that led to the present disturbance arose:

"Like many another fever, militarism grows by what it feeds on, and unless checked by heroic measures is certain to burn the patient up. Men in a delirium seldom have a sense of humor. The world is fearfully grim to them, and life a solemn and tragic thing. They express absurdities with a sober face, and make ridiculous assertions without a smile. It may be that the militarists are in a sort of delirium. At any rate, they publish articles entitled, 'Armies the Real Promoters of Peace,' without laughing aloud at the grotesqueness of what they are doing.

"The militarist is comic in his seriousness. He says that if you want to keep the peace you must prepare for war, and yet he knows that where men prepare for war by carrying bowie-knives, peace is a thing unheard of, and that where every man is armed with a revolver the list of homicides is longest. He declares his belief in kindly feelings and gentle manners, and proceeds at once to prove that a nation ought to make itself look as ferocious as possible. In order to induce nations to be gentlemen, he would have them all imitate the habits of rowdies. To many persons this seems ludicrous, to a militarist it is no joke. He is a champion of peace, but he wants to carry a gun. The man who paces up and down my front pavement with a gun on his shoulder may have peaceful sentiments, but he does not infuse peace into me. It does not help matters for him to shout out every few minutes, 'I will not hurt you if you behave yourself,' for I do not know his standard of good behavior, and the very sight of the gun keeps me in a state of chronic alarm. But the militarist says that, for promoting harmonious sentiments and peaceful emotions, there is nothing equal to an abundance of well-constructed guns.

"A droll man, indeed, is the militarist. What matters it what honeyed words the King of England and the German Kaiser interchange so long as

each nation hears constantly the launching by the other of a larger battleship? And even though Prince Bülow may say to Mr. Asquith a hundred times a week, 'We mean no harm,' and Mr. Asquith may shout back, 'We are your friends,' so long as London and Berlin are never beyond ear-shot of soldiers who are practising how to shoot to kill, just so long will England and Germany be flooded with the gossip of hatred, and thrown into hysteria by rumors of invasion and carnage."

Let us say "In time of peace prepare for peace." Let us oppose militarism, by every means in our power. Suppose, for instance, the women should go on a strike and refuse to breed food for cannon until the world is placed on a peace footing.

False patriotism, that leads men to kill those who live under another flag, has made billions of widows and orphans. I reproduce the following truthful remarks by Grant Allen, printed in the June number, when I discussed "The Waste of War:"

Patriotism is the one of these lowest vices which most often masquerades in false garb as a virtue. But what after all is patriotism? "My country, right or wrong, and just because it is my country!" This is clearly nothing more than collective selfishness. Often enough, indeed, it is not even collective. It means merely, "My business-interests against the business-interests of other people, and let the taxes of my fellow-citizens pay to support them." At other times it means pure pride of race, and pure lust of conquest; "my country against other countries; my army and navy against other fighters; my right to annex unoccupied territory against the equal right of all other peoples; my power to oppress all weaker nationalities, all inferior races." It never means or can mean anything good or true. For if a cause be just, like Ireland's, or once Italy's, then 'tis a good man's duty to espouse it with warmth, be it his own or another's. And if a cause be bad, then 'tis a good man's duty to oppose it, tooth and nail, irrespective of your patriotism. True, a good man will feel more sensitively anxious that strict justice should be done by the particular community of which chance has made him a component member than by any others; but then, people who feel acutely this joint responsibility of all the citizens to uphold the moral right are not praised as patriots but reviled as unpatriotic. To urge that our own country should strive with all its might to be better, higher, purer, nobler, more generous than other countries,—the only kind of patriotism worth a moment's thought in a righteous man's eyes, is accounted by most men both wicked and foolish.

It is said that we must maintain our "national honor." Why is the honor of a hundred millions different from the honor of an individual? In former years, when two friends—perhaps flushed with wine—considered themselves insulted, they knew no better way than to shoot or stab each other, according to the code. This is no longer considered good form. Why should duels between nations be more necessary than duels between individuals? Can we not at least have an international court of honor, to decide such cases? However, it is not honor, but selfishness and greed that lies at the bottom of these quarrels. When shall we learn to say, with Thomas Payne: "The world is my country."

Secret diplomacy is a greater curse than "dollar diplomacy." A few men exchange notes, or gather around a green table, to discuss some miserable fiction of a "balance of power," and decide the fate of nations. America is setting a noble example in this respect. Recently a leading English paper pointed to our course, and declared that henceforth secret diplomacy must go.

In war, as in other troubles, ignorance is the root of all evil. I remember a sketch that appeared in "Punch" when I was a boy. Two

yokels, leaning over a fence, watched a man who came up the road. "Who is that 'ere, Bill?" asked one. "That 'ere? That's a stranger." "A stranger? Let's 'eave 'arf a brick at him." That is about the attitude the masses, who do not think, assume toward races of men they do not know. When we become intimate with those who speak other languages and live under other flags, we discover that they are human beings with humane qualities "even as you and I"—that they are good fathers and friends. Misunderstanding is at the bottom of most quarrels. This is true also of social life. If employers and employees knew each other better, there would be less warring between capital and labor. Superintendents, foremen and agents now-a-days act too much for owners, as ministers act for nations.

Amid all this gloom there is a ray of sunshine. Our "watchful waiting" administration at Washington is deserving of high credit for the long step it has taken toward ending, or at least lessening the probability of war. Without any flourish of trumpets, Secretary Bryan, working on a peace plan, has concluded treaties with nearly a score of nations, while over thirty other nations have endorsed the plan. The plan provides for an investigation, lasting one year, in all cases of international differences, without any exception whatever, each nation reserving the right to act independently after the investigation. When men wait a year they cool off, and sometimes forget what the quarrel was about. It is the same with nations. Referring to this policy Mr. Bryan recently said:

For a while there was a good deal of criticism of "watchful waiting," which had become a term of ridicule. But you hear nobody now speak of it except in terms of respect. The peaceful methods of the New World stand out in striking contrast to the methods of the Old World. It is not because our President doubts the patriotism of the people of this country. He knows that lives in abundance would be at the country's call if needed.

If there was a call for a million volunteers at sunrise the sun would go down on a million men who had responded. And there would be standing side by side the sons of those who wore the Blue and the sons of those who wore the Gray. But the President believes that when a mother has raised a boy and poured out on him her affections he is worth something more than to be stood up and shot at by another mother's son.

I glory in the peace propaganda of our President. I believe that when his official career has ended the people of the world will feel that he has rendered loyal service to the cause of peace. In his name I promise you when better days have come that there will be no degeneration. I am sure that the patriotism of the new era will not be inferior to the patriotism of the past.

Let other nations follow this good example set by the United States and wars will soon cease, or become rare.

---

### Mouliemanía

**A**S I said last month, moving pictures were formerly a mania; now they are a disease. Perhaps some bugophobist will discover the germ, and invent a serum.

In New York one theater has established a nursery, where infants may be checked. When they become obstreperous, and need suckling, or petting, or spanking, the mother is called by her number on the screen. The next thing will be to have quick lunch counters, toilet rooms and sleeping accommodations, so that it will not be necessary to waste any time in going home.

Picture shows, like foods, may do much good or much harm.

## Why Some "Catch" Disease

**S**URGEON LUMSDEN, of the U. S. Health Service, in a long report on typhoid fever, says:

In epidemics of typhoid fever caused by heavily infected public water supplies it is unusual for more than one out of ten of the persons who drink the water to have typhoid fever. As a rule, the proportion is smaller, frequently not more than one per hundred of the population exposed. Science has not yet determined definitely just what constitutes individual susceptibility to typhoid infection.

Individuals can safeguard themselves against typhoid by seeing that the houses in which they live are screened against flies, that their food is protected against contamination, and by assuring themselves that the water and milk which they drink come from sources that are free from typhoid infection.

If the doctors would spend less time peering through microscopes, and torturing animals, and more time at the bedsides of sick people, and in studying the laws of health and disease, they would know why some people become sick during epidemics, and others do not—why "one shall be taken and the other left." There is no mystery about this. It is very simple. The reason is because those that fall victims have become enervated by wrong living, by breaking the laws of nature, and especially by wrong diet—by the eating of too much food, of foods lacking in the mineral elements, by mixing incompatible foods together—by excesses of all kinds, sexual or otherwise, lack of sleep, over-work, worry, the breathing of bad air, and lack of exercise. When the atmosphere is in such condition as to favor an epidemic, then those who are thus enervated—whose blood has become acid instead of alkaline—are ready victims, just as some people whose livers are out of order succumb in rough weather to seasickness, while others escape.

As I have previously said, you can no more produce sickness in one whose blood is absolutely pure, than you can grow orange trees in cement sidewalks. When there is dirt between the cracks of the sidewalk, there vegetation will grow, and to the extent of the dirt will be the amount of the vegetation. So to the extent of the impurity in a person's blood will be the severity of the disease.

This is exceedingly simple, but it seems hard for most of the "regulars" to understand. Or rather, they refuse to accept it, because it does not correspond with the germ theory. You may quarantine as much as you please against flies, and keep your food absolutely sterilized, but if you have become non-resistant by wrong diet, you may "catch" typhoid fever.

To correct an enervated, or weak condition of the system, the doctors prescribe "tonics," or "good nourishing food," utterly regardless of the fact that when patients are in this condition their digestive powers are below par, and cannot handle the food given to them. The proper thing is gradually to increase the digestive powers while feeding moderately foods rich in the organic salts, as fresh fruits and green leaves.

---

The more a man is educated the more is it necessary, for the welfare of the state, to instruct him how to make a proper use of his talents: Education is like a double-edged sword. It may be turned to dangerous usages if it is not properly handled.—Wu Tingfang.

## A Day's Work

**T**WENTY, or even ten years ago, if a law had been proposed to regulate wages, it would have been scouted as absurd. Now it is taken more or less as a matter of course, except by reactionaries, who always lag a few steps behind the procession.

At a meeting of the Federal Industrial Relations Commission in Portland, Ore., the Oregon statute regulating wages and hours of labor for women was discussed. It is a noteworthy fact that most employers approved of the law, but believed that the Federal Government should pass a similar measure, so as to put employers in all states on an equal wage footing. This is right.

It is well, not only for workers, but for society, that men and women should work under pleasant conditions, and have a chance to enjoy life. They will then make better citizens, raise better children, and give society less trouble.

The Declaration of Independence says that all men are entitled to life, liberty, and the pursuit of happiness. What happiness have men and women who work all of a long day in an ill-ventilated sweat shop or factory, until they are exhausted, when they naturally turn to stimulants of some kind, and make things worse? Shortening the hours of labor sweetens life for the worker, and gives a chance to the unemployed. It is time that more employers of labor begin to realize that human beings are something more than machines.

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## A Belated "Discovery"

**F**ROM Paris it was recently announced that Dr. Edmund Perrier, of the Academy of Sciences, has "discovered" that the appendix excites the activity of the intestines, and, therefore, should not be removed, except in cases of absolute necessity.

This is rather late in the day for such a "discovery." Ever since this foolish medical fad of cutting out the appendix was started I have been saying, over and over again, that it is not a superfluous organ, as the doctors claim—there are no superfluous organs—but that it acts as a lubricator of the lower bowel, its removal being inevitably followed by alternating constipation and diarrhoea for the rest of a person's life. Also, in not one case out of a hundred is an operation necessary, or is the appendix even affected by what is merely inflammation of the bowel with impaction of feces.

Dr. Perrier's "discovery" is not likely to have much effect so long as there is easy money to be made by the cutting out of this necessary organ of the body. As long as people are such fools as to permit it to be done, there will be no lack of carvers to accommodate them.

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The religious fanatic who robes himself in sackcloth and eschews the razor; the food crank who cries out "Back to nature!" and takes to grass; the one-idea social reformer who preaches on the curb, and the business man who allows his business to become his absolute master and governor, are in reality all in the same class.—Eugene Christian.

## The Alcohol Question

**N**EXT month the voters of California will be called upon to decide whether the manufacture and sale of alcoholic beverages, including wine and beer, shall be absolutely prohibited. Surely a radical proposition, in the leading viticultural state of the Union, where a century and a half ago the Mission Fathers planted vineyards, and made wine from the grape that still bears their name.

For fifty years an immense amount of time and labor and money have been expended by enthusiastic but often misguided reformers, in efforts to entirely abolish the manufacture and consumption of alcoholic beverages, just as others have been attempting the impossible feat of "abolishing" what is commonly called the "social evil"—as if there was only one social evil. They cover it up and then say: "It is not." Yet, notwithstanding all this effort, and with a large area of the United States nominally "dry" the bald fact remains that the per capita consumption of alcoholic beverages in the United States is greater today than it was twenty years ago. Nor is this entirely due to the larger consumption of beer, because more whisky is consumed per capita today than was consumed twenty years ago. Surely, therefore, if the political Prohibitionists were able to reason calmly, they could not fail to realize that there must be something radically wrong about their present method of endeavoring to reform the drinking habits of men and women.

In one state, Kansas, after a generation of conflict, they have succeeded in reducing the value of liquor consumed per capita to \$1.25 per annum, according to the United States revenue figures. This is the nearest to absolute prohibition that has yet been reached, in any large territory, representing a monthly consumption of only 50 cents per month per family.

Laws which forbid people to eat when they are drinking are not in the interest of health. Liquor taken on an empty stomach does more harm. The tendency of our liquor legislation is to drive people to gulp raw spirits in a standing position, instead of sitting down and sipping a glass of beer with a sandwich.

The man who dares to suggest a reasonable compromise on this question is by the extremists regarded as a bad man, in league with the devil. Their idea of "temperance" is confined to a total abstention from the consumption of alcoholic beverages, whereas temperance has a much broader meaning. Many "temperance reformers" are far from temperate. Rev. Dr. Washington Gladden, an eminent divine of Columbus, O., in an article contributed to the *Century Magazine*, wrote:

It would be impossible for any set of men to manifest greater bigotry and intolerance toward all who have seen fit to differ with them on moral and legal measures than have characterized those zealous and thoroughly well-meaning reformers who, through various organizations, have assumed the custody and management of this question. Editors who have undertaken to discuss the question independently—as they are in the habit of discussing all public questions—have been snubbed and maligned until they have dropped it in disgust and turned the whole matter over to those who have doubted or denounced them.

As I said in the July number, the frantic efforts made by Congressmen to side-step the necessity of recording a vote on a national prohibition law are significant of the working of prohibition laws everywhere. They are always accompanied by a train of cowardliness, hypocrisy, hatred, and uncharitableness. Because sumptuary laws, regulating the personal habits of citizens, unlike anti-crime laws, have not the support of a great majority of the people, they cannot effectively be enforced, and their infraction occupies a large part of the time of our minor courts and of our city and county legislatures.

The abuse of alcohol—especially of ardent spirits—is a great evil, but the question arises whether those should be punished who drink light wine and beer in moderation because some drink whisky to excess. Wine was made by Noah, and the introduction of beer is attributed to Osiris, at about the same time, in Egypt, but it was not until thousands of years later, in the beginning of the twelfth century, that the curse of distilled alcohol was introduced. Alchemists, predecessors of our serum therapists, then claimed that it was an “elixir of life.”

Prof. Atwater of the Department of Agriculture did much harm by his false declaration that alcohol is a food. It is as much food as a whip is food to a tired horse. There is a small amount of nourishment in beer, but none in spirits.

Stimulants of some kind always have been used, and always will be, so long as people continue to lead unnatural lives. Nervous exhaustion and strain, with tense excitement, among people of the present day, is the chief cause of the increased use of alcoholic spirits. Men struggle to secure relief, and to attain some sort of psychic unconsciousness, so as to overcome the tension and strain from which they suffer. Poverty, and unreasonably long hours of heavy labor under unsanitary conditions, are other leading causes of the abuse of alcohol. It is said that drink causes poverty. True. But to an even greater extent poverty causes drink. To wean men from stimulants we must go back to the causes that lead men to crave them—we must improve labor and living conditions.

Eight thousand years ago, in Babylon, they made laws against barmaids bribing policemen and keeping open after hours. Then they did not use tea or coffee or tobacco, or any of the deadly drugs that are so much more dangerous than alcohol. Consumption of these drugs is growing at an alarming rate, especially in prohibition communities. Dr. Sidney Hillier writes in the *British Medical Journal*:

What would be the effect socially and hygienically, supposing alcohol in all its forms were abolished? Inevitably something would be required to take its place? We are not mere machines; we are complicated organisms. Owing to this psychological factor, we are subject to a feeling of exhaustion after prolonged strain, either physical or mental, and a craving is excited, a perfectly physiological and normal craving for some form of stimulation. This stimulation takes various forms. Alcohol, tea, coffee, cocoa, or failing any of these legitimate forms of stimulation, some drug such as opium and its allies is taken. Remove alcohol and you inevitably invite excess in some other direction.

As in the case of other social evils, we should seek, not what might be done, but what can be done to improve conditions. A great mistake is made by “temperance reformers” in failing to distinguish between the guzzling of whisky and the consumption of light wine or

beer, instead of coffee or tea with meals. A much lower license should be charged for the sale of beer and of wines containing say not over twelve per cent. alcohol, than for the sale of distilled liquor. Indeed, if spirits were put in the class of habit-forming drugs and forbidden altogether, it would be well. Remember that alcohol prescribed by a physician is not one whit less harmful than whisky drunk before a bar. What is bad for a well man is worse for a sick man.

In the wine-drinking countries of Southern Europe, drunkenness is as rare as it is common in the United States. In a German beer garden, on a Sunday afternoon, you may see happy families, sipping their beer with sandwiches or "wurst," and there is no more thought of excess or disorder than there would be at any other gathering. If it is claimed that this is impossible in America, then one is forced to the unpleasant admission that Americans cannot consume alcoholic beverages in moderation without making hogs of themselves. In Germany a "schnapps bruder," or one who habitually tipples raw spirits, is regarded in much the same light as an opium "fiend" in America.

In this, as in all other questions relating to the care of the body, diet is most important. When the nerves are starved, by lack of the organic salts, or the stomach inflamed, by the mixing of incompatible foods, a person naturally craves a stimulant. Many who never touch alcohol make stills of their stomachs, and acquire red noses and "gin-livers." They are chronic food drunkards. Yet these same people think it almost a crime to drink a glass of beer or wine.

In a later number I shall offer a few suggestions for the lessening of the admitted evils of the liquor traffic.

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### Education and Procreation

**A**CCORDING to President Eliot, of Harvard, a college education is one of the most fertile sources of sterility among women. It would appear from his statistics that women graduating from college, for one reason or another, are almost certain not to become mothers. This is partly due to the fact that they do not care to become so and partly due to the fact that they seem to be physically disqualified for becoming so. The development of the cerebrum in some way interferes with the procreative virility of the woman.

Again, Prof. Ward, of Brown University, recently stated that "fecundity is universally proportional to the intelligence." This is quite natural. You cannot long burn the spine, any more than the candle, at both ends.

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. . . In this thy inward storm and outer conflict  
 This lesson thou must learn, though hard it be;  
 From that stern force which binds each earthly being,  
 Thyself must conquer if thou wilt be free.—Goethe.

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I would rather be the son of a healthy burglar than of a consumptive bishop.—Prof. S. G. Smith, University of Minnesota.

## The Brotherhood of Man

**W**HETHER you may be—Frenchman, Russian, Pole, Englishman, Irishman or Bohemian—understand that all your real interests, whatever they may be—agricultural, industrial, commercial, artistic, scientific—as well as your pleasures and joys, in no way run counter to the interests of other peoples or States; and that you are united, by mutual co-operation, by interchange of services, by the joy of wide brotherly intercourse, and by the interchange not merely of goods but also of thoughts and feelings, with the folk of other lands. Understand that the question as to who manages to seize Wei-Hai-Wei, Port Arthur, or Cuba—your Government or another—does not affect you. . . . Understand that your life can in no way be bettered by Alsace becoming German or French, and Ireland or Poland being free or enslaved—whoever holds them, you are free to live where you will, if even you be an Alsatian, an Irishman, or a Pole. Understand, too, that by stirring up patriotism you will only make the case worse, for the subjection in which your people are kept has resulted simply from the struggle between patriotisms, and every manifestation of patriotism in one nation provokes a corresponding reaction in another. Understand that salvation from your woes is only possible when you free yourself from the obsolete idea of patriotism and from the obedience to governments that is based upon it, and when you boldly enter into the region of that higher idea, the brotherly union of the peoples, which has long since come to life, and from all sides is calling you to itself.

If people would but understand that they are not the sons of some fatherland or other, nor of Governments, but are sons of God, and can therefore neither be slaves nor enemies one to another—those insane, unnecessary, worn out, pernicious, organizations called Governments, and all the sufferings, violations, humiliations, and crimes which they occasion, would cease.—Leo Tolstoy.

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## The Wish and the Will

**W**HEN a man begins to have an extended vision of his self, when he realizes that he is much more than what he is at present, he begins to grow conscious of his moral nature. . . . Necessarily his perspective of life changes and his will takes the place of his wishes. For will is the wish of the larger life, life whose greater portion is out of our present reach and most of whose chances are not before our sight. Then comes the conflict of our lesser man with our greater man, our wish with our will, the desire for things that are before our senses with our purpose which is within our mind. Then we begin to distinguish between what we desire and what is good. For good is that which is desirable for our greater self. Thus . . . our moral faculty is the faculty by which we know that life is not made up of fragments purposeless and discontinuous.—Rabindranatto Tagore.

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“I can call spirits from the vasty deep.” “But will they come when thoudost call for them?”—Shakespeare.

## The End of the World

**T**HE Adventists, of whom there are many in the United States, look for the early Second Coming of Christ, referred to by some as the "end of the world," to be followed by the Millennium. The Seventh Day Adventists are so named because, in accordance with Bible teaching, they keep the seventh as a holy day. They have headquarters at Washington, D. C., where they publish a little monthly called "Life and Health." The great Battle Creek sanitarium was established by Seventh Day Adventists, although it has seceded, in consequence of which Dr. Kellogg is now referred to as a "heretic." Other sanatoria, run on the Battle Creek plan, are scattered over the United States, and in remote parts of the world. In California the oldest is at St. Helena, Napa County. In Southern California there are three, at Glendale, Loma Linda, and Paradise Valley. The best equipped establishment of the kind, the Long Beach Sanitarium, is "independent of the trust."

The Seventh Day Adventists are strictly vegetarian, and rarely use drugs, depending upon natural treatments. They send medical missionaries to treat the bodies as well as the souls of "heathen," a good idea. Camp meetings are held every year, at which sinners are warned to flee from the wrath to come. Members pay tithes of their income to the church.

This was the origin of the Adventists, formerly called "Millerites:" About seventy years ago a man named Miller began to preach the Second Coming in the Eastern States, and gathered about him a considerable following. He was so unwise as to fix a definite date, whereupon his followers gave away their property, and when the appointed day came, attired themselves in white ascension robes. When the predicted event failed to materialize, Miller had to flee. Since then the Adventists have discreetly refrained from setting any particular date, confining themselves to saying that it will happen "soon."

The Adventists believe that the climax is to come following a great battle between the nations, as described by John in his Revelation, where he writes of spirits of demons that would gather kings of the whole world "unto the war of the great day of God, the Almighty, and they gather them together into the place which is called in Hebrew Har-Magdon." The present war is certainly nearer the conception of an "Armageddon" than anything that has yet happened on earth.

The Adventists are good people, if somewhat narrow, as all sincere religionists are liable to be.

A belief in the imminent Second Coming of Christ is no new thing. The followers of Jesus, after the crucifixion, met at various places where they lived, on the first day of each week, in what might be termed dining clubs. One of the Apostles warns them against over-eating at these banquets, held to celebrate the Last Supper. This custom was the origin of Sunday, and of the "Lord's Supper," or "communion," or "sacrament" or "mass." In the Protestant church it has become a small piece of bread and a sip of wine, while in the Catholic church it is a wafer, exhibited for the worship of the congregation as containing the real flesh and blood of Jesus. Millions

of lives have been sacrificed to establish this doctrine. These early followers fully believed that he would reappear while they lived, and looked for his arrival any day. Paul did not share this belief. In his second letter to the Thessalonians he wrote:

“Now we beseech you, brethren, touching the coming of our Lord Jesus Christ, and our gathering together unto him; to the end that ye be not quickly shaken from your mind, nor yet be troubled, either by spirit, or by word, or by epistle as from us, as that the day of the Lord is just at hand; let no man beguile you in any wise: for it will not be, except the falling away come first, and the man of sin be revealed, the son of perdition.”

The belief that the world was just about to end was very general among the early Christians, and greatly affected their lives. The persecutions of the second and third centuries revived it. With the triumph of Christianity the apprehension for a time subsided; but it reappeared with great force when the dissolution of the Roman Empire was manifestly impending, when it was accomplished, and in the prolonged anarchy and suffering that ensued. Gregory of Tours, writing in the latter part of the sixth century, speaks of it as very prevalent. The panic that filled Europe at the end of the tenth century has often been described.

The end of the world will come when our sun cools off and takes its place among the dark stars, until some wandering orb collides with it and smashes it into vapor, to undergo, during billions of years, the stages of evolution that have built up our solar system. It is true that such a collision might occur before the sun cools off, but it will certainly have no connection with a little squabble between crowned puppets on this speck we call Earth, as small and insignificant, when compared with the universe, as a mote in the vault of a cathedral dome.

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### At the Tomb of Napoleon

I thought of all the widows he had made, of all the orphans, of all the tears that had been shed for his glory; and I thought of the woman, the only woman who ever loved him, pushed from his heart by the cold hand of ambition—and I said to myself, as I gazed: “I would rather have been a French peasant and worn wooden shoes, and lived in a little hut with the purple grapes growing red in the amorous kisses of the autumn sun—I would rather have been that poor French peasant, to sit in my door, with my wife knitting by my side and my children upon my knees with their arms around my neck—I would rather have lived and died unnoticed and unknown except by those who loved me, and gone down to the voiceless silence of the dreamless dust—I would rather have been that French peasant than to have been that imperial impersonation of force and murder who covered Europe with blood and tears.—Robert G. Ingersoll.

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He that holds fast the golden mean,  
 And lives contentedly between  
 The little and the great,  
 Feels not the wants that pinch the poor,  
 Nor plagues that haunt the rich man's door,  
 Embittering all his state.—Unidentified.

## Briefs

While attempting the impossible feat of "stamping out" tuberculosis, they might look to the sanitation of work-shops and factories.

Forty were killed this year and 1466 injured by Fourth of July celebrations. A great decrease, but still too many.

A humorous feature of the war is the change of German Petersburg to Russian "Petrograd." Sounds like Russian petroleum.

Illiteracy decreases more rapidly in the South than in the North.

Rubner, a German "scientist," says sedentary workers cannot consume too much meat. He must be subsidized by a meat trust.

On June 30 there were 1,534,350 automobiles in the United States. There are more, now.

A Los Angeles real estate man brought back from Germany, as a souvenir, the ear of a German soldier. Disgusting.

America will be short of citric acid, unless importations from Germany recommence. We waste hundreds of tons of cull lemons.

The world needs fewer "war lords" and more humanitarians.

A Paris professor says that mental fatigue increases blood pressure more than physical fatigue.

An effect of the war that we may view with equanimity, is the cutting off serums and drugs "made in Germany."

Female students at the University of California eat annually, a ton and a half of chocolate candy.

A British commission reports the influence of 22,000 barmaids on saloons is good, but the influence of the saloons on barmaids is bad.

First-class Italian bricklayers get 70c a day of 10 hours.

The allopaths are giving less, and the homeopaths, more drugs.

Boston will soon have a hospital devoted exclusively to the treatment of appendicitis. Suppose the fashion should die out?

On account of the war, English farmers are permitted to kill game that destroys their crops. Revolutionary.

Eugenists might note that Beethoven's father was an habitual drunkard, and that his mother died of consumption.

At a hearing of the U. S. Committee on Industrial Relations in Los Angeles, employers and employed agreed that conditions in dry-goods and department stores are better than in most American cities.

Belgium, with one-fourth the area of Southern California, has a population of 7,500,000.

It costs European governments 25,000 to kill a soldier. It costs the United States government 42 cents per annum to safeguard the life of a miner.

Before we invite Eastern people to admire our scenery, pull down those ugly billboards so that they may have a chance to see it.

Denmark sells England \$50,000,000 worth of butter annually.

A traveler in Italy describes Florence as a "world monument against grossness and materialism."

Dr. O'Hanlon, assistant coroner of New York, says appendicitis is a disease we often read about, but seldom see.

The London "Lancet" announces the discovery that ants carry germs. Of course. All living creatures, including man, carry germs. What are you going to do about it?

Absentee landlordism, an imported blight, is responsible for the fact that Iowa has less population than ten years ago. Let us have equitable taxation of land and more small farms.

Indecent dances may be abolished, but the harm they have done to the young and unsophisticated can never be recalled.

One of the worst known "men's specialists" of the Pacific Coast died in San Francisco, following an operation for appendicitis. Surgical justice.

Strawberries weighing five ounces were raised near Paris. Was the flavor better, or as good? Why this everlasting craze for size?

Gasoline launches are almost as dangerous as gasoline stoves.

Nathan Straus has started a movement for the reclamation of Palestine for the Jews.

White trimmings are inartistic and spoil many otherwise good houses.

When you read a war dispatch "consider the source."

If all reports of casualties were true, the belligerents would now have no armies.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. III

LOS ANGELES, OCTOBER, 1914

No. 5

## A Gospel That Has Failed

**A**FTER nearly two thousand years of existence, the Church of Christ has shown itself powerless to prevent the bloodiest struggle ever waged on earth, all the participants being "Christian" nations. The Gospel of "Peace on Earth, Goodwill to all Mankind," when put to the test, has again proved a miserable failure.

Christian preachers have been busy denouncing beer, and cards, and theaters, and divorce, and "Sabbath breaking," and Mormonism, but they have utterly failed to touch the wild beast, lusting for blood, that lurks beneath the civilized exterior of the mass of the people, who are savages at heart. Yet we continue to send missionaries abroad, to convert races whose morals are often better than ours.

In rounded phrases that read well in the Monday papers, Christian preachers denounce war in the abstract, but in each country they bless the banners of those who go forth to slay each other, and some join the fighting forces.

During war the churches satisfy the souls of their members with such piety as entertainments to buy chocolate and bandages and Bibles and tobacco and nightshirts for soldiers, while during peace they neglect their sacred duty of preaching the universal brotherhood of man.

An American minister of the gospel recently suggested that the churches should close, like the stock exchanges, in recognition of their powerlessness in this supreme crisis. Many earnest Christian men are just now asking, "Why is the Church?"

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## A Weak Argument

**R**EPUBLICANS in Congress pointed to the war tax as proof of the inadequacy of the tariff law. Had the Aldrich law remained on the statute books, they say, even with imports reduced as they have been, a sufficiency of revenue would have been obtained.

A weak argument. Shall the people of a country be taxed on a war basis during times of peace?

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If, in 1871, Germany had been satisfied with a billion dollars, and had not taken those two provinces, she would not now be fighting France and England as well as Russia. It was a tactical mistake.

## Socialists in the War

LAST month I intimated that the Socialists might play a prominent and praiseworthy part in this European butchery. I was wrong—or at least premature. I had too much faith in the better side of human nature. When it came to the crucial test, the Socialists in Germany and France, fell down lamentably. Of course, they had to go to fight, unless a sufficient number had started an organized revolt, or they would have been shot, but they went farther than this. They voted unanimously the war budgets and joined in the howl for the blood of their fellowmen who happen to speak another tongue. In Germany one of the leading Socialists was sent for by the Emperor and congratulated. In France Jaures, noble man, was assassinated. Only in Italy have the Socialists, up to this writing, kept the country neutral by threats of a revolution.

In England I notice that even the Quakers, while deploring war in general—all royal and imperial butchers do that, before they begin to slay—declared that the war of their own country was just.

It will evidently need much more education and much more bitter suffering before men learn to rise above the narrow and false patriotism of geographical boundaries, and realize the brotherhood of man.

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## Signs of the Times

THE increasing frequency of interference by Federal troops in local disturbances is a serious sign of the times. Great rebellions have been started with less warnings. It is foolish and futile to be content with the suppression of these uprisings by the use of the "mailed fist." As in the case of surgical operations, this does not remove the cause. The masses are more numerous than the classes, and in the end they must prevail, especially in democracy.

Meantime, those who incite class against class, or oppose arbitration, whether employers or employed, are enemies of society, and should so be regarded. There is little trouble in establishments where employers take an interest in their employees and employees take an interest in their work.

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In former days thinkers who expressed views unwelcome to the mighty were lucky if they were not tortured. Now they are often squelched in a less violent, but equally effective manner.

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The only original thing about this magazine is that I say things a great many others think, but either cannot or will not say.

## Visited on the Children

ONE thing in connection with this bloody war to which little reference has so far been made is the effect it will have on millions of unborn. Women, seeing fearful sights, and enduring agony, will beget children physically and mentally deficient, or abnormal, and these will be a great tax on the next generation.

Thus is man's folly and crime "visited upon the children, unto the third and fourth generation."

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## The Brand of Caine

HALL CAINE says it is inhuman for the United States to remain neutral. That depends, I suppose, upon which side of the conflict we should fight. If we sided with Germany, I presume he would consider our action still more inhuman.

Outgivings like these, of Kipling and Caine, show how the minds of brilliant men may become distorted by the vice that men call patriotism.

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Did you ever hear of a war tax or any other tax that was approved by those whom it affects?

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Hasten the day when narrow love of country is replaced by broad love of humanity. Then war will cease.

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## A Higher Mission

IT may be glorious to write  
Thoughts that shall glad the two or three  
High souls, like those far stars that come in sight  
Once in a century;—

But better far it is to speak  
One simple word, which now and then  
Shall waken their free nature in the weak  
And friendless sons of men;

To write some earnest verse or line,  
Which, seeking not the praise of art,  
Shall make clear faith and manhood shine  
In the untutored heart.

He who doth this, in verse or prose,  
May be forgotten in his day,  
But surely shall be crowned at last with those  
Who live and speak for aye.

Lowell.

## Brooklets

Every one should join the I. W. W. What's that? Certainly—the "I Won't Worry Club."

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Legislation for the protection of property is statesmanship. Laws for the protection of human life are freak legislation.

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The credibility of a paper is in inverse proportion to the size of its headlines.

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In sizing up men, remember empty vessels make most sound.

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Some are men at 17; some are boys at 70. Some places are cities at 100,000; others over-grown villages with 500,000.

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A common and harmless form of insanity is gross conceit, with exaggerated ideas of one's own importance.

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Swearing indicates weakness in language, or an inflamed stomach.

\* \* \*

The sawbuck cure is a good cure for sedentary people.

\* \* \*

Astronomy is a science, astrology a superstition.

\* \* \*

A man must be a philosopher to recognize and respect good qualities in those he dislikes. There are few philosophers.

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Do not think that because dietetians differ there is "nothing in diet." Scientists and sociologists and theologians also differ.

\* \* \*

A man is willing to accept almost any belief about the hereafter, rather than to admit frankly that he does not know.

\* \* \*

Reactionaries, who see nothing in reform laws but socialistic "fads," remind me of the French aristocrats before the revolution.

\* \* \*

You cannot reason as to what a man or woman may do when imbued with sex passion. Sex does not reason.

\* \* \*

You can no more get an idea of the infinite into a finite mind than you can get a quart of liquid into a pint pot.

\* \* \*

Treaties are like political platforms—made to be broken.

### The Siege of Paris

**I**N 1870, on the day war was declared between Germany and France, I met an artist friend on a London street. England was then almost all pro-French, and believed that the French would whip the Germans "in no time." The Prussians are worthy and proficient people, but they are not good at the gentle art of making friends. I had lived on the continent, and I knew something about the relative efficiency of the German and French armies, and the rottenness of the imperial French government. I offered to bet my friend a hat that the Germans would be in Paris within six months. He said he did not want to rob me, but we made the bet, which I lost, because at the end of six months, while the Germans were camped around Paris, they had not yet entered the city.

At the opening of that war the French then, as now, were shouting "A Berlin." Many of them supposed Berlin to be on the Rhine. In both cases they were wrong. It was "A Bordeaux."

The siege lasted four months, and then Paris was conquered, not by artillery, but by starvation. They had come to eating the rats in the sewers and the animals in the Jardin des Plantes. They became accustomed to the daily dropping of shells. Frequent brilliant sorties made by the French troops were ineffectual to break through the iron ring of the Germans.

They had no airships then, but they used balloons. Gambetta left the capital in a balloon. Messages were sent by balloons, and received by carrier pigeons. Every day the first page of the London Times was filled with small advertisements containing messages to friends in Paris. This sheet was photographed down small and tucked under the wing of a pigeon. In Paris it was again enlarged and thrown on a screen in a public hall.

Labouchere—later editor of Truth—wrote a series of interesting letters to the London Daily News, of which he was then correspondent. They were later published in a book entitled "Diary of a Besieged Resident."

Among those shut up in the city was A. Richardson, formerly editor of the Los Angeles Mining Review, now a resident of Ocean Park, near Los Angeles. The United States ambassador, Elihu Washburne, remained in Paris as Ambassador Herrick does today. Washburne was of great service not only to Americans, but to other foreigners.

According to treaty, thirty thousand German troops were permitted to enter Paris, which they did on March 1, 1871. Selected troops of various arms marched down the Champs Elysees and around the Arc de Triomphe camping in and around the Place de la Concorde, where they remained only two days.

The honor of heading the troops entering Paris was granted to a Bavarian regiment, the Bavarians having taken a prominent part in the war against France.

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Most men get their relaxation in cards. That makes them keep late hours, and they sit in a room with bad air and drink too many cocktails. They die young. But the public never learns of their card playing. So it says they have been killed by over-work, and they are lauded as martyrs to their activity.—Chauncey Depew.

### Fine Flour in Sweden

**OTTO CARQUÉ** received a copy of a long letter from Tell Berggren, who runs an open air cure at Coronado, near San Diego. Berggren has been on a trip to Europe, and was just preparing to return when the war broke out. He writes from his home place, Trollhattan, Sweden. He says the aristocrats of Sweden admire the "war lord" of Germany, and secretly favor an alliance with that country, but if they should succeed in forcing that, it would cause a revolution among the people. Mobilization for the army had commenced, in order to protect the independence of the country.

At health stores in America one can buy "Swedish health bread," a coarse bread made in the shape of flat, round cakes like "matzos" or "tortillas." In Sweden, as in other countries, those who can afford it prefer fine white flour—and suffer for it. In his letter Dr. Berggren writes:

"There is a rush for fine, white flour, delicatessen and many other luxuries. As Sweden exports a great deal of butter, cheese, eggs, as well as cattle, there is no stringency in these products. The fruits are getting ripe and the grain crops, as well as potatoes and other vegetables, are fine this year. But people fight in the groceries for fine white flour, coffee, tea, and sugar. That is what many families have learned to almost live on, if such a thing were possible. They have been told that the government soon will take a hand, and make only 'krigsbrod' (Swedish for 'war bread'). Krigsbrod is very coarse bread without eggs or sugar or fine white flour, the old genuine 'staff of life,' which they will sell for a nominal price. But the mere thought of it almost creates a panic among those who have been so accustomed to fine white flour products, mixed with eggs and sugar. They think they cannot live without it. Many have been so accustomed to taking these delicacies from five to six times a day, that they are almost horrified at the thought of having to give them up, as well as their tea and coffee, which they generally take with them. Before breakfast, between breakfast and lunch, between lunch and dinner, as well as late at night—four times a day—they indulge in this dissipation, outside of their three regular square meals. Many are so dependent on these luxuries that they actually suffer when they cannot get them."

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### The Salvation Army

**A**S might be expected, the branch of the Salvation Army in Los Angeles is one of the largest in the country. It runs a number of stores, rooming-houses and hotels, several halls and other institutions, practically all operated as charities. Having failed after a year of opportunity, to conform to the requirements of the Municipal Charities Commission, the Army was last month deprived of its permit to collect funds.

One of the requirements of the commission is that all money solicited in the name of charity here shall be devoted to the alleviation of the deserving poor in this community. Instead of doing this, it is charged that the Salvation Army officials have been devoting a part of the alms collected to their work in New York, London and numerous other fields, and have not been notifying the public of this condition of affairs when seeking contributions.

The Salvation Army is as well organized as the German army. Also, like the German army, it is something of an autocracy. Almost as much so, indeed, as the Roman Catholic Church. The latter takes orders from Rome, the former from London.

### War is Murder

**F**OLLOWING is an extract from an address delivered in Los Angeles by Benjamin Fay Mills:

"War is murder and worse than murder. When a man hurrahs for war, he hurrahs for hell. It slays the bodies, stupefies the minds, strangles the intellect, and stunts the souls of men. It is insanity, idiocy and imbecility. It sins against individuals, countries, education, science, art, and every form of civilization. It produces a progeny of criminals, drunkards, adulterers, swindlers and physical heroes, who dazzle the public eye, demoralize the public judgment and drain the public purse.

"Every monarch in Europe condemns war, and yet they fight. They cannot stop fighting. The cause of this war and of all war is the organization of the politics of the world on the basis of greed. All wars are economic wars. They are made possible by the greed of the rich and the ignorance of the poor.

"Enlighten yourselves! Enlighten your fellows! Seek the good of all! Prepare to refuse to fight when your turn comes! Refuse prosperity at the cost of adversity of others! The United States does not need more material prosperity, which may set back the hands of the clock of genuine progress for many years. It is too rich now. What it needs is a little distribution of the wealth we now have and a greater development of our resources. What we need is the social conscience and economic justice. We must proceed rapidly to organize social justice. The way to end violence by robbery is to end the robbery.

"We must cultivate a world-wide patriotism, prefer our families to ourselves, our country to our families, and the world to our country. We must take the German and French and Russian and British and all other flags, and with the Stars and Stripes we must merge them in the Flag of the World."

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### Nurses

**T**HE ordinary trained nurse becomes a mere machine, doing just what the doctor tells her to do. Absolute obedience is drummed into them, as it is into the privates in an army. They must say nothing, even when they know that a treatment is wrong and dangerous.

I find a large and growing demand for intelligent women, who know something about the laws of health, and can administer simple aids to nature. Nurses who answer this description would find it advantageous to announce themselves in our advertising columns.

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### Meatless Menus—Fruit Jelly

**T**WO heaping tablespoonfuls of gelatine. Pour thereon a quart of warm water; soak an hour. Then drain and wash in two or three waters; add one cup of fruit juice to two of water, sweeten with honey to taste; stir over the fire about ten minutes, and pour in mould.

Gelatine is mostly proteid, therefore highly nutritious. This food is especially good for invalids with delicate stomachs—that is to say, provided they chew it thoroughly, and do not swallow it in "chunks."

Use vegetable gelatine. You can get it at health supply stores. Ordinary gelatine is made from slaughter house bones, often mouldy and filthy. Not a nice idea. Vegetable gelatine is made from sea moss. Formerly it had quite a taste of the sea, but later varieties are tasteless.

### Paraffin Oil

**A**N asserted remedy for constipation that has had quite a boom of late is paraffin oil. As I have suggested, one might almost suspect that the shrewd business management of the Standard Oil Company had a hand in this, although most of the paraffin recommended seems to be of the Russian brand—from the Petrograd country. The theory on which this oil is used is that being a mineral oil, it is not absorbed like vegetable oils but proceeds through the colon, having a purely mechanical and no medicinal action. I have found it effective in a few cases, but useless in more. That it may be sometimes actually harmful is claimed by Dr. Elmer Lee. Answering a correspondent in *Health Culture*, he says:

“Paraffin oil is apt to fail in many cases to accomplish the results desired, and in not a few to prove actually harmful. Careful clinical observers have already learned that paraffin oil often fails to mix with the feces or even to lubricate the canal as first claimed; it seems to insinuate itself around and between the fecal masses and pass out from the rectum with mucus but little or no fecal matter. In some patients the constipation seems to be unaffected by even large doses, while in others a moderate quantity will set up diarrhoea and an inability to control the sphincter that is most distressing.

“In other patients, the oil seems to coat the stomach and intestinal lining and seriously interferes with digestion and assimilation of food, for a rapid and progressive fall in weight follows. Some people find it almost impossible to take petroleum oil, because of its greasy, oily taste, nausea, and even vomiting. Petroleum oil is not the panacea it has been thought to be. The warm water enema is superior to any internal remedy as a means of increasing bowel evacuations.”

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### Noble Sacrifices

**F**OLLOWING is an extract from a recent Berlin dispatch:

“No one can come in daily contact with the officers of the general staff without being impressed with their confidence in an eventual and absolute victory. There is no boasting, no disposition to underrate the ability of the enemy, but there is a grim determination to win at any cost. That this cost will be terrifically high is not for a moment doubted, but the men in charge of operations are determined to make any sacrifice, no matter how appalling, to reach their goal.”

Also, Emperor William is reported to have told his generals they must take Paris, if it costs half the army, and the Czar to have said he would go to Berlin if it takes his last moujik.

These liberal souls remind me of a celebrated American humorist who, during the Civil War, declared that he was willing to sacrifice all his wife's relatives on the altar of his country.

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Fred Welsh, the new lightweight champion pugilist of the world, is a vegetarian. At least, he trains on a strictly vegetarian dietary, eating some meat between times.

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Very fine tenor voices usually come from the lands where little meat is eaten, where cabbage, cucumbers, sour milk and black bread are the chief edibles of the family board.—Exchange.

### In the Valley of the Moon

**D**URING a recent trip to the northern part of the state, Otto Carqué paid a visit to Jack London, who owns a beautiful 1500-acre ranch near the little town of Glen Ellen. The town is fifty miles north of San Francisco, on a branch of the Northwestern Pacific Railway, in the lower part of the fertile Sonoma Valley. Sonoma is an Indian word meaning "The Valley of the Moon," a name given to Jack London's book and the moving picture play.

The ranch is about two miles long and borders to the east on Sonoma Creek, while the western limit is formed by a ridge of picturesque redwood covered hills which have been preserved in their natural grandeur. Near the foot of the hills are the ruins of Mr. London's magnificent home that was burned last year, just before it was ready for occupancy. London now lives in the old farmhouse which has been in part remodeled. The kitchen is under the supervision of two Japanese. The arable portion of the ranch, which was planted partly to grapes, is now being turned into alfalfa and corn fields to feed the live stock, consisting of goats, hogs, cows and horses. London is especially fond of horses and is the proud owner of a \$2500 stallion. The farm is managed by his sister, Mrs. Sheppard, who carries out her brother's ideas in regard to the improvement of the place, which in time will furnish homes to many families.

Jack London is a forceful personality, full of life and vigor, in spite of the many hard struggles of his early life. He has a most charming companion in his wife, who assists him in his literary work. Their united hospitality makes the London ranch a pleasant place for a few days' rest and recreation, away from the noise of the big cities.

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### Beer and Coffee

**B**EEER is a dope—coffee is a dope. I would as soon use one as the other, so far as the principle is concerned, but if I had to choose between the two, I should certainly take the beer as being less harmful, less likely to wreck my brain and nervous system in such a way that I should become totally unreliable in speech and action.

Let no man deceive himself. If he is in the habit of using coffee or tea every day, he is just as much of an inebriate as a man who uses beer every day. There is no material difference between them whatever. If one is irreligious, the other is irreligious. If one is to be denominated as sin the other is equally so. It is the sheerest sophistry for the beer drinker to condemn the coffee drinker or for the coffee drinker to condemn the beer drinker. They belong in the same class. They are in the same category. They are both dope fiends and the quicker they know it, the better it will be for them and the quicker they stop it the better it will be for anyone else who has anything to do with them.—Dr. C. S. Carr in "Medical Talk for the Home."

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The writer has never felt called upon to recommend Sanatogen, so much above its actual merits is this proprietary preparation extolled. It possibly has a value somewhere approximating that of skim milk, but is in no way superior, and, in the estimation of the writer, much inferior to skim milk.—Dr. J. H. Kellogg.

## Indigestion

**W**HEN you are feeling a trifle dull it is indigestion. When you feel very blue the cause is indigestion. When you have an ache or pain, aside from accidental, it is the result of indigestion, even though you feel nothing in the stomach, even though you experience no distress in the digestive organs, even though the doctor tells you it is from your eyes, or your teeth, or from a bump on the head that you received many years ago, even if you are having daily evacuations of the bowels. Still there is evidence of sufficient retention, of food-waste, in some section or sections of the alimentary tract to cause partial stoppage and increase the irritation which will continue to increase until you have cleared the rubbish away and allowed sufficient time for recuperation of the tissues. It must be understood that irritation within the body produces a sore, just as it does upon the surface, and that the healing within requires more time than if upon the surface. It must, also, be understood that nothing but incongruous mixing of foods, drinks, and excessive eating, can produce these effects, regardless of professional advice to the contrary.—Prof. B. H. Jones, in "Common Sense Diet."

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## An Insult to An American Ambassador

**T**HERE is another international complication. According to the *Mazdaznan* (Lowell, Mass.) David Ammann was banished from Saxony as a "pestersome foreigner," while the Royal Health Board of Leipsic prohibited "for hygienic reasons," the delivery of the lecture "The Coming Race and Race Hygiene." Ammann protested to the American ambassador in Berlin but in vain, being told that it was a local affair.

David Ammann, a Swiss, owned the five-acre knoll at Hollywood, near Los Angeles, on which is now located the Krotona Theosophical settlement. He became obsessed by Hanish, the *Mazdaznan* leader, sold his place, and leaving everything, went to Leipsic and started a *Mazdaznan* store. The *Mazdaznan* Temple has conferred upon him the title of "Ambassador and Kalantar over the German speaking countries."

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## Founding of Los Angeles

**L**AST month Los Angeles celebrated the one hundred and thirty-third anniversary of its founding, only five years after the United States had issued her Declaration of Independence, and while California was under Spanish rule.

The town (pueblo) of Nuestra Senora de Los Angeles, under and in conformity to an order of the then Governor of California, Felipe de Neve, dated at the Mission of San Gabriel, August 27, 1781, was founded in a formal manner on the fourth of September of the same year. The founders of the town numbered twelve adult male colonists, all heads of families, and soldiers at the Mission.

It was more than a hundred years before Los Angeles began to grow. In 1881 it numbered only 10,000. Then its growth was one of the marvels of America. Look at the figures: 1890, 50,000; 1900, 100,000; 1910, 300,000; 1914 (estimated) 600,000.

### No Evidence of Insanity

**A** MAN was recently captured in San Bernardino and removed to the County Hospital, for examination as to his sanity. The newspaper reports stated that "he shows a mania for living out in the woods, and an aversion to human beings, except when he is hungry."

I do not regard this as an evidence of insanity, although I should not care to eat human beings, even when I was hungry.

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### An Effect of Vaccination

**A** PHYSICIAN who has wide experience writes:  
 "Some years ago a disease somewhat similar to smallpox broke out among sheep in Scotland. As a preventive, vaccination was inaugurated and within a short time it was noticed that a great many ewes were unable to nourish their young. With the discontinuance of vaccination this phenomenon disappeared. This will doubtless help to explain why, nowadays, a large per cent. of human mothers are incapable of properly nursing their babies. Vaccination dries up the mammary glands, and when we consider the millions of vaccinated women we come to realize the cause of the growing demand for "bust foods" and "developers."

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### Confucius

**T**HE Chinese government has made Confucianism the official religion of China. Confucius was not a prophet. He was a philosopher. He claimed no divine inspiration. His memory is cherished by a third of the human race. Five hundred years before Jesus laid down the Golden Rule, Confucius had said: "What you do not like when done to yourself, do not do to others." Here are other sayings that show his keen insight into human nature:

"Learning undigested by thought is labor lost. Thought unassisted by learning is perilous."

"Girls and servants are the most difficult people to handle. If you treat them familiarly they become disrespectful. If you keep them at a distance, they resent it."

"Your goody, goody people are the thieves of virtue."

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### The Fat of the Land

**Y**OU should go slow on oils and fats of all kinds, especially in a warm climate like this. They should only be used freely around the North Pole. Ripe olives are much better than olive oil, just as grapes are better than grape juice, and sugar cane is better than cane sugar. In nuts you get plenty of oil, and corn contains a considerable amount. Fat over-burdens the liver.

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There is no such thing as "brain food." A food that nourishes the brain also nourishes the big toe, and vice versa.

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Dr. Henry Loomis, of New York, shows that the germ of tuberculosis does not appear for three and a half months from the beginning of the disease. How then, can it be the cause?

### Caught Bathing

**W**HEN I was a boy the French were fond of joking about the bathing habits of the British, who always carried their tin hip baths with them, when they journeyed to the continent. At that time bath tubs were unknown in continental hotels, and the wash basins were about as big as soup plates.

My countrymen, who break the ice in the Serpentine Lake in Hyde Park on winter mornings, cannot be expected to abandon their tubbing habits on account of such a little thing as a war. So it is not surprising to learn that German cavalry surprised the Eighteenth British Hussars, and inflicted heavy losses on them, while the troopers were bathing in a river in northern France. Those of the bathers who survived the first attack seized their weapons and stood off the Germans' charges until help arrived.

That would make a good subject for a historical painting, although our prudes would probably object to it.

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### Cool Weather

**T**HIS has been the coolest summer I have known in Los Angeles during the twenty-eight years I have lived here. Up to this writing (September 14) almost every morning there has been a "high fog," the sun rarely visible until toward eleven o'clock. The average temperature has been steadily three or four degrees below the normal. These conditions have been local, extending in a belt from the ocean for a few miles north. Ten miles north of Los Angeles the sky has been clear at sunrise.

It is ideal weather for those who do active work, and have good circulation, but somewhat too cool for elderly people, who cannot take physical exercise unless they have a sun parlor. It must have been queer to new arrivals to see people sitting around gas stoves before breakfast in July and August.

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### One Acre Not Enough

**O**F late the belief has been fostered by impractical visionaries that an acre is enough to support a family, at least in the mild, almost sub-tropical portions of the southern part of the West, where the growing season extends throughout the twelve months. Several attempts have been made to put this dream into practice. In fact, thousands of people have been led to dream of economical independence on a plot of ground that could almost be covered by a handkerchief through the slogan "one acre, one bee and liberty." So widespread did this delusion become that a number of real estate schemes were launched on the theory of the "Little Landers" movement, but not one of these attempts has turned out successfully. It is only the exceptional man, under exceptional circumstances, who can succeed in making a living on property, comparatively two or three city lots in size.—Sunset Magazine.

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### No Name

E. R.—You sign your communication with an initial. No name or address. Surely you should know that no reputable publication pays any attention to such communications. They go into the waste basket. Names are not published without consent of the writers.

### Perils of Democracy

**I**T is my belief that the root of our industrial evils is to be found in our false American philosophy, which assumes, in disregard of all human experience, that it is possible to maintain at one and the same time a political democracy and an industrial autocracy.

We have assumed that we can have equality before the law together with gross inequality in wealth. Yet history clearly shows that in America, as in the case of the Roman republic, the mediaeval Italian republic and of democracies everywhere, that as fast as industrial power has become concentrated into the hands of a few men—an oligarchy, or of one man—a despot, just so fast will the industrial power devour and absorb, little by little, the entire functions of the so-called democratic state or nation.—John Haynes, M.D.

### Ptomaine Poisoning

**P**TOMAINÉ poisoning in most cases is caused by decayed flesh or fish, canned food, sausage and cold storage food. Canned vegetable foods like beans, containing much proteid, also sometimes cause ptomaine poisoning. Vegetarians who avoid canned food are immune. Following suggestions for the treatment of ptomaine poisoning are from a booklet published by Doctors George and Hester Abbott, of Los Angeles, for the use of their patients:

“First, give a glass of warm water in which a teaspoonful of mustard has been dissolved to produce vomiting, where vomiting has not occurred. Then take a teaspoonful of bi-carbonate of soda in a glass of very warm water. Immediately after take a glass of very warm water in which a teaspoonful of Epsom salts has been dissolved. Repeat the above dose every TWENTY MINUTES in extreme cases, until relieved, in milder cases, every thirty minutes. The patient should be placed under warm cover and kept quiet.”

### Wanted: A Natural Woman

**A** NEW YORK CITY correspondent writes: “Will you kindly inform me what your charge will be, per insertion, of the above advertisement in BRAIN AND BRAWN?” The advertisement enclosed was as follows:

“An honest man seeks the acquaintance of a natural woman. Address —”

The gentleman may be honest, as he says, and his intentions quite honorable, but as he gives no address—except a post office box—furnishes no references, and does not say what he wants to do with a “natural woman,” his announcement was respectfully declined.

### Quality In Advertising

**A**DVERTISERS have been finding out that in many cases cheap circulation is about on a par with no circulation. There are classes of advertised goods which need the widest sort of publicity. But most advertising is the exercise of suggestion and persuasion upon readers, and here the quality of circulation is doubly important, for where it is high-class the readers are not only real earners and people of thrift, but are more susceptible to good business inducements than those of a less perceiving order.—*New York Evening Post.*

## Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

### HIGH GAS PRESSURE.

R. L. D.—From the symptoms you describe, especially the heaviness with disinclination for mental or physical effort, and the wandering pains, now here, now there, I have no doubt you are suffering from high gas pressure. This is caused by food that rots and ferments instead of digesting, and this again is, of course, caused by wrong eating. What your errors of diet are I cannot say, until you tell me just what and how you eat. I send you a pamphlet, descriptive of my three months' course of dietetic home treatment.

I come across many cases where high gas pressure has been diagnosed as high blood pressure (which accompanies it) or heart disease. Then, the symptoms treated according to the rules of the drugging, serum injecting and carving school, and no effort made to remove the cause, the patient inevitably goes from bad to worse, until death ends all.

### PEPPER.

I saw a statement by a physician that white and black pepper are bad, while red pepper is good.—E. L.

This is a relic of the Ralston teaching. About twenty-five years ago Ralstonism was all the rage. They taught many things that were good, and some things that were only foolish. All pepper, like other condiments, is injurious, because it tends to inflame the lining of the stomach. Some of the worst cases of "gin liver" have been found in the bodies of men who have never tasted a drop of alcohol, but have over-indulged in pepper and mustard. A little red pepper will not kill you. I am fond of Spanish dishes—the meatless kind.

### CALVES' LIVERS.

My twenty months old child is very sick. Two doctors are attending her, and they say her case is hopeless. They say her liver is four times the natural size. I have only just begun to give her medicine.—Mrs. J. T.

When children are fed almost as much cow's milk as is necessary for a calf, it is not surprising that the liver should swell to the size of calves' livers. If you add to this drugs, there is no hope for your child. Otherwise, by fasting and fruit juice, and wet packs, she may be pulled around. If mothers would feed their infants only four or five times a day, and then give them water with a little fruit juice, instead of milk, when they are thirsty, they would save many lives. But no, whenever the infant cries, because an over-dose of milk has curdled in its little stomach, and gives it trouble, what is done to it? It is clapped to the breast or the bottle, and more is shoved into it, which paralyzes it for a short time, until it again begins to scream, when the same operation is repeated, until come drugs, and then convulsions, and then—a little white coffin. Too bad, is it not? Yet how difficult it is to teach mothers these simple truths.

Trying to settle the divorce question without first settling the marriage question is like trying to keep chickens in a small yard surrounded by enticing fields without first constructing an adequate fence.—E. B. Lowry, M.D.

## The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

DIET FOR HEALTH; Edward C. Galsgie, N.D., D.O.; order through Naturopathic Publishing Company, 104 pp.; price \$1.12 by mail.

The ideal health cook book has yet to be written. This comes nearer to it than most I have seen. It contains remarks on food menus, receipts, and tables of food contents, with blank pages for writing additional menus and recipes. The author is sound on diet. As few do, he recognizes the importance of organic salts and food combinations.

At the end of the book is a page on milk diet, in which Dr. Galsgie says: "I have known patients to gain one to six pounds a day upon the ingestion of seven to ten quarts of milk, and the juice of three or four lemons, nothing else." "Nothing else" I should say so. I have read of many suggestions for the consumption of enormous amounts of milk, but this caps the climax. Ten quarts of milk contains about forty ounces of water-free food, or four times as much as is necessary to maintain in health and efficiency a man doing hard physical labor. Doubtless a person may for a time put on "from one to six pounds a day" upon such a monstrous menu, but it is unhealthy flesh, and will not last, while the after-effects will be injurious. I am greatly surprised that the author of this sensible book should endorse such an irrational theory.

Otherwise I recommend this book strongly. It is in several respects the best hygienic cook book I have seen.

DEATH DEFERRED; Hereward Carrington; The Penn Publishing Co., Philadelphia; 226 pp.; price 50 cents.

Mr. Carrington deals at length with the subject of diet, on which he is quite sound. He also writes in regard to Causes of Death, Signs of Old Age, Phenomena of Death, and the Fear of Death. A practical and useful little book.

HOW TO LIVE 100 YEARS; W. I. Gordon, M.D.; Suggestive New Thought Publishing Co., Cleveland, O.; 350 pp.; price \$1.50.

The author aims to show that many extra years of life can be gained by eating foods that contain sufficient "life principle." By this, I presume he means the twelve important and necessary minerals found in the body, and in natural foods, but largely removed in the bolting of flour and the cooking of vegetables, concerning which I have had so much to say during the past fifteen years.

The author is strongly in favor of vegetarianism, both for its physical and moral effects. He is enthusiastic in regard to the use of hot water internally. At the same time, he properly condemns the pernicious habit of drinking ice cold beverages. On this subject he says:

"The constant, pernicious habit of drinking ice cold beverages, thus chilling the stomach, is often productive of a weakened state of the digestive functions, and many people have brought on their stomach troubles in this way; adding to them by persistent disregard of their power of digesting and assimilating the food taken."

A large part of the book is made up of recipes for the preparation of foods, raw and cooked.

Now for a few criticisms. Dr. Gordon says cereals may be eaten with every meal, at all times of the year. To this I reply that for every one in America who suffers from meat poisoning, over a hundred suffer from starch poisoning. On a later page he says that starch foods must not be used to excess. Eating starch three times a day is excess.

The author refers to gluten bread "containing no starch." There is no such bread. Pure gluten would be of the consistency of rubber, and just as eatable or nourishing. Some of the gluten breads on the market contain almost as much starch as ordinary bread, and all of them contain a considerable percentage of starch.

The author quotes eighteen ounces of dry carbohydrate material as the amount "an adult of average hard work gets along nicely with." This is at least fifty per cent. more than the total amount of water free food of all kinds required by a person doing ordinary work, in a temperate climate.

Dr. Gordon makes an extraordinary statement about oranges. He says: "Heat is necessary to develop the sweetness and flavor." Surely he has never tasted a California navel, after the first of March, although they are now shipped in good condition all over America, and to Europe. To heat a choice California orange would indeed be like painting the lily, or boiling strawberries.

There are good things in this book. The author is evidently an earnest and conscientious man.

THE NATURAL FOOD OF MAN; Hereward Carrington, 288 pp.; C. W. Daniel, Ltd., 3 Amen Corner, E. C., London, England; price 7s. 6d. net. For sale in Los Angeles by Otto Carqué, 16th and Magnolia Ave., price \$2.65 by mail.

I reviewed Carrington's principal book "Vitality, Fasting and Nutrition" in the September number. In this other book he attempts to prove from comparative anatomy, physiology, chemistry, and hygiene, that the original, best, and natural diet of man is fruit and nuts. He does this in a calm, scientific manner, without bias. There are chapters on "Food Combinations," "Hygienic Cookery," and "The Question of Quantity." There are detailed tables of food contents.

The book contains a fine picture of Max Unger (Lionel Strongfort) a friend of Mr. Carrington, said to be the strongest man in the world, and one of the most beautifully and perfectly proportioned, not overburdened with big, ungainly masses of muscles. He is a strict vegetarian—at times a fruitarian—and a strong advocate of this diet. His statue, made at the request of the German government, is in the National Art Gallery at Berlin. He has performed feats of strength never equaled in the history of the world. With one hand he lifted a bar-bell weighing 312 pounds, above his head. He is the only man who has ever torn five packs of playing cards in halves at one time. He has lifted a weight, using his entire body, of more than eight thousand pounds—a sixty horse-power automobile containing several men, together with a heavy bridge, over which the machine passed. In view of this, as Mr. Carrington says, how absurd is the contention that strong men "must eat meat," and how doubly absurd the contention that the average man, who takes but little exercise cannot perform his daily duties without the use of meat.

Carrington warns against becoming a crank on food. I reproduced this in the August number. The book is a valuable contribution to the literature of diet.

### Hox Hoxuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

#### A VOICE FROM THE FOOTHILLS.

For real literary talent, hygienic common sense, and natural humor, I think you put it all over your contemporaries.—Theodore Caldwell, Casa de la Vina, Pasadena.

#### A GRATEFUL CONSULTANT.

I had a letter from Frank J. Hart, of Los Angeles, in which he tells of how you took him when he was given up by six doctors. He says he had Bright's disease, blood in the urine, stone in the bladder, and was paralyzed on one side, and he adds that when he thinks of the way in which they used to drug and feed him he gets "fighting mad." I just wanted to tell you that you have at least one consultant who is singing your praises far and wide.—Elmer E. Keeler, M.D., Syracuse, N. Y.

#### FROM A FRIEND.

I would like to say what wonderful work BRAIN AND BRAWN is doing, but it is beyond my ability to do so. I shall not forget to boost it whenever I get a chance and to send you a few subscriptions occasionally.—R. W. Near, 30 Crandon Ave., Niles, Ohio.

#### FOOD FOR THOUGHT.

BRAIN AND BRAWN should be in every home. Every page contains food for thought, and every number is worth more than a year's subscription. This is my honest opinion, and I am a reader of many magazines.—J. R. Parks, Seattle, Wash.

#### NOT SATISFIED.

I will not renew my subscription, as I have not felt satisfied with the magazine. Please stop it when subscription expires.—Theodore Jacoby, 1338 Return St., N. S., Pittsburg.

### Have You a Friend?

**W**HAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND BRAWN? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND BRAWN, Chamber of Commerce Building,  
Los Angeles.

## The Healing Art

Natura Sanet non Medicus.—Hippocrates.

### MEDICAL FREEDOM.

Dr. A. P. Davis, of the Davis College of Neuropathy, sends the following good suggestions:

Drugless methods have gained such favor with the general public; that medical practitioners see the "hand-writing on the wall!" In their desperation an undue influence was brought to bear upon the law-making body, the result of which is the present persecution and prosecution to which drugless practitioners are subjected.

Drugs of all kinds have been weighed in the balance, and found wanting. The necessity for something better arose. When a better way was found, was it welcomed by those who "love the dear public?" Have the "regular" medical doctors every welcomed an advanced step? No. Witness the persecutions of the homeopaths by the allopaths; the persecutions of the osteopaths by the allopaths and the homeopaths; the persecutions of all other drugless methods by the allopaths, the homeopaths and the osteopaths. When the thinking public demands it, a step in advance is taken. Each advanced science must undergo the same persecution, the same abuse, the same appeal to the public.

Now is the time for citizens of California to vote on this great question. Do you want to submit to the dictation, of a medical trust, and take poisons that ruin the system, or do you want the right of choice of a doctor left to the one needing such service?

We see wrecks all about us, made so by the use of drugs. The failure of medical men has been the hope of the drugless healer. What will become of these wrecks if they are deprived the only chance of being cured? Drugless healers of all schools call upon the voters to give them the right to have their own examining boards from their own ranks to pass upon their ability to do the work required of them. Medical physicians have their examining board, which is right, and proper. Let this law remain, so far as they are concerned. Let drugless healers have the same right of selecting examiners from their ranks.

Vote that all of the various drugless healers of whatever school, may have a board appointed from among themselves to pass upon their qualifications. Calling names is not enlightenment. The term "quack" may prove a boomerang. "Equal rights to all, special privileges to none" is what we ask.

### COMPULSORY VACCINATION.

Following is part of a letter addressed to President Wheeler of the California State University:

"I take the liberty of addressing you as head of the University of California. I am one of the mothers who have just returned from a visit to Berkeley, leaving my son at the University, in a weak and rundown condition, as a result of your compulsory vaccination. Had I not been with him he would have had to have gone to an infirmary, only to be doped and tampered with still more. He left home in a healthy, robust condition, his occupation as agriculturist being out of doors, only to be poisoned by your medical fraternity that clings to your colleges like leeches for the sake of the almighty dollar. Will the faculty of the University never wake up to the outrage they are forcing upon their students? How is it possible that you can lecture to the students and encourage such a filthy barbarous practice, which all awakened humanity knows is a menace to health, and in which only a small percentage of the medical fraternity really believe? How can we expect good work of our young people when they are so stunted and blighted?"

## Need Any Money?

**W**E want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

Let us hear from you. You need not send any vaccination certificate.

**HORSE AND POLITICAL DOCTORS.**

W. A. Turner, N.D., writes from Portland, Or.:

“We are confronted this year, in Oregon, with the spectacle of a horse doctor Republican and a political doctor allopath as candidates for governor, and it is rumored that the A. M. A. has a bill all ready, with an emergency clause, to put every drugless doctor in the State out of business, although Sec. 20 of Article 1 of the State Constitution forbids the granting of special privileges to any class of citizens.”

**MECHANO-THERAPY IN INDIA.**

A request was received for a sample copy of BRAIN AND BRAWN from W. R. Dome, mechano-therapeutist, of Quetta, Beluchistan. Beluchistan is the most northwesterly province of Hindustan. It has a population of a million.

**MILITANT OSTEOPATHY.**

Militant osteopathy was decided upon at the eighteenth annual convention of the American Osteopathic Association held in Philadelphia the first week in August. This was the largest gathering of osteopathic physicians and surgeons ever held. About two thousand delegates were present from all parts of the world. The convention, says the Journal of Osteopathy, flat-footed in its clear cut distinction between medical and osteopathic methods, declaring unequivocally for the removal of the cause of disease by medical adjustment in place of the medical method of the treatment of symptoms by means of drugs or other agencies.

Among those who read papers were Dr. Louisa Burns and Dr. R. D. Emery of Los Angeles.

**KEEP THE LAW OR SMASH IT.**

Never expect to succeed in the Nature Cure by transgressing the law. If you are strong enough, repeal the law; if not, conform to it. Either smash the law and frame a new one legalizing drugless practice, as the osteopaths have done in most States and the naturopaths are now trying to do; or else hire a cheap doctor to make your examinations and prescriptions legal, as the quack medicine sharks have been doing for a generation. All this wholesale antagonism of the Medical Trust by healers is, to an efficiency man, sheer waste of time and energy and money.—Edward Earle Purinton in “Naturopath” (New York.)

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**“ETHICAL” ADVERTISING.**

Following is from article in the Journal of Osteopathy by R. Kendrick Smith, D.O., of Boston:

“It is essential in the very beginning of a consideration of this subject to differentiate sharply between publicity and advertising. Advertising is a strictly commercial method of announcing the sale of goods or services to the public for the obvious purpose of making a profit thereby. Because this is strictly a business transaction the advertiser pays the newspaper for the announcement.

“Advertising is publicity which is paid for.

“Publicity is advertising which is not paid for.

“Publicity is information published as pure reading matter. It is either news or educational, of general public interest, entertaining or for some other similar reason sufficiently attractive and valuable for editors to be willing or even glad to publish it. The art of publicity, consequently, consists of so preparing material as to induce editors to see at first glance that it is something they would like to publish.

“Advertising as such, per se, is strictly unprofessional. This has always been and probably will always so continue. Those who transgress this tradition place themselves beyond the pale of professional classification. They have thereby declared themselves to be in business and engaged in the making of money instead of being in a profession for the purpose of rendering expert service.

“Publicity, however, when properly conducted, is not unprofessional. It used to be so regarded, but nowadays instead of being frowned upon, is being utilized extensively. Ostensibly the publicity of the medical world is for educational purposes, for the benefit of humanity by means of the propagation of advice for the prevention and treatment of diseases and the advancement of public health and personal hygiene. Admitting that this is true, and acknowledging that a vast amount of good is done by preaching health to the public, yet those who read between the lines can see that clever medical politics is being played and that an extensive campaign is being conducted to mould public opinion in the way of the dominant school of practice and to divert attention from any thing outside of that charmed circle.

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"The medical profession was driven in to this campaign as the result of a vast wave of popular health literature of the back-to-nature and physical culture type which inundated the country a few years ago, and inaugurated the great tide of revolution which is now sweeping the system of drug treatment of disease back into ancient history. The publicity campaign now being conducted by the American Medical Association at an enormous annual expenditure is actually a fight for life by the medical machine against the irresistible power of a public awakened at last to the idea of freedom from medical tyranny and convinced of its right to exercise its own judgment upon matters of health and disease."

Commenting on the above frank statements, I beg to remark that publishers are getting "wise" to the efforts of "ethical" doctors to obtain advertising without paying for it, which is another way of getting money under false pretenses. It may not be according to medical "ethics" but it is much more manly and honest to pay for your advertising, than to try to sneak it in as "news," and so defraud the publisher, who often has a hard time to make ends meet.

#### DRUGLESS PRACTITIONERS.

The annual meeting of the National Association of Drugless Practitioners was held in Washington, D. C., on August 14. Dr. William Wallace Fritz, of Philadelphia, who presided, traced the drugless system of healing as far back as 1800 B. C. He might have gone farther.

#### PERSONALS.

Samuel F. Grover, M.D., is back again in Portland, Or. Address, Oregonian Building.

Dr. Gilkerson, chiropractor, now occupies commodious offices in Suite 1101 Marsh-Strong Bldg., 9th and Main Sts., Los Angeles.

Dr. Frank Lamb Willson is the one member of the Association of Naturopathic Physicians of California whose practice is limited to eye and nerve disorders. He is an able and conscientious practitioner.

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**Our Advertisers**

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

**HEALTH FOODS.**

Van Houten, on South Hill Street, is headquarters for all kinds of health foods and supplies. His "Back to Nature" and "Vitality" foods are specialties. Van Houten is a scientific student of the laws of health. Call on him or send to him for a price list.

**BENJAMIN IS BACK.**

Mr. Benjamin is back from his vacation, and is prepared to meet and advise all those suffering from rupture. He has made a specialty of this for many years.

**SCIENTIFIC EATING.**

Eugene Christian offers a series of twenty-four lessons in scientific diet. Mr. Christian has made quite a national reputation along this line, and has published several interesting books on the subject.

**HONEY.**

If you have not yet tried that "red ripe honey" of Dayton's, you are missing something good. I use it myself, regularly, and can recommend it strongly.

**A NATURE CURE COLLEGE.**

Lindlahr's College of Nature Cure and Osteopathy in Chicago is a first-class establishment, conducted along the lines taught from month to month in BRAIN AND BRAWN. Readers of the magazine living in the middle West or East are advised to write for prospectus and literature.

**DR. JOSEPH FANDREY.**

On another page Dr. Joseph Fandrey has an announcement of interest to readers of BRAIN AND BRAWN. See his advertisement.

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### A CASE FOR VACCINATION.

They were having tableaux across the road at Willie Brown's, and Willie's mama came over to ask Jack Snow if he would not like to come also. Jack's mama was not at home, and Jack, with a very sober face, declined the invitation.

"Why Jack," said the lady, "why don't you want to come over?"

"I 'xpect mama wouldn't let me," answered the little fellow politely, "'cause I's never had tableaux, and I might catch 'em!"—Exchange.

## LIFE CONSERVATION

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**SPECIAL OFFER:** We will send you the 40-page monthly magazine which is our official organ, one year, price 75c., will make you an Associate Member of the League, price 50c., and will mail you free the book "Social Hygiene vs. the Social Plague," price 25c., a total of \$1.50 for 75c. in stamps, coin or money order. This is a special introductory offer giving you a total of \$1.50 for 75c.

There is "no string" to this offer. We mean just what we say. There will be no further dues nor assessments. One payment includes all the above for an entire year. Can you afford *not* to accept?

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## War is Machine Logic

The purpose of saliva is to remove dead matter from the food before it is swallowed. This dead matter consists of oil and gas that is produced by the contact of food with the air. Or, if food is canned up and shut away from the air it produces gas from its own substance. A glazed coating is formed on the cells that prevents contraction of the cells so that the cells become hollow like gourds.

Hollowness of the cells destroys their magnetism and electricity takes its place. Electricity excites and holds the nerves at high tension and withholds nutriment from the cells. Then the cells ripen. Ripeness produces old age.

White honey, white sugar, white flour and all other white foods are atmospheric and electric. Red ripe honey is magnetic from the magnetic forces contained in the earth. To retain their magnetic value foods should be obtained directly from the earth or from thrifty growing plants.

One gallon of red ripe honey will make more than 100 gallons of drink that will remove this oil and gas from food and maintain an order of cells, which are powerfully resistant to the destructive forces of the atmosphere. Resistant cells spells health.

The reason that acids and starches do not go well together is that the acids are not strong enough to detonate the starch cells. Atmospheric acid prevents detonation. The earth is filled with the detonating acid from center to circumference but commercialism holds it there, out of use.

My circulars and red ripe honey are starters to induce you to get busy in unraveling food science in order to be able to distinguish between the natural and the machine made foods.

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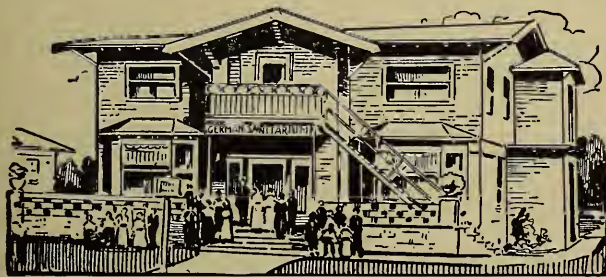
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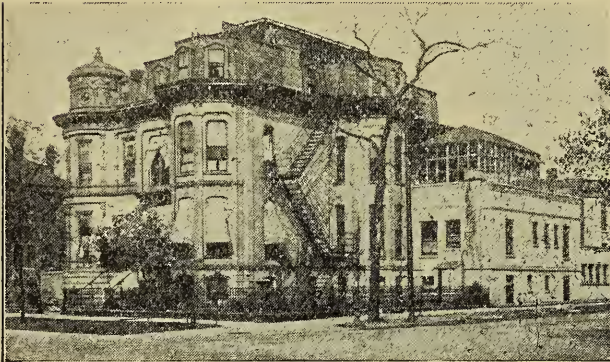
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**T**HIS magazine is devoted mainly to the following purposes. The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydrotherapy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health; and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both “regular” and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The “back to the land” idea, showing the advantages of a “little land well tilled,” to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called “infectious” diseases.

4. There is no such thing as “infection” or “contagion,” as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.



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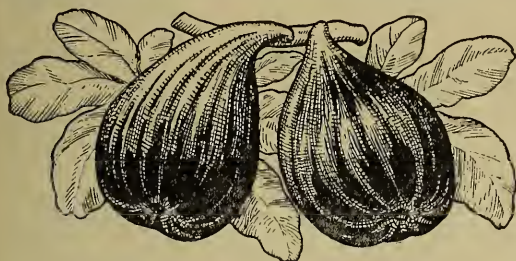
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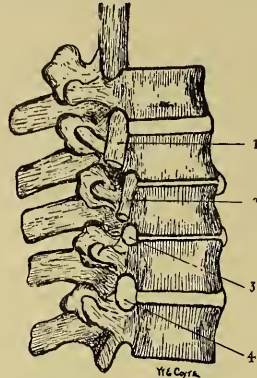
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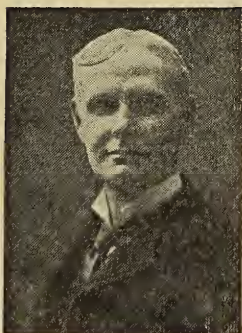
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Vol. III

LOS ANGELES, NOVEMBER, 1914

No. 6

## The Healing Power of Nature

**T**HE medical world is much stirred up over the "wonderful discovery" of Dr. Emil Abderhalden, an eminent German physiologist, who, we are told, has ascertained that the animal organism finds out what ails it and proceeds to apply the remedy.

Like many other "wonderful discoveries" in medicine, there is nothing new about this. It was two thousand years ago that Hippocrates said "Nature, not the physician, cures." This is the teaching of the Nature Cure school—that all manifestations of what we call disease are efforts of nature to cast forth morbid matter from the system, and that nature will effect a cure if not interfered with by drugs, or by food that becomes a poison in a sick stomach. These operations of nature may be aided by such natural methods as diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine (osteopathy, chiropractic, etc.,) deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

I doubt whether this so-called discovery of Dr. Aberhalden will advantage suffering humanity, because only a few broad-minded physicians will cease to interfere with nature's processes, and let her do the work. That, you see, would be altogether too simple, and then, again, most patients would refuse to pay such a sensible doctor, and would send for another who would dope them.

So you see that in the case of the human body, as in the case of the body politic, the people get just about what they deserve.

In Germany the Nature Cure has held an honored position for over half a century. It is estimated that nearly half the people in Germany are treated by this method. Not long ago a Los Angeles physician who was making a tour of the European hospitals wrote to me from Germany, expressing his surprise at the wide-spread development of the Nature Cure. He said: "You find it everywhere. In this country 'regular' physicians do not disdain to avail themselves of hydrotherapy, and other rational methods, even though they have been introduced by 'laymen.' They often send their patients to such institutions as the 'Weisser Hirsch,' Dresden, the leading Nature Cure establishment on the continent of Europe."

Most remarkable cures are constantly being effected by this natural method of treating disease, by relying on the healing powers of nature. These cures are all the more remarkable when it is remembered that a large majority of those who take up this method of treatment have tried almost every other system, and in many cases have been given up as hopeless by regular practitioners. It is only as a

last resort that people will consent to try a method that involves will power, patience and self denial.

The "regular" treatment of the drugging, serum-injecting, and carving school of medicine is the antithesis of the Nature Cure. Instead of aiding nature to eliminate morbid matter from the system, and so reestablishing normal conditions, they seek to suppress the symptoms of the healing process, which people call disease. Thus it is that for every one who dies of disease, a thousand die from malpractice. In most cases they would recover if they were simply left alone. This is the secret of many Christian Science cures.

In the Nature Cure, each individual case is treated according to conditions. In one case cold baths, whole sheet packs, active exercise and fasting may be indicated. In others, warm baths, rest in bed, and feeding of simple, nourishing, non-stimulating food, always carefully graduated in quantity, according to the amount that the patient can digest.

I have several times suggested that if a hospital were established to treat patients in a rational manner, without drugs or objectionable foods—or any food at all while seriously sick, except, perhaps, a little fruit juice—the results would be astonishingly favorable. Two such hospitals have been in existence for several years, and the results achieved have indeed been surprising. One of these is the Lady Margaret Hospital, at Bromley, in the county of Kent, England, superintended by Dr. Josiah Oldfield, a well-known London surgeon. It is a fruitarian hospital. Over two thousand operations have been performed there, and Dr. Oldfield reports that he lost only one case after operation in ten years. The other hospital at Mildura, Australia, is presided over by O. L. Abramowski, M.D. Mildura is an Australian irrigated fruit growing colony, founded by Chaffey, who laid out the flourishing settlement of Ontario, in Southern California. Twenty-five years ago Dr. Abramowski was a very sick man. He started experiments with fasting and a fruitarian diet. The favorable results achieved led to the placing of the Mildura hospital under this system, and it has now been so conducted for about ten years. In a report, Dr. Abramowski said:

This treatment is based on the following observations:—

Disease is practically restricted to man and his domestic animals. Free animals are nearly always healthy, like the birds in the air and the fish in the water. The difference in living between man and the free animals will give us the cause of disease.

Free animals live on natural food and natural drink. Man seldom likes natural food and drink; he prepares his food and drink.

Preparation of food means, practically, the application of heat to it, or, in other words, cooking in all its different branches.

Natural food does not need cooking, but is chemically changed—often killed—by boiling temperature, whilst a great number of unnatural food-stuffs are made eatable and digestible by heat. Cooked food is dead food.

A diet full of dead material, forces the body to great exertion in order to extract the few living particles, or to revivify those that can essentially yet be used, and thereby weakens the constitution; while, on the other hand, it must fill the body with useless material, often decomposed and poisonous, which we call "waste matter."

Waste matter, the product of cooked food, is the cause of most bodily encumbrances and impeded bodily functions. Nature may for a time accom-

moderate this waste matter, but then it has to work under difficulties, which are the symptoms of so-called chronic diseases.

As soon as the bodily functions cannot go on any longer under the daily increasing burden of waste matter, the process of life would come to a standstill, and death would follow, if Nature did not start a process of removing the waste matter. This process of "burning off rubbish" in order to enable the body to go on with the work of life is called disease.

There is only one disease. The different appearances of it are the consequence of the variable actions of the different organs used for eliminating waste matter, and of the poisons produced by different little parasites (microbes) accompanying some of these purifying processes. Disease is a beneficial process, and should never be suppressed, but should be helped and assisted to effectively do its work—viz., the restoration of the body.

It is not, however, necessary to live entirely on raw food in order to be well and strong.

Like any other good thing, natural methods of treatment may be overdone. You can kill a man with cold water as well as with drugs. When, occasionally, a patient dies under the natural method of treatment—often a patient who has been declared incurable by practitioners of the regular school—they are quick to hold up such a case as an awful example. How about the thousands of men and women who are constantly dying under the treatment of eminent allopathic physicians, sometimes, if the patient is rich, with half a dozen doctors around the sick bed? Then, we are told that they died "in spite of all that medical science could do." It is to laugh.

The Nature Cure will gradually supplant all other methods of treating the sick, because it is the only true method. "Magna est veritas et prevalebit."

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## Voting and Fighting

**I**N an article in Pearson's Magazine for October, Allan L. Benson suggests that no offensive war should be engaged in without first taking a vote of the whole people. He writes:

Each voter should be required to sign his name after the word "Yes" or "No," and in counting the ballots the election officials should be required to keep the affirmative and negative votes separate.

War should not be declared except by affirmative vote of a majority of the enrolled voters, and if war should be declared, those who voted for war should be sent to the front in the order that they appeared at the ballot box.

Not a man who voted against war should be compelled to serve as a soldier until every man who voted for war had been sent to the front.

I suppose the few women who voted in the affirmative would be sent to the front as nurses, while the cripples would be made busy around the commissariat.

This is not a bad idea. We take an initiative or referendum of the voters to decide such questions as whether saloons should be permitted to serve free lunch, or whether a man may shake dice for cigars, yet we permit 135 men, who make a majority of a quorum in Congress, to plunge a hundred million people into a war that may involve the loss of hundreds of thousands of lives, and the destruction of billions of dollars worth of property. Manifestly this is illogical and foolish, and unworthy of what we are pleased to call a practical nation.

### Diet and Disease

**W**HILE nearly all disease is due to wrong eating—to the wrong building of the body by food—some ailments, more than others, may be directly traced to certain dietetic sins. As, for instance, cancer and gall stones are due to the consumption of more proteid food—meat, fish, fowl, eggs, cheese, beans, etc.—than can be assimilated. Tuberculosis, always starting in the stomach, is due largely to the lack of mineral elements in the food, and to the over-consumption of starch. Rheumatism is mainly due to auto-intoxication and uric acid. Besides the uric acid formed in the body by auto-intoxication, quantities are taken in by those who eat flesh foods. Catarrh, asthma, adenoids and tonsilitis are mainly due to the over-consumption of starch and dairy foods. Most of the diseases of children may be traced to the over-eating of starches and sweets. Leprosy and beri beri are directly due to the absence of the necessary organic salts in the food, as, for instance, the absence of iron in fish and coconuts, and the deficiency of mineral matter in polished rice. “Colds”—which are fevers—and that more severe form of cold, pneumonia, are due to over-eating, and are encouraged by the over-consumption of salt. Other ailments, such as nervous collapse under various popular names—“neurasthenia,” “paresis,” “locomotor ataxia”—are due to long-continued dietetic excesses, to which are sometimes added sexual excesses, for which nature invariably collects her bill sooner or later.

Even when right foods are eaten, and in moderate quantity, harm may be done by mixing up at the same meal a number of foods antagonistic to each other—that do not digest in the same manner. The less foods at a meal the better.

This does not mean that a person should never indulge his stomach. It does mean, however, that if a person habitually and persistently lives to eat, instead of eating to live, he will sooner or later have to pay the price.

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### Kanonen Futter

**A**LARMED at the prospect that this war, if long continued, may deplete the supply of food for cannon—“kanonenfutter,” as the Germans pithily put it—the Men Who Make War are taking steps to encourage the breeding of human beings. They are calling on the Church to help them, and the Church is nobly and patriotically responding. The Archbishop of Canterbury addressed an open letter to a London paper, urging the reduction of marriage fees, and the encouragement of soldiers and sailors to take wives before leaving to the front—in order that they may beget more food for cannon before they go off to be killed. In Germany a similar movement had already been inaugurated.

As a set-off to this cold-blooded attempt, it would, as I suggested last month, be well if women who are weary of raising boys to be shattered by shrapnel, should go on a strike and refuse to breed until the nations disarm.

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Half Californians are foreigners, or of foreign parentage.

## Red Lights, White Slaves and Blackmail

**A** FEW weeks ago in Los Angeles a policeman broke into the bedroom of a married couple and demanded to see their marriage certificate.

A few months ago an easterner and a reputable woman, who, for legal and other reasons satisfactory to themselves had for twelve years been living together as man and wife, came to Los Angeles, where the man was arrested as a "white slaver," for having paid the woman's fare from the East.

The owner of a large lodging house in Los Angeles found that holes had been drilled in floors and ceilings, and transoms removed. On protesting to the landlord, he was told that the police had done it. The chief of police said he was only enforcing the law. He was right.

I notice no reference to such evidences of our chemical purity in boom literature, sent out to attract easterners with money. Why this omission?

Under the strict interpretation of the "Red Light Abatement Law" on which the people of California will vote in a few days, if you rent a house to a man and woman, and if one who bears you ill will discovers that they are not legally united, according to the laws of California, the person can give information that may cause your house to be closed, for all purposes, for one year, the furniture being taken out and sold. This law would of course, if enforced, close nearly every hotel in America.

People vote for laws because they approve what they suppose to be the purpose of those laws, without investigating the proposed methods of enforcing them. Many have been led to believe that the California prohibition law—also to be voted on this month—provides only for the closing of saloons.

The Federal act, known as the Mann Act, was designed to suppress commercialized traffic in girls, which extends all over the world, with headquarters in large cities. In Berlin, for instance, \$2,000,000 is invested in an institution that maintains procurers in foreign countries, to secure recruits. This institution, I am told, pays 30 per cent dividend. In America its activities would properly come under the ban of the Mann Act. As interpreted and enforced, however, this act has caused the phrase "white slavery" to become meaningless. If an enterprising New York widow beguiles an old buck to accompany her to California, having an eye on his pocket, and if they are found together in a room, he may be arrested for "white slavery."

In Russia this sort of thing would be called tyranny, but tyranny cannot of course exist in this "home of the brave and land of the free." It is a fact, however, that if you satisfy the authorities you have no nefarious designs on the government you may enjoy more personal liberty in Russia than in many of the American States.

Such laws as these can never be effectively enforced, because they are unreasonable and unjust, and consequently are not endorsed by a majority of the people, who are too lazy or indifferent, or too busy making a fortune or a living. Then one day they wake up to find

that they have permitted themselves to be fettered by a small band of fanatics. The consequence of this again is that the rising generation, seeing laws broken on all sides, grows up with a contempt for all law.

### Relief is Not Cure

**O**N all sides you may hear and read of wonderful "cures." Are they cures? No, they are something quite different. A year ago I wrote:

Most people seek relief of symptoms rather than cure of disease. They are not willing to pay the price of a cure. The price is patience, perseverance and self denial. They demand quick results. That is why quacks, "ethical" and "unethical" flourish. That is why drugs and serums and operations are popular. The difference between "regular" treatment of the sick, and rational treatment, or Nature Cure, is that the former seeks to suppress symptoms, while the latter aims to remove the cause.

I wish to impress upon you the great difference between relief and cure, for it is highly important. In giving advice I find that the great majority of my consultants do not really want a cure. What they want is relief—something that will make them feel better.

When you take a small pack off a weak man's back you afford him relief. You do not strengthen him. When you are feeling enervated and depressed and unfit, a stiff glass of whisky may for a time make you feel like a fighting cock. That is not a cure. That is temporary relief. Like all other unnatural methods of relief, it brings with it a harmful reaction.

All disease, and all ill feelings are manifestations of Nature's efforts to cure. When these symptoms are suppressed by dope, or otherwise, the system is quieted for a time. Presently nature tries in some other way, and always more urgently, until finally a crisis carries the "impatient" off.

The editor of the London Lancet, the world's greatest medical authority, recently rebuked doctors for the loose way in which they use the word "cure." He wrote:

"What is a cure? Nothing ever gets completely well" is an aphorism of a great medical philosopher. Only when the cause of a diseased condition has been removed, its effects neutralized and the organism protected against its activities in the future have we the right to speak of the "cure" of the patient. Immunity conferred by such a cure may be only temporary. Where a disease process is only limited or shut off and its further spread prevented, while the causal agent remains, we should speak of arrest, but not of cure. Where grave organic damage has occurred and function has been restored by vicarious activities we should speak of the result as one of repair or compensation."

In A Stuffed Club Dr. Tilden told of a case that occurred in his practice many years ago. I quote:

I was called to treat a case of acute, articular rheumatism in a lady about twenty-six years of age; a very handsome, hence a much-petted and spoiled, woman. This kind of patients often unwittingly demand death rather than relief. Her rheumatism was as wandering as a band of gypsies. One day it would be in one ankle, the next day in the other, perhaps the next day in a knee, then the next day in the elbow or the opposite knee; never more than twenty-four consecutive hours in one joint. She suffered, but I refused absolutely to give her relief further than what could be obtained from hot appli-

cations. I explained to her that it was dangerous to force relief; that, if I should give her drugs to relieve her pain, it would interfere with the functioning of the different organs of the body; that a disease of the character of hers was liable to go to the heart, and that it was best not to interfere too much with the local trouble by rubbing on liniment (which was the vogue then in treating rheumatism,) or administering pain-relieving remedies for securing relief. In a week after I took charge of the case, the patient and her husband had become dissatisfied and insisted that I must give relief, or they would have to call someone who would. I refused absolutely to comply.

The next day, after I had refused to please the patient and her husband, before my regular time for visiting her, I received a nicely perfumed note, telling me that they had sent for another physician who was not afraid to give her relief. The following day I met the husband on the street, talking to several friends, and, as I went by, he halted me to say: "Young man, you had better learn to relieve your patients. The physician I called has brought relief, and my wife is resting well." I told him that I was very glad, and hoped no harm would come from the relief, but that I did not feel justified in stopping her pain with the understanding I had of such cases.

I was told a few hours afterward that the unfortunate woman was dead—died suddenly about the time her husband was giving me advice. She did not last twenty-four hours under the relief system. Was this a rare case? Millions have paid and will pay with their lives for relief.

Very few people know the price they are paying modern medical science for relief, and I can see, with the eyes given me by years of experience, that it does not make any difference what the character of the disease, the patient is injured by every artificial relief given him, further than what a hot bath or hot applications will bring.

If you are suffering from symptoms of disease, you will, if you are wise, seek not temporary relief, but permanent cure. To get this you must, however, be willing to pay the reasonable fine that Nature demands for the breaking of her laws. There is no other way. There is no royal road to health. Nature knows no favorites. Prince and pauper must pay the same price.

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### "Ethical" Indorsement of Fasting

**T**HERE is a statement about fasting, by an "ethical" physician, in an "ethical" magazine. It is from the "Medical Summary," of Philadelphia, and was written by W. Stuart Leech, M.D.:

"The observation and study of forty odd thousand patients during a quarter of a century of continuous practice has impressed me profoundly with the importance of some of the neglected small things. When to eat and when not to eat seems an insignificant thing, but it concerns our very physical existence and often has much to do with our moral welfare, yet in all medical literature I am unable to find a practical book on the subject of fasting. There is a shameful dearth of medical writings along this line. . . .

"No acute infectious disease can be cured without fasting or without having assimilation cut short at some point. The most important desideratum in the treatment of enteric or typhoid fever is a two or three weeks' fasting. If the attendant fails to do this Nature interferes by producing anorexia, laxity, and delirium. Abstinence is the first thing thought of in an attack or threatened attack of appendicitis, and in this condition, and a host of kindred troubles, if we give food we but add insult to injury. . . .

"An all-cereal and vegetable diet would practically eliminate

appendicitis from the category of medicine, relegating it to the shelf of medical curiosities. A wineless and meatless diet would reduce the divorce evil fully 90 per cent. It is but the natural law of vibration and it will gradually whip us collectively to obedience. An all-vegetable diet is not demanded."

Remember; foregoing is a statement by a medical "authority," not by a "dangerous faddist" like Harry Brook.

### "Twilight Sleep"

**T**HE discovery of chloroform was in one way a great blessing to humanity. In another way it was a curse, because it facilitated unnecessary surgical operations.

If the public knew how many people die from the effects of anesthetics they would be shocked. R. C. Myles, M.D., of New York, in the *Journal of the American Medical Association*, wrote:

I regret that statistics of the fatalities due to anaesthesia cannot be obtained. Those who have lost patients do not give the statistics for publication. They are perfectly willing to confer with one another on the subject, but not with the profession at large, in the way of publication. I have frequently asked surgeons in different parts of the United States as to deaths from anaesthesia, and it is rarely the case that they have not had a fatal accident, but I do not believe that five per cent. are reported.

Following is from "The General Administration of Anesthetics," by J. M. Baldy, M.D., the President's address read before the American Gynecological Society, Philadelphia, May, 1908, and published in the *American Journal of Obstetrics*, July, 1908:

The general administration of anesthetics, as performed today, is the shame of modern surgery, is a disgrace to a learned profession, and if the full, unvarnished truth concerning it were known to the laity at large it would be but a short while before it were interfered with by legislative means—and properly so.

In England they demand coroners' inquests after deaths following operations.

Only skilled and experienced men should be permitted to give anesthetics. To do so requires almost as much skill and experience as the operation itself, yet too often the work is entrusted to comparatively inexperienced hands.

Careful old doctors dread anesthetics. A list of substitutes for chloroform and ether would fill a page of this magazine. Hypnotism has been successfully used in some cases. The latest method, introduced by an Eastern dentist, is pressure on a finger, influencing the nerves.

Of late much interest has been aroused on the use of scopolamin, to render parturition painless. The romantic name of "twilight sleep" has been given to the operation, so as to popularize it. Under the name of "scopolamin" it would not have the same attraction, or arouse so much interest.

This drug has been included in the medical pharmacopeia for many years. In the "Cyclopedia of Medicine and Surgery," by Gould and Pyle, published in 1900, scopolamin is described as follows:

"An alkaloid extractive of *Scopolia japonica*. It is a powerful mydriatic, whose effects are more rapid and more lasting than those of atropin, and are neutralized by those of eserin.

"Scopolamin is recommended as a substitute for atropin, both for cycloplegia in refraction and in the treatment of iritis."

"It is claimed that the ciliary muscle is paralyzed one hour after the first instillation. The paralysis lasts about 72 hours and can be shortened by a weak solution of eserin used several times."

It has hitherto been used chiefly for the eye.

American doctors who have been interviewed by the press differ in regard to the use of this anesthetic. Some say it greatly increases infant mortality. Others that it depends chiefly on hypnotism on part of the physician who administers it. In the July number I wrote:

At Freiburg, in Germany, women in childbirth are treated with a narcotic called scopolamin, which is claimed to be harmless, and to make parturition painless. It is described in McClure's for June. Chloroform is sometimes used on such occasions, but doctors know it is dangerous. Patients are going to Freiburg from all parts of the world, which must be highly profitable for the University of Baden, where the treatment is given. Some cold-blooded religionists will declare that this is blasphemous, because the Bible says "In sorrow thou shalt bring forth children." I notice that it is only men who quote this statement.

Civilized women, like civilized men, are physically degenerate, and unable to stand the ordeal of natural functions, such as childbirth. All may have painless parturition if they will adopt a very abstemious, non-stimulating dietary during pregnancy, and take exercise up to the last. Most of the pains of childbirth are caused by the folly of over-eating, done under the direction of doctors, who say it is necessary for the formation of the unborn child. The absurdity of this is shown by the fact that the entire weight of an average child, with the after-birth, does not amount to more than one-half an ounce a day during the nine months of pregnancy. I have received wonderful reports from consultants of easy births following the adoption of these simple and natural rules.

An evil of child-bed now-a-days is that modern fad, the man midwife. A skilled midwife is better than a physician, because, first, woman can sympathize better with her sex, and second, the physician is too often in a hurry, and resorts to instruments before it is necessary.

However, few women would be willing to restrain their appetites even for nine months to obtain painless parturition. Then, again, even under the best conditions, the pains of childbirth are not always entirely absent, so it is not surprising that women clutch at anything that offers relief in their hour of trouble. Hospitals will be established, and much money will be made out of the manufacture and administration of this drug. Then, probably, it will go the way of Koch's tuberculin, Friedmann's consumption cure, and Ehrlich's salvarsan, regarding the dangers of which we now frequently read in medical journals.

Meantime, as I have pointed out, there is a simple, natural, harmless way for women to avert or minimize the pains of childbirth.

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It is the early impressions that are carried to the grave. During old age we forget the things that have occurred during middle life and revert to the incidents of childhood.—E. B. Lowry, M.D.

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One may talk ever so knowingly of Ibsen or Shaw or William Vaughn Moody, or Mister Dooley; no one is convinced that one has the indefinable thing called culture—a thing so much more than mere book learning—until the intonation of the voice betrays the inward grace.—Christian Science Monitor.

## The God of War

**A**S I said last month, one of the most remarkable features of this war is the manner in which each nation claims the assistance of God Almighty in crushing others with destructive weapons. Emperor William, a sincere believer in the divine right of kings, seems to be on more particularly intimate terms with God than the others. He has evidently inherited this trait from his grandfather, who, during the Franco-Prussian war, sent daily telegrams to his wife, Augusta, almost always ending with an invocation to God, which led a godless English wit to perpetrate the couplet:

“Praise God from whom all blessings flow,  
A thousand Frenchmen sent below.”

At Berlin on March 29, 1901, the Kaiser said:

We will be everywhere victorious, even if we are surrounded by enemies on all sides, and even if we have to fight superior numbers, for our most powerful ally is God, who, since the time of the great elector and great king, has always been on our side.

Again, in a speech he made as late as 1910, he said:

Considering myself as the instrument of the Lord, without heeding the views and opinions of the day, I go my way.

Here are other outgivings of the Emperor along the same line:

“It is the tradition of our House to look upon ourselves as designed by God to govern the peoples over which it is given us to reign.”

“The behavior of the Hohenzollern family is drawn from the knowledge that God has put it in the place it occupies, and that it must render account to Him alone, and to its conscience, of what it does for the good of the country.”

“Confiding in God, I accepted the burden of power, knowing well that the army was the chief buttress of my country, the pillar of the throne of Prussia, to which the will of God called me.”

“I want Christian soldiers who say the Lord’s Prayer. The soldier must not have his own way, but must have only one will, and it is mine. There is only one law, and it is mine.”

A paper reproduction of the projectile of the new German siege gun has been widely sold in Berlin. It contains pictures showing the awful effects of the shell, and an inscription: “Mit Gott fur Konig und Vaterland.”

The Russian government sent to the army in Galicia a famous ikon of the Mother of God, which was expected to inspire the troops and bring them victory.

When each nation or tribe has its own particular god, there is some logic in this sort of thing, but how six Christian nations can reconcile reason with appeals to one God to fight against Himself is more than I can understand. The Japanese do not appeal to God, but on the breaking out of war they formally notify the spirits of their ancestors, in order to obtain their help, a somewhat more sensible proceeding, as they know, at least, where to locate the abiding places of the remains of their ancestors.

This attitude of claiming the backing of God—which some people would call blasphemous—is in great contrast to a saying of that great man, Abraham Lincoln. During the darkest hours of the Civil War, in response to a question whether he was sure that God was on “our side,” he replied: “I do not know. I have not thought about that. But I am very anxious to know whether we are on God’s side.”

## Briefs

“What’s in a name?” Much, sometimes, as many have discovered in the war zone.

There was a good article in the October Forum on “Gerophobia.” People begin to realize the folly of the germ superstition.

The S. P. C. A. thinks it is illogical to arrest people for cruelty to animals, while we are about to export thousands of horses to be maimed and slaughtered in Europe. Correct.

Seven persons were killed, and 140 men, 36 women, and 52 children were injured in traffic accidents in Los Angeles in September.

Only whole wheat bread may be made in Switzerland during the war.

Heavy cannonading is followed by persistent rains, increasing the discomforts of an army.

Twenty-five years ago Sir Lionel Sackville West, British Ambassador to Washington, made a bad break. This year Sir Lionel Carden, British Ambassador to Mexico, made another.

In 1870 France expected Bavaria and Wurtemberg to secede from Germany. In 1914 Germany expected India and Egypt to secede from England. Both mistaken.

The British-German Friendship Society organized in London a few years ago has disbanded.

Reading the records of this war we must revise our ideas of physical degeneracy. There’s a lot of grit left in the human race.

In Japan, where vaccination with re-vaccination was rigidly enforced for twenty years, it was followed, in 1908, with a severe epidemic of smallpox, the death rate being 32 per cent.

Portland, O., sentenced automobile speeders to the rock pile, and there was not a fatal automobile accident in nine months.

Two national guardsmen in Iowa and New York died as a result of vaccination for typhoid.

In the “swellest” district of the west side of New York the death rate is 18.70 per thousand. The price of luxury.

Edison, after inspecting, for the first time, a warship and a submarine, said: “I cannot get enthusiastic about perfecting weapons of war.” Edison is all right.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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## Influence of War on Character

**S**OME claim that war is not only necessary, but desirable, in order to develop character. These people argue that in times of peace men become morally flabby. A prominent New York clergyman had a long article in the *World*, in which he sneered at the "canting and pharisaical views" of those who oppose war. "War," he said, "is a natural and necessary factor under present earth conditions of progress among the races of mankind."

It is true, as this preacher asserts, that more thousands are cut off in times of peace by the cruel social, economic and industrial conditions in our great centers of civilization than are sacrificed in war, but that does not make war desirable, or commendable.

As to "developing character," it is surely a miserable satire on what we call "civilization," if, after all these years of "progress" and "uplift" we can find no better way for a man to strengthen his character than by blowing off the head or perforating the bowels of men he has never seen or heard of, and against whom he consequently cannot bear any grudge—men who are perhaps, like himself, good citizens and loving fathers. You may better develop character by conquering yourself spiritually than by physically crushing your fellowmen.

As to the effect of war on nations, as Haeckel has plainly shown, it leads to national degeneracy, because the flower of the nation go to war, leaving behind, for breeding purposes, the unfit.

If killing makes for character, then a pig sticker should be one of nature's noblemen.

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## Profitable Publicity

**M**EN begin to learn that quality as well as quantity in advertising counts. This magazine is read by thrifty people who think. They read it carefully from cover to cover, including the advertisements. They know that I would not willfully advertise anything that I cannot conscientiously endorse.

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Mutilated by shrapnel, frozen on the battlefield, eaten alive by wolves. Civilization—Bah!

## Why Not Pair?

**F**ROM all over the world army reservists are traveling thousands of miles to fight each other on European battlefields. Sometimes they travel on the same boat or train. This seems to me to be very foolish and unbusiness-like.

In the English Parliament, and in some other legislative bodies, when a member has to be absent, and does not wish his party to lose his vote, he "pairs" with a member of the opposite side. That is to say, each undertakes to abstain from voting for a certain period. Why can't these reservists do the same? An English or Belgian, or French, or Russian who intends to go to kill a German or an Austrian, might agree with one of his opponents to stay at home. They might go before a notary public and put the agreement on paper. In this way they would serve their countries equally well, save their countries transportation, equipment, and support—and save their hides.

This suggestion is not copyright. I think it is worthy of consideration, in a war that is entirely free of romance and sentiment, being carried on along practical lines of business efficiency, men killing by machinery often without seeing each other.

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## No Votes for "Tenderfeet"

**A**MONG questions on the ballot in California this month is one as to whether only taxpayers shall vote on bond issues. There is much to be said in favor of such a restriction, and some things to be said against it.

Here is another suggestion, along the same line: I propose that no persons shall vote on any subject affecting state or local affairs until they have lived in California ten years. It is insufferable that a horde of newcomers should attempt to fasten their preposterous Puritanical prejudices on the inhabitants of this grand State.

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The war should teach us to do without things "made in Germany" and other foreign countries. A great country like this, rich in natural resources, should not depend so largely on imports.

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The Association of the Swiss press advises omitting from newspapers, "court news, personal gossip, sensational news, improbable news, and news circulated in the interest of a party." That would not leave much to American papers.

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Reading the newspapers during a campaign, it is difficult to avoid the conclusion that editors take their readers for dampfools.

## The Chemistry of Character

JOHN and Peter and Robert and Paul,  
 God in his wisdom created them all.  
 John was a statesman, Peter a slave,  
 Robert a preacher and Paul was—a knave.  
 Evil or good as the case might be,  
 White or colored or bond or free,  
 John and Peter and Robert and Paul,  
 God in his wisdom created them all.

Out of earth's elements mingled with flame,  
 Out of life's compounds of glory and shame,  
 Fashioned and shaped by no will of their own,  
 Helplessly into life's history thrown.  
 Born by a law that compels men to be,  
 Born to conditions they could not foresee;  
 John and Peter and Robert and Paul,  
 God in his wisdom created them all.

John was the head and the heart of his state,  
 Was trusted and honored, was noble and great.  
 Peter was made 'neath life's burdens to groan,  
 And never once dreamed that his soul was his own.  
 Robert great profit and honor received,  
 By zealously preaching what no one believed.  
 While Paul of the pleasures of sin took his fill,  
 And gave up his life to the service of ill.

It chanced that these four men in passing away,  
 From life and its conflicts, died the same day.  
 John mourned through the length and breadth of the land.  
 Peter fell 'neath the lash in a merciless hand.  
 Robert died with the praise of the Lord on his tongue,  
 While Paul was convicted of murder and—hung.  
 John and Peter and Robert and Paul,  
 The purpose of life was fulfilled in them all.

Men said of the statesman: "How noble and brave."  
 Of Peter, alas: "He was only a slave."  
 Of Robert: "'Tis well with his soul, it is well."  
 While Paul they consigned to the torments of hell.  
 Born by one law, through all nature the same,  
 What made them differ, and who was to blame?  
 John and Peter and Robert and Paul,  
 God in his wisdom created them all.

Out in that region of infinite light,  
 Where the soul of the black man is pure as the white.  
 Out where the spirit through sorrow made wise,  
 No longer resorts to deception and lies,  
 Out where the flesh can no longer control  
 The freedom and birth of the God-given soul,  
 Who shall surmise what fates may befall,  
 John and Peter and Robert and Paul.

## Brooklets

Why not mobilize the unemployed into a labor army, for peaceful use where they are needed?

\* \* \*

We err when we think "modern improvements" change human nature. It is the same as it was ten thousand years ago.

\* \* \*

Many prominent citizens are Socialists at heart, but are kept from admitting it by fear of the bogie, Respectability.

\* \* \*

You cannot develop strong minds and bodies in picture shows and candy stores.

\* \* \*

"Let not the sun go down on thy wrath." Or on thy worry, either. Anger and worry are bad bed-mates.

\* \* \*

There are too many nervous prostrators crawling around.

\* \* \*

It is well to be an optimist, but don't lie to yourself.

\* \* \*

Actors and preachers seem to be exchanging roles now-a-days.

\* \* \*

It is easy to abstain from that for which you have no desire.

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Save a little of your politeness for your family.

\* \* \*

Many go through life without getting acquainted with themselves.

\* \* \*

If men did not overeat of stimulating foods they would not be so ready to give vent to their animal passions by war or otherwise.

\* \* \*

After this war I suppose we shall have a class war and a sex war. Poor old world.

\* \* \*

Tiger killing in India has resulted in enormous increase of wild pigs, which damage crops. You cannot safely interfere with nature.

\* \* \*

If men ate less beef they would think less bloody thoughts and do less bloody deeds.

\* \* \*

Warring monarchs call on Almighty God, but they have to fall back on the Almighty Dollar.

\* \* \*

Most women, and some men, go to church and opera to see and be seen, not to listen.

The power of suggestion is shown in sales at \$1.99 or \$19.98 when the same goods at \$2 or \$20 would not draw.

### Hydrotherapy In the Home

**I** VENTURE to predict that the near future will see a great revival of the water cure (hydrotherapy). When it shall be common knowledge, that water, properly applied, is a complete substitute for most drugs, serums and operations, there will be a change of sentiment.

The much advertised spa, where society congregates and high prices rule, is worthless to the average individual. Were it as free as mountain air, it contains no virtue, as a curative agent, not possessed by the water from your own hydrant. In warm blooded animals the vital activities of life are carried on in a very short temperature range. A few degrees above means fever, a few degrees below lowered vitality, and death. The power of water to control temperature is greater than that of all other agents. As a solvent, for attracting the blood to, or driving it from any tissue or organ, for diluting and eliminating toxins, for controlling pain, it has no equal. We all possess in generous abundance, the agent best suited to preserve health, and to restore it when lost, yet we disregard it, or overlook it, or are ignorant of its value, and thus lose its benefits.

When you contract a cold, pneumonia, appendicitis, rheumatism, aches and pains of various kinds, diarrhoeas, inflammations, bruises or infections; if any in the family is afflicted with chronic troubles of the stomach, bowels, heart, liver or kidneys; the safest and best remedy, the most potent remedy, the remedy you will employ when all others fail, is water. It may be applied at home, in your own bathroom, when it is properly equipped.

Most families set apart a room devoted to the disposal of the filth and wastes of the body, in a sanitary manner. In some instances this room is four feet by four, and without light. That family looks it. A marked improvement is the room six by eight, with light, and a tub, yet this leaves much to be desired. The better class home of the cultured business and professional man is equipped with a roomy tub, a toilet seat, a wash bowl and sometimes a shower, although a shower is exceptional. The room is usually well lighted but poorly ventilated. Such rooms, if eight by ten, are susceptible of much improvement by a rearrangement, and suitable additions. The best way, however, is to secure the services of an expert, and when building to set apart ample room, conveniently arranged and suitably equipped to meet every requirement. The cost will not greatly exceed the present method, and efficiency will be greatly increased, when we can at home take Turkish baths, all kinds of chemical baths, and treat locally and generally for almost every known disease.

Let us see what can be done with a 10 by 12 room. To conserve space we will build in an electric light cabinet. A full-sized tub will occupy a convenient place. A table 28 inches by 6 feet is an absolute necessity. It may stand upon its own legs, or be hinged to the wall and drop down out of the way when not in use. A stool 20 inches high with a leg tub of the same height comes next. Then a gas burner with a large open vessel for boiling water, and a shower with spray attachment. The floor should be made of some substance impervious to water and be supplied with drains. Have a set of drawers stocked with colon tubes, water bags, ice bags, coarse salt, soap, sheets, towels, etc., and the home water department is complete enough for all ordinary purposes. There are many more attachments and accessories, but my object has been accomplished by showing the possibilities in a given space.

Is water, as a preventive and curative agent, really of such great value? Will it do what is here claimed, or is the author an enthusiast, a dreamer? Simon Baruch, M.D., in his work on the subject says: "Much time that is now wasted in teaching the properties and application of drugs, could be profitably devoted to the study of this most powerful remedial agent." This statement is by a recognized leader in the medical world. Such evidence might be multiplied indefinitely. If you are still skeptical, try this as an example and be convinced.

We will suppose a case; male, business bad, collections worse, nervous, irritable, run down, appetite poor, ready to say, "What's the use?" and quit. What is the remedy? Go home and forget to take the glooms along. Take a hot foot and a leg bath with a cold towel on the head, for fifteen minutes, a cool shower, then a light meal, and after an hour go to bed. If rheumatic, reduce your diet, flush the colon often, sweat freely in the bath cabinet, drink freely of distilled water at regular intervals, and rest. The question of who shall administer the cure is not difficult. Adults can do most of it for themselves, and when necessary each can help the other. Mother usually attends to the needs of the little ones. If the case is serious, good judgment would dictate sending for a doctor who understands the water cure to map out a course of treatment. Not all physicians know how to use these tools, but many do, and more will in the future.

It is poisons, not germs, that we must combat in disease, and water is king here. The place to make application (reflexes) for brain troubles is, head, face, neck, hands and feet. For lungs; the chest, shoulders and upper spine. For heart; over the organ and the upper spine. For stomach; over the stomach, on the spine between the shoulders to the middle of the back. For liver; the right side and abdomen. For kidneys; middle of the body front and back. For intestines; over the abdomen and the lower half of the spine. For bladder; lower abdomen, inner thighs and feet. For uterus; lower spine, lower abdomen, inner thighs, breasts and feet. To cure a cold, start the first twenty-four hours with a colon flushing, a heavy sweat, and light diet with deep breathing. The best results are attained by remaining in bed.

There are few emergencies that cannot be met with calm assurance when we have hot and cold water, and a place to use it.

Los Angeles.

FRED J. COOK, N.D.

### A Good Suggestion

**E**STELLE LAWTON LINDSEY is a socialist candidate for the Assembly from the Sixty-first District of Southern California. Mrs. Lindsey was formerly the "Cynthia Grey" of the Los Angeles Record. Among measures that Mrs. Lindsey promises to work for if elected, is the following:

"A law, making it compulsory for every city prosecutor in a city of any size, to employ at least one woman deputy to advise women. This I know is important, because I sent to Margaret Gardner, when she was in the city prosecutor's office, about 75 per cent. of all the cases she handled. These women had intimate marital troubles of a most degrading and humiliating nature, and had to explain in detail before they could secure any measure of relief. Many of them would have died before they would have told to a man the particulars of their troubles. Since women must use the city prosecutor's office, they are entitled to have representation by one of their own sex."

This is a good suggestion, and worthy of adoption.

### Dr. Carl Schultz's New Sanatorium

**A**FTER many vexatious delays, the Naturopathic Institute and Sanatorium, for years in existence on South Hope street, has been reopened by Dr. Carl Schultz at 1319 South Grand avenue, Los Angeles, next door to the Pacific Hospital. Until recently the building has been used by that hospital. It has been thoroughly remodeled and fitted in first-class style, with treatment rooms for men on one side and for women on the other. There are ample accommodations for resident patients. The building is surrounded by wide porches, and a large garden. The rooms are sunny and steam heated. All natural methods of aiding nature will be used.

Associated with Dr. Schultz is Dr. August Greth. He was Dr. Schultz's assistant for many years. He studied massage in France and later studied medicine in the University of California. Dr. Elmer A. Clarke, the consulting physician, is a graduate of the homeopathic and allopathic schools, but is a broad-minded man, and has for years worked in harmony with Dr. Schultz.

It is to be regretted that Dr. Schultz could not see his way clear at present to open a regular college, but the stringency of the money market forbade it. Connected with the Institute is a training school for nurses, and a school of hydrotherapy, massage, osteopathy and chiropractic. It should attract many students, as in nearly every state in the Union insane asylums and other public and private institutions now employ hydrotherapists and masseurs. The government of California not long ago advertised in medical journals for hydrotherapists. These must pass examinations, but need not be physicians.

Dr. Schultz, who is President of the Association of Naturopathic Physicians of California, needs no introduction to readers of BRAIN AND BRAWN. A full account of the services he has rendered to the cause of medical freedom were published in the September number. His specialty is hydrotherapy, or water cure, in which he has been remarkably successful.

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### Christian Science

**I**N the June number, under the heading "Faith Cures," I wrote: "In October, 1911, a committee on spiritual healing, or faith cure, was appointed by a conference of the clerical and medical professions in England. This committee, composed of prominent clergymen and doctors, recently reported. In brief, they say that the results of what is called faith, or spiritual healing, do not prove different from those of mental healing, or healing by suggestion. The committee recognizes that suggestion is more effectively exercised by some persons than by others. Faith, or spiritual healing, they say can be permanently effective only in functional disorders, as distinguished from organic disorders."

This brought to me a few weeks ago, through the local representative, a communication of about a thousand words, from Boston. In the communication, the writer says:

"The committee whose report was thus noticed was composed exclusively of representatives of the clerical and medical professions. Christian Scientists had no part in its proceedings."

The point is well taken. You cannot expect an unbiased verdict from regular physicians in regard to Christian Science or osteopathy. And the parsons are no less prejudiced.

### “Humane Warfare”

**T**HE Germans use a steel-jacketed bullet with a core of lead, hardened with antimony. The steel jacket frequently comes off in jagged fragments, which horribly lacerate the flesh.

The French bullet, a mixture of copper and zinc, is not jacketed, but is longer and sharper than the German bullet. Bent by ricocheting, it often enters the body as a hook; sometimes it “tumbles” and enters broadside on, making a long, gaping wound. Up to a range of about eight hundred yards one horror is as bad as the other. These “humane” bullets have three general effects. Up to a range of 500 yards they have an explosive effect, splintering the bone so thoroughly as to explain the frequent accusation that explosive bullets have been used. At ranges of 500 to 1500 yards the effect is comminutive, grinding the bone to powder, and not infrequently carrying with it into the wound fragments of soiled clothing, thus causing gangrene. The third effect is contusive. A bullet fired into an empty metal vessel enters and leaves by a small hole. Fill the vessel with water, and the bullet will still enter by a small hole, but will make a large, jagged wound in leaving. The bullet has exactly the same effect on the body or the head. In any case the bullet strikes a heavy blow as with a club. . . .

The Russians in Manchuria called shrapnel “the devil’s watering-pots.” When they burst they scatter hundreds of round bullets as well as fragments of the shell itself. They are most deadly within a radius of ten to thirty yards, but even at a hundred yards the “dewdrops” are lively enough to penetrate six inches of pine. The common shell is still more terrible. The fragments, heated to a very high temperature by the explosion, burn the flesh so as to compel cries of agony that only morphine can quiet. The large shells of the navy not only cut like razors, but asphyxiate, amputate portions of the body, and crush.

Altogether, the experienced military surgeon is not unduly impressed with the “humane” aspects of war.—World’s Work.

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### Bran

**B**RAN is a helpful aid to the overcoming of constipation. A late theory is that it works not so much through the coarsage, but on account of the large percentage of mineral elements which it contains. Whole-wheat contains twenty-three parts of mineral to the thousand parts, white flour less than six. If you are unwilling to eat wholemeal bread, you can make up the deficiency of mineral elements by eating bran. An average analysis of wheat bran is: Water, 12.4; protein, 16.6; carbohydrates, 62; fat, 3.5; mineral matter, 5. So you see, it is quite nutritious, in addition to the mineral matter it contains. It is specially rich in potassium, magnesium, and phosphorus. Bran is ten times as rich in mineral matter as white flour.

There are several ways in which you may eat bran. You may sprinkle a spoonful over your food, or you may make it into gems or muffins. Here is a receipt for a bran muffin, or gem:

Mix and sift together half a cup of flour, half a teaspoonful of soda, and one cup of bran. Stir well. Beat one egg. Add half a cup of milk and two and one-half tablespoonsful of molasses. Stir this into the dry materials. Beat thoroughly. Turn into oiled muffin or gem pans and bake in moderate oven about twenty minutes.

### Neutral Bath For Nervousness

**T**HERE is no remedy for nervousness so valuable as the warm bath. If this fact were generally known the use of bromids and a great variety of other nerve-benumbing drugs would be greatly lessened. A bath at a temperature of 92 to 96 deg. calms and quiets the nerves in a magical way. Such a bath succeeds even in cases in which drugs of all sorts utterly fail. A bath at this temperature is called a neutral bath for the reason that no reaction is produced by it and no disturbance results from overheating, since the temperature is just enough lower than the body temperature to carry off the surplus body heat without producing a cooling effect. All the leading insane asylums in the country make use of the neutral bath as the most effective means of controlling disturbed patients. This wonderful bath has been in use for this purpose in France and Germany for one hundred years or more, but the value of the neutral bath has been little appreciated in this country and so it has not been in so general use as in continental Europe.—  
Good Health.

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### Poisoning the Blood of the Soldiers

**T**HE Austrian army has been inoculated against cholera. The doctors say the immunity will last "about three months." Before long I suppose the virus will be pumped into them every morning before breakfast. The French army has already been vaccinated twice for typhus fever. In England it is charged that soldiers have died from vaccination, at Colchester. An inquiry was made about it in the English Parliament. The English army is also to be inoculated against lockjaw. When it does not kill them, the effects of this blood poisoning will surely show in lessened efficiency of the soldiers, and their lack of ability to resist disease.

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### Military Menu

**T**HIS month I will give you a military menu, instead of a meatless menu: To make a dish of war news, take one each, official dispatch from Petrograd, Vienna, Berlin and London. Flavor with a little rumor from Rome. Shake well and add a heaping tablespoonful of salt. N. B. After a few months this dish is apt to disagree with sensitive stomachs.

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### An English Health Magazine

**T**HE Herald of the Golden Age is an interesting and well edited quarterly, published in London, with a wide circulation all over the world. It advocates fruitarianism and kindness to animals, so of course it is strongly opposed to vivisection. It is published by the Herald of the Golden Age, a philanthropic society.

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Eat only when you are hungry, and drink only when you are thirsty. If your appetite or your thirst are not normal, exercise more.

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Those back numbers are rapidly disappearing. If you want to secure a set, you would better act at once.

### Tea and Coffee

**G**OOD analysts show that tea contains three times as much theine as coffee contains caffeine. This is correct, but they always omit to mention one very important fact, namely, that you get about ten times as many cups out of a pound of tea as you do out of a pound of coffee. Consequently, a cup of coffee contains three times as much caffeine as there is theine in a cup of tea. It is somewhat the same as the comparison between whisky and beer. Whisky contains twelve times as much alcohol as beer, but on the other hand, a schooner of beer contains twelve times as much liquid as a moderate drink of whisky. So that when a man drinks a schooner of beer he swallows as much alcohol as when he takes a drink of whisky.

Tea contains much more tannin than coffee, but this may, to a great extent, be obviated by letting the leaves steep not more than one minute. Several months ago I received from England samples of a tea sold there that is deprived of its tannin. It had the full, aromatic, stimulating qualities of ordinary tea, without the astringency. I wrote to the manufacturers that such a tea would sell well in America, but did not hear from them.

### Immigration and Revolution

**N**EVER in the history of the world were the poor in such abject slavery as they are today. In a time of apparent plenty the cost of living was never so high, nor the means of obtaining it so difficult.

Our immigration policy is largely responsible for this condition. Three-fifths of the labor on public works is performed by foreigners. These are the anarchists and extreme Socialists, the strikers, the people who keep the judicial mills grinding.

The importation of cheap labor for the building up of vast fortunes is peculiar to American "high finance," and it is the beginning of the "decline and fall" of American republicanism.

Nothing but a speedy change in policy can save this country from a revolution as terrible, and as disastrous, as that which tore France asunder in the latter part of the eighteenth century.

There are those living who will see that day.—C. F. Hull in Los Angeles Times.

The Hygienic "T" Bandage, for sale by the Naturopathic Publishing Company, is a most effective method of aiding nature.

### A Persistent Advertiser

**O**NE of the most persistent advertisers in the history of success was Robinson Crusoe. He believed in advertising. He knew what he wanted—a ship, and he put up an advertisement for one. He hung a shirt on a pole at the top of his island. This, in the language of the sea was plain to every seafaring man. The circulation was small, and there was no other medium, but Crusoe kept it there despite the fact that he got no inquiries for a long time.

Suppose Robinson Crusoe had taken down that signal, say after a year, and declared that "Advertising doesn't pay." Where would he and his story now be?

### The Water Microbe Mania

**I** HAVE been drinking from streams and ponds in the tropics and all over the world for twenty-five years, and I am convinced that people are wrong in believing that there is any danger in water that is dirty or that may actually have disease germs in it.

"I remember a five weeks' trip I took with one of the American expeditionary columns in the Philippines. The doctors laid down absolute rules that no soldier should drink water until it had been boiled, or take a bath in any river or lake, because cholera was about. The pack animals were loaded down with cans in which to boil the water, and during all that expedition I do not believe a single soldier or officer drank water that had not been boiled, or ventured to bathe in any of the creeks or ponds that we ran across. I was the scandal of the party because I insisted upon drinking from the streams and lakes and refused to drink the boiled water. I was the only man in the expedition who returned in a fit condition."—Walter Savage Landor.

### Causes of Indigestion

**M**ANY individuals change from one article of food to another, in a frantic endeavor to find something that will agree with them. At times everything they eat agrees, and at other times nothing agrees. The causes are many. Following are a few: Foul mouth-secretions; foul state of the stomach; ulcerating gums, as seen in pyorrhea; post-nasal catarrh; excessive eating; improper eating; bad food combinations; eating too rapidly; drinking too much; drinking too little; giving way to temper; worry, jealousy; eating when tired; sexual excess; sleeping in badly ventilated rooms; the use of tobacco, alcohol, opium, morphine, and other drugs. Derangements of the central nervous system also cause gastric symptoms.—Dr. J. H. Tilden in "Food."

### Goat's Milk

**G**OAT'S milk is much superior to cow's milk, for human consumption. It is little used in the United States. In some European cities goats are driven from door to door and milked. In Belgium there are 300,000 goats to 900,000 cows. Often while I tramped through the Swiss mountains I stopped at a herder's cabin and refreshed myself with a draught of goat's milk. At first I did not like the animal flavor, but I soon got used to it. The flavor depends much on how the goats are kept and what they eat.

The goat is much nearer in weight to a human being than is a cow. Also, tuberculosis is as rare among goats as it is common among domestic cows. Whenever possible, goat's milk should be substituted for cow's milk, in feeding children.

### A Simple Blood Test

**A** SIMPLE test that we may conduct upon ourselves to determine the relative condition of the blood, whether charged with slimes, acids, poisons and filth (collema and dysemia) is to press strongly with the finger for a few seconds on some fleshy portion of the body, as the back, abdomen, chest, leg, arm or thigh. After removal of the finger, if the white spot closes up slowly, taking over three seconds in disappearing, it indicates contracted capillaries, collema and dysemia.—Dr. Alexander Haig.

### Appendicitis

**D**R. O'HANLON, assistant Coroner of New York, a man of wide experience and reputation, whose duties were to assist in making autopsies, says:

"Appendicitis is a disease that we often read about, but seldom see in autopsies. I had 42 cases sent to me for autopsies which had been diagnosed appendicitis (recorded to have died with this trouble.) In ten cases I found a distended colon but no lesion of the appendix, either gross or microscopical, and in the remaining 32 even distension of the colon was absent and the appendix was perfectly normal."

Also, note the following, from the Kansas City Journal:

"In the last year or so three members of the Journal's working force have had appendicitis. In every case the doctors urged an operation. In two cases the patients objected and no operation was performed; in the third the knife was used. The patient that was operated upon was buried last Sunday. The other two attended the funeral in good health."

### Enforced Patriotism

**W**E observe that while we have been incurring reprobation for deprecating over-zeal in flag defense, Assemblyman Peacock of Burlington in New Jersey introduced a bill into the New Jersey Legislature providing to have an American flag in every room of each public school in the State, and requiring all the pupils to salute it every day, under penalty of being barred from school if they refuse.

Now, then, dear readers, how do you all feel about that? Do you want these flag exercises enforced with a club, or do you think they will go more prosperously, and better fulfill the aim intended, without compulsion?—Life.

What better inexpensive present could you give a distant friend than a year's subscription to BRAIN AND BRAWN? It will remind him of you every month in the year. Six subscriptions for \$5.

I do not believe flesh food to be desirable or necessary, but a plain meal of beefsteak and greens is more wholesome than a mixed and messed up meal of starches and sweets.

### Have You a Friend?

**W**HAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND BRAWN? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND BRAWN, Chamber of Commerce Building,  
Los Angeles.

Authorized Announcement.

# COLLEGE OF OSTEOPATHIC PHYSICIANS and SURGEONS

This college has a faculty of forty-five professors, including those who have been engaged in the regular daily class work of osteopathic education longer than any others. It is the second oldest osteopathic college in the world, the first to give the degree of "Doctor;" the first to establish the three year course, (now four year course). It has every study and as much of each as is given in any medical college of America.

The distinction between this course and the old school medical college course, lies in the fact that osteopathy, accentuates and builds up exhaustive knowledge of nature's resources for the maintenance and restoration of health within the body, and accentuates natural therapeutics while it minimizes the chemical or stomachic, internal drug methods, excepting as to antidotes for poisons, antiseptics, anesthetics, etc. It proceeds on the theory that the human body has been created as a very perfect mechanism, but subject to external forces and influences; that the creative power established a marvelous mechanism for automatic or self-adjustment and adaptation to many of these external influences; that internal drug medication more often conflicts with and retards nature's methods of adaptation and compensation.

Inasmuch as violent injuries and irritations often more or less permanently distort the relations of parts of the body, osteopathic physicians proceed on the theory that if all of the parts are present and in normal adjustment to each other, the body will, under ordinary circumstances, go about its normal work just as an automobile or typewriter, if normally adjusted, can be relied upon for normal work. Thus, osteopathic physicians have come to be known as "body mechanics" but like all ambitious and worthy mechanics they seek all useful and exhaustive knowledge of the chemistry as well as the physics of the body. In other words, osteopathy incorporates all natural methods of healing and accentuates the present popular revulsion against experimental and dogmatic, internal drug medication.

In politics or legislation it believes in the "live and let live" policy.

The catalogue of the institution and other literature will be promptly mailed to anyone interested, on application.

## College of Osteopathic Physicians and Surgeons

321 So. Hill Street, Los Angeles, Cal.

## Box Hopuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

## BATTLE CREEK SANITARIUM.

I see you have not been quite correctly informed with reference to the relation of the Battle Creek sanitarium to the Seventh Day Adventists. The institution never seceded, because it had no opportunity to do so. The institution was always a private institution from the beginning. The Seventh Day Adventists formed a conspiracy to compel the management to put the institution under church control. The management declined. They then undertook to force the management to do this. Finding they could not do so they undertook to ruin the institution. In this they did not succeed. They finally turned the writer out of church as a heretic, which ought to have been done twenty-five or thirty years before. I have been recognized as a heretic since 1878, as I openly and very emphatically disagreed with many of the fanatical beliefs and dishonest practices of many of the leaders of the S. D. A. denomination. The people, as you say, are honest but narrow minded.—J. H. Kellogg, M.D., Battle Creek, Mich.

## HE CUTS THEM UP.

I cut the good articles out of your magazine for my scrap book, and when I get through cutting there is not much left.—V. A. Lorimer, 531 Elm Avenue, Long Beach, Cal.

## MUCH IMPROVED.

A few years ago I wrote to you regarding a bad case of stomach trouble. It was catarrh, with indigestion. While I did not follow your advice as closely as I should, I am much improved.—J. J. O'Brien, 433 S. Hope St., Los Angeles.

Everyone who takes my advice improves, just in accordance with the faithfulness with which the advice is followed. You cannot get well by reading my advice, nor can I get well for you.

## HE DOES NOT KNOW ME.

You may be in the same boat with many editors, where you are trying to please no one in particular, but everyone enough, so as not to lose subscribers.—W. O. Weldon, Oilfields, Cal.

Those who know anything of Harry Brook and his writings will smile when they read this.

## TWO DOLLARS.

Enclosed find a two-dollar greenback, for which send your magazine to my address for two years. I became acquainted with your excellent, up-to-date, wide awake magazine while I visited California two years ago.—Louis A. Kaiser Smith, Edwardsville, Madison Co., Ill.

### The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

**NOTICE TO PUBLISHERS:** Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

**SERVICE**—Man's Best Gift to the World; Samuel W. Gillett; Book-lover's Library, 222 Mercantile Place, Los Angeles; booklet, 32 pp., 50 cents.

The object of this artistic little booklet is set forth in the preface, as follows:

"This is a plan designed for a business enterprise which can be operated by any intelligent, ambitious young man or woman. It consists of an Information and Service Bureau which can be established in any city of reasonable size. It serves a two-fold purpose, supplying newcomers to a city facts and figures sometimes very difficult to secure; and further, when operated in connection with any bank, department store, house furnishing establishment, or similar business, will be the means of attracting numerous inquirers, who, in return for the service rendered them, will become patrons of that particular institution."

Mr. Gillett, who is inaugurating a service of this kind in Los Angeles, sets forth the qualifications desirable in the operation, as follows: The utmost honesty, genuine liking for the work, good presence and address, personal magnetism, will and energy.

This is a good idea, and opens up a wide field of usefulness.

**PEP;** Col. William C. Hunter; The Reilly and Britton Co., Publishers, Chicago; 222 pp., \$1.00 net.

A bright and breezy little book, telling you how to attain "pep"—poise, efficiency, and peace—a message of joy, happiness, health, optimism and good cheer. The author says:

"I've been through the mill; I've had to do with worry, blues, nervousness, fear, dread and insomnia; I've been in the darkest recess of shadowland, and yet I've found the way to cinch up my mental and physical equipment and come into my natural heritage."

Here is one of his suggestions: "Be pleasant every morning until ten o'clock. The rest of the day will take care of itself." How about those who don't get up until after ten?

The author believes in the power of prayer. He does not say much about foods, but what he says is sensible.

This is a helpful little book. Read it.

No. I. has been received of "Self Culture Guide," "a periodical for the study of physical health and mental achievement." W. K. Roberts, editor. Published quarterly at Sunnyvale, Santa Clara Co., Cal.; 15c per copy, 50c a year. It advocates a fruitarian dietary.

## Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

### HIGH BLOOD PRESSURE.

J. B. W.—I cannot better answer your question than by quoting the following extract from a letter received by me from Dr. J. H. Kellogg, of Battle Creek:

“I think the most important cause of high blood pressure is poisons absorbed from the colon, the result of constipation. Meat eating is productive of high blood pressure more on account of the intestinal putrefaction which it encourages than on account of the uric acid which it contains, though both contribute to the result. The use of tobacco, tea, coffee, and alcoholics are other leading causes of high blood pressure. Over-eating contributes to the same end. Continuous work, worry, and loss of sleep tend in the same direction, also much violent exercise.”

---

### VINEGAR.

T. H. L.—In a cooking receipt I read: “Use vinegar or lemon juice.” What do you say to that?

As if there was any comparison between the two. One, a doubly rotted or fermented substance, even when made from pure wine, as very little of it is; the rest being made from filthy vegetable matter, already rotten. The other a pure fruit juice. If you respect your stomach, never put vinegar into it. Lemon juice should be well diluted with water, because it is a strong acid.

---

### BEANS.

R. W.—Beans should only be eaten with great moderation by those who are not engaged in active exercise. Otherwise, they will produce gastric disturbances. Prospectors and others who live largely on beans for a long time develop rheumatism, with stiffness of the joints. Where the stomach is weak, the beans should be deprived of their hulls by rubbing through a colander. It is well always to eat a little green stuff with them.

## VIM AND VIGOR

The Hygienic T. Bandage is a simple natural remedy for sexual debility and other ailments of the pelvic region in men and women. It is invigorating, soothing and quieting to the nervous system. Valuable in bladder, bowel, liver and kidney troubles. When used in connection with reasonable attention to diet the curative results are marvelous. Strongly indorsed by the editor of *Brain and Brawn*.

Price \$1.75; three for \$5; postage paid. For cleanliness and convenience it is better to order three. Send loose hip measure under the clothing.

NATUROPATHIC PUBLISHING COMPANY, Inc.

Chamber of Commerce Building, Los Angeles.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydro-  
 athy are valuable, and sometimes indis-  
 pensable means of aiding nature. Any

honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

*Harry Ellington Brook N.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### ATTACKING THE NATURE CURE.

There seems to be a concerted attack on Nature Cure establishments in California. Perhaps the doctors want to influence the people before they vote on the new medical law.

Mrs. E. C. Roney, who runs a modest sanatorium at Baldwin Park, near Los Angeles, is again in trouble. She had as a patient an insane woman, one of whose sisters was much prejudiced against the Nature Cure, and told a Los Angeles paper a tissue of lies about the treatment her sister was receiving. The woman had been at two other establishments, in one of which she was fasted. She was not fasted at Mrs. Roney's. The case was brought up before the Lunacy Commission, and adjourned until November 9.

Mrs. Roney is a conscientious woman. She takes only one patient at a time, and devotes to that patient her entire energy and attention. I advise her, however, not to accept such strenuous cases in future.

As I have said elsewhere the Nature Cure is the only rational method of cure and must therefore supplant all others.

### NATUROPATHIC MEETING.

A regular meeting of the Association of Naturopaths of California will be held in the office of BRAIN AND BRAWN on Tuesday evening, November 10. There will be an election of officers. This should have been held at the October meeting but only a few more than a quorum being present it was thought best to postpone it.

### “MEDICAL SCIENCE.”

A few years ago blood letting was advocated. It is now discarded.

Tuberculin was said to be a cure for tuberculosis. It is now discarded as dangerous.

Disease was said to be air born. Now it is said to be acquired by contact.

Fumigation was said to be necessary. Now it is declared to be of little or no use.

Sewer gas, we were told, was fatal. Now it is said to be not dangerous.

Radium was a sure-cure for cancer. Now we are informed that it is very dangerous as a remedy.

The appendix was held to be superfluous. Now it is regarded as valuable.

The tonsils were declared to be useless. Now it is admitted that they have been created for a purpose.

So it goes, all along the line—a constant succession of new and dangerous guesses. Yet natural methods of aiding nature to throw off disease are denounced by these medical scientists as “dangerous fads.”

Through the efforts of such publications as BRAIN AND BRAWN the people are beginning to do a little thinking on this subject, and that thinking is not favorable to the methods of the drugging, carving, and serum-injecting school of medicine.

### NATURE CURE SANATORIA.

When you are sick, the best thing you can do, if you can get away, is to go to a well-equipped Nature Cure sanatorium, where they have all facilities for administering methods of aiding nature to eliminate poisonous matter from the system. If you glance through the advertising pages of BRAIN AND BRAWN you will find announcements of several first-class establishments of this kind mentioned.

In addition to the new establishment of Dr. Carl Schultz, referred to elsewhere, there is the large thoroughly equipped Long Beach Sanatorium, near the ocean, Weinmann's Oak Forest Sanatorium in the foothills near Glendale; the German Sanatorium, conveniently located on East Adams Street, Los Angeles; Thornycroft, the Health Home Beautiful, at Glendale; Mrs. Roney's Health Acre, Baldwin Park, near Los Angeles, and the Caldwell Health Home, in a foothill vineyard, above Pasadena. Farther off, in San Diego, is the old reliable Kneipp Sanatorium of Dr. Lesem, established twenty years, and in Chicago there is the Nature Cure Sanatorium of Dr. Lindlahr, with a reputation that has spread all over the United States.

### “IMPORTANT.”

I have received the following from Phiip Mills Jones, Secretary of the Medical Society, State of California, and editor of the California State Journal of Medicine. It is printed on a postcard, and marked “Important Notice;” therefore, I hasten to find space for it before the forms close:

“Vote ‘No’ on Initiative No. 46, on the ballot for the election November

3d, and get all the voters you can to do likewise. It would be a great injury to have this become a law. It would license every quack in the State, allow them to perform all kinds of surgery, sign death certificates, call themselves 'Dr.,' etc.'

#### VACCINATING HOGS.

Never before has the loss from so-called hog cholera been as great as in the last two years. Never before has so much been done to check the disease and prevent the loss. There are those who will swear by the serum treatments, and there are those who as bitterly condemn vaccination as a failure. There are those who go so far as to claim that where vaccination is most used the loss of hogs is greatest.

We are seeking the truth about this matter of vaccination, and desire to know if you hog raisers who have vaccinated your hogs have noticed any marked difference in the litters that come from vaccinated and unvaccinated sows. Are the litters as uniform in size and vigor; are the pigs as numerous; and have you noticed any marked difference in the sow's ability to suckle her pigs?

The reason this question suggests itself is the claim that vaccination for smallpox has greatly affected the breast development of women, and in an experiment with sheep in Scotland it was found that vaccination rendered the ewes unable to suckle their lambs. It is claimed that the barrenness and multiplicity of female troubles of today are due to vaccinations that are all the rage. It is well to note whether there are any ill effects upon the hogs.—Successful Farming.

#### GOOD ADVICE IS WORTH MONEY.

Nothing is appreciated that is secured without effort; this is a law of nature; and believing, as I certainly do, fully in this law, I insist that I have no right to give my services to anyone without compensation; and when I am persuaded to do so, I invariably regret it, for no sort of coaxing, persuading, or driving will induce the object of charity to follow instructions. No one is so poor but that he can pay some time for services that will set him free. Disease is slavery, and to be taught how to procure health is freedom. Anyone should be willing to pay for freedom. Often the first step toward emancipation is the act of pay-

ing for instructions in advance. Surely securing freedom — knowledge — on credit is not stepping out of slavery, but, on the contrary, binding oneself into slavery. Those who wish to be free may be. Those who can't pay for service should get busy, and earn the money to buy the knowledge. The discipline required to earn and save the money is curative; and many will find themselves well by the time they have earned enough to pay for services.

I charge for my services, and take my pay in advance. This relieves any mind, that has a dishonest bias, of the trouble of concocting a plausible excuse to beat me out of my fees for services. Indeed, it removes all obstructions to following instructions, and gives an incentive to learn all that is possible, while the opportunity lasts.—J. H. Tilden, M.D.

#### THE PEOPLE ARE BEGINNING TO THINK.

It is with the greatest regret that the Journal of the American Medical Association sees any movement toward the liberalizing of the laws that have been enacted at the behest of the members of the association to prevent anyone but the "regulars" from having anything to do with the health of any individual. However the people are growing wiser all the time, and the greatest proportion of the people are thinking for themselves. They are realizing more than ever their heaven-born rights, and they are demanding less dictation than in the past. The growth of Christian Science has had much to do with this movement. It has been one of the hardest blows that the allopathic physicians have met. Besides the Christian Scientists the advocates of drugless healing have been increasing in numbers with unprecedented rapidity. The "regulars" claim that anything that has to do with the health of an individual is practicing "medicine" and they have succeeded in having all the medical laws so framed as to forbid anything of the kind, no matter how far remote it may be from the use of drugs (medicine.)

The legislators of the State of Massachusetts have recognized the injustice of such a narrow interpretation of health offices, and have amended the medical practice act by the adoption of the following:

"Nothing in this act shall be held to apply to registered pharmacists, registered dentists or registered optom-

etrists, or to restrain the practice of clairvoyance, hypnotism or mind cure, or to apply to any person who administers to or treats the sick or the suffering by mental or spiritual means without the use of drugs or material remedies.'—Los Angeles Sunday Times Magazine.

**A CHIROPRACTIC COLLEGE.**

A handsome, illustrated book of 36 pages has been issued by the New Jersey College of Chiropractic, of Newark, N. J. It contains good portraits of members of the faculty, articles on chiropractic, and on Newark. Among a list of "discoverers and founders of drugless sciences" I notice the name of 'Dr. L. W. Rogers, discoverer of the vital spark and rectal dilation.' This is doubtless our friend Lewis Howell Rogers, of Los Angeles, who does not claim to be a doctor.

**"JUNGBORN."**

"Where to Find Health" is an illustrated booklet by Edward Earle Purinton, containing rules for judging a health resort and description of the Jungborn Health Home at Butler, N. J. You may get a copy by writing to Dr. Benedict Lust.

**Personals**

Mr. John M. Benjamin, the rupture specialist, aims to treat diseases of the body politic as well as those of the human body. He is an ardent Socialist, and is a candidate for state senator on the Socialist ticket.

Doctors Robert D. Emery, Laura B. Emery, Louis C. Chandler, Norman G. Stewart, and Marion L. Burns, have removed to offices in the Baker-Detwiler Bldg., 412 W. 6th St., Los Angeles, where they occupy an entire floor of offices, specially built for them.

Tell Berggren, proprietor of the Open Air Resort at Coronado Beach, has returned from a six months' trip to Europe. Much of the time was spent in his native land, Sweden.

J. K. Gilkerson, chiropractor, is building up a large practice by educating the public on the value of chiropractic mehtods.

Prof. B. H. Jones, of Pittsburg, writes me that he is up to his ears in business, fighting the Medical Trust.

**Health Acre**

A simple suburban resort; forty minutes from Los Angeles. All natural methods used. I cured myself; I can cure you. Constipation a specialty. Graduate of Macfadden and studied with Lindlahr.

**MRS. E. C. RONEY, H. D.,**

Vista del Valle Station,  
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**LEARN Suggestive Therapeutics.**

A course of essentials which may be completed in 180 hours. Concise, definite and practical. Well adapted for use of physicians. For full particulars, Address Dept. B. B. J., Weltmer Institute, Nevada, Mo.

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**BRAIN AND BRAWN**

**Modernized Nature Cure** Used successfully in your own home. Quickly succeeds after all other methods fail. Applied to every human need. Private individual instruction for Men, Women and Children. Lecturers, teachers and demonstrators wanted everywhere. Literature free. Address, The Nature Cure Sanitarium, B. B. No. 3, Blue Creek Springs, Benton Harbor, Mich.

Phone 420 Colorado

**DR. C. E. MARKEY**  
**DENTIST**

General Practice, giving special attention to Treatment of Inflamed Gums; Pyorrhea (loose teeth) and the thorough cleaning of the teeth.

712 Central Bldg., Pasadena, Cal.

**BIOCHEMISTRY**

Send 2c stamp for leaflet, Dr. Carey's books on Biochemistry and Bioplasma, a combination of the cell salts of the blood. Address

**GEO. W. CAREY**  
Teacher of Biochemistry,  
P. O. Box 293 Los Angeles, Cal.

**Our Advertisers**

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

**SWEATING AT HOME.**

The Robinson Cabinet Bath is a convenient and inexpensive method of obtaining a good sweat at your own home. To thoroughly open the pores once in a while is a most necessary method of aiding nature to eliminate impurities from the body.

**THE EARTH CURE.**

Earth has a wonderful power in drawing impurities from the body. It is even more powerful than water. This has been recognized in European nature cure establishments, where earth cures and mud baths are common. In this country the method is less known. A form of applying earth has now been devised, by means of which you can use it at home in the convenient form of an absorbant compress, lined with selected mineral earth. Write to the makers for interesting literature.

**DISTILLED WATER.**

If you want to drink distilled water, it does not pay you to go to the trouble of installing a small still at home, when you can get absolutely pure distilled water as it is put up under perfect sanitary conditions by the Los Angeles Ice & Cold Storage Company.

**BRAN.**

Bran is a valuable aid in overcoming constipation. Moreover, contrary to the generally accepted opinion, it is nutritious. The Globe Grain and Milling Company has put up a carefully selected and cleansed bran for sale in convenient packages. See announcement.

**Thornycroft  
Health Home Beautiful**

in San Fernando Valley, 20 minutes from Los Angeles. Surroundings ideal. Fasting, Diet and all MacFadden methods employed. Splendid recreation facilities. Pure mountain water. Individual cottages. Los Angeles office, 910 Broadway Central Building. Phone F 2898. Hours 1 to 5 p. m. Forenoons and evenings at Thornycroft, Ninth and Adams, Glendale, Cal., Sunset 70 J Home 822.

**M. N. NELSON, formerly with  
Bernarr MacFadden, Chicago.**

**ABSORPTION—ELECTRICITY  
THERMO-STIMULATION**

New and up-to-date equipment for the treatment of all chronic diseases. Cancer, Brights, Diabetes, Goiters, Tumors, Rheumatism, Obesity and Nervous disorders. Quick results by these most effective methods.

**DR. F. J. COOK, 224-5 Exchange Bldg.,  
Third and Hill. Bdway. 849**

**PROVE YOUR DIAGNOSIS**

The efficiency of your treatment will be doubled if you know how to detect the body leakages and know how to stop them. The detection of 1/60 per cent instantly, and 30 other tests, full equipment, full instructions, make the "JO-CO-RO" URINALYSIS SET the latest and best. Prepaid, \$4.75.

Prof. B. H. Jones, 516 Federal St., Pittsburgh, Pa.

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**Caldwell Health Home** In foothill vineyard above Pasadena.

Ideal for Vacations. Fasting, Milk Diet, Grape Diet of the vines. Sun, Air and Steam Baths, both sexes. Open air exercises for old and young. Proprietors Macfadden Graduates, and late members of staff Macfadden's Health Home. Address

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Subscribe for **Brain and Brawn** \$1.00 the year

**SEVEN GRAINS.**

The Seven Grain Food Company manufactures a product that is worthy of investigation on part of those who use cereal foods. It is somewhat different from anything else on the market.

**BIOCHEMISTRY.**

Dr. George W. Carey, teacher of biochemistry, has some interesting literature that you can get for a two cent stamp.

**CALIFORNIA DRIED FRUITS.**

The Carqué Pure Food Company is making an attractive offer of packages of California figs, and other dried fruits, delivered to any address by parcel post. Readers of BRAIN AND BRAWN who have not yet tried these wholesome and appetizing products of the Carqué Pure Food Company are recommended to do so. They are indispensable in a hygienic menu.

**RECTAL DILATION.**

A most valuable and greatly overlooked method of aiding nature to restore normal conditions in the body is rectal dilation. I have heretofore spoken of the virtues of the Roger's rectal dilator, and do so again. Send for one of his circulars.

**SAVE YOUR MONEY.**

If you deposit money in a savings bank, you want to know that it is safe. Before you take any steps in that line, call for literature, on the Security Trust & Savings Bank, and the California Savings Bank. They both make attractive offers to depositors.

**A SERIOUS CASE.**

In one of the Philadelphia colleges a professor of chemistry asked a student: "Suppose you were called to a patient who had swallowed a heavy dose of oxalic acid, what would you administer?"

The student to whom the question was addressed is preparing for the ministry and takes chemistry because it is obligatory.

"I would administer the sacrament," he replied.—Exchange.

**WILLING.**

Husband. "My dear, we'll have to economize."

Wife. "Well, let's cut down on our cigars."—Boston Transcript.

# THE KEY

## To the Nervous System

At the lower portal of the body there exists a wonderful central exchange or nerve center. When trouble exists there it is quickly telephoned through the nerves to the brain, and you are sick.

When constipation exists and the rectal muscles are not dilated regularly each day, as with the healthy individual, or when by use of cathartics an unnatural loose movement is produced, which also fails to dilate the rectal muscles; nature's object is thwarted and these muscles become tight, causing a continual waste of nervous energy, and the stimulus that should be given the circulation is neglected. By the regular daily use of the rectal dilator the same result is accomplished that nature does daily for the healthy individual. When this is continued for a reasonable time, regular and natural bowel habit is established; the weakened muscles regain their strength, vigor and expulsive power and the general health is wonderfully influenced.

The rectal dilator I have been selling for twenty years is quite different and in several respects much superior to others on the market.

If you wish to convince yourself of the value of this aid to nature write to me for complete key to the Nervous System and free trial.

**LEWIS HOWELL ROGERS**

303 AVENUE 61

**LOS ANGELES, CALIFORNIA**

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Known bond holders, mortgagees, and other security holders holding one per cent. or more of total amount of bonds, mortgages and other securities: None.

CLARA BROOK, Business Manager.

Signed and sworn to before me, September 30, 1914. J. C. Oliver, Notary Public. Commission expires March 8, 1917.

A man called at the office and wanted to see "Mr. Brain." The business manager told him "there ain't no sich a person." Then he demanded to speak to "Mr. Brawn." It took some time to convince him that Brain and Brawn are one, and the name of a magazine.

### HE WASN'T RIPE.

The physicians were holding a consultation beside the cot of a man supposed to have appendicitis concealed about his person.

"I believe," said one of the surgeons, "that we should wait and let him get stronger before cutting into him."

Before the other prospective operators could reply the patient turned his head and remarked feebly:

"What do you take me for—a cheese?"—Exchange.

# CONSTIPINE

For the Treatment and Speedy Relief of Constipation.

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Convenient, easy and painless in application, cleanly, sanitary, soothing and positively efficient. For the treatment of this universal condition in men, women, children and infants.

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DEPT. B. B.

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NEW YORK CITY

WIDOW BROWN.

**S**IX goodly lots had Widow Brown,  
 Enough to live and thrive,  
 But streets were widened by the town,  
 And then she had but five.

Still, five were ample for her plan,  
 She did not wish for more,  
 But paving taxes soon began,  
 And then she had but four.

Her four lots fronted on the street,  
 With title clear and free;  
 She got her sewer tax receipt,  
 And then she had but three.

She bravely held her little place,  
 But scarce knew what to do;  
 Then bond elections came apace,  
 And left her only two.

Her home was shrinking fast in size,  
 But nothing could be done;  
 Some special taxes did arise,  
 And then she had but one.

She only owned this little land,  
 Beneath the shining sun;  
 But taxes grew to beat the band,  
 And soon they left her none.  
 A. P. Rittenhouse, in Los Angeles  
 Times.

**MAKING IT CERTAIN.**

An old miser in Athens, Ga., hated to part with money, and to the physician who was just bringing him around from a long illness, he said one day: "Ah, doctor, we have known each other such a long time I don't intend to insult you by settling your account in cash, but I have put you down for a handsome legacy in my will."

The doctor looked thoughtful. "Allow me," he said, "to look at that prescription again. I wish to make a slight alteration in it."—Norfolk Dispatch.

**OWL-EYED.**

Johnnie. "Mama, our governess can see in the dark."

Mama. "How do you know that?"

Johnnie. "Last night out in the hall I heard her tell Uncle Jack that he hadn't shaved.—New Orleans Times-Democrat.

# The Cause of War

If you mix a small quantity of red ripe honey with water and put it in a corked bottle and keep it in a temperature of about 60 deg., in a few days it will begin to ferment at the bottom and will draw the cork inward.

This drawing of the cork inward indicates that organic cells are being formed and the organized cells resolve the honey and water into a more condensed state.

If white honey, white sugar or any other fermentable substance is caused to ferment in like manner the ferment will appear at the top and the cork will be pressed or blown outward.

This pressure of the cork in an outward direction indicates that the top ferment resolves the honey and water into a more expanded substance.

Both of these ferments are produced by oxygens. One is the oxygen of water, the other is the oxygen of air. One builds cells while the other destroys cells by converting them into gas.

The atmospheric form of oxygen stimulates and builds flesh and muscles, but it intoxicates the brain. It is the ferment that comes in the bottom that produces brain energy and mind power.

Take a lesson from the bees: When bees gather honey from plants that obtain their moisture from the earth they are very gentle and can be handled without smoke or veil, but when they gather honey from plants that obtain their moisture from the air they will come out of their hives by hundreds and sting without provocation. It's war.

This is because the atmospheric moisture produces sulphur while earth moisture produces iron. Send for circular, "The Iron of Red Ripe Honey."

C. W. DAYTON,  
 OWENSMOUTH, CAL.

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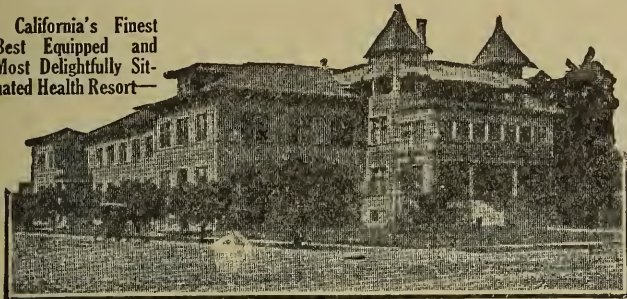
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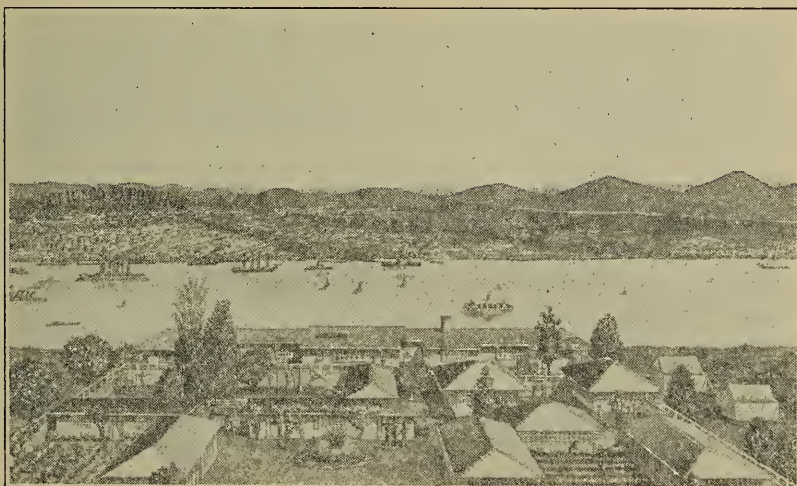


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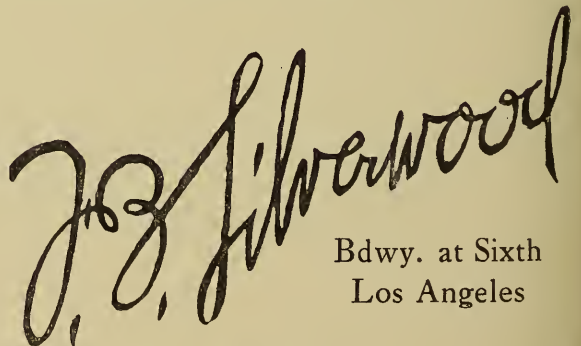
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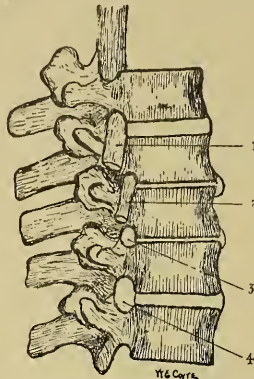
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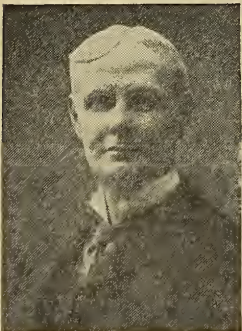
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# Brain and Brawn

DECEMBER, 1914

Harry Ellington Brook, N. D., Editor

Clara Brook, Business Manager

Published Monthly by the

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# Health, Wealth and Happiness

Is the chipmunk's health a-failin'?  
Does he walk or does he run?  
Does the quail set up and whistle  
In a disappointed way?

—James Whitcomb Riley.

**M**AN seems to be peculiar in the Animal World in this, that he enjoys poor health.

If a person is sent to the penitentiary it is because he has broken the laws of the land, and he is disgraced.

But if he is sent to the hospital, it is because he has broken the laws of Nature.

And when he comes back—if he does—he gives an organ recital.

Quails do not have nervous prostration, and chipmunks do not fall into a decline. They follow Mother Nature intuitively.

But man, in degree, lost his intuition when he took on intellect. And the intellect is a two-edged sword. It cuts both ways. By the use of the intellect a man can deceive even himself, proving that black is white, and blue an optical illusion.

For instance, the majority of highly educated physicians believe that it is wise, just, right and altogether lovely to scarify the body of a perfectly healthy child, and then rub into the scarification pus from the sores on a sick calf. This operation gives the child a disease, which is supposed to make him immune from another.

The fact that this operation lays the patient open to tetanus—one of the most fatal diseases known—is nothing to your highly cultured physician; he keeps on doing it, and absolves himself by singing, "Everybody's doin' It."

Why do doctors perform operations on well people? Because they have been taught to do so by doctors who were taught by others who were taught by professors. Also, because people will pay for having the operation performed.

Intuition would save them. Intuition prompts us to do the natural thing—the obvious, the reasonable.

Doctor Edmond R. Moras seems to me to be a doctor who has both intuition and intellect. And from the marriage of these two is born Commonsense.

To be well—and keep well—and have well babies that keep well, is a life that is worth living. Let's each work properly as we should, and read AUTOLOGY, that great book by Doctor Moras.

Yes, I nearly forgot—there is a little book, whose pages are all sprinkled with intuitional diamond dust—that is called "GUIDE TO AUTOLOGY."

Doctor Moras had to write this little book to explain the big 'un. It is sent gratis on request. The address, Genevieve—please tell Hezekiah!—is simply this:

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Vol. III

LOS ANGELES, DECEMBER, 1914

No. 7

## Christian Science

**I**N the June number I wrote:

All faith cures, whether they take the form of hypnotism, or mental suggestion, or auto-suggestion, or relics of a saint, or Christian Science, or fervent prayer, or homeopathy, or sacred water, or bread pills, are forms of suggestion—the influence of a person's own mind on his own body. There can be no possible doubt whatever that myriads of cures have been effected by all the methods named. At the Grotto of Lourdes, in France, and at the shrine of St. Anne de Beaupre in Quebec, one may see thousands of crutches and other testimonials left by grateful patients. If a person has religious faith, then suggestion should take a religious form. To those who are not religious, such suggestions will not work, but must be given "straight." Christian Scientists and Catholics, alike, deny strenuously that their cures are due to suggestion, but they are mistaken.

I believe, as I have above said, that Christian Science is one of many forms of suggestion. The Christian Scientists believe it is divine. They cannot convince me, nor do I expect to convince them. Therefore, argument on this point is futile.

In every city of importance there is a member designated as a Christian Science "committee on publication," whose duty it is to scrutinize local publications, and whenever there appears any reference to Christian Science that is not altogether complimentary, he addresses a polite letter to the editor, containing a polite refutation. Just suppose that the Methodists, the Catholics, the Prohibitionists, the Socialists, the Free Masons, and a thousand other organizations should adopt a similar course? The consequence is that overworked and much harrassed editors are driven to taboo all references to Christian Science. Reputable publications are always ready to correct erroneous statements of fact, but they cannot enter into discussions of questions of belief, for that is like the letting out of water.

Christian Science is a remarkable cult. It has quite naturally aroused much antagonism on part of the preachers and the physicians, from whom it has drawn many influential patrons. The preachers object because Christian Science is not orthodox. It qualifies the name of God by adding immediately thereafter "Good," or "Spirit," or "Divine Mind," or something of that kind, thus making the Deity a phase of thought, rather than a Being, as the orthodox churches teach. Physicians are opposed to it for obvious reasons. If all the world were converted to Christian Science, there would be no call for drugs or doctors.

The success of Christian Science is largely due to the fact that, like the Seventh Day Adventists and the Salvation Army, Christian Scientists offer treatment for the bodies as well as the souls of members. Only, in this case, instead of trying to cure disease, they deny

its existence. A few years ago the Episcopal Church made an effort to counteract Christian Science by inaugurating the "Emmanuel movement" of spiritual healing. It soon died out. It lacked the perfect organization of Christian Science.

Toward the orthodox churches the Scientists maintain a dignified silence. Against the medical fraternity they have an effective weapon in the League for Medical Freedom, largely supported by Christian Scientists.

Christian Science is a "comfortable" religion. People turn to it as a relief from the doctrine of hell fire and eternal damnation. To bring yourself to the point where you can say "all is good" is restful to the mind as well as the body. Giving up drugs is of itself often sufficient to bring great relief, as the blood is gradually cleansed of these harmful, irritating poisons.

Christian Scientists do not proselyte. They do not attempt to force their beliefs on you. On the other hand, it has been charged against them that they do not work for the relief of suffering humanity, as do other churches, more or less. To this they reply that they do their good deeds as individuals.

It is also sometimes asserted that Christian Scientists, in common with members of other metaphysical cults, are inclined to become, not exactly selfish, but somewhat self-centered, and indifferent to others' woes. Ella Wheeler Wilcox, herself a "New Thoughter," has referred to such people as "metaphysical icebergs." How could they well be expected to manifest great concern over human misery, when their religion teaches them that sin, disease and even death are "errors of the mortal mind."

As I have said, if your cult or religion, whether Christian Science, or Calvinism, or what not, tends in any degree to lessen your warm human sympathy with all living things, quadruped as well as biped, or to check the expression of your natural emotions, then it is to that extent unwholesome.

Christian Science is recruited mainly from the well-to-do classes. Whether it is that they are not invited, or that they are not welcome, the poor are not largely attracted to Christian Science. The buildings are all artistic, after classical models. An air of refinement and gentility attaches to the whole movement. It is the antithesis of the Salvation Army, with its ragged regiments, rough barracks, and hysterical, ungrammatical appeals to flee from the wrath to come. As I have heretofore said, the Christian Science Monitor is the best newspaper in America—an artistic, dignified, interesting, well edited journal, that might well serve as a model to other publishers.

A remarkable thing is the spread of Christian Science in Germany, among a philosophical, hard-headed people. Von Moltke, of the German General Staff, nephew of the Silent Man of 1870, is said to be unpopular with the army officers, because his close affiliation with Christian Science has been regarded as an inexcusable weakness. In other words, they say he is too "soft." It is reported that he has been removed.

The organization of Christian Science is like that of the German army. It is the most autocratic religious government that the world has ever seen. Roman Catholics submit to the rule of Rome, the Sal-

vation Army to the rule of London, Christian Scientists to the rule of Boston, but there is this difference: A Roman Catholic priest, or a Salvation Army captain may say his say from pulpit or rostrum, whereas in a Christian Science church the first and second readers are confined to the reading, respectively, of passages from Mrs. Eddy's "Key to the Scriptures," and from the Bible. On these they may make no comment whatever. Formerly the first reader read from the Bible, and the second reader from Mrs. Eddy's book; but this Mrs. Eddy soon changed. The first reader now reads from "Science and Health," and the second reads selected passages from the Bible. These readers may at any moment be removed, by orders from Boston, without any explanation. A branch church can only be organized by a member of the Mother Church. The branch churches may have lectures only by lecturers appointed by the Boston authorities, and the lecture must have passed censorship. Since the death of Mrs. Eddy the government of the church has been in the hands of a Committee, that seems to be a law unto itself.

An important feature of Christian Science is the giving of treatments for pay. Recently a New York court decided that Christian Scientists practicing for money are under the same regulations as other healers. The healer in the test case in New York admitted making over \$5,000 a year in his practice.

That dissensions have not yet arisen in this church is undoubtedly due to its marvelously strict discipline. Mrs. Stetson, with some followers, felt the heavy hand of the Committee. She has many sympathizers in the church, but they keep quiet. She claims that Christian Science has become too much commercialized, and that she holds up the spiritual standard, established by Mrs. Eddy, whose close friend she was. However, Mrs. Eddy, during the early part of her career, did not disdain to accept large fees from students.

The Christian Scientists are good people, and Christian Science is, as I have said, a "comfortable" faith, for those who can believe it. If to their helpful suggestions of looking on the bright side of things they would add simple, rational methods of aiding nature to restore health—if they would recognize that we have bodies as well as minds—I and the Scientists would be in close accord. That, however, is impossible, so long as they believe that all diseases are "errors of the mortal mind." In many cases, it is true, all that is needed to effect a cure is to leave nature alone. On the other hand, when, for instance, a child is choking from an accumulation of membrane in the throat, that cannot be cured by "denials" or "affirmations." For one, however, who may occasionally die from the neglect of Christian Science, myriads are killed by regular medical practice.

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If a man is sent to the penitentiary it is because he has disobeyed the laws of the land. Such an one is disgraced in the eyes of his friends and of society. If a man is sick it is because he has violated the laws of nature, that is to say, the laws of God. And such an one, instead of feeling disgraced, often feels sorry for himself and explains his sad plight to anyone and everyone who will listen.—Elbert Hubbard.

## Cooking and Divorce

**B**AD cooking is not an infrequent cause of marital differences, that may lead to divorce. It is impossible for a man or woman to be amiable when the stomach is inflamed or the liver congested. Also, the frying pan is a natural introduction to the drink habit.

Every woman should be able to do plain cooking, before she is allowed to marry, just as every man should show that he can support a wife. In London they now issue degrees to graduates in a cooking school, and these young wives are much sought after. This tends to elevate housekeeping to a fine art, as it should be, for it is more important to prepare the food of which the body is built, for good or ill, than to feed machinery.

Girls should be taught, not how to make expensive, innutritious and indigestible kickshaws, but how to prepare simple food in an appetizing and wholesome manner. It is not necessary to inculcate an immaterial and soon-forgotten list of "calories" and "carbohydrates." What is of most importance is to show how some foods become starvation foods, when deprived of their organic salts, and other foods, while good of themselves, disagree when mixed together. Before children can be taught this, the teachers must be taught in the normal school, by one who knows.

In Boston the girls of the High School of Practical Arts take a four years' industrial course, including methods of cooking foodstuffs, care of cooking utensils, and so forth. An interesting fact is that the luncheon service pays the entire expense of the department, except the salaries of the teachers. This enterprise is worthy of emulation everywhere.

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## The Call of the Wild

**I** SUPPOSE that most of us, at some time, have entertained an idea of retiring from the turmoil of the city to a quiet spot, visiting civilization occasionally, as one goes to the theater. When I was a boy my ideal was a coral island in the Pacific Ocean. Later it became a cabin in the forest, such as Thoreau describes in "Walden." Thoreau, however, was somewhat of a misanthropist, and you do not need to hate men because you learn to get acquainted with yourself, and with the wild life of the woods.

I fear my dream will never be realized. The nearest I ever came to it was about thirty-five years ago, when I lived for six months in the cabin of a wood-chopper in Santa Cruz county. There I learned how little we really need. I saw a newspaper about once a month. The aspirations and doings of men seemed trivial, as I read of them under the shade of the giant redwoods.

The chief advantage of an occasional trip back to nature is a realization of how few of those things we strive for are really worth while.

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That religious instincts are as truly a part of our nature as are our appetites and our nerves is a fact which all history establishes, and which forms one of the strongest proofs of the reality of that unseen world to which the soul of man continually tends.—Lecky.

## The Humor of a Political Campaign

**A** POLITICAL campaign in the United States is one big joke, from beginning to end. It is more amusing than a circus, and as in a circus, the same old chestnuts are trotted out, year after year.

Newspapers are the high priests of this solemn American fun-making. At the opening of a campaign they publish long laudatory articles on the nominees of their various parties. Here Mr. Average Citizen is surprised to learn that his acquaintances, Smith, Jones and Robinson, whom he has known well for many years as ordinary, commonplace men like himself, are paragons of ability and virtue. Then, a little later, he is still more surprised to read, in an opposition sheet, that Smith, Jones and Robinson are villains of the deepest dye, who would rob hen roosts, were it not for their lack of courage.

Then come the regular campaign bogies. The old empty dinner pail and bread line bogies are about played out, except with some antiquated reactionary organs. Also, it is no longer possible to convince many people that they should elect a man as township constable or county bookkeeper because he happens to agree with their opinions on the tariff. Yet, we still read in every campaign how Gaunt Ruin stares this or that industry in the face, if certain legislation is passed, or is not passed. On the morning after election, the subject is dropped like a hot potato, and nothing more is heard of it.

An inevitable feature of the campaign is a communication from some life-long Democrat or Republican, who purposes to vote the other ticket, for the first time in his long life. As these floppers about balance each other, there does not seem to be much object in such publications, but they are expected, as a part of the holy show.

Toward the end of the campaign come estimates. Each side is absolutely certain to win by an overwhelming majority. The word "landslide" is popular in this connection, and is rarely overlooked. The contentions are proved by careful house to house counts, so there can be no possible doubt whatever about it. All is over but the shouting. Of course, the political jokers don't believe this, but it is part of the business handed down to them for several generations, and, therefore, sanctified by tradition. If, a week before election, a campaign manager should give out such a statement as this: "I do not think our candidate has much chance of election, but if his friends and supporters will rally to the polls he may get in"—if a campaign manager should say that, I suppose he would be hustled off to an insane asylum.

The last week of the campaign is usually devoted to "roorbacks," or lies and exaggerated scandals about the opposition candidates. However, this practice, like the empty dinner pail, is getting to be played out, and lacks effect on the voters, who have been dosed with such dope so many times that they have become suspicious and indifferent.

As I said last month, reading the newspapers during a campaign, it is difficult to avoid the conclusion that editors take their readers for damfools.

## A Medical Millennium

**T**HE American Medical Association, alias the Medical Trust, has by no means given up the attempt to secure a seat in the Cabinet. Ceaselessly, insidiously, by means of paid articles in the newspapers praising the miracles of scientific surgery and scientific sanitation, by moving pictures and other means, they aim to misinform the people to the point where they will consent to such a menace as a Department of Health controlled entirely by the allopathic, or drugging, serum-injecting and carving school of medicine, with all its dangerous, unnatural, ever-changing experimental fads.

## Says Medical Freedom:

For what purpose does the Bureau of Education ask for an appropriation of \$500,000 per year? Is this money to be used in increasing the circulation of bulletins and reports advocating a National Department of Health, teaching of sex hygiene and the circulation of disease literature by way of "movie" films? Endorsement of all these plans of the American Medical Association is included in the recently published annual report of the Bureau of Education of the Interior Department. All of this has led many seriously to ask whether the United States is not in danger of deteriorating into a Bureaucracy instead of remaining what its founders intended it to be, a Government by the people and responsive to the people.

At the recent Atlantic City meeting of the A. M. A. fifteen reasons were set forth why the allopathic school of medicine should have a representative in the Cabinet. There is only one real reason—they need the money. They need lucrative jobs for doctors who cannot make a living on their merits. The people, in droves, are leaving the drug-dispensing and serum-injecting school for more rational, safer and more effective methods.

Such an arrangement as that proposed would be equivalent to having a National Department of Religion, with a member of one sect—say a Catholic, or a Presbyterian, or a Methodist—in the Cabinet. What a howl would go up about religious liberty. Yet that would not be so bad as this, because, while we may doubt whether we have souls, all of us, who are sane, know that we have bodies.

A National Department of Health, with its absurd, expensive and useless quarantines, rat, flea and squirrel hunts, and ultimately its forcible injection of various forms of animal filth into the blood of every person in the United States—which is what they aim at accomplishing, with the aid of the National Drug Company or Serum Trust—would soon cost the United States annually more than the army and navy combined, not reckoning the toll of human life and suffering that it would cause. As I have heretofore said, a National Department of Health would be nothing short of a national calamity.

There is insurrection within the ranks of the Medical Trust. Only a minor proportion of allopathic physicians belong, and many of them are leaving. The homeopaths, hitherto hoodwinked, are seeing a light. At the recent national homeopathic convention the president, himself formerly a member of the A. M. A., denounced that organization as a political tyranny, and advised all homeopaths to leave it.

In a letter I received from a broad-minded medical man he wrote:

The A. M. A. spent \$35,000 last year "educating" the public and are spending more this year. Nothing but a strong state and national organization of the laity will counteract the influence of the Medical Trust. The people must organize and go into politics to check it.

Surely they have sufficient inducement. The establishment of a National Department or Bureau of Health, under control of the allopathic school of medicine, might mean a millenium for the political doctors, but it would be a calamity for the people.

The least you can do is to write to your representatives at Washington, telling them how you and your neighbors think on this subject.

### Bath Tubs

**F**OLLOWING is from the regulations for a celebrated school for the daughters of the nobility at Saint Cyr, founded by Madame de Maintenon, in the time of Louis XIV:

Pupils are entitled to have one set of underclothing, one pair of stockings and two handkerchiefs per month. Towels—pupils, one every week; nuns, one every two weeks. Foot-bath—pupils, one a month; nuns, only by special authorization of the Superior. Complete bath—thrice a year (May, June, July.) Pupils unable to take their bath on the appointed day must wait until the following month.

That, you may say, was 200 years ago. True, but there are some educated people who today hold the same views.

Elmer Lee, M.D., editor of "Health Culture," does not believe in bathing. He says he would not have a bath tub in a house. However, Dr. Lee believes in washing the body.

In "Science and Health, and Key to the Scriptures," Mrs. Eddy writes:

The daily ablutions of an infant are no more natural or necessary than would be the process of taking a fish out of water every day, and covering it with dirt, in order to make it thrive more vigorously thereafter in its native element.

Mrs. Eddy also believes in washing the body.

George Bernard Shaw goes further. He is quoted as saying:

The fad for washing is not a natural thing. I have not really washed myself—except the obvious portions of my hand or face—almost since the time somebody else did it for me.

Shaw likes to shock people, especially his tubbing countrymen. He is a strict vegetarian, and, therefore is clean inside, but if he is telling the truth about his bathing habits, I should not care to sleep in the same room with him.

As for me, if I was building a house, and had to choose between a library and a bath-room, I should omit the former.

It is true that cold bathing is much overdone, but that is another story.

Many a man thinks that it is goodness that keeps him from crime, when it is only his full stomach. On half allowance he would be as ugly and knavish as anybody. Don't mistake potatoes for principles.—Thomas Carlyle.

## Mad Dogs

**H**YDROPHOBIA is exceedingly rare; so rare that pound keepers in cities like Boston, New York, Philadelphia, Chicago and Denver, after being bitten scores of hundreds of times, have never seen any such thing as hydrophobia. Sending heads or carcasses of dogs to laboratories usually "brings results," although it is only a few months since anyone pretended to identify the germ of rabies. The Pasteur institutes are mercenary grafts. A celebrated French physician has said: "Pasteur does not cure hydrophobia; he gives it." A correspondent of an eastern publication writes:

"The only result of the establishment of a Pasteur institute in any part of the world has been an enormous increase of cases and deaths reported to have occurred from hydrophobia, and the one country where there has been no single case reported for years is England, where, thanks to the protests of the anti-vivisectionists, there is no Pasteur institute to play upon the credulity of the ignorant. I have myself the names of over three thousand persons who were reported to have died from hydrophobia after having been inoculated against the complaint at various Pasteur institutes.

"The condition that goes under the name of hydrophobia does occur, but it is easily cured by what is known as the Buisson method, which consists simply in a course of sweating in a vapor bath, such as may easily be carried out in any Turkish or Russian bath establishment or at home. This has been demonstrated over and over again in this country, in France, in England, and in India, and has never failed to cure even advanced cases."

Dogs will go mad when they are tortured beyond endurance. So will men. Dogs will go mad in hot weather, when deprived of water. So will men. Dogs do not perspire through the skin. Hence, it is a refinement of cruelty to muzzle them. Instead of a muzzling law, there should be a law compelling people to furnish water to dogs, as in some German cities, where each householder is compelled to keep in front of the house a pan of water for dogs. This, in a country where they have no hot, dry summers, like ours.

Dogs that are fed on carrion become worm-infested, and sometimes go mad from that cause. Dogs become savage when fed exclusively on flesh, as do all animals, including man, especially when they get little exercise. The bite of any carnivorous animal, especially when angry, is poisonous. This includes men, who eat largely of flesh.

I have a big St. Bernard, with the most intelligent and kindly face I have ever seen on a dog. She was brought up with the babies. The cat sleeps with her, and the parrot bullies her around the yard. If you raise a stick at her she will wag her tail, because she has never been beaten. Yet, when I go with her for a stroll, if she runs in an affectionate way to greet a child, the parent or guardian, after saying: "What a beautiful dog!" almost invariably adds: "Will she bite?" Dogs bite when they have been trained to bite. Many men take delight in making them fight. They think the torture endured by a dog who runs through a crowd with a tin can attached to its tail is fun. Dogs are taught to be savage. Parents do not teach their children to be kind to animals, and when they grow up they are unkind to men.

Ownerless dogs, for whom an owner cannot be found, should be painlessly put to death. Owners of all dogs that bark and disturb people at night should be fined, as should parents of children who are permitted to annoy neighbors.

## Stimulating Slops

**A**MONG dietetic superstitions that persist is the belief in the nourishing qualities of beef "tea," although an increasing number of physicians who think and study are beginning to point out the folly of administering this poisonous stimulant to sick people. When, about fifty years ago, Liebig introduced his extract of beef, the foolish public was induced to believe that one could get the whole nourishment of an ox into about a pound of this stuff. Of course this is absurd. On the contrary, there is less nourishment in a pound of Liebig's extract of beef than there is in a soda cracker. It is an impure stimulant, much less wholesome than whisky and water, or claret. It contains the concentrated filth floating in the blood of the animal when it is slain, just the substances that make flesh food unwholesome. It is almost identical in composition with urine. Yet, this vile stuff is fed into the delicate and tender stomachs of those recovering from disease to "keep up their strength," and it is most popular in hospitals. Such patients are at once starved and poisoned. Is it any wonder that "complications" so frequently set in? Under the natural method of food abstinence when sick, and a little fruit juice and water in the early days of convalescence, there are no "complications," or collapses.

Milk, while containing nourishment, is also an excellent culture medium for bacteria, and when swallowed without thorough chewing forms curds in the stomach.

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## As An Oriental Sees It

**I**SUPPOSE it will be a long time before Occidental Christian churches will have the assurance to send more missionaries to Oriental "heathen." Here is what one Japanese thinks of the European slaughter-house. It is from an article in the Nation (New York), by Yone Noguchi, professor of English literature in a Tokyo university:

To the Oriental the European war means the saddest downfall of so-called Western civilization. Our belief that it was builded on a higher and sounder footing than ours was at once knocked down and killed. We are sorry that we somehow overestimated its happy possibility, and were deceived and cheated by its superficial glory. . . . The present downfall of the Western civilization means more than you and I suppose. It is not too much to say that the present European war is the beginning of the dark age of the whole world. We Orientals will insist in future not to believe whatever high philosophy on love, or peace, or humanity Western scholars and theologians may write. We Japanese are glad at least to have a country in a far-away East, not in the West. I have been losing for some long while my own respect toward the West and her civilization.

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In these days life is no longer directed by conscience, conscience accommodates itself to life.—Tolstoy.

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All men are by nature equal and virtue alone establishes a difference between them.—Zeno.

## Vegetarianism

**I**T is a common mistake to confound vegetarianism with a vegetable diet. The fact that by nature man is a fruit eater cannot be successfully refuted, and the more nearly one is able to approach this ideal the better it will be for one's health and power to resist disease. The experiments of Professor Jaffa, of the University of California, prove that fruits and nuts are a thorough, sustaining, wholesome food, and that man can live on them, getting more than sufficient nourishment and energy from this natural diet. Vegetable protein, if taken in the proper form, and combination, is as easily digested as animal protein.

It must be admitted that vegetarians who subsist largely on cooked, pre-digested and starchy foods have little advantage over those living on a so-called "mixed diet."

Caesar's legions conquered the world on a diet consisting of maize, wheat, oil and dried figs, and his own writings bear testimony to a mutiny of the soldiers when mutton and beef were substituted. The Roman soldier was a marvel of physical strength and endurance, considering the armament they were bound to carry for great distances. The athletes of ancient Greece were trained entirely on a fruitarian diet. The boatmen of Constantinople who live on bread, figs and dates have a wonderful muscular development. The winners of the great distance marches in Germany are as a rule vegetarians.

The greatest minds that ever lived, whose names are indelibly engraved on the history of mankind, were life-long abstainers from meat. Herodotus, "the father of history," living in the fifth century before the Christian era, abstained from the consumption of all animal foods. The renowned philosopher, Pythagoras of the island of Samos, and his great contemporary, Gautama Buddha, were strict vegetarians. Socrates, Plato, Plutarch and Seneca are all illustrious examples that man can achieve great physical, as well as mental, efficiency on a fleshless diet.—Otto Carqué.

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### "Affirmations" Not Enough

**L**ET me once more emphasize the important truth, that it is impossible to conquer an evil habit, or to uproot an evil principle, or to overcome an evil passion by the mere avowal or resolve that you will not be mastered or enslaved in the way you have been heretofore. Rather should you recognize the more effective way to succeed is by the cultivation of a new habit, the stimulating into action of a better principle, or the infusion of a stronger passion for good.—Jabez Haigh.

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The origin of all wars is the pursuit of wealth, and we are forced to pursue wealth because we live in slavery to the cares of the body.—Plato.

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The strongest bond of human sympathy, outside of the family relation, should be one uniting all working people of all nations, and tongues, and kindred.—Abraham Lincoln.

## Briefs

Men who carelessly start forest fires should, when caught, be slowly roasted over smoldering embers, until they fully realize the enormity of their offense.

The Red Light Abatement law was adopted by the voters. Landlords will now do well to look out for "acts of lewdness" on their premises, if the actors are not married.

German soldiers have four suspender buttons behind, in case of accident. "Can you beat it?"

The Supreme Court of Massachusetts has decided that all flags, the dominating color of which is red, are revolutionary and terroristic. That bars out the British ensign.

Helping Belgians is much more worthy work for the Rockefeller Foundation Fund than torturing animals, in the vain hope of discovering some unnatural cure for disease.

The Los Angeles Chinese Chamber of Commerce donated \$150 to a Hebrew benevolent association. Two weeks previous it gave a similar amount to the County Hospital.

In all warring countries children are playing soldier, and learning to kill human beings when they grow up. Cheerful prospect.

There are many unemployed in Los Angeles. Do not come here looking for work.

Osservatore Romano, Roman Catholic organ, suggests that the churches be made "asylums of peace, oases of tranquility where human passions and hatred may not enter." Good idea.

It seems to be generally admitted that our public schools are unworthy of a great people.

During the past nine months 150 persons have attempted suicide in Los Angeles, 52 with bichloride of mercury.

According to insurance statistics, 97 of every hundred persons at the age of 65 in the United States are dependent on others for either the whole or a part of their living.

It is recorded that toward the end of the eighteenth century Italian physicians frequently allowed their fever patients nothing but water, for 30 days.

The Philadelphia Public Ledger says: "There is something very seriously the matter with people who don't like dogs." Correct.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. III

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## Religion and Metaphysics

**T**HOUSANDS are turning now-a-days from religion to metaphysics —to Christian Science, and New Thought, and Theosophy, and that sort of thing. It is a natural reaction from the repulsive religion of hell fire and eternal damnation. Meantime, the churches are trying to win men back by amusing them. From one extreme to another. Our preachers are becoming actors, our actors preachers. In a popular Los Angeles church, the evening programme consisted of a talk on "What a Telephone Girl Hears," enlivened by a whistling solo. Slim diet for hungry souls.

It seems to me that there is a chance for a revival of the unadulterated doctrine of Jesus, summed up in the Golden Rule. To many it would be a novelty.

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## Plain Language

**I** DO not use long words to conceal my meaning—or my ignorance. I write in plain language for plain people. When you happen to read one of my articles that appears to be lacking in Chesterfieldian politeness or consideration for the feelings of the "gentle reader" or even sometimes to be "coarse and brutal" you should remember that for over forty years I have been trying to teach two generations of stubborn and stiff necked people some simple laws of health, and during that time have met, as must all who tell unpleasant truths, much cold indifference tempered by hot abuse. When I was younger and more enthusiastic I was an ardent lover of mankind, strongly imbued with a desire of doing good to others. Now I have come to the point where I simply write for the pleasure of saying what, from experience and observation, I know to be the truth. If my readers choose to follow my advice, so much the better for them, if not, so much the worse. I shall not lose an hour's sleep over it.

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A writer says: "It is an admitted fact that the chief of all evils which afflict humanity is that of intemperance." By "intemperance" he means the consumption of alcohol. Not so. Selfishness and Greed have cursed the human race far more than liquor.

## Christmas Gifts

**T**WO years ago I wrote:

For centuries Christmas has been a season of feasting and largesse. It was left for Dickens, when he wrote the Christmas Carol, to create the "Christmas spirit" as we know it today. As Dickens propounded it, the idea was altogether admirable—the opening of our hearts at Christmas-tide to those whom Fate has less kindly treated.

Since then, the Christmas spirit of Dickens has gradually become grossly distorted, and exaggerated, until now it means the exchanging of costly presents between those who often cannot afford them, and those who frequently have no use for them. Many families are in this way worried for weeks before Christmas, and financially embarrassed for months after. It has come so far that almost everybody expects a Christmas gratuity, like the English postman, and policeman, and coal man, and a score of others, on "Boxing Day."

There is need of reform in the giving of Christmas presents. Give to those who need. Give inexpensive tokens to those you love—where possible the work of your own hands—and do not forget to make the children happy; but avoid bankrupting yourself by giving presents that the recipients know you cannot afford.

Above all, do not neglect to spread some of that Christmas spirit over the remaining fifty weeks of the year.

I have nothing to add to this, except to suggest that a year's subscription to **BRAIN AND BRAUN** is an inexpensive and—to those who think—an acceptable Christmas gift.

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## A Beautiful Dream

**S**Ocialists denounce war, but when their own country is involved they join it. Preachers also denounce war, but they bless the soldiers before they leave for the battlefield. Democrats favor free trade, except when it affects their own pockets. All men are willing to see the vices of others regulated. Few, indeed, are so broad-minded as to be able to rise above their narrow surroundings and sympathies.

This is why the Universal Fellowship of Man can never be more than a beautiful dream.

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Three great forces, of which we hear little, are working quietly beneath the surface. Their power should not be under-estimated. They are the Roman Catholic Church, the Masonic Order, and Christian Science.

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In every number of this magazine you will find at least one suggestion that if followed will increase your efficiency and lengthen your life.

## Belgian Refugees

**A**MERICANS are stretching forth their hands to help the unfortunate Belgians. That is well. When, however, it comes to the settling of Belgians on California land, the question may be asked whether we should not first provide for the poor among us, who would appreciate productive country homes. There are many such.

Again, we overestimate the number of Belgians who would be willing to leave their native soil, even under present depressing conditions. The love of European peasants for the homes of their forefathers is pathetic, and something that cannot be understood by the American "rancher," who is willing to sell out at the first good offer from a subdivider, and move on.

A dispatch from the Belgian Relief Committee in New York states that most of the Belgian refugees intend to return as soon as possible, to their own country.

The Progressive party may pass, but its humanitarian and economic principles will not die.

## An Eastern Winter Morning

**W**HEN the frost is on the punkin and the fodder's in the shock,  
 And you hear the kyouck and gobble of the struttin' turkey  
 cock,  
 And the clackin' of the guineys, and the cluckin' of the hens,  
 And the rooster's hallelouyer as he tiptoes on the fence,  
 Oh, it's then's the time a feller is a feelin' at his best,  
 With the risin' sun to greet him from a night of gracious rest,  
 As he leaves the house bareheaded and goes out to feed the stock,  
 When the frost is on the punkin and the fodder's in the shock.

There's somepin kind o' hearty-like about the atmosphere  
 When the heat of summer's over and the coolin' fall is here.  
 Of course we miss the flowers, and the blossoms on the trees,  
 And the mumble of the hummin'-birds and buzzin' of the bees;  
 But the air's so appetizin', and the landscape through the haze  
 Of a crisp and sunny morning of the early autumn days  
 Is a picture that no painter has the colorin' to mock,  
 When the frost is on the punkin and the fodder's in the shock.

The husky, rusty rustle of the tassels of the corn,  
 And the raspin' of the tangled leaves as golden as the morn;  
 The stubble in the furries—kind o' lonesome like, but still  
 A preachin' sermons to us of the barns they growed to fill;  
 The straw-stack in the medder, and the reaper in the shed,  
 The hosses in their stalls below, the clover overhead,—  
 Oh, it sets my heart a clickin' like the tickin' of a clock,  
 When the frost is on the punkin and the fodder's in the shock.

—James Whitcomb Riley.

## Brooklets

War has at least temporarily diverted interest from the sex question, for which let us be thankful.

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In ten years a battleship is antiquated. Think of the good that might be done with the money.

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The man who knows it all is a hopeless ignoramus.

\* \* \*

A hearty laugh is the best kind of digestive.

\* \* \*

It will be well when men, instead of seeking to overpower others, strive to conquer the Devil in themselves.

\* \* \*

How few can think far enough to admit that possibly the other fellow may be right.

\* \* \*

Talent is much more common than reliableness.

\* \* \*

We save men in infancy to kill them in middle age.

\* \* \*

Cheap and superficial reading is one of the banes of modern life.

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It takes weeks to extirpate Johnson grass from an acre of land. It takes much longer to extirpate the habit of a life time.

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Many rogues can stare you out of countenance. Don't judge a man by that.

\* \* \*

Fidgeting and fussing are evidences of irritated nerves, due to inflammation of the lining of the stomach, and that is caused by dietetic errors.

\* \* \*

If you cannot get what you think you are worth, take what others think you are worth, until you can show them.

\* \* \*

Few accept advice contrary to their opinions or inclinations.

\* \* \*

Do not read to approve, but to learn.

\* \* \*

Many would be more welcome, if they knew when to leave.

\* \* \*

Good listeners are scarce. People like to hear themselves talk.

## Therapeutics of Christian Science

**T**HE cures of Christian Science have more to do with symptoms than with causes, with appearances than with facts. In place of accepting a disease as a physiological disorder—a thing to be corrected or exhausted from the body, Christian Science, by denying the reality of the disease, drives it back into the system from which it tries to escape. In other words, the process of a boil forced back into the blood from which it has been isolated, represents the method of Christian Science in effecting the cure of a disease by “denying” its existence.

This attitude of “denial” accompanied by the power of “faith,” constitutes the mental lever by which the miracle of healing by Christian Science is performed. In place of being expressed and exhausted, the disease is repressed and covered. In place of casting out the devils by recognizing them, as did the Christian Healer of the Gospel, the Christian Science practitioners are casting in their devils by ignoring or denying their existence.

Hence Christian Science, in common with every current patent medicine, is a mere “symptom smotherer,” which by removing the effect of a disease only deepens its cause. A disease cured by “denial,” is a weed removed by lopping off its top, with the vitality of the latter transferred to its roots. In the very process of its disappearance is held the fact of its reappearance,—with added power. The disappearance of a local distress, under the force of “denial,” may accumulate its suppressed momentum into a later reappearance of the same disease, in the graver form of a constitutional break down. Furthermore the relief and apparent cure of the gastric disturbance following an act of gluttony, may later reappear in the intensified form of a gastric ulcer—which in its turn, if “cured” anew, may accumulate its suppressed energy into a gastric or uterine cancer.

By ignoring the laws of disease, Christian Science fails to comprehend the laws of life—and its “cures,” so far from being of any benefit to humanity, merely gives rise to a confusion of ideas, sadly mixing up the true and the false, the real and the apparent, blinding the sufferer to the actual state of his condition, while building up a semblance of health on a basis of perverted and collapsible vitality.—Axel Emil Gibson, D. O.

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### Epilepsy

**F**OLLOWING is a Cincinnati dispatch.

“That a cure for epilepsy through a surgical operation on the intestines has been demonstrated in many cases, was the announcement at the meeting of the Mississippi Valley Medical Association here today by Dr. Charles A. L. Reed of this city, who first described his alleged cure several months ago.

“Dr. Reed held that the majority of cases of epilepsy are caused by poisons absorbed by the human system from the intestines. All previous surgical practice has been to operate on the brain.”

This physician is on the right track, in diagnosing the cause of epilepsy, but why cut? Metchnikoff declared that all human ills are due to the same cause, and recommended the extirpation of four feet of the colon, or, failing that, the consumption of Bulgarian buttermilk.

Why not adopt a diet that does not render the colon foul?

## The Doctrine of Physical Force

**F**OLLOWING is a summary of the doctrines of Gen. Bernhardt, as set forth in his book, published before the war. I cannot believe that these immoral ideas of Bernhardt represent the opinions of the German people. Obviously, a nation that should attempt to enforce such theories would become a menace to mankind.

“War is in itself a good thing. It is a biological necessity of the first importance.” (P. 18.)

“The inevitableness, the idealism, the blessing of war as an indispensable and stimulating law of development must be repeatedly emphasized.” (P. 37.)

“War is the greatest factor in the furtherance of culture and power. Efforts to secure peace are extraordinarily detrimental as soon as they influence politics.” (P. 28.)

“Fortunately these efforts can never attain their ultimate objects in a world bristling with arms, where healthy egotism still directs the policy of most countries. God will see to it, says Treitschke, that war always recurs as a drastic medicine for the human race.” (P. 36.)

“Efforts directed toward the abolition of war are not only foolish, but absolutely immoral, and must be stigmatized as unworthy of the human race.” (P. 34.)

“Courts of arbitration are pernicious delusions. The whole idea represents a presumptuous encroachment on natural laws of development which can only lead to the most disastrous consequences for humanity generally.” (P. 34.)

“The maintenance of peace never can be or may be the goal of a policy.” (P. 25.)

“Efforts for peace would, if they attained their goal, lead to general degeneration, as happens everywhere in nature where the struggle for existence is eliminated.” (P. 35.)

“Huge armaments are in themselves desirable. They are the most necessary precondition of our national health.” (P. 11.)

“The end-all and be-all of a state is power, and he who is not man enough to look this truth in the face should not meddle with politics.” (Quoted from Treitschke’s “Politik.”)

“The state’s highest moral duty is to increase its power.” (Pp. 45-6.)

“The state is justified in making conquests whenever its own advantage seems to require additional territory.” (P. 46.)

“Self-preservation is the state’s highest ideal and justifies whatever action it may take if that action be conducive to that end. The state is the sole judge of the morality of its own action. It is in fact above morality, or, in other words, whatever is necessary is moral. Recognized rights (i.e., treaty rights,) are never absolute rights; they are of human origin, and, therefore, imperfect and variable. There are conditions in which they do not correspond to the actual truth of things. In this case infringement of the right appears morally justified.” (P. 49.)

“In fact, the state is a law unto itself. Weak nations have not the same right to live as powerful and vigorous nations.” (P. 34.)

“Any action in favor of collective humanity outside the limits of the state and nationality is impossible.” (P. 25.)

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Dr. Manning, in the Medical Times, says that bedbugs spread infantile paralysis. Next.

## Artificial Teeth

THE two chief causes of decay of the teeth are, first, eating of soft foods, and second, eating foods that are deprived of the mineral calcium, as in the bolting of flour, or the boiling of vegetables. Cleanliness will avail nothing. Rich people who over-work tooth brushes keep dentists busy all the time.

When the teeth are gone, or going, they must be replaced. It is foolish to tinker with cheap artificial teeth. Save on anything else, rather than on that.

Several bases are used for artificial teeth. There are objections to all. Red contain mercury, black are unsightly, celluloid, in the shape of brooches and collar buttons sometimes explodes, although I have never heard of artificial gums exploding. Gold is good, but expensive. When you buy gold plates see that they are of pure gold, not alloyed with copper or you will be poisoned. This is another argument against patronizing cheap dentists.

I have no doubt that one cause of suffering from artificial teeth is the undue haste with which they are fitted. Formerly six weeks were allowed to elapse before the teeth were inserted into the mouth. Now the business is rushed in as many days, often while the gums are sore.

During the past few years I have received several complaints from consultants about the unpleasant effects of wearing red rubber plates. These people say that immediately after placing the red rubber plates in their mouths, if they should take anything containing the most minute trace of alcohol, as, for instance, a piece of mince pie, or even a glass of root beer, that would at once be followed by a painful swelling of the lips and gums, lasting for several hours, and leaving the mouth inflamed for several days. Prohibitionists would, perhaps, say this is a good thing, but then, you cannot, when you dine out, always escape the danger of a little brandy in food, and you would have to avoid soda fountains altogether.

The red in rubber plates is produced by vermilion, the brilliant coloring matter of cinnabar ore, from which mercury is extracted. It seems that everything touched by mercury is cursed. Why, however, alcohol should have such an immediate and peculiar effect on it, I do not understand. Nor have I been able to find out, after corresponding with many dentists, dental associations, and experienced physicians of the regular school. One dentist suggested that perhaps sulphur in the plates, instead of mercury, was the cause of the trouble. Dr. C. E. Markey, of Pasadena, in a letter to me, wrote as follows:

"My experience with red rubber plates has always been that rubber being such a poor conductor of thermal changes, it necessarily keeps the tissues under the plate under stimulated, and in many cases where a patient has worn them for years, one will find that the tissues are much whiter (weaker) in contrast to the pink healthy tissues.

"In some cases I have made plates of black rubber and have overcome it, as black rubber contains no mercury, and while it may not increase the conducting properties as to thermal changes, yet it appears to be a far better base against the roof of the mouth. All rubber, being organic, sooner or later, becomes porous and I have read that oxidization of the sulphur forms sulphuric acid, and means deterioration. Also, that using a three per cent. solution of carbolic acid as a mouth wash and plate kept in that solution nights, has a tendency to overcome it or preserve the rubber.

"I always advise patients to leave their plates out at night, and either

put them in a glass of salt water, or, if the carbolic solution is not too offensive, use it.

"Zinc oxide is the coloring matter in pink rubber. When we wish to make it lighter in color, we put the plate in alcohol in a glass covered jar, and let the sun bleach or oxidize it, so there surely is something in it which can be oxidized.

"A gold plate is the best base against tissues, and is being more and more worn each year, their expense being their one drawback for some people.

"We dentists have all had some experiences with inflamed tissues under a red rubber plate.

"The saliva certainly exerts an action, for or against, dental troubles, and is a good guide of one's general health. The sooner dentistry and medicine go back to their A.B.C.'s and preach the gospel of diet and health, the sooner will mankind realize their errors of living."

If any readers of BRAIN AND BRAUN can throw further light on this subject, I shall be glad to hear from them.

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### A Fasting Exhibition

**F**OLLOWING was received a few weeks ago from I. X. Lynard, 2102½ N. Broadway, Los Angeles:

"To cure what I call chronic catarrh, regardless of what anybody else says, I am going to undergo a fast to a finish, with certain supplementary treatments, which I know from experience will cure. But I shall combine this pleasure with business, and give the public a demonstration that shall be practical education. I am going to hire a hall and fast, instead of fasting at home. Thus others will benefit, besides myself. I have fasted before. I have studied nature, but didn't live according to my enlightenment.

"I am going to have an observation committee of physicians, nurses, and newspapermen, to make notes and satisfy themselves that I am acting in good faith. I will direct my fast and treatment. Members of the committee are invited to advise me. You are welcome to be one of the committee, if you think it would interest you, or be of advantage to you. Admission will be charged by me to all except members of the committee. I will lecture every evening. Can you and I make an arrangement to sell subscriptions to BRAIN AND BRAUN, etc., at this exhibition?"

It would not pay. Times have changed since Dr. Tanner excited wonderment by twice fasting for forty days. Fasting is now almost as common as feasting. It is an indispensable feature of treatment, when indicated, in all well-appointed Nature Cure sanatoria. You might as well invite people see you eat a watermelon, or take a sweat bath. You would not take in enough money to pay the door-keeper. Better fast comfortably at home.

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Disinfectants are of little use. They make a bad smell; that is about all. The best of all disinfectants—and the cheapest—is the sun.

Right feeding is one of the very few things in the world that really matters. We ultimately largely become what we eat and drink.—Dr. Alexander Haig.

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One of those good books on health for sale by the Naturopathic Publishing Company would be an acceptable present to a friend who is interested in the care of the body.

### Woolen Underclothing Filthy and Unsanitary

**A**NYTHING that irritates the surface of the body is reflected to the mucous membrane of stomach and bowels and produces trouble through sympathy. Woolen is a local irritant to the skin. This will not be noticed much unless a patient has some skin disease. Then it is that the woolen must be removed if the patient hopes to recover fully. Wool is positively a skin irritant; worse in some cases than others, but detrimental to all. Few young babies can live in the world for a month without showing catarrh and fifty per cent. die before one year of age. Wool does its share in killing those who die and keeping the rest in a condition to have all kinds of children's diseases.

Wool is a filthy underwear. It keeps the transpired matter penned up against the body. It will not dry. I don't believe that a heavy flannel shirt will ever get dry from the beginning of winter to the end, in spite of the washings and attempts at drying. It is a safe statement to make that flannel shirts are never clean after they are once dirty. They hold dirt and bad odors and are great ambushades for disease to hide in. Anyone who wants to be sweet and clean must bid good-by to such a hope as long as he wears flannel.

Wool is a better skin protector than linen or cotton, but the greatest fallacy of all fallacies regarding the care of the skin is that it needs protection. It does not need protection except, possibly, during the most severe weather. The body can protect itself just as well as the face if given the same opportunity; but it is not, it is covered up too warmly from birth, and this over-heating destroys the natural function. When the natural function is destroyed it is impossible to put enough clothes on to keep warm. On the other hand, keep the skin clean and well aired, and a cold wind is a pleasurable sensation rather than otherwise. Clothes that fit skin-tight are not healthful. Undergarments should fit loose so that the air can come in contact with the body. Keeping the air away from the skin is just as bad, yes worse, than keeping water away from it. Linen-mesh has two advantages. It is full of perforations and the material does not hug the skin as we often see with cotton and wool.—J. H. Tilden, M.D.

To the above sensible remarks of Dr. Tilden, which I heartily endorse, I may add that I wear light weight ramie linen, summer and winter. Ramie, the linen of the Bible, is as superior to ordinary linen as linen is superior to cotton. I do not "catch cold," except on very rare occasions, when I have committed some dietetic indiscretion. Then I know the cause and the remedy, and the "cold" does not stay with me more than a couple of days.

### Vaccination Kills More Than Smallpox

**I**T can be readily proved from death certificates and other data not published but now concealed by our Health Departments (all dominated and controlled by vaccinating doctors) that there are actually more deaths caused every year in New York from Lockjaw and Septicemia in Vaccination Wounds than from natural smallpox and particularly in children—even two or three times more in some years!—Harry B. Bradford in "Health Culture."

Fred Welsh, the light weight champion of the world, trains on a vegetarian diet.

### Sitting on the Lid

**L**ONG BEACH, the enterprising and progressive seaside suburb of Los Angeles, has made a marvelous growth during the past decade. Materially Long Beach is all right. Morally it seems to be all wrong.

Long Beach boasts of being the strictest Prohibition community in California. I believe it went 4 to 1 "Dry" in the recent State election. To have a beer bottle in your possession is a misdemeanor, to drink a highball a crime. Of course, there are many "blind pigs" and "booze" is sold not only by druggists, but also by cigar dealers, who are raided at irregular intervals.

I referred to an instance of the severe municipal morality of Long Beach last May, when the mayor ordered the portrait of a young man removed from an exhibit of paintings in the public library, because the young man held a cigarette.

One might naturally suppose that, in a community like this, Arcadian simplicity and virtue would prevail. Strange to say, on the contrary, Long Beach is a perennial scene of nasty scandals—society, and church, and political scandals. According to newspaper reports there was recently unearthed a secret society of thirty or more men, some of them prominent in business life. They held weekly orgies and indulged in unnatural practices.

There are things worse than whisky and poker games, or even—as in this case—than houses of prostitution. If you clamp the lid down too tight, something will explode. If you deprive people of harmless—or comparatively harmless—relaxations, they will resort to others less wholesome. This is particularly true when men inflame their blood by continually overeating of stimulating foods, a vice especially common among total abstainers from alcoholic beverages. Much more harm is done by dietetic excesses than by drunkenness, because, for one who drinks to excess, a hundred overeat. And those who overeat must have an outlet for their passions.

Unless Long Beach purges itself families will begin to hesitate about going there, to bring up boys in such an immoral atmosphere.

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### "Metaphysical Icebergs"

**A**S I have suggested elsewhere, metaphysical beliefs, that subordinate human sympathies and aspirations, tend to make people cold and selfish. Often they disrupt friendship and family life.

A young man was recently granted a divorce in Los Angeles. Seven years ago he met and married his wife, in Mrs. Tingley's Theosophical institution at Point Loma, near San Diego. Acting under what are said to be peculiar teachings of the institution, the woman refused to have sexual intercourse with her husband, and he was not content to be a "soul mate." So they were parted.

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A Stuffed Club does not believe that BRAIN AND BRAWN should be restricted in its circulation to people in California. Those in every state who want a periodical dealing with health matters—a health magazine for the home—cannot do better than select BRAIN AND BRAWN.—J. H. Tilden, M.D., in "A Stuffed Club."

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Locomotor ataxia is the result of outraging and debauching the nervous system until it is so depleted and enervated that it takes on degeneration.—J. H. Tilden, M.D.

### Things That Are Not So

**W**OODS HUTCHINSON, the Apologizer for Human Frailty, had an article in the Saturday Post on feeding an army, in which he displayed rather more than his ordinary amount of misinformation. Among other things he declared that sugar is a necessary article of diet, that meat should be eaten freely in a hot climate, that food had nothing to do with mortality in the tropics, and that beri-beri in the Japanese Army is due not to the polishing of rice, but the absence of meat. He also ignored entirely the food value of nuts.

Hutchinson seems to think that all armies need to eat is wheat, beef and sugar. Read this dispatch from Naco, Ariz.:

"Only three cases of scurvy exist in Gen. Hill's garrison of Carranza soldiers at Naco, Sonora, according to J. I. Hollingsworth, American physician in charge. A carload of apples and other fruits immediately supplied, has averted danger. The preference of the Mexicans for meat is said to have been responsible for the outbreak of the disease."

Hutchinson is an interesting dispenser of misinformation on the subject of food and food values. His writings will always be popular, because he tells people to eat whatever they like, and to eat plenty of it. He must make quite a large income from his magazine articles.

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### "Second Class Meat"

**F**OLLOWING is a recent Washington dispatch:

"New Federal meat inspection regulations for better conservation of the public health went into effect today. The regulations guarding against the use of diseased cattle have been strengthened all along the line, and certain meat heretofore wasted may be sold when labeled 'Second-class sterilized meat,' as is done in some European countries. New regulations governing imported meats will become effective on January 1."

This dispatch is misleading. As I showed in the September number, the product referred to, permitted by the United States government to be sold at the behest of the packing companies, is meat from an animal having localized cysts, or lesions. After these diseased parts are cut out, the remaining portions are sterilized and canned. As I have remarked, anyone who knows anything about the laws of health and disease knows that local eruptions or sores are merely symptoms of a diseased condition of the whole body.

As Abraham Lincoln would have said, if the people like that kind of food, then, I suppose it is just about the kind of food they like. However, if you ever use canned meats—which you should not, if you can possibly avoid it—I would, if I were you, look on the label for the inscription "Second-class sterilized meat." I need scarcely say that you will find it printed in very small type.

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Few realize the great power of water, applied externally, as in the wet pack. A local bandage worn at night over the loins is wonderfully effective in ailments of the sexual organs, the bowels, kidneys and uterus. It is simple and efficacious, and rejuvenates the whole system.

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So long as doctors teach that disease is a specific entity, and that the people can't make themselves sick by overindulgence, just so long will there be no hope of health becoming the rule, instead of as now, the exception.—J. H. Tilden, M.D.

### “Herruerete Englaender”

**M**Y countrymen are certainly peculiar people. It is not surprising that on the continent of Europe they are generally referred to as “crazy Englishmen.”

In the October number I mentioned a body of English cavalymen, who were caught by the Germans indulging in their inevitable cold bath in a French river, and badly battered. Since then, newspaper dispatches have told how some of the English troops vary the monotony of life in the trenches by playing football between assaults. We are also told how the English troops dread German shrapnel less than the deprivation of their five o'clock tea. Like our soldiers in Cuba, instead of chanting sublime patriotic airs, they sing a music hall ditty.

The Marquis of Anglesey, one of the richest noblemen of England, got a short leave of absence and hurried over to London, to replace a fashionably cut khaki coat, that had been ripped up by a piece of shrapnel.

In the London Times, I found a copy of a letter from an English lieutenant to his mother. He had wandered away from his command, and found himself between the German lines, when he took refuge in a large hole made by a shell. Here he lay for sixteen hours. To pass the time he embroidered a piece of fancy-work for his mother, which he promised to give her when he returned.

Yes, indeed, my countrymen are queer people. They are good fighting men, all the same, as many German soldiers will admit.

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### Individual Odors

**A** CORRESPONDENT writes: “You recently mentioned the theory that most persons have a distinct natural odor. The German scientist who discovered that, is Prof. Gustav Jaeger of Stuttgart, better known in this country by the underwear bearing his name. He had a large collection of individual odors obtained by placing a fine net over the hair of the person whose odor he wanted to catch. He often proved that he was able to distinguish between the individual nets and to single out any and every one from a pile of them. He especially mentioned that women in different states of sexual development have a different natural odor and specified them. In every case where women use strong perfumes they have lost their individual odors and try intuitively to replace them.

“Jaeger thinks the individual odor plays an important part in attracting man’s attention. The use of artificial perfumes for the sake of their odor is entirely unknown to uncivilized people.

“It may be mentioned in this connection, that cannibal tribes in Africa maintain that white men smell like mutton.”

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A run of 156 miles on the road constituted a recent bit of exercise for C. W. Hart, an English athlete. He covered the distance between London and Brighton three times, from Brighton to London, back to Brighton and again to London. He spent 44 hours and 41 seconds on his little run, and finished strong.

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Peroxide of hydrogen is an irritant and caustic and capable of harm to the gums and mouth membrane.—Elmer Lee, M.D.

### Good Bye, Bob

**L**AST month, at his beautiful home in Pasadena, a show place of which Los Angeles is proud, Dr. Robert J. Burdette passed away, after a lingering illness. Although in later life a lecturer and preacher, he always will be most widely remembered as an American humorist of the first rank.

It is several years since I last met Burdette. It was at a dinner of the University Club, in Los Angeles, where we were speakers. A few months ago, I received from him an engraved card, acknowledging receipt of my congratulations on his 70th birthday. He was then lying, sick but cheerful, at his seaside place, Clifton-by-the-Sea.

Thirty-five years ago, when Burdette was publishing the Burlington Hawkeye, I was editing the San Francisco Wasp. Last week, turning over the pages of the volume of the Wasp for 1880, I happened on the following squib, credited to the Hawkeye:

"We suppose the man who was rocked in the cradle of the deep slept in the bed of the river when he grew up."

Adios, Bob. May you rest in peace.

### Pensioning Veteran Fire Horses

**L**OS ANGELES has established a home for aged and decrepit fire horses, with attendants to feed and care for the animals.

A fire horse who had served twenty years in Minneapolis was turned over to a humane society, and will be left to roam at will about the work house farm.

Pensions for Alaskan dogs were recently recommended to the War Department, by Brig.-Gen. Maus, Commanding General of the Department of the Columbia.

This is commendable. I know of no more pitiful spectacle than that of an old fire horse, with almost human intelligence, sold to be beaten and abused by a heartless teamster. It would be far more merciful to shoot it.

No physician will ever be a safe medical adviser who will prescribe for what patients tell him are their diseases.—J. H. Tilden, M.D.

### Have You a Friend?

**W**HAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to **BRAIN AND BRAWN**? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

**BRAIN AND BRAWN**, Chamber of Commerce Building, Los Angeles.

## Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

### "CHANGE OF LIFE."

The menopause, or "change of life" in women is usually looked upon with dread, as a dangerous period. This is not by any means necessarily so, any more than child-birth, in the case of persons who live a normal life. When a woman eats irrationally, and dresses irrationally, and breathes irrationally, then of course she must expect sickness and trouble, not only at such periods, but at others also.

Among the primitive races suffering incidental to "change of life" is practically unknown. The same is true in a lesser degree of the peasantry of Europe.

As this time approaches, if a woman has not made any study of the care of the body, it is high time that she should begin to do so.

### HEART DISEASE.

N. D. L.—Organic heart disease cannot be cured by the natural method, and therefore, of course, by no other method. Life, however, may greatly be lengthened. Functional heart disease may be cured. Take as little liquid as possible, avoid mixing up foods that ferment and cause gas to press on the heart. This is often mistaken for heart disease. Cut out tobacco and coffee and avoid mental excitement of all kind. Do not sleep on the back. Avoid if you use them. You must besides train yourself to be as calm as possible quite hot or quite cold baths.

Can I use wood alcohol in heating the water in a cabinet vapor bath?—  
R. L. D.

I would not do so. You often read how people have died suddenly from drinking wood alcohol. If it is so deadly inside the body, it cannot be wholesome to absorb into the pores.

I abhor publicity. To a woman of refinement it is dreadful to find things in the newspapers about herself. I never give interviews and I cannot understand why men remain in the newspaper profession. They should get into a decent business.—Mrs. William H. Taft.

## Profitable Publicity

**E**xperienced advertisers know that there is quality as well as quantity in circulation. Ten thousand copies, carefully read, do you more good than a hundred thousand glanced through and cast on a car seat, or in a waste basket.

**Brain and Brawn** is read and reread, from cover to cover, by thrifty people who think. They lend it to their friends. They read the advertisements also, and believe them, knowing they are censored.

It pays to advertise in **Brain and Brawn** if you have anything to sell that appeals to those who think. In proportion to cost, this medium will reward you better than any in America.

### The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

AUTOLOGY, E. R. Moras, M.D.; Published by the author, Highland Park, Illinois, 300 pp.; eighth edition.

Dr. Moras is a graduate of Harvard University Medical School, of the College of Physicians and Surgeons, Chicago, and was formerly house physician and surgeon in the Cook County Hospital, Chicago. He and his book were boycotted by the Chicago Medical Society, of which he was a member. This should endear him, and insure him the respect of all who believe in medical freedom.

"Autology" is an unusual book. It tells not only the how, but the why of eating, and touches in an interesting, conversational manner on other things that relate to the care of the body. Most of the author's ideas are in harmony with mine. Like me, he opposes the use of table salt as unnecessary and harmful. He severely arraigns the use of filthy animal serums, and other dangerous medical superstitions. He is opposed to sex education of the young.

The book is handsomely bound in green velvet and satin, and printed in exceptionally large, clear, black-faced type, like that one sees in an old breviary of the Middle Ages, a delight to the eyes.

You should read this book. I do not know the price, but I believe it is five dollars. Dr. Moras has also published a little book entitled "Guide to Autology," which he sends free, on request.

SUGGESTION AND OSTEOPATHY; W. I. Gordon, M.D., D.O.; 320 pp.; The Progressive Osteopathic and Suggestive Therapeutic Publishing Co. Cleveland, O.

This company has an awfully long and cumbersome name. It might with advantage be circumcised—the name, not the company.

Suggestion and osteopathy make a happy combination of mind and body. There are in the book many interesting facts about suggestion and auto-suggestion, with cases. The author says: "I wish every man, woman and child could realize what a part suggestion has played in the political and religious history of the world. This power, under different names, has been used for ages by prophets, wizards, and healers, to accomplish their objects, for good or evil."

"Progressive osteopathy" the author describes as "the new system of healing, that embraces all natural methods used by the osteopaths, together with all natural and scientific methods that have proved curative or beneficial to the human family up to date." According to that, it is the same thing as Naturopathy.

THE LAWS OF LIFE AND HEALTH; Alexander Bryce, M.D.; order through Naturopathic Publishing Company; 445 pp., illustrated; price \$1.15 postpaid.

The author is an eminent British physician and author. He visited the Battle Creek Sanitarium, and refers to it in the book. He dedicates the volume as follows:

"To Emeritus Professor John Gray McKendrick, who for thirty years, as the incumbent of the chair of physiology in Glasgow University, was the inspiring teacher of all that relates to the health of the body to thousands of medical men now scattered all over the world, this book is respectfully and by permission dedicated by his old pupil and assistant, the author."

The contents include, Food, Drink, Work, Rest, Air, Exercise, Cleanliness, Protection, Moderation, Cheerfulness, and Regeneration.

The author admits that quite two-thirds of the inhabitants of the globe subsist on a vegetarian, or what is commonly called a fleshless diet, but mildly decries vegetarianism.

Regarding milk diet, he says: "Milk is by no means easily tolerated by every person, and in any case is very deficient in iron, so that anaemia is almost sure to result from its prolonged administration without alternatives. The average limit of endurance for a sole milk diet is six weeks, and it is seldom judicious to continue it for anything like this length of time. \* \* \*

"It is an interesting fact that the usual type of a perfect food is of animal origin, e. g. milk, but few men would have the courage to tackle the 8 or 9 pints necessary to supply the requisite amount of daily protein."

Dr. Bryce has probably never heard of American institutions where patients are fed for weeks, sometimes even for months, not merely on eight to nine pints, but on eight to nine quarts of milk, daily.

The author advocates wool clothing, from which opinion I entirely differ. He admits an argument by Dr. Leonard Williams against it.

This is one of the most valuable books on the subject that I have read. It is sane and fair, scholarly, yet plain. I recommend it strongly to all interested in the care of the body.

PRINCIPLES OF EUGENICS; Blanche Eames; Moffat, Yard & Co., Publishers, N. Y.; 91 pp.; price 75c, net.

The author is Assistant Principal of the Correspondence School of Gospel and Scientific Eugenics, 4167 Grand Boulevard, Chicago. The book is described as a "complete and intelligent summary of all the principles of eugenics." The author does not pretend to say anything new on the subject. She denounces sexual excess, alcohol and tobacco. She trots out the mouldy old chestnut about one-twentieth of a drop of nicotine being sufficient to kill a dog. Doubtless one drop of pure nicotine will kill a dog, or a cat, but when a boy grows up and finds that millions of men have lived to be over seventy, after using tobacco all their lives, he is likely to disbelieve everything he is told on the subject. A more efficient plan would be to appeal to the boy's selfishness, and show him that if he uses tobacco before his body is fully formed, he will not be able successfully to compete, physically or mentally, with those who do not use it. Tobacco, in moderation, does no great harm to those who do not begin to use it until after they are full grown.

### A Cosmopolitan City.

LOS ANGELES is surely a cosmopolitan city. The census of 1910 gave California 517,355 foreign-born people. Of these 60,584 lived in Los Angeles. Among nationalities in Los Angeles were these: Germans, 9639; Irish, 3877; Italians, 3801; Portuguese, 170; Greeks, 361; Russians, 4801; Canadians, 7604; Roumanians, 296; Asiatic Turks, 403; European Turks, 102; Hungarians, 750; Mexicans, 5611; Swiss, 828. Newspapers are published in Los Angeles in eight languages.

### Hox Hupuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

#### REJUVENATED.

When I go up to the belfry every morning to ring the bell, I always come down the twenty-four steps two at a time, in a jump. I run over the hills, and all my asthma and catarrh are gone or forgotten. I feel like a young man, and all this simply by following closely your advice in BRAIN AND BRAWN. I am down to one meal a day, and even that isn't very much.—G. F. W. Daries, Avalon, Catalina Island, Cal.

#### A VOICE FROM ARIZONA.

Please continue my subscription for another year. You are the friend of anyone who reads your writings. Of course, the reason why I think so well of you is because you see things as I do. We may both be wrong, but I think we can change our views as soon as anything better presents itself, and you don't seem to wait for things to present themselves, but go digging after them. This is not taffy. It is just my candid opinion. I am sure you are doing much good.—J. A. Messinger, Phoenix, Ariz.

#### REAL INFORMATION.

I enclose a dollar for renewal of subscription. Even though I disagree from you occasionally, I think yours is the most sensible magazine I ever read, and on this account I cannot help thinking that maybe you are right on some of the things you say that are not according to my ideas. Keep up the standard and I will always be a subscriber.

Occasionally one gets a good pointer in a magazine of your kind, but it is not definite. You come out explicitly with your statements—real information that one can try.—H. H. Ihne, D.C., Chicago.

#### A SATISFIED CONSULTANT.

Enclosed find money order for final payment for advice. The instructions you sent me have been followed as closely as possible, and I am glad to report that my general health has been greatly improved. . . . I am ten pounds lighter in weight than at the commencement of the treatment. We have adopted the two meals plan, as you suggested, and like it. My appetite is good, and I thoroughly enjoy my meals. I have been sick for many years, and fully realize that my case is a tough one. I did not expect to be cured in a short time. You have done more for me than any doctor I ever had, and during the past twenty years I have tried many. My wife and I have great confidence in you, and shall keep in touch with you in the future.—Daniel Lord, Corona, Cal.

You will find a lot of useful knowledge in the back numbers of BRAIN AND BRAWN. See price list on another page.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

*Harry Ellington Brook N.D.*

## The Healing Art

Nature, Not the Physician, Cures.—Hippocrates.

### A WORD TO DRUGLESS HEALERS.

You drugless healers, like the coney of the Bible, are a "feeble folk." Few of you earn even a fair living. You have no influence in the body politic. You are despised by the medical fraternity, and misunderstood by the "laity." You are unpractical. Of business efficiency you know nothing.

There are two chief reasons for this state of affairs. First, like the Christian sects, you are divided among yourselves. You are not only jealous and suspicious of other drugless schools, but even of members of your own school. Five years ago the osteopaths fought the bill to license naturopathy in California more bitterly than the "regulars." Thus, you are easily kept in subjection by the dominant power. "Divide and conquer" has always been the rule of tyrants.

The second reason why you do not stand high in the community, and make more money, is that you do not support the publications that represent and support you. The printed page which represents an organization is much like the dress of a man. Either it commands respect or contempt. The allopaths support their magazines liberally. Hence their publications are enabled to put on a dignified front, that commands respect and confidence. On the other hand, look at publications representing drugless healing. They are pitiful rags, slowly starving to death. One exception is the Naturopath, of New York, and that only because Dr. Lust has been putting in \$200 a month of his own money, to keep it going. He writes to me that unless he gets more support from the drugless healers, he will break away from them, and make it a family magazine, as it was before, when it paid expenses.

For fifteen years I have been fighting for medical freedom, and to educate the people in favor of natural healing. When I began there was hardly anybody in Los Angeles who even knew what osteopathy was. Many of them thought it was a new kind of a bug. Some of you seem to think that because I don't take up the cudgels for a special school of healing—for naturopathy, or osteopathy, or chiropractic, or mechano-therapy, or neuropathy, or narpapathy, or hydrotherapy, or anything of that sort—that I am doing you no

good. That shows how narrow you are. With every number of this magazine I am making converts from the drugging, serum-injecting and carving school, and every convert is a possible patient for you.

I write in a way that this magazine may be read by the plain people. I make my articles interesting, timely and of some literary value, so that the magazine compares in quality if not in quantity with the big magazines of the country. If I confined my writing to descriptions of methods of natural healing, and attacks on the follies and crimes of the regular school, the magazine would be read only by you doctors, and that would not bring you any patients.

Yet, notwithstanding all this, the total support received by BRAIN AND BRAWN from drugless healers of all kinds, is scarcely sufficient to pay rent and postage. Had we depended entirely on the drugless healers, we should have ceased publication at the third number. There are a few honorable exceptions among you, whom I thank.

Perhaps you say you cannot afford to insert a card in BRAIN AND BRAWN. Nonsense. You pay your rent and telephone. You should regard the cost of a card as part of your necessary business expense. At least, each of you could get us a few subscriptions every month.

Now, I put it up to you drugless healers. For many years I have given the Nature Cure and medical freedom the best that is in me. If you do your duty by this magazine, I will uphold you directly as well as indirectly. Otherwise, I must look elsewhere for patronage. I am not a public benevolent institution, but a man with a normal appetite and a family to support.

### EMPTY HONORS.

I received a certificate of my election as honorary member of the American Naturopathic Association (New York.) I also received a certificate of honorary membership in the New Jersey Chiropractic Association.

I appreciate these honors, but I should appreciate it still more if the drugless healers would help BRAIN AND BRAWN with advertising and subscriptions. I cannot pay printers' bills with honorary certificates.

### FROM BASEBALL TO OSTEOPATHY.

A dispatch from Kirksville, Mo., recently announced that Wade Killifer, of the Cincinnati Reds, has entered the

junior class of American School of Osteopathy there. Last year Killifer attended the Los Angeles School of Osteopathy, and he expects to be a practitioner in that line when his ball-playing days are over.

**THE DRUGLESS PRACTICE BILL.**

The initiative drugless healers act, creating a state board for drugless physicians, was turned down by the California voters in the recent election by a large majority. I did not think that the law would have received so many affirmative votes. It was right in principle, but it contained the following dangerous provision:

“Any person who has been engaged in the actual practice of any drugless system or method of treating sick or afflicted human beings, which said drugless system or method is as set forth in and recognized by the terms of this act within the State of California, for a period of six months prior to the taking effect of this act, shall, upon the payment of the sum of twenty-five dollars, be entitled to register, without taking the examination hereinbefore set forth, as a drugless physician.”

This would let in many undesirables, for there are incompetent and bad men among irregulars as well as regulars. It was this provision that insured the defeat of the amendment. Had it not been for this, the amendment would, I am sure, have received many thousands more votes, although it might not then have carried, for the public is not yet sufficiently educated on the subject. The object of the drugless healers should be to provide this education, between now and the next election. This they can only do by spending money freely, yet judiciously.

I understand that a modified drugless practice bill, omitting the objectionable feature referred to, will probably be introduced in the State Legislature next month.

**PETTY JEALOUSIES.**

No. I, Vol. I of the “Drugless Review” has been received; 12 pages, size of **BRAIN AND BRAWN**.

It is published in Portland, O.; D. T. Browne, D.C., editor and business manager. As the editor is president of the Oregon Chiropractic Association, the magazine is naturally devoted to that branch of healing. Under the heading “A Letter to Drugless Practitioners,” the editor writes:

“A few days ago I was taken severely to task by a business man, who is shrewd and observing, a trifle above the average, and whose business prompted him to make quite a thorough canvass of the drugless practitioners of our city. He said, ‘Doctor, as you are the president of the Oregon Chiropractic Association, I would like to ask you a question. Why is it, when I call upon doctors along your line of work, and engage them in conversation, the majority of them have some criticism or unkind word to offer against someone

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**BENEDICT LUST, M.D., N.D., Publisher**  
DEPT. B. B.

112 East 41st Street NEW YORK CITY

else in their own profession, and in a number of instances I was led to believe that no one in the city, in their profession, knew anything about the work, worth mentioning, except the party with whom I was conversing?''

The Review is published at 317 Abington Building, Portland, O.; price 10c a copy, \$1.00 a year.

**NATUROPATHIC ASSOCIATION.**

At the annual meeting of the Association of Naturopathic Physicians of California, on November 10, at No. 508 Chamber of Commerce Building, Los Angeles, the election of officers was held and the following were elected:

- President, Dr. Carl Schultz.
- Secretary, Dr. August Greth.
- First Vice-President, Dr. W. H. Trescott, Los Angeles.
- Second Vice-President, Dr. Chas. I. White, Riverside.
- Third Vice-President, Dr. A. O. Lindstrom, San Francisco.
- Fourth Vice-President, Dr. A. F. McMillan, San Jose.
- Fifth Vice-President, Dr. H. D. Reynard, Oakland.

Dr. White of Riverside spoke on the upbuilding of the Association, also Dr. Gross. The President and Secretary gave an outline of the work accomplished during the past year, and of the financial condition of the Association.

**RELIGIOUS AND MEDICAL TYRANNY.**

Bernard Shaw, who has an incisive way of reaching the heart of things, which frequently proves both discouraging and annoying to that particular class of mentality which delights in raking over the surface in case any more radical treatment might have the perplexing result of causing it to think, once pointed out that the world, having spent several centuries in a strenuous battle for religious freedom, was engaged in substituting the scorpions of medicine for the whips of ecclesiasticism. As a matter of fact the comparison was, perhaps, closer than Mr. Shaw was aware. The medical school grew up, so to speak, under the shadow of the cathedral, just as the primitive town huddled itself against the walls of the castle. There was, however, this fundamental difference: The serfs built their wattle huts close to the baronial battlements for protection against the raiding proclivities of the neighboring seigneurs. The doctors, on the other hand, were drawn within the clerical



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orbit by an attraction more compelling than desired. The entire practice of medicine was regarded with suspicion by the hierarchy, when it should only have been regarded with a mild surprise. As a result the bishops constituted themselves the examining body of the medical profession. A struggle began for freedom of thought on a fresh basis.

In that struggle medicine succeeded in hoisting theology with its own petard. Theology had, for centuries, found in the torments of hell the whips of Solomon. Medicine found in the diseases of the body the scorpions of Rehoboam. Now the human mind is so constituted that it fears physical suffering and death even more than future punishment. In addition to this it had begun to develop doubts as to the reality of the ice-floes of the "Divina Commedia" or the pictorial gridirons of Fra Angelico. As a result the scorpions swallowed up the whips. In Mr. Shaw's phrase, the tyranny of medicine was substituted for the tyranny of theology. —Christian Science Monitor.

**FILE THIS FOR REFERENCE.**

Dr. Julius A. Palotay, of 424 South Broadway, Los Angeles, has published a large chemistry chart, 28 by 43 inches in size, printed on both sides, for hanging on the wall. It is compiled from standard text books, as a condensed reference guide for the use of schools, students, teachers, nurses, etc. It contains a great mass of information in regard to chemistry, and the human body. Here are a few extracts:

Frequency of heart pulsation, 72 per minute.

Length of time required for the blood to make an entire circuit of the bascular system, about 20 seconds.

Amount of air passing in and out of the lungs at each respiratory act, from 20 to 30 cubic inches.

Amount of air that can be taken into the lungs on forced inspiration, 110 cubic inches.

Composition of the air; nitrogen, 79.19, oxygen, 20.81.

Temperature of the body, normal 97.8-99.5.

Temperature of the human body at surface, 98.6.

Quantity of normal urine in 24 hours, 38½ ounces.

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### Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

#### CHRISTMAS SOUVENIRS.

The Carqué Pure Food Company has got up a little box of mixed California fruits, tastefully packed, for shipment outside of the State as a Christmas souvenir. A good thing for you to send to your friends in the East. These little souvenir boxes cost only twenty-five cents apiece.

#### RAW FOOD.

There is a man named Drews, who is an enthusiastic and persistent advocate of the raw food diet. He has written a book on the subject, which is interesting, as showing in how many different ways uncooked food may be prepared.

#### TUBERCULOSIS.

James J. English, of Denver, invites the public to write for a pamphlet, in which he offers them valuable suggestions in regard to the cause and cure of tuberculosis.

#### HALSOHEN.

Dr. Tell Berggren's place, on the bay of Coronado beach, near San Diego, is a genuine, old-fashioned out-door Nature Cure health resort, where you may enjoy a fine climate, and pleasant surroundings, while improving your health. Dr. Berggren is a scholar, and an enthusiastic advocate of the open-air life.

#### THE HEALTH SHOP.

Van Houten's, on Hill street, Los Angeles, might well be called the "Health Shop," for there you may find a great assortment of foods and other things that make for health.

#### DIAGNOSIS.

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## The Business Office

Within two days one man sent us four 25 cent stamps, and another fifty Canadian stamps. We cannot use such labels.

If your newsdealer does not keep BRAIN AND BRAWN, ask him why? Also ask yourself why you don't subscribe, and save money?

Often people write that they don't get the magazine and perhaps—quite incidentally, you know—mention that they have changed their address. Funny, ain't it?

### CHRISTMAS PROBLEM SOLVED.

Little Girl: "I'll tell you what we will do this Christmas, Gertie; instead of buying each other presents, I will send you a nickel and you will send me a nickel."—Life.

### CORONER'S COCKTAIL.

Mix three chorus girls with as many men, and soak them in champagne until midnight; squeeze into an auto and add a dash of joy and a drunken chauffeur; shake well, and serve at 70 miles an hour.—Gimlet.

### MATRIMONY.

"Take it from me, Mr. Schafran, the only difference between happy marriages and unhappy marriages is that the happy marriages keep their troubles private."—Montague Glass, in Saturday Post.

### HIGH FINANCE.

"Why are you sobbing, my little man?" "My pa's a millionaire philanthropist." "Well, well, that's nothing to cry about." "It aint, aint it? He's just promised to give me \$5 to spend at Christmas, provided I raise a similar amount."—Life.

### PRENUPTIAL SACRIFICES.

"And you are going to give up smoking?"

"Certainly."

"And drinking?"

"Gladly."

"And you will resign from all your clubs?"

"Willingly."

"Think, dearest, if there is anything else you can give up."

"Well, for one thing, I give up all idea of marrying you."—Soleil (Paris).

# Feed the Vitals First

Hydrotherapy, mechanotherapy, chiropractic, osteopathy, massage, electrics, gymnastics, sun, light, air, diet, etc., and drugs, are only local in effect and are misapplications of the health producing forces of nature, because they affect the outside of the body more than the inside.

Health is produced by mutual contact with the earth. Plain potatoes, beets, and cabbage produced on proper soil and with the proper tillage maintain the contact, but polish and display of foods as we find them in the up-to-date grocery and bakery destroys the contact and makes food filthy.

Dirt is not filth. Dirt is the substance from which healthy bodies are made. Natural foods vitalize the vital organs. After the vital organs are vitalized the minor organs are stimulated to healthy action by the vitals. The directing power of the vitals is positive. The power of the negative organs is negative. Positives work forward, but negatives work backward.

Over-exertion of the negatives causes the vitals to become negative. Excess of negative is the cause of ill health.

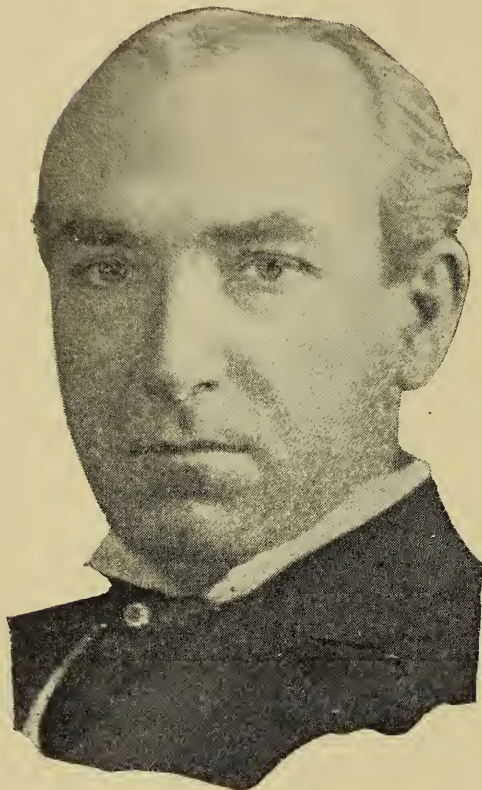
Negative foods produce watery, insipid digestive fluids. It is these weak and negative fluids that animals use to masticate dry hay and straw. If man eats negative foods he gets to producing and using the same digestive ferment as the cattle. Horse and cow digestion is produced from grass and grass is grown upon the top soil and top soil produces oils and fats. Fats and oils are negatives and produce no action unless there are strong positives. My circular tells how to make all foods positive.

## C. W. DAYTON

The Red Ripe Honey Man

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# The Christian Dietetic Society

213 West 79th Street, New York City

## To Advertisers Who Think

**W**ISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

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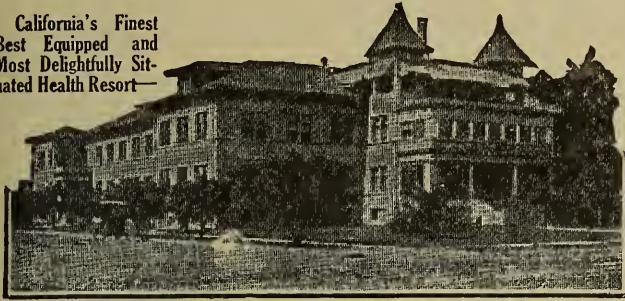
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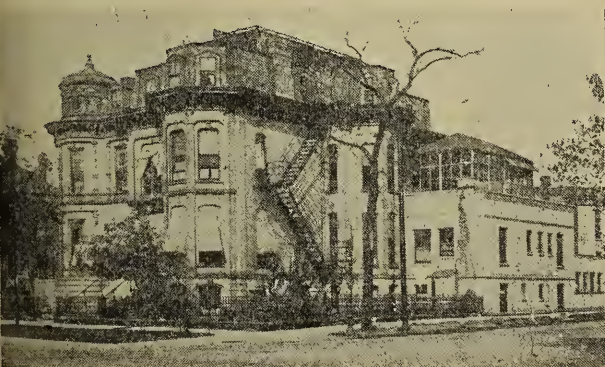
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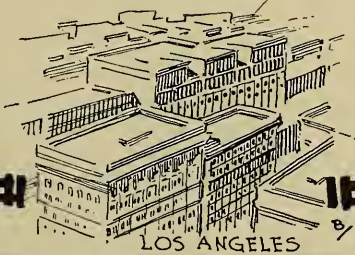
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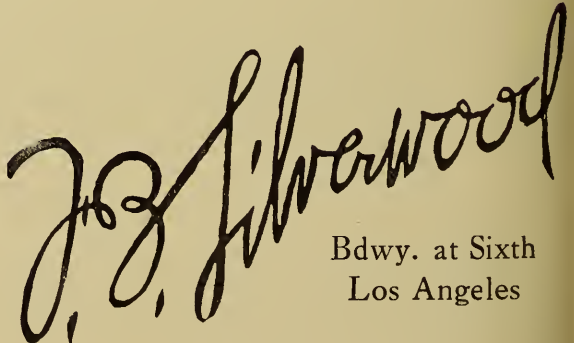
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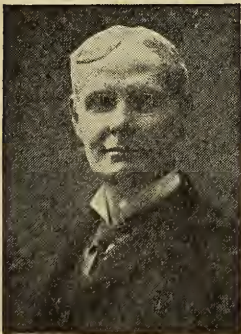
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# Brain and Brawn

JANUARY, 1915

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

Published Monthly by the Naturopathic Publishing Company, Inc.

Carl Schultz, N. D., President and Gen. Manager, Chamber of Commerce Building,  
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## OUR PROGRAMME

**T**HIS magazine is devoted mainly to the following purposes:

Instruction of the people in regard to the Nature Cure, or drugless method of healing disease.

Medical as well as religious and political freedom. The right of a man to choose his physician as he chooses his priest.

Education in regard to the laws of health, especially diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of quacks, both "regular" and irregular.

Information regarding fake "remedies."

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

Humane treatment of children and animals.

Establishment of universal peace, with honor.

The "back to the land" idea, and the simple life.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous matter from the system, and to restore normal conditions.

2. Drugs and serums interfere with these healing processes of nature.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease.

4. There is no such thing as "infection" or "contagion," as generally understood. Therefore, all quarantine is useless.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. Rational means of aiding nature are diet, fasting, massage exercise, hydrotherapy, adjustment of the spine, breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

# Health, Wealth and Happiness

Is the chipmunk's health a-failin'?  
Does he walk or does he run?  
Does the quail set up and whistle  
In a disappointed way?

—James Whitcomb Riley.

**M**AN seems to be peculiar in the Animal World in this, that he enjoys poor health.

If a person is sent to the penitentiary it is because he has broken the laws of the land, and he is disgraced.

But if he is sent to the hospital, it is because he has broken the laws of Nature.

And when he comes back—if he does—he gives an organ recital.

Quails do not have nervous prostration, and chipmunks do not fall into a decline. They follow Mother Nature intuitively.

But man, in degree, lost his intuition when he took on intellect. And the intellect is a two-edged sword. It cuts both ways. By the use of the intellect a man can deceive even himself, proving that black is white, and blue an optical illusion.

For instance, the majority of highly educated physicians believe that it is wise, just, right and altogether lovely to scarify the body of a perfectly healthy child, and then rub into the scarification pus from the sores on a sick calf. This operation gives the child a disease, which is supposed to make him immune from another.

The fact that this operation lays the patient open to tetanus—one of the most fatal diseases known—is nothing to your highly cultured physician; he keeps on doing it, and absolves himself by singing, "Everybody's doin' It."

Why do doctors perform operations on well people? Because they have been taught to do so by doctors who were taught by others who were taught by professors. Also, because people will pay for having the operation performed.

Intuition would save them. Intuition prompts us to do the natural thing—the obvious, the reasonable.

Doctor Edmond R. Moras seems to me to be a doctor who has both intuition and intellect. And from the marriage of these two is born Commonsense.

To be well—and keep well—and have well babies that keep well, is a life that is worth living. Let's each work properly as we should, and read AUTOLOGY, that great book by Doctor Moras.

Yes, I nearly forgot—there is a little book, whose pages are all sprinkled with intuitional diamond dust—that is called "GUIDE TO AUTOLOGY."

Doctor Moras had to write this little book to explain the big 'un. It is sent gratis on request. The address, Genevieve—please tell Hezekiah!—is simply this:

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Department 15

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# Brain and Brawn

Devoted to the Welfare of Humanity

HARRY ELLINGTON BROOK, N. D., Editor

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One Dollar a Year

Vol. III

LOS ANGELES, JANUARY, 1915

No. 8

## Human Slaughter-houses

**T**HIS title does not refer to military and naval slaughter. While armies are killing and maiming hundreds of thousands of soldiers on European battle fields, surgeons are killing and maiming as many men and women every year on hospital operating tables.

The first surgical operation of which we have any record was performed, under hypnotism, many thousands of years ago, in the Garden of Eden. This operation was notable, not only because it was the first recorded, but also because the patient recovered.

The growth during the past few years, of the mania for unnecessary and dangerous surgical operations, involving the extirpation of necessary organs of the human body, is one of the greatest perils that threaten the human race. It is truly a saturnalia of El Machete that we behold. It has come to the point where, for almost every disorder to which the human body is subject, an operation is recommended. The unfortunate sufferer is threatened with sudden death if he does not submit to the knife. The list of necessary organs that may be carved from the body, and yet permit the victim to crawl around, is constantly increasing. There are the tonsils, the vermiform appendix, the ovaries, the womb, the kidneys (or one of them), the thyroid gland, the prostate gland, and yet more. Recently the extirpation of the gall bladder has been recommended. Members of the Oregon State Medical Association, in session assembled, declared that it is "as useless as the appendix." A Texas physician announces that the only means of curing alcoholics is by surgery, and the professor of abdominal surgery in the medical department of the Kentucky University holds that "in the vast majority of cases chronic dyspepsia may best be cured with the aid of the knife."

Fashions in surgery come and go, as in millinery. Some fifteen years ago an enthusiastic Chicago surgeon introduced orificial surgery. The rectum is a great nerve center, and the seat of many ailments. Therefore—cut it out. Sometimes the patient died on the operating table. The operation was practiced all over the United States. Many lost their lives, many were ruined for life, and made miserable; few were improved. The fashion has passed. Even the inventor has given it up. Sometimes these operations are repeated several times, or until nature gives up, and the patient succumbs.

Eminent surgeons have boasted of removing thousands of appendices and ovaries. Recently there has been something of a let-up along this line. The dangerous after-effects have become too manifest. The more intelligent and conscientious physicians recognize the danger, but among the rank and file the money-making butchery goes on, unchecked.

In a great majority of cases these operations are not only unnecessary, but dangerous, and when the patient survives are always followed by injurious after-effects, in the shape of chronic invalidism and shortened life. This must naturally be expected, for they do not remove the cause. The idea of cutting out an organ of the body when it offends would be ludicrous, were it not so pitifully sad in its effects on the unfortunate patient. When a man has a pimple on his nose, no one suggests that the nose should be cut off. Dr. H. H. Lindlahr writes:

The evil after-effects of surgical operations do not always manifest at once. On the contrary, the surgical treatment is frequently followed by a period of seeming improvement. The troublesome local symptom has been removed, and the after-effects of the mutilation have not had time to assert themselves. But sooner or later the old symptoms return in aggravated form, or a new set of complications arises. The patient is made to believe that the first operation was a "perfect success" and that his latest crop of difficulties has nothing to do with the former, but is something entirely new. At other times he is assured that the first operation did not go deep enough, that it failed to reach the seat of the trouble and that it must be done over again.

And so the work of mutilation goes merrily on. The disease taint in the body sets up one nidus of inflammation after another. These the surgeon promptly removes; but the real disease, the venereal, psoric or scrofulous taint, the uric or oxalic acid, the poisonous alkaloids and ptomaines affecting every cell and every drop of blood in the body, elude the surgeon's knife, and create new ulcers, abscesses, inflammations, etc., as fast as the old ones are extirpated.

The late W. R. C. Latson, M.D., wrote:

The woman with ovaries, painful or not painful, is a woman—still a woman. A woman without ovaries is not a woman, but a sort of artificially manufactured hermaphrodite. In my experience of twenty years in medicine, I have never seen a castrated woman who was quite normal. Always they are nervous, irritable, hyper-emotional, lazy, inclined to obesity and possessed of other characteristics more picturesque than seductive. . . .

A great surgeon of London tells us that in four years he has relieved one thousand people of their appendices vermiformis. When I mention that many of the most brilliant and thoughtful medical men of the day consider both operations, appendectomy and ovariectomy, as seldom or never necessary, the lay reader must, of course, take his choice of opinion. This also, I mention: A famous German physician, after a study of five hundred cases operated on for appendicitis, finds that out of the entire number, in not one case had there been normal action of the bowels. Always the patient was suffering from obstinate constipation or intractable diarrhoea. This finding is quite in harmony with the physiologic researches of Sajous and others, as to the important functions of such organs as the tonsils, the appendix vermiformis and others, which the enterprising but ignorant surgeon chops out with such alacrity and abandon.

A Milwaukee physician wrote to a physician in one of the leading Chicago hospitals for a diseased appendix and a healthy appendix, for comparison. The Chicago doctor replied that he could send a bushel of healthy appendices, but that it was difficult to get a diseased one.

Removal of the tonsils is considered a "minor operation," yet it is dangerous and unnecessary. Many have died under the operation. Otherwise they suffer more or less all their lives. Here is a statement by C. C. Carr, M.D.:

The tonsils are excreting glands. Nature has created them for the elimination of impurities from the body. Acute chronic tonsillitis, followed by enlargement and cheesy decay, means that these glands have been habitually congested with morbid matter and poisons, that they have had more work than they could properly attend to.

These glands constitute a valuable part of the drainage system of the body. If the blood is poisoned through overeating, faulty food combinations,

or with scrofulous, venereal or psoric poisons, the tonsils are called upon, along with other organs, to excrete and eliminate these morbid taints. Is it any wonder that frequently they become inflamed and subject to decay? What, however, can be gained by destroying them with iodine or extirpating them with the surgeon's scissors or guillotine?

Remember that in a great majority of cases people who are thus butchered improve and are constantly restored to good health by simple natural methods.

In some cases, it is true, surgery repairs damages. That is constructive surgery, and is admirable. Now-a-days, for one case of constructive surgery, there are a hundred of de—structive surgery.

It is also true that some foolish women become obsessed with a mania for operations, after they have undergone one. Why, however, should a conscientious physician consent to what he knows to be unnecessary, unless it is that he "needs the money."

Some surgical operations are undertaken for the desire to excel in a brilliant manner, or for experiment—more of which goes on than the public has any idea of—but most of them, it must be admitted, are for the low purpose of earning a big fee. This pernicious activity is largely stimulated by the abominable practice of fee-splitting between "good old family doctors" and surgeons, the former receiving as a rule, a commission of about one-third. This disgrace to what should be a noble profession is condemned at almost every meeting of medical men, but they have not succeeded in abolishing it. Speaking on the subject before the Syracuse Academy of Medicine, Dr. T. H. Halstead, retiring president of the Academy, said:

Unless energetic and radical measures be taken to prevent it, there will soon exist a widespread suspicion of the integrity of the whole medical profession. If dishonest methods are being practiced in the business dealings of doctors with their patients, or between doctors at the expense of the patient, then, if we know this and do nothing to expose it, we shall surely suffer in the public estimation when the exposure comes, as come it must sooner or later. The great majority of the profession merit the confidence reposed in them by their patients and by the public, but if this majority does nothing to prevent the growth of the system pursued by a few physicians for defrauding and betraying their patients, then all must suffer—and all should suffer.

The family physician should stand between the surgeon and his patient, looking after the latter's interests and using his judgment as to the advisability and the necessity, for instance, of an operation. He cannot permit his judgment to be influenced by any financial consideration, and if he does he betrays the patient who has placed his confidence in him. A man who permits himself to accept from such surgeon, consultant or specialist a division of the fee or a commission without his patient's knowledge inflicts an injury on his character which sooner or later will tell on his reputation, because these things which cause a moral deterioration have a way of showing themselves unconsciously.

Dr. G. Frank Lydston, of Chicago, is one of the most eminent physicians in the United States, having held a high position in the Illinois State University, and being Professor of Surgery in the Chicago Clinical School. He is author of that notable book "Diseases of Society and Degeneracy." Some years ago, in the Philadelphia Medical Journal, Dr. Lydston had an article on "The Bisection of Fees, Surgical Drummers, and Drumming Surgeons." In this, among other things, he said:

Not only do surgeons of prominence solicit "surgical trade," while general practitioners auction off their surgical cases to the highest bidder, but public apologists for the nefarious custom have appeared upon the scene.

Upon specious and sophistical pretexts certain medical journals have either tacitly sanctioned or either openly commended the practice. . . .

The extent of the commission evil is simply appalling. A very large proportion of Chicago surgeons are practicing it. Those in other large cities are as bad, or worse. . . .

I herewith assert that the commission surgeon is, of necessity, a swindler. I do not think he robs himself. He robs his patients, and all of his lay and professional friends who send him cases, yet to whom he pays no commission. . . .

The practice of commission paying is even now leading to criminal collusion on the part of the surgeon and his drummer. Inoperable cases are being operated at for a divided fee. Cases in which operation is unnecessary are being operated on a fee bi-section basis. Dishonest diagnosis followed by dishonest operations are being made. There's nothing so "thick as two thieves," and as the chief malefactor—the commission surgeon—and his "pal"—the drumming doctor—are in duty bound to stand by each other, the poor patient is of necessity playing the role of football. Do I overdraw? No; I can prove that cases of an inoperable character are being auctioned off to the highest bidder. I can also prove that the drumming doctor with any case that he wants "operated," is never allowed to leave our great medical centers unsatisfied.

Having degraded himself by the commission business, the fee bisector has gone further and formed an offensive and defensive alliance with out-and-out quacks. I know of one gentleman who makes periodic excursions to a neighboring small town to operate for an advertising quack. He operates upon every patient that the quack has in readiness. He worries not over diagnoses. The quack has advised operation, the patient has consented to it, the fee is to be divided and—what would you more?

So much for cases where the surgeon is skillful and careful and conscientious, and sure of his diagnosis. What, then, may we say of cases where they lack either or all of these qualifications?

One of the most eminent surgeons in the United States, Dr. Cabot, recently admitted, to a gathering of his confreres, that of several thousand cases on which he had operated, the autopsy showed that his diagnoses had been correct in not more than fifty per cent. Norman Barnesby, M.D., writes:

Surgeons are but men, influenced by various motives, subjected to strong temptations. Granted a license such as no other body of men possess, and restrained only by general social and economic laws, and such interpretation as they choose to give to their self-imposed code of "ethics," is it to be wondered at that they assume an arrogant superiority towards the general public, and hence often come to value lightly the health and even the lives of the helpless folk who are so completely in their power? It is true that this very irresponsibility brings out, in some, the noblest traits and highest altruism; but only too frequently it breeds a cruelty and criminal recklessness that is simply appalling to those who know.

Regarding the incompetence of some who undertake surgical operations, he makes the following astounding statements:

It may seem incredible, but it is no less a fact that many novices in surgery have such an imperfect knowledge of anatomy that they are unable to recognize certain internal organs when they see them, and not infrequently they mistake one for another.

If hospital nurses should tell all they know, a man would sooner venture against a shower of shrapnel, than submit himself to the dangers of the operating table.

Several earnest physicians have recently suggested that there should be laws to control this butchery. In England definite steps toward that result have been taken. Dr. Rigby, who first proposed a Surgical Court of Inquiry in the Independent Review, thus introduced the subject:

Sufficient has now been said to answer my purpose; i e., to found a basis on which to establish my thesis that the present position of operating surgery has founded what is in fact a new tribunal, and one, moreover, of great and far-reaching power with very little, if any, responsibility; and that in the interests of the people at large it is quite time this far-reaching power and lack of responsibility should be seriously inquired into, and that if it is found necessary its powers should be limited and its responsibility vastly increased by bringing each individual case operated upon, at any rate where a fatal termination ensues, under the notice and investigation of an authorized court of enquiry; either a new court of enquiry to be established for the purpose or some modification of the present Coroner's Court.

The question of regulating the administration of anesthesia by law, in England is also receiving widespread attention in that country, both within and without the profession.

In America the American Health Association, at its recent annual convention in Jacksonville, Fla., advocated the more extensive use of autopsies, in checking up diagnoses in hospitals.

That I may not be charged with exaggeration, I quote elsewhere a few more opinions of M.Ds. on this subject, for I am thankful to say there are an increasing number of honest physicians who protest against this degradation of the medical profession, and the transformation of hospitals into human slaughter-houses.

### Physical Culture and War

**T**HIS is not a propitious time in which to talk about big armaments for America. If this miserable war has proved anything, it has proved that big armaments do not insure peace, but rather provoke war. As I have said, if you give a boy a gun he wants to use it.

If we arm, it should be for "defense, not defiance." Coast protections, torpedo boats and trained militia. Let us keep free from the curse of Militarism.

It is often urged that military training is good for young men. So it is, in a way, but the harm done to them and to the nation, by implanting within them military instincts, more than counterbalances the good accomplished in training their bodies.

There are other ways of developing the physique of young men, besides teaching them to kill each other. Why not mobilize armies for peace—for the development of forests, and fields, and orchards, and mines, and fisheries—giving the youths a certain period of enforced training each year? This would be good for them, and for the nation, and would set an example to other countries, now engaged in manifesting their preparedness for war by tearing each other to pieces.

There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good; myself. But my duty to my neighbor is much more nearly expressed by saying that I have to make him happy—if I may.—Stevenson.

Those who have never been accustomed to deny themselves permissible indulgences cannot be relied upon to abstain from gratifying their non-permissible desires.—Prof. F. W. Foerster.

Home: The place where you are treated best and grumble most.—Hubbard.

## The Power of the Press

O, it is excellent  
To have a giant's strength; but it is tyrannous  
To use it like a giant.—Shakespeare.

**T**HE newspaper and the magazine have today taken the place of the pulpit, in teaching and leading. They have infinitely greater power for good or ill than the pulpit ever had. To publish a newspaper of large circulation is a grave responsibility, which some editors appreciate, while others, alas, do not.

Newspaper editorials no longer carry the weight they once did, when they expressed the sincere convictions of the editors. Now they are usually written, by members of the staff, in accordance with the policy of the publishers. On the other hand, editorial opinion is often injected into the news columns, so that one has to read two or three papers in order to get a clear idea of the facts, which is as bad as two telephones.

A noble newspaper should have a higher object in view than to get a "scoop"—often of a personal kind—to secure a big circulation, or to show hundreds of columns of advertisements. Such a "scoop" is, after all, nothing more to boast of than if you, Jones, happen to be the first to tell the boys at the club that Smith has been to the beach with another man's wife. Usually such things are best left unsaid, or unprinted. Then, if the "scoop" proves to be false, the retraction, if made at all, appears in such modified form as not to appear to be a retraction. Of the thousands who read the original story, few notice the correction, and people, alas, are always too prone to believe ill rather than good of a man. In this way grave injustice may be done.

There is a large portion of American newspapers that have little changed their methods since they excited the amazement of Martin Chuzzlewit. Our endurance of such methods is still an impenetrable mystery to the inhabitants of the island where "an Englishman's home is his castle."

Last month I quoted Mrs. William H. Taft. Returning from a European trip she said to a crowd of reporters: "I abhor publicity. To a woman of refinement it is dreadful to find things in the newspapers about herself. I never give interviews, and I cannot understand why men remain in the newspaper profession. They should get into a decent business." I would not go quite so far as that. It is, however, certain that reporters would respect their papers and themselves more, were they not so often called upon to invade the homes of citizens, and pry into their private affairs. There will always be plenty of fair game, in the shape of society leaders, who enjoy having their doings written about, while protesting that it is an outrage.

Most newspapers have a habit of magnifying crime, disaster and scandals, so that the Man from Mars would form a queer opinion of this world, from looking over the headlines of a daily paper. Publishers seem to think that this is what people want. Many do, but on the other hand there are many more who appreciate something better. The Christian Science Monitor is a standing proof that a paper may be clean, yet not "sissified." It publishes all the news worth while, and many interesting items that one does not encounter elsewhere.

Its appearance shows that it is prosperous. You may say that it is backed by a wealthy church. True, but I believe that a paper of this class, published without any such backing, would prove a success, after the people learned to know it. Perhaps you may think I am a "rooter" for the Monitor. So I am, to the extent that any honest professional likes to point at perfection in his craft.

This, also, should be remembered, by those who aim only at large circulation. It is not among the readers of sensational sheets that you find many patrons of those who have something to sell that is worth while. There is quality as well as quantity in advertising, a fact that some publishers seem to lose sight of, although many advertisers are beginning to learn the lesson.

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### Religious "Revivals"

**S**O-CALLED religious "revivals" are unnatural, artificial and unwholesome. They are spiritual "jags." Their effects are evanescent. They are worked up by well-paid professionals, who make a study of the art of playing on the emotions. Some of these men are vulgar mountebanks. True repentance and reform come from reflection and quiet determination.

Rev. John Ray Ewers, of Pittsburg, was in Kansas City conducting a religious revival without noise. He calls them "decision meetings." He is quoted as saying:

Modern religious revivals are nothing more than emotional debauches, with no lasting good effects, and are damaging to the cause of Christianity. I am opposed to revivals, and I will tell you why. They work up a fanatical enthusiasm that lasts only over night, and when the fever effervesces and is gone, the religion is gone. The man who gets religion in a whirl of excitement loses it when the excitement is gone. Then he thinks there is nothing to religion, after all, and tells his friends so. In this way the church is damaged to an untold extent.

It does not pay to scare people into Christianity. They can be scared out just as easily. When an evangelist begins to shout and get excited, they profess Christianity from sheer nervousness. It is an emotional debauch and nothing more. Mob psychology will not save souls.

The ultimate form of religious frenzy is seen in the savagery of Mohammedan fanatics and the sensual religious debauchery of Voodoo worshipers. Religious "revivals" have driven many to insane asylums. The churches patronize these performances, hoping thus to increase their decaying attendance and declining incomes, which they do, for a short time, but people who "get religion" in this emotional way are seldom stayers.

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I recall the day when a man asked "Am I right?" Today he asks, "Can I win?" They simply want to know how close they can shave the penitentiary doors. It is not the lawyer so much as it is the man who employs the lawyer that germinates wrong in our civilization.—Vice-President Marshall.

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Public health officers are useful officials, but when we have become more civilized each individual will be his own health officer.—Wu Tingfang

## The Truth About Mexico

**T**HE people of the United States have been systematically misinformed and deceived regarding conditions in Mexico. Villa and Zapata, leaders of the revolution, have been persistently lied about and traduced. Villa has been depicted as a bloody bandit. On the contrary, he is a patriot and a self-taught leader of men, in whom he inspires unlimited confidence. His generalship has excited admiration among military critics. It is true that he has had the assistance of the advice of an ex-United States army lieutenant, but he has shown his wisdom in availing himself of this help.

When he was a young man, Villa's sister was seduced by an officer, whom he properly shot. Then he took to the mountains. In prison he taught himself to read and write. He took his first alcoholic drink a few weeks ago, at a banquet in the City of Mexico, when he and Zapata met for the first time. He has no personal ambitions that conflict with the aims of his countrymen for freedom. In the war with Huerta's troops, the outrages were almost invariably committed by Federals.

Then there is Zapata. If Villa is a brute, Zapata, we have been told, is a fiend incarnate; a modern Attila, "Scourge of God." What are the facts? In his native state of Morelos, where he is supreme, Zapata has established law and order. The people are happy and worship him. When this much-feared man entered the City of Mexico, that had been looted by the fleeing Carranzistas, Zapata at once established order. He took up his quarters at a small third-class hotel. His bare-footed soldiers gazed open mouthed at the skyscrapers, electric cars, and other modern "improvements," which they had never before seen. They begged of passers-by a few centavos, to buy bread, for they had received no pay for four years. They were absolutely forbidden to appropriate anything. Zapata called a meeting of bankers, and asked for a modest loan of \$50,000 to feed his men. This he repaid within three days, collecting in place of it one month's taxes in advance, which the over-joyed citizens cheerfully paid. To a reporter Zapata said:

We stand for freedom of the press. Newspapers will be permitted to tell the truth, and to criticize freely. Criticism of the Zapatista administration will be taken in good part and the faults thus pointed out will be amended by the authorities. We are trying to work consistently. Our programme here will be as it has been everywhere else, we shall soon call upon the people to carry on the government. We come into Mexico City inspired by the greatest good will and to incite an era of tranquility for those inhabitants who have suffered the depredations and outrages of tyranny. We are determined to deal with all energy toward those who try to loot the public, or attempt a labor obstruction, whether through appropriating property not their own or propagating ideas contrary to the cause for which we have fought, which is the cause of the people and their felicity and wellbeing. Also taking into account the necessity of sanitary conditions, we warn all inhabitants to see to it that their properties are kept clean and they assist in maintaining sanitary conditions in the streets until the regular municipal street cleaning service can be reorganized.

Queer sort of a bandit, this.

With Villa and Zapata are the Yaqui chiefs. Between the Arctic Ocean and the Magellan Straits there are no finer people, physically or morally, than the Yaqui Indians. For a generation they have been

most brutally oppressed, robbed and outraged by the Mexican Government. Their brave old chief, Cajeme, was tricked into surrender, and then murdered. Finally, the Government sent shiploads of these Indians and their families, to slave in the stifling, humid swamps of Yucatan.

Carranza was placed in power by Villa as "First Chief," on account of his learning, which Villa knows he lacks. Carranza is a wind bag—whiskers and dignity, and nothing more.

Felix Diaz, nephew of the benevolent despot, is now trying to work up a new revolution, through Salazar, backed by the "Cientificos," those systematic plunderers, who bled the country on such a wholesale scale. Madero was too merciful. He should have shot Felix Diaz, when he had him a prisoner at Vera Cruz.

This revolution in Mexico is an agrarian war. It is an evidence of the land hunger that has inspired most revolutions, since the dawn of history. The people of Mexico have been ousted from their little tracts of land, and in place thereof are thousands of square leagues of pasture. This question will never be settled until it is settled right. John Lind, former governor of Minnesota, and personal representative of the United States in Mexico, during the Huerta regime, in an address before the Industrial Club, of Chicago, a few weeks ago said:

Mexico is a land of great haciendas, or estates owned by an aristocracy; the landed aristocrats carry vast areas of fertile land in idleness, or as pasturage, while the people in general are denied ownership of even small patches of the soil; a handful of landed gentry own nearly the entire area of states; poverty has held the masses of the people, nominally free, in actual peonage, and the natural desire of these people for land possession and home ownership has been at the bottom of every recent revolutionary movement. The Mexican people are not turbulent by reason of their race, but by reason of the wrongs they have suffered and are suffering. These wrongs are economic and social quite as much as political in character; they can only be removed through a just regard for elementary human rights.

While in some quarters of the United States there is evident impatience with Mexican disturbances, I see in this condition one of the most encouraging indications of the awakening of Mexico. If the common people—if the peons—of the republic were content with their lot, then the outlook to the south would be hopeless indeed. That they are not content, and that they do not intend to become content until the reforms they are striving for are granted, is to be seen in the unswerving loyalty they give to their leaders so long as these leaders are loyal to the popular cause, and in the suddenness with which they repudiate leaders that betray, or that contemplate the betrayal, of that cause.

It may be asserted that many of these Mexican peons are not sufficiently enlightened to own a piece of land of their own—that they would gamble it away. Then put them under tutelage, as are our American Indians, until they are able to take care of themselves. However, when a people will undergo great hardships and fight four years for a cause, without pay, they may safely be entrusted with a few hectares of land.

Americans, whose forefathers won liberty with their blood, should sympathize with a people striving for a small share of the freedom we enjoy.

These lines are written in the middle of December. Nobody can tell what events may transpire in that distressful country between now and New Year's, but whatever those events may be, they cannot affect the truth of the above statements.

## City Management

**M**OST of us remember when the management of a city was regarded as one of politics—when each party solemnly held city conventions, each nominating men of its own political stripe, for bookkeeper, and treasurer and clerk, and so forth. Thus good citizens were divided, and the bosses on each side divided the spoils. Some non-progressive cities still maintain this antiquated farce, but it is rapidly passing. People are beginning to realize that running a city is a business, like running a department store. From April to November, 1914, the number of city managers in the United States increased from thirteen to twenty-two. A permanent organization of city managers was effected last month at Springfield, Ohio.

One feature of our present city management—or mismanagement—is urgently in need of reform—the letting of street work by contract. Contractors are charged usurious rates of interest for money, to finance their work. This, of course, the property must pay. Then they compete against each other, and sometimes take the contract below cost. To make up, they do poor work, the inspector complacently looking the other way. When cities do their own street work, we shall not see streets and sidewalks full of holes and cracks before the property owners have finished paying for them. Nor will so many street improvements be prematurely forced on property owners.

It is astonishing how a people like Americans, who boast of being practical, will submit to intolerable conditions that they would not endure for a month in their private business. Whether under the form of a "city manager" or otherwise, a city should be run on business principles, without any reference to the tariff or the Monroe Doctrine.

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## Brain and Braun

**J**AMES FRANCIS DWYER, the novelist, says:

"I used to be a first-class amateur prize fighter. My muscles were as hard as iron, and I acted as sparring partner for the Australian lightweight champion. But I found that for all my perfect physical trim I couldn't write half a column in the evenings. I gave up the body culture and decided to cultivate my writing instead. So the first thing to do if you want to be a great writer is to let your muscles get flabby and grow a bay window. Look at Chesterton."

There are occasional exceptions, as to other rules, but in a great majority of cases, literary work done by a flabby muscled man will not endure. The best and clearest thinkers are those who use their brawn as well as their brains. A healthy brain cannot exist in a diseased body. The brain is a part of the body and cannot work well when the body is encumbered with waste matter.

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No citizen has a right to be an amateur in the matter of physical training: . . . What a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.—Socrates.

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We are punished by our sins, not for them.—Elbert Hubbard.

## Soothsayers

**A** MILD sensation was recently caused in Chicago, when a ring of clairvoyant swindlers was exposed. They had been bribing corrupt policemen, having paid them \$400 a month for each place they opened. One woman in Wisconsin had been robbed of \$15,000, others of larger sums.

All big cities in America swarm with male and female swindlers, who operate under the mask of "spiritual mediums," "clairvoyants," "clairaudients," "palmists," "crystal gazers," "slate writers," "trumpet blowers," and so forth. They have regular organizations for mutual protection. When they move to other cities, as they often are compelled to do, they sell each other facts about prospective suckers. That is their principal stock in trade. They deliver messages from spirits, instructing their victims to invest in bogus stock, or non-existent gold mines. They separate families, when it serves their mercenary ends. When city authorities try to clean them out, they sometimes profess to be organized as a church, and cry "religious persecution." There is a religious sect in Hindoostan, whose speciality is throttling and robbing travelers. I am inclined to respect them more than these cold-blooded fakers. Surely it is the meanest kind of deception that leads a loving mother to believe she is communicating with the spirit of her departed child.

About twenty-five years ago a Los Angeles preacher, still here, introduced me to a woman dying of consumption, who had been making her living as a "spiritual medium." She was converted, and to ease her mind, as well as to obtain a few dollars for her closing days, she dictated to me a confession, which I embodied for her in a little book called "Mediums Unmasked," that had quite an extensive sale. It may still occasionally be found on a second-hand bookstand.

There are several concerns in the United States that make an exclusive business of supplying contrivances to enable pretenders to imitate spooks. I have a forty-eight-page catalogue of one of these firms, giving a list of a great number of "contraptions," from phosphorescent gauze up to complete outfits, costing several hundred dollars.

The credulity of the American people is truly astounding. Surely they have no right to sneer at the superstitions of savages. No matter how often these "mediums" are exposed, they find no trouble in securing plenty of new victims. Do their dupes never ask themselves why, if these so-called spirits can fling around bunches of flowers, or banjos, they do not occasionally materialize a loaf of bread for a starving family?

There are many sincere spiritualists. I number several among my personal friends. Though I cannot share it, I respect their creed, as I respect the creeds of all honest believers, when those creeds are not harmful to mankind. Needless to say, these honest spiritualists have no more sympathy than I for such fakers as I have referred to, who all should be given long terms at hard labor.

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Reason's whole pleasure, all the joys of sense,  
Life in three words—health, peace and competence.—Pope.

## Diet and Long Life

**T**HE long life of the Bulgarians is not due to the fact that they consume buttermilk—they do not use much buttermilk—or that, as later suggested, they eat garlic three times a day, but that they live largely on a simple diet, and that they are a pastoral people, having few large cities, eighty per cent. of the population being agriculturists. Among any people that live this way you will find many who attain great age, whether the food is skimmed milk and potatoes, as in Ireland, olives and black bread, as in Italy, onions and black bread, as in Spain, figs and black bread, as in Turkey, or acorns and cornmeal, as among the Indians of the Southwest.

You will not, however, find many centenarians among those who habitually consume six-course banquets, and take little exercise. If you want to live thus, you must prepare yourself for a short life, that will not be a merry one either, wound up, as it probably will be, with Bright's disease, or cancer.

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## Fasting

**A** PHYSICIAN of the University of Chicago announces, as a result of five days' voluntary fasting, that hunger "even to the point of starvation" causes little pain, except psychic pain. Also, that hunger is caused by the contraction of the stomach muscles, and that there is no actual pain after the third day.

Wonderful! Think of referring to the "point of starvation" after a five days' fast. This physician apparently is unaware of the fact that in this country alone, during the past twenty years, thousands have fasted voluntarily from five weeks to ten weeks, or even longer, with great benefit to their health, often relieving themselves of chronic disease.

However, the physicians are learning. Slowly, it is true, but they are learning. That is to say, a few of them are.

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## Christianity and War

**I**T had been boldly predicted by some of the early Christians that the conversion of the world would lead to the establishment of perpetual peace. In looking back, with our present experience, we are driven to the melancholy conclusion that, instead of diminishing the number of wars, ecclesiastical influence has actually and very seriously increased it. We may look in vain for any period since Constantine, in which the clergy, as a body, exerted themselves to repress the military spirit, or to prevent or abridge a particular war, with an energy at all comparable to that which they displayed in stimulating the fanaticism of the crusaders, in producing the atrocious massacre of the Albigenses, in embittering the religious contests that followed the Reformation.—Lecky.

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All who joy would win  
Must share it;  
Happiness was born a twin.—Byron.

## Briefs

It looks as if this war would result in what chess players call "a stale mate."

Cannot the newspapers give us something better in the way of pictures than girls posing as dentists' advertisements?

A bill will be introduced in the California Legislature to compell every youth in the State to learn some trade, even though he aspires to professional life. Good idea.

Of the 500,000 people in Los Angeles, probably not 5000 were here thirty years ago.

Arnold W. Brenner, architect, says Broadway, N. Y., "is not a street; it is a convulsion." How about Broadway, Los Angeles?

Why does not some one invent a noiseless typewriter?

An Englishman has written a book to prove that Raleigh, not Bacon, wrote the Shakespeare plays. Perhaps Shakespeare wrote them himself.

Dr. Houston, of London, has demonstrated that the most dangerous microbes thrive only in the human body. Another blow at "contagion."

There are said to be in Los Angeles and vicinity 200 American girls married to Japanese.

Pity the poor vaudeville actors. Several have had their salaries reduced from \$1500 to \$1000 a week.

Lick Observatory says the nebular hypothesis is all wrong, and that the nebulae are much older than the suns.

The annual consumption of tea per capita is: France 1 ounce, Germany 2, United States 17, Holland 24, Canada 74, Great Britain 98, Australia 116.

Moving electric advertising signs are the latest contribution to the nightmare of city life.

U. S. Senator Gallinger, a physician, announces that he will urge an investigation of human vivisection. Good for Gallinger!

To link the name of Lincoln with those of McKinley and Taft shows lack of perception.

Compulsory vaccination reduced by fifty per cent. the school attendance in Portland, Or.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. III

LOS ANGELES, JANUARY, 1915

No. 8

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## Abuse of the Knife

**T**O those who may think my criticism of surgical abuses too caustic I commend perusal of following Associated Press dispatch from Denver dated December 19:

Resolutions declaring that "untrained and incompetent surgery is carried on under the protection of a majority of our American hospitals with grave danger and detriment to a vast number of patients," were passed today by the Western Surgical Association in the closing session of the twenty-fourth annual convention. In adopting the resolution, the members appointed a committee to confer with the directors of the Carnegie Institute with a view of bringing about an investigation of all hospitals in the United States, "so that the public and professional conscience may be aroused against these abuses."

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## Land for the Landless

**T**HIS month a bill will be introduced in the California legislature to provide land for the unemployed. The bill will provide that responsible colonists may have State lands for five years without payment, and after that time the payments shall be made at the rate of five per cent. a year on the principal, for twenty years, a charge of six per cent. interest being made for deferred payments. It is proposed that the unemployed shall be hired by the State to clean the lands and get them in condition for sale to colonists.

This is an excellent suggestion. The bill should pass, and the plan should be adopted by every State in the Union. It will be a safety valve to society, as well as a benefit to the settlers. You do not find revolution and riot preached by small land owners.

The percentage of farm renters has been increasing rapidly in the United States. It is an alarming sign. History shows that the disappearance of small land ownings marks the approach of national decadence and downfall.

Many cannot or will not till the soil. On the other hand, hundreds of thousands are able and anxious to do so, if they are given a chance. Give them a chance.

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After hearing so long about the disappearance of the red man, it is somewhat surprising to learn that the American Indians are growing at the rate of 2500 a year.

## Profitable Advertising

**I**MMENSE sums are spent now-a-days by business men in advertising. The modern merchant would as soon do without stationery as without advertising. Large fortunes are made by the free and judicious use of printer's ink. It is said that the Saturday Evening Post charges \$6,000 a page or \$13,000 for a double page. The maker of a chewing gum, sold in five-cent packages, has three times this year occupied a double page. I am told that his income amounts to over a million dollars a year.

Advertising, to produce results, must be regular, not spasmodic. Many inexperienced advertisers expect results too soon, and become discouraged. This is as foolish as it would be for a farmer to go out the morning after planting seed and look for a crop.

BRAIN AND BRAWN is steadily growing in favor with advertisers. This for several reasons. It is read, from cover to cover, by thrifty people who think. After reading, it is not thrown into a waste basket, or left on a car seat. Readers know that the advertising columns are carefully censored. Hence advertisers find themselves in respectable company.

Wise advertisers are beginning to realize that quality as well as quantity counts. BRAIN AND BRAWN has not so large a circulation as the Saturday Evening Post, nor does it charge a hundred dollars an inch, or thereabouts. I make bold to affirm that, in proportion to circulation, this magazine has no superior in the United States, as a medium of publicity for things that are worth while.

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## Physical Punishment

**T**HERE are a very few boys and men and animals whose nature is so coarse that physical punishment must be resorted to, at least for a time. There should be discrimination in punishing a boy. A high strung, sensitive boy will be so mortified that the punishment will rankle in his heart for months or years, and perhaps start him on a downward path, whereas a callous youth may go off from a whipping whistling and boasting that it "didn't hurt."

Lack of adjustment of conditions to individual temperaments is the chief curse of our method of training the young.

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The threat of a "holy war," which formerly caused anxiety to European statesmen, has become a mere bogieman. Even Mohammedans are becoming skeptical.

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The only thing that could compensate for this war would be universal disarmament.

## “Swearing Off”

THE custom of “swearing off” at New Year’s is a favorite butt of American humorists. It is almost entirely confined to the male sex, and mostly in connection with alcoholic beverages and tobacco. Why? Are these the only bad habits? Alas, no. There are far worse things than beer or stogies. Why not, for instance, swear off on Selfishness, Unkindness and Greed?

The custom is a foolish one. The fit usually lasts from a week to a month. Then, as common with backsliders, the swearer goes deeper into the mire, and lets his self-respect down another notch.

Do not set any fixed date on which to abandon bad habits, but “do it now.” And beware of over-doing it. Remember that the spirit is often willing, but the flesh is weak. Do not be discouraged if you backslide, as you probably will, many times. To become disheartened under such circumstances is as foolish as it would be to stop climbing a hill, because you stumble over a few stones. Take a fresh grip and start again.

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### My Aim

**I** LIVE for those who love me, whose hearts are kind and true,  
For the heaven that smiles above me, and awaits my spirit too;  
For all human ties that bind me, for the task by God assigned  
me;

For the bright hopes yet to find me, and the good that I can do.

I live to learn their story who suffered for my sake;  
To emulate their glory and follow in their wake:  
Bards, patriots, martyrs, sages, the heroic of all ages,  
Whose deeds crowd History’s pages, and Time’s great volume make.

I live to hold communion with all that is divine,  
To feel there is a union ’twixt Nature’s heart and mine;  
To profit by affliction, reap truth from fields of fiction,  
Grow wiser from conviction, and fulfil God’s grand design.

I live to hail the season, by gifted ones foretold,  
When man shall live by reason, and not alone by gold;  
When man to man united, and every wrong thing righted,  
The whole world shall be lighted, as Eden was of old.

I live for those who love me, for those who know me true;  
For the heaven that smiles above me, and awaits my spirit too;  
For the cause that lacks assistance, for the wrong that needs resistance,  
For the future in the distance, and the good that I can do.

G. Linnaeus Banks.

## Brooklets

These three things are never full; a street car, the advertising columns of a newspaper, and the stomach of a boy.

\* \* \*

It is no great thing for a man to refrain from stealing a loaf, when his stomach is full.

\* \* \*

The tongue of the lecturer wags to empty benches, but the legs of woman draw a full house.

\* \* \*

The fool asks a favor of a man in the morning, but the wise man waits until he has dined.

\* \* \*

A flea is a feeble insect, yet it can make a philosopher forget all his philosophy.

\* \* \*

Better a supper of champagne and oysters, and contentment therewith, than bread and cheese with a scolding wife.

\* \* \*

He is most often deceived who takes all others for fools.

\* \* \*

If men inherited the follies of their parents, the third generation would have neither livers nor brains.

\* \* \*

Some men achieve greatness notwithstanding a college education.

\* \* \*

Like a mountain torrent emptying into a stagnant pool, war brings out the good and the bad in man.

\* \* \*

Reading war reports one realizes that history is a record of individual opinions.

\* \* \*

How is it that hungry men, stealing loaves of bread, never plead "kleptomania?"

\* \* \*

A brilliant brain may dwell in a frail frame, but sound thoughts cannot emanate from a body full of impurities.

\* \* \*

Remember, there are usually two sides to a question, and that your side may be the wrong one.

\* \* \*

Don't hurry, don't worry; keep your head cool, your feet warm, and your bowels open.

### Medical Men on Surgical Operations

**F**OLLOWING are a few medical opinions on the prevailing mania for unnecessary surgical operations:

#### UTERINE TUMORS.

Many of the tumors removed by the knife, often with anything but satisfactory results to the patient, could be successfully treated by the physician. I have no hesitancy in declaring my confidence in the belief that at least eighty per cent. of all uterine tumors can be absorbed entirely or lessened and the growth permanently checked by medical treatment. This I have demonstrated in the treatment of such growths for many years.—J. A. Houser, M.D., of Indianapolis, in *Medical Brief*.

#### FROM THE FOUNT OF ALL MEDICAL WISDOM.

Operations entailing serious consequences are often undertaken for the relief of symptomatic conditions, which on more careful study might have been relieved by other means. Likewise, in instances of injury, members are removed which, under a better understanding of the regenerative power of Nature, aided by skillful plastic surgery, might have been saved.—*Journal of the American Medical Association*.

#### THE AFTER EFFECTS.

If functional usefulness can be restored to the injured organ, it is surely a greater feat than the barren triumph of an amputation. Also, it is much better for the patient. There is hardly a man who cannot number among his acquaintances one or two people who have lost this important organ, the appendix, and it is a matter of common notoriety, by no sort of means confined to the medical profession, that most of those from whom the appendix is said to have been removed, are plagued by all kinds of troubles afterward, and that at least ninety-nine in every hundred who have survived the operation ten years are plainly sufferers from some deep-seated derangement of all the processes of nutrition.—*Editor Medical Examiner*.

#### IN FRANCE.

In 1902, 688 patients suffering from appendicitis were received in the military hospitals of France. Of this number 188 were treated according to the surgical rite and 480 received purely medical treatment. Of the number operated upon 23 died, it is claimed, while out of the 480 not operated upon there were but three deaths.—*Dr. Chauvel, Medical Inspector of the French Army*.

#### AN ENGLISH AUTHORITY.

Is this body of ours so very imperfect, that we require to submit it to the numerous rectifications sometimes recommended to be carried out, after it comes into the world? We are getting into the habit of cutting the foreskin, the tonsils, the appendix, parts of the intestines, while it has been suggested that the stomach should be eradicated and others would remove the large intestine. Removal of the ovaries has become so common as to no longer excite comment. The secretion of the appendix is a valuable aid to digestion, and the excision of that organ, except in a hopelessly diseased condition, is manifestly improper.—*Sir William MacEwen, M.D., Regis Professor Surgery in the University of Glasgow*.

#### RECKLESS OPERATORS.

There is far too great a tendency to operate nowadays, and the average doctor resorts to this shorter route when perhaps a more careful diagnosis

would show some other course to be preferable. Many operators rush into operations with no clear idea whatever of the true nature of the disease which they are endeavoring to combat, and for this reason many operations are needlessly performed.—John M. T. Finney, M.D., of Johns Hopkins Medical School.

#### ONE IN A THOUSAND.

Probably one case in a thousand of fibroid tumor really needs surgical interference.—J. H. Tilden, M.D.

#### DEGENERATION FOLLOWS MUTILATION.

A body deprived of important parts or organs is forever unbalanced. It is like a watch with a spring or a wheel taken out; it may run, but never quite right; it is hypersensitive and easily thrown out of balance by any adverse influence. . . .

We cannot cut in the genital organs, without cutting in the brain. The nervous system is a unit, and next to the brain the genital organs contain the most complex and sensitive nerve centers. The two are intimately connected; mutilations in the genital nerve centers invariably mean affections of the brain. It is almost axiomatic that a woman whose uterus or ovaries have been operated on is afterward mentally abnormal. Nervousness, irritability and only too often nervous prostration and insanity are the sequelae of operative treatment.—H. Lindlahr, M.D.

#### AGGRESSIVE SURGERY.

Modern aggressive surgery has made the hospital a hotel for the temporary care of the vivisected. All that the surgeon cares for is a room for his patient to occupy during the three or four weeks she is recovering from his incisions. She may then go home and get well or lead a life of invalidism, as it happens. To cure his patient and restore her to a life of usefulness and happiness is not the modern surgeon's conception of duty. He looks on the invalid as an encumbrance to his hospital, and all the essentials of recovery as unnecessary expense and space-consuming impediments.—Bayard Holmes, M.D., in *Journal of the American Medical Association*.

#### RECKLESS MUTILATION OF WOMEN.

It cannot be denied that at the present day many operations are performed that are not only unnecessary but unjustifiable. This is especially true of abdominal and pelvic surgery. Time was when ovaries were removed by the peck for all sorts of nervous disturbances, which had no more to do with the condition of the ovaries than with the change of the moon. . . . Those organs are still subjected to certain operative procedures for pathological conditions which exist only in the mind of the operator. What justification is there for opening a woman's abdomen for such conditions? The operator may justify himself by saying that the woman suffered from pelvic pain which justified the operation. Now, every experienced gynecologist knows that this is not true; such conditions do not give rise to pain. If the woman really suffers pain she is probably a neurotic subject, whose pains and aches are due to anaemia and general malnutrition. If she did not have pain in her pelvis she would have it somewhere else. Anstie has truly said "neuralgia is the cry of the nerves for healthy blood," and such patients require iron, fresh air, sunshine, and good food, not a mutilating operation.—G. H. Balleray, M.D., in *Medical Record*.

### Saved from the Knife

**S**CARCELY a week passes in which I do not receive pitiful stories from victims of unnecessary surgical operations. I shall only refer here to three recent cases all occurring in Los Angeles or vicinity:

A young woman found that her breasts were hardening. Doctors declared that she should be operated upon at once, for cancer. She refused to submit, and a few months after, she had a miscarriage, and her breasts resumed their normal condition.

A woman was declared by a physician to have a tumor. Sorrowfully she prepared to go to the hospital. Before doing so she worked extra hard to put her house in order. Then she gave birth to a child.

Here is a letter from a woman who signed herself "One of the Saved:"

"I was about to voice my protest against the cruel advertisement that 'every lump in a woman's breast is a cancer,' when I noticed your statement on the subject. I am only just recovering, myself, from the nervous strain incident to such a discovery, intensified by the urging of four doctors to hurry me to the operating table. A chance copy of BRAIN AND BRAWN helped me to run their gauntlet safely, even those fearful four hours of decision between trains, alone, in a strange city, with the just uttered words of the last doctor—one of nine years' experience in a cancer hospital—repeating itself over in my ears—'If you were my own sister I would tell you the same.' The time scheduled for my death is now passed, yet no knife scarred my breast, nor plaster either, and I am a well woman with a gain of twenty pounds the very season I was to die.

"Thank God for some one of great audience who is not so infatuated with the knife that bodily mutilation means only 'a nicely healed operation!' Tell the story again and again to these frightened women, that many find after the age of forty lumps in the breast which pass away if left alone. I personally know now of several such cases."

I could fill a copy of the magazine with similar pitiful stories. The knowledge that I have been instrumental in saving scores from such a fate will, I am sure, give me more satisfaction on my death-bed, than the most eminent surgeon can experience from the recollection of thousands of "successful operations."

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### Test for Sugar in Urine

**A** VERY easy test can be made for the presence of sugar. Simply put some of the urine in a bottle. Put a little yeast, fluid or dry yeast, into the bottle with the urine. Cork it up tight and set it in a warm place, where it should stay for twelve or fourteen hours. Warm enough for bread to rise. If there is a particle of sugar in the specimen it will blow the cork out, as the decomposition of the sugar forms carbonic acid gas. There may not be sufficient gas to blow the cork out, but when the cork is removed the gas will come out with a puff, something like opening a bottle of champagne. This is a certain test for sugar. Believe no one who says you have sugar diabetes until you have tried this test.—C. S. Carr, M.D., in "Physical Culture."

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The comic supplement is the vilest thing in the United States, after the suggestive vaudeville "rag" songs. Humor is nothing if it have not the quality of gentleness. Comic supplement humor is not gentle but vicious and its crimes against art are unforgivable.—William Reedy.

### Vaccination Both Useless and Dangerous

**I**N the December number I quoted a man who said that vaccination kills more people in New York every year than smallpox. To some this may seem an exaggeration, but it is not. Here are two newspaper items I clipped within a week:

"Geraldine Hopkins, 9 years old, daughter of Royal E. G. Hopkins of St. Louis, was vaccinated on October 2 and has been ill as a result. For the last eight days she has been in a state of coma, and today she was unable to swallow the liquid food which was forced between her teeth. The only indication she has given of control of her muscles occurred yesterday, when she moved a hand. The child, on the Saturday following the vaccination, complained of pains in her head and under her left arm. The next Tuesday she became violently ill, had fever and her arm, swollen to twice its normal size, turned a deep red. That night she became unconscious. Physicians say she cannot live."

"Richard C. W. Waters of Flatbush declared his intention today of bringing suit against the city as a result of the death of his son, Chester, 6 years old. Chester's death in the King's County Hospital last Sunday from lock-jaw, Mr. Waters attributes to infection resulting from careless vaccination. The boy was a pupil in public school No. 135. Six weeks ago, with other youngsters, he was vaccinated by a physician of the Board of Health. For some time he suffered no ill effects, but on November 8 he fell into a state of coma and his arm was found to be badly swollen. A physician who was summoned recommended his removal to the hospital."

Remember how few of such cases ever reach the public. "There's a reason."

As I have frequently said, vaccination not only does not prevent smallpox, but it has served to keep it alive. Were it not for vaccination, smallpox would today be as rare as is the black plague that formerly ravaged Europe. In no country is vaccination more strictly enforced than in Japan. Yet since that enforcement Japan has been the scene of several severe smallpox epidemics. There was recently an outbreak of smallpox on the battleship Ohio. Twenty-eight sailors who had previously been vaccinated were attacked by the disease, five of the number dying. For many years compulsory vaccination has been rigidly enforced in the army and navy.

Yet the political doctors, if they had their way, would make vaccination compulsory for every man, woman and child in America. Last month, in Oakland, Cal., 56 passengers, arriving on a train from Oregon, were forcibly vaccinated. This sort of thing will continue until the people summon sufficient courage to oppose squirt guns with shot guns.

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### "Der Tag"

Writing on "The Menace of Great Armaments," in January, 1913, I said: "A German lieutenant who recently passed through Los Angeles declared to a reporter that war between Germany and England was inevitable within three years, because the officers of the German army were consumed with ambition to show what progress they had made during the past forty years, since the Franco-Prussian war."

Only half the three years had elapsed before "The Day" arrived.

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While the bugophobists are at it, why do they not condemn rag dolls?

### Medical Malpractice

**O**F six patients we have examined within the past three weeks each one comes with the story that they have been to Dr.—— (a prominent genito-urinary practitioner), and that he has been treating them for tuberculosis of the kidneys. In three of the cases an operation for the removal of one kidney was the only hope held out, if that would be the means of saving their lives.

In only one case did we find anything at all wrong with the kidneys, and that was not tuberculosis. Furthermore, the kidney which was to be removed was the right, when our examination and tracings showed that the left kidney was the one involved.

When questioned as to what means or methods were used by other doctors to determine their diagnosis, we were told of the cystoscope and wires which were pushed up into the tubes and into the center of the kidney, and were supposed to collect "something" which was placed upon a slide or into a test tube and "cultured" with other filth until it grew, and thereby the doctor was "cock-sure" that tuberculosis was the disease of which they suffered.

One patient, not over thirty, was preparing for the hospital and an operation, when she was prevailed upon to come and see what we would say about her case before the knife was used. And behold, both kidneys are perfectly good. The left ovary was slightly involved, which caused the trouble. The patient decided that the naturopathic route was the wiser.

Today a mother called over the telephone and told us her son was hurt in the back in a football game last Christmas, and that he had suffered with kidney and bladder trouble off and on, ever since, that he has been taking treatments of a prominent doctor, and that the doctor had been injecting something into the body. Yesterday, during the treatment, the doctor was called out of the room and her son looked at the bottle from which he was being treated, and read "tuberculin." At this he became alarmed.

Can it be possible that the doctors are tuberculin mad, and that a patient, no matter what his trouble, is to be filled with that "junk" without first obtaining the consent of those interested? Think of it. I know a woman who has a slight cough and a pain in the left lung. A specialist examined her, looked wise, whispered something to an assistant, and prepared an injection for the arm—which was administered. She went home to develop a high fever. The husband, becoming alarmed, called another doctor and the patient was put at ease, and instructed to watch the "stuff" the doctor injected next time, and lo, "tuberculin" was written upon the label.

The great "bunco" which acts as a cloak for the ignorance of the drug vender is being thrust upon every patient in some form or other, because it reaches most of them with a big scare, and of course means a good revenue to the doctor.

The war in Europe may be horrible, but think of the inhuman crimes of some of the drug and carving schools committed right here in America. There should be a law enacted making it a crime and punishable by a long term in jail for any doctor to cut or inject or give internally any medicine or serum or tuberculin without first obtaining the written consent of the patient.

These are the men who call all natural healers "quacks."

GEO. D. ABBOTT, N.D., Los Angeles.

### Dr. Lee at Home

**I**N a recent number of his magazine, *Health Culture*, Dr. Elmer Lee told of his removal to new bachelor quarters, from the apartments he had occupied for fourteen years. His new rooms are seven in number, on the third floor, and the rent is \$100 a month. Quite a rent for an editor, but then they are offices as well as a dwelling and what Dr. Lee spends in rent he saves in food. As to the fixings of his rooms, he writes as follows:

"My rooms are without carpets, or rugs, also no pictures hang on the walls, nor do I own anything costly or rare to exhibit, and my furniture consists of barely such pieces as are necessary.

"The ceilings of the rooms are painted gray, likewise the walls and wood-work, and the floors are hardwood, polished and oiled, not shellacked or waxed. I have window shades of ecru, and sash curtains for upper and lower panes of white polka dot madras, all windows (14) alike, and three portieres of dull green silk between rooms, and only because they were required for utility."

Nothing is said about a bath-room, but of course, if he has one, Dr. Lee would not use it, because he has told us that he doesn't believe in tubbing.

For me, a room with ceilings painted gray, and without rugs, and a few well selected water colors, or engravings, and vases, and a potted plant or two, would be like a prison cell.

Dr. Lee is his own cook, and has an easy job, for he eats most of his food raw. As to his dietetic regimen, an idea may be gathered from the following passage in the same number of *Health Culture*:

"I was refreshed by eating bread, grapes, and tomatoes seasoned with salt, sugar, and vinegar, and grated green pepper."

If Dr. Lee's stomach is able to endure such an unholy mixture for any length of time, then I can only say that he must have inherited a wonderful constitution.

Withal, Dr. Lee is, to judge from his writings, a counterpart of Mark Tapley—always equable and good tempered. When fools write to him, he answers them, not as Solomon advised, according to their folly, but chides them mildly, as a mother would reprove a naughty child. I envy his equanimity, while I cannot hope to emulate it.

Like some other middle-aged bachelors I know, Dr. Lee should marry a good woman who is not too tidy. Tidiness sometimes becomes a vice.

### Have You a Friend?

**W**HAT more appropriate and useful souvenir could you buy him or her, for a dollar, than a subscription to **BRAIN AND BRAWN**? It will remind the absent one of you every month, for a year, and it will do your friend good.

Or, perhaps, you have six friends. In that case you may present each with a year's subscription for five dollars.

Chamber of Commerce Building, Los Angeles, Cal.

## The Nature Cure in Germany

**B**ERLIN alone has 22 local organizations devoted to natural healing and living. On a comparative basis of population and resources, New York City should have at least 100 such organizations. Where are they? Why are they not?

The huge membership of Nature Cure societies abroad may be judged by the circulation of one official journal, "Der Naturarzt." This approximates 1,000,000 copies a month. Over 200 magazines for the natural cure and life are published regularly in European centres of influence. France has 18, Russia 45, Austria-Hungary 92. The Latin-Americas combined have more than 50. Even little Switzerland has 28. The glorious United States of America has a grand total of 9—and some of these are dying for lack of support.

In Germany the Nature Cure societies have established schools where the principles of hygiene, sanitation, diet and baths and exercise, the prevention of disease and its rational treatment, are wisely and impressively taught, for a nominal sum.

They have opened club-houses, for men, women and children, where gymnasia, treatment-rooms, parks for sun and air baths, large meadows for barefoot walking à la Kneipp, and other health-giving features are provided.

They have united the advocates of temperance, of anti-vaccination and anti-vivisection, of moral prophylaxis and sex reform, of vegetarianism, of welfare work, of eugenics and child culture, and of many related uplift movements; by which union for concerted action the naturopathic associations have put through great legislative measures by the weight of numbers alone.

They have made it their first business to reach, influence and cure the political and financial leaders of their respective realms; and thus to gain the backing of statesmen, financiers, and persons of royal blood.

They have acquired such political power that they dictate their principles and policies to every candidate for office in the Reichstag and Diet—no man in Germany who hopes for political advancement dares to oppose the Nature Cure.

They have secured from legislatures ample protection, and official endorsement, for the practice of the Nature Cure in every section of the country; and have gained the passage of bills authorizing the appropriation by cities of large sums of money for the endowment of local institutions—such as hospitals, clinics, sanitarium and schools.

They have so permeated the whole structure of German life that children are reared according to their precepts, magazines and newspapers organized for their cause, even schools and churches conducted for their honor and advancement. The Naturists in Germany are more highly respected than the doctors are here; and social as well as financial standing is the just reward of their splendid work.—Edward Earle Purinton in *The Naturopath*.

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Relatives of hundreds of persons who die in Bellevue and Harlem hospitals, New York, are unable to save the bodies of their dead from the dissecting table. Poor people are threatened if they refuse to give them up.

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If you cannot get BRAIN AND BRAWN at your newsdealer's, why not subscribe? Only a dollar a year.

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See the new books among the "Good Books on Health."

The Bible in the Trenches

**F**OLLOWING is an extract from a letter sent to a friend in London by an officer with the British expeditionary forces:

“One man in our battalion is of a religious turn. He has his Bible in the trench and he props it up against the parapet in front of him and reads aloud in the intervals between his sniping shots.”

He probably reads only the Old Testament. In that you may find plenty of injunctions to slay your enemies and spare not.

By the way, I see that the Evangelical clergymen of Berlin recently signed a declaration protesting against the military decreè which says that clergymen may not be called to arms. In their protest the clergymen declared this is an insult.

Meatless Menus—Canada

**T**HERE is a meal for invalids. It may often be tolerated when other foods are not. The poet Shelley lived for a time on food like this, in Italy, although he made it of white bread and sugar, which is unwholesome. It is better than mush, because it requires some mastication. Do not mix it with other food, but make a meal of it.

Take crusts of stale bread—three or four days old—rye, wholemeal, or graham, or wholemeal crackers, or anything of that kind, break them into a bowl, pour thereon boiling water, let stand until it is soft; then add milk and a little honey.

Red Cross societies will extend their activities so as to provide attention for horses in war. A good move.

Back Numbers of Brain and Braun

We have a Few Back Numbers that we Offer for Sale at the Following Prices:

June, 1912, Quacks.....	50c	October, Medical Science.....	40c
July, Human Gas Tanks.....	\$1.00	November, Water Cure.....	\$1.00
August, Osteopathy.....	1.00	December, Climate.....	25c
September, Epidemic Scars.....	40c	January, 1914, Nature Cure.....	\$1.00
October, Vivisection.....	\$1.00	February, Cancer.....	40c
November, Traffic in Girls.....	50c	March, Marriage.....	\$1.00
December, Crime a Disease.....	25c	April, Starved Nerves.....	40c
January, 1913, Vaccination.....	50c	May Food.....	25c
February, Medicinal Foods.....	\$1.00	June, Waste of War.....	\$1.00
March, Sausage Mills.....	50c	July, Food Value of Nuts.....	25c
April, Vegetarianism.....	50c	August, The Bible.....	25c
May, Race Suicide (Out of Print)		September, Fasting.....	25c
June, Civilization.....	40c	October, Why is War?.....	15c
July, A, C, C, of Health.....	40c	November, Health.....	15c
August, Gambling.....	40c	December, Christian Science.....	15c
September, Sugar.....	\$1.0		

**SPECIAL OFFER.**—Complete Set of above numbers (except the one out of print) while they last, for \$12.00 by express prepaid.

Each Number a complete booklet. These prices are subject to change from month to month. Send in your orders early, as they will not last long. We have only about half a dozen copies of most of the numbers. Subscribers who wish to begin with back numbers should note.

Chamber of Commerce Building, Los Angeles, Cal.

## Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

### DIABETES.

J. R. H.—Gluten food is a starvation food, because the mineral elements have been washed out. There is no such thing as pure gluten food. That would be like rubber, and you could not eat it. If you could, you would starve on it sooner than on nothing. All the gluten foods in the market contain some starch. Some of them contain about as much starch as bread made from hard wheat. If you eat gluten food always eat with it some foods rich in organic salts, as raw green stuff.

The doctors change their fashions in dieting for diabetes. Of late years some have been recommending an oatmeal diet, others a potato diet.

For your benefit, and for that of other inquirers who have written to me, on this subject, I reproduce the following article by Otto Carqué from the first number of BRAIN AND BRAWN:

“The principal symptom of diabetes is that considerable amounts of grape sugar, varying from a fraction of an ounce to two pounds, are found in twenty-four hours’ urine. The causes of the disease are diminished alkalinity and increased acidity of the blood, as results of faulty nutrition. Furthermore, as predisposing causes may be named insufficient muscular exercise and a sedentary mode of life. Sometimes the disease may be caused by disturbances which originate in the central nervous system, following injury to the head, organic affections of the brain, or violent mental excitement. Continued worry also favors diabetes.

“The large amount of grape sugar in the urine results from the inability of the system to oxidize the sugar, as the blood is over-charged with carbonic acid, and deficient in sodium, calcium, magnesium, and iron. These elements are found in green leaf-vegetables, and fruits like oranges, apples, prunes, grapes, strawberries, melons, etc., while they are lacking in meat, white flour, potatoes, corn meal, and polished rice, and are entirely deficient in refined sugar.

“Calcium, magnesium and iron are necessary to the formation of the red blood corpuscles, which take up the oxygen in the lungs and carry it to the tissues for oxidation of carbon, while sodium combines, with the product of oxidation, carbonic acid, which is excreted through the lungs.

“Following their usual method of tinkering with effects, instead of removing causes, the ‘regular’ medical fraternity seeks to cure diabetes by removing sugar from the dietary. What should be done is not merely to remove the sugar, but to regulate the dietetic and other habits of the patient, so that his system will be able to assimilate a reasonable amount of sugar, although cane sugar is a food that should be avoided by sick and well.

“Three factors are essential in the cure of diabetes: First, a simple diet, consisting mostly of salad plants and fresh fruits, with the addition of a small amount of proteid food, such as nuts or fresh eggs or fresh cottage cheese. Exclusion of white flour products, salt, refined sugar, condiments, alcoholic beverages, tobacco, coffee and tea. Second, deep breathing by adequate exercise in the open air. Third, absence of worry and excitement. In severe cases of diabetes it will take a number of months to restore normal conditions in the nutritive functions.”

## Hux Hopuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

### A HOSPITAL NURSE'S EXPERIENCE.

I think the study of surgery is so engrossing and fascinating that even honest doctors become hypnotized, and recommend cutting for every ill. Unscrupulous physicians regard it absolutely as a business proposition—a matter of dollars. Most frequently women are the victims. In their nervous state, any strong-minded doctor can influence them.

Recently a successful surgeon known as a "knife fiend" operated twice upon a recognized hysterical patient. He examined every organ minutely, but had to sew her up again. He declared nothing would ever induce him to operate upon her again. However, two months later he performed a third operation, as he said, "for adhesions."

If determined to undergo an operation, women should be careful in choosing their physician. Two young doctors in a clinic, while performing a curettement, pierced the uterus, and besought the young house surgeon to help them. The latter removed the uterus, his first operation of the kind. Later the patient, a woman of twenty-four, was told that the uterus was so diseased that it had to be removed.

In a large hospital, a young doctor, professionally well connected, performed a new and difficult intestinal operation. He made a mistake, and the woman was told she would not be charged for the rest of her stay in the hospital.

Twice, while a doctor was injecting serum, I have seen the patients die on the table.

A well known surgeon quarreled for fully an hour with the assistant junior surgeon and nurses, while the woman patient was chloroformed for total extirpation of the uterus. Fortunately she lived.

A personal friend of mine, after a tearing from the vagina to the anus, was doped with opium for two years. The doctor then operated twice. Both times the stitches gave way. The first time his nurse said she thought the stitches were for a student's experimenting. At the second operation he had to acknowledge again that the stitches were not properly prepared. The parents then took the woman home, but she was a wreck.

There are many irreproachable doctors. Also many life-saving operations, but there is so much guesswork. How often in public hospitals have even well meaning and public doctors to await the autopsy, in order to discover what ailed the patient.—X, Los Angeles.

For obvious reasons the name of this nurse is withheld.

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### SENSE IS UNCOMMON.

Enclosed find a dollar, for which send me five copies of the December number of BRAIN AND BRAWN. The other fifty cents add to my subscription. I want to send a copy to a New York doctor, and another to one of the best writers in the west, in Iowa. The magazine has more good common sense than a whole library, and the friends I send copies to will appreciate them.—G. Major Taber, 4511 Collita St., Los Angeles.

### The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

HEALTH AND EFFICIENCY; R. L. Alsaker, M.D.; Published by the author, 3713 Washington St., St. Louis, Mo., 400 pp.; price \$2.00 by mail.

Dr. Alsaker was for a time associated with Dr. J. H. Tilden, of Denver; a good school in which to take a post-graduate course. Like Dr. Tilden, he went through the mill of drug medication, until he saw a light and "came out from among them." He has been a close student and observer of the laws of health and the causes of disease. The results he has embodied in this interesting volume.

The author swats the absurd theory of germs as a cause of disease. He shows that there is but one disease, and that the practice of medicine is not a science. While testifying that natural healers do not guess at disease, he tells those healers some of their shortcomings. He refers to several writers on health subjects, and makes the following kind mention of myself:

"Dr. Harry Brook, of Los Angeles, is unique among the health educators of today. He is a brainy journalist, with a good stock of fundamental health knowledge, and is endowed with the ability to place his convictions before the public in a striking manner. He has been carrying on his educational work for many years."

The author deals with mental attitude, food in general, the mineral elements of food, over-eating, what, when and how to eat, a review of various theories of diet, the composition of diet (with details,) cooking, with recipes and menus, drink, fasting, drugs, care of the skin, exercise, breathing and ventilation, sleep, parents and children (in detail,) prenatal care, duration of life, and "evolving into health."

Like myself, Dr. Alsaker maintains that it makes comparatively little difference what you eat, so long as you do not over-eat. He and I agree that the question of "how much" in diet is far more important than the question of What, although that is by no means to be ignored.

Dr. Alsaker's ideas are eminently sound. He is not a fanatic, or an extremist. This is a valuable book, and I recommend all interested in the care of the body to add it to their health libraries.

NEW ASPECTS OF DIABETES, Dr. Carl Von Noorden; E. B. Treat & Co., publishers, New York; 160 pp.; price \$1.50.

Dr. Von Noorden is an eminent Vienna physician, and is regarded by the medical fraternity as a high authority on diet. His previous work on diabetes is now in its eighth edition. This book is supplementary.

He declares that sugar is furnished even by proteids, so that it is impossible entirely to get away from sugar production. As I have said elsewhere, the aim should be not to attempt to deprive the patient of everything that is sugar or makes sugar, but to enable him to assimilate a little sugar. The author states as a "remarkable fact" that diabetics can often assimilate a food well when it is given singly, but badly when it is mixed with others. That is the root of dietetic evil, which the doctors have not yet grasped—the ill that comes of mixing many foods together, even when they are good foods.

Dr. Von Noorden, in his menus, includes "fast days," in which he allows only weak tea, lemon squash, or whisky and soda. I should not consider it advisable to take whisky on an empty stomach. He refers to the oatmeal diet as having been over-done by a lot of inexperienced physicians since he recommended it in his first book, and advises that it should only be adopted occasionally, for a few days at a time.

As to drugs, the author properly suggests that they are of little, if any, value in this disease. He might have added in all other diseases. He says the same about mineral waters.

**DESTRUCTIVE AND CONSTRUCTIVE FOOD MIXTURES;** Axel Emil Gibson, D.O.; published by the author, 519 Chamber of Commerce Bldg., Los Angeles; 142 pp.; price \$1.10 by mail.

This is the latest of Dr. Gibson's books on diet, and in some respects I think the most interesting. The author takes up a subject that until recently has been almost entirely neglected by writers on diet—food combinations. Among the subjects covered by Dr. Gibson are scientific reasons against the mixtures of different cereals, what food to cook, digestion an electric phenomenon, effects of mixtures of fruits and vegetables, soups, meat as a factor in diet, milk, sour milk, ice cream and malted milk, coffee, diet for the lean and for the fat. He gives a bill of fare for a week's hygienic diet. In his last chapter he deals a heavy and convincing blow against sugar, which he calls the "dreadnought" stimulant.

In his menus the author includes a little meat once a day. I do not agree with his premises or conclusions in the chapter on meat, although I am willing to admit that when a flesh eater is an invalid, it may be permissible, or even desirable, to feed him a little meat for a time.

This is a book that will interest the ever-increasing number of students of diet.

**DISEASES AND DEFORMITIES OF THE FOOT;** John Joseph Nutt, M.D.; E. B. Treat & Co., publishers, 241 W. 23rd St., New York; 292 pp., many illustrations; \$2.72 by mail.

The author, who is surgeon in chief of the New York State Hospital for the Care of Crippled and Deformed Children, writing of the dietetic treatment of tuberculous disease of the bones of the foot, says:

"Theoretically a meat diet might seem to be advisable, the carnivorous animals being less subject to tuberculous infection than the herbivorous; but experiments I have carried out have failed to prove anything positive, and a mixed diet of nourishing food is all I can recommend."

"A mixed diet of nourishing food." This is a Bunsby-like declaration. It is quite in line with the regular ethical allopathic injunction to "eat what you like," or to "eat what seems to agree with you." As a fact, a mixed diet is the most irrational of all diets. The only animal that follows a mixed diet is the hog, and then only when it has been "civilized" by man, and we know that a majority of hogs, when slain, are diseased.

The author pays tribute to the great value of massage and advises against operations, except as a last resource. The book contains a number of useful suggestions.

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If you are fond of sea stories, and if you would like to read the best sea story ever written, buy a copy of "The Green Hand" by George Cupples. You may get it at Parker's, the bookseller, on Broadway, (Los Angeles.)

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydro-  
 athy are valuable, and sometimes indis-  
 pensable means of aiding nature. Any

honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

*Harry Ellington D.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### DR. SCHULTZ'S SANATORIUM.

Dr. Carl Schultz opened his new sanatorium promptly on time, and has been working about eighteen hours a day, ever since. The institution is filling up, and letters are coming in from all over the United States, from old friends and patients.

On January 2 the School for Drugless Healers will open. There promises to be quite a large class, as many prospective students have already applied.

The latest feature of the institution is a ward for men and women, where patients of small means are taken care of.

### DR. STILL HAS A STROKE.

On November 7, Dr. A. T. Still, founder of osteopathy, had a slight apoplectic stroke. He says that while treating his spine against the foot-rail of his bed, he fell, striking his head with a very severe blow. Within forty-eight hours he almost entirely recovered. Dr. Still is eighty-six years of age.

### "ETHICAL" TREATMENT OF PNEUMONIA.

Following is an article from "Treatment of Pneumonia in the Aged" in the Medical World:

"Nutrition is most important. The patient should receive four to eight ounces of fluid nourishment every four hours, with a small cup of coffee midway between these meals. The richest nutriment possible—raw eggs, top milk, raw fruit juices, turtle, oyster or clam soups, jellied meats—semisolid—with chocolate, cream and raw beef or oysters, grated, if the patient can manage them. In very great debilities, rub the patient from head to foot every day with hot cod-liver oil. Enemas of hot soups and salt solutions may supplement the stomach feeding if needed."

Is it any wonder that, under this barberous treatment, so many people die of pneumonia, primarily a disease of over-feeding?

### "SURGICAL INSANITY."

"The poor-devil laity" is my stock expression in describing the people generally with relation to their medical treatment. With rich, middle-class and poor it is all the same; they are

"up against it." They don't know how to keep well, and few care to learn. Anyway, they don't know where to look for such knowledge. The family doctor? It is to laugh—or, rather, to cry, in view of the pathetic aspect of the case, with the many needless, long, painful, costly and fatal illnesses. Physicians get sick themselves, and they die younger than any other class of professional men, chiefly because they know less about health matters than people in general, some of whom read health journals; doctors, never. Parents who know better than to submit their children to vaccination, still employ doctors who vaccinate and pretend to "believe in" the treatment, although we know positively that smallpox epidemics usually begin with vaccinated persons, and that these furnish the most cases and the most deaths. \* \* \*

Then, the operation on the appendix, a treatment that ere long will be prohibited by law; appendectomy homicides have been constantly occurring ever since the craze started, while every survival indicates that many patients are "too tough to kill." The more critical the condition of these sufferers from inflammation of the bowels (the actual disease) the more mischievous is the operation; slashing through the abdominal muscles and cutting out something is by no means a soothing procedure for any pelvic inflammation. Again, the operation on the tonsils, removing them when inflamed, is another "surgical insanity," as it has been called by a distinguished Laryngologist. Victims of these operations almost invariably have more trouble with bowels and throat after, than before the surgery. Worst of all, the mastoid operation for inner ear disease, chiseling a hole in the skull to let out pus which under rational treatment will always go as it came, being re-absorbed by the blood, with no risk to the patient, whereas the operation is very frequently fatal, and never curative.—Charles E. Page, in "The Open Door."

### ANOTHER OPERATION ESCAPED.

On December 9 a woman telephoned to me that her boy was very sick, that she had two physicians, and they had called in three other physicians. One of the physicians said the boy had a case of peritonitis, the others that his appendix was ruptured, but all of them agreed that an operation was absolutely necessary, and gave the mother

little hopes of his recovery from the operation. Then they ordered ice on the abdomen. I told her not to use ice. Next morning I found that the boy had a temperature of  $104\frac{1}{2}$ , pulse 138, his tongue swollen and lips cracked. The physicians had forbidden water, and he had had no water for twenty-four hours. The mother begged me to take the case, which I did, with the understanding that the other physicians be discharged. She agreed to this. I diagnosed the case as peritonitis, one of the worse cases ever under my observation. I gave the patient a teaspoonful of water every ten minutes, then a light infusion of herbs, and put hot applications over the abdomen. In less than ten hours the temperature was down to  $99\frac{1}{2}$ , pulse to 88. Now, on December 15, only five days later, the boy's temperature is normal, pulse normal, no pain in abdomen, and I could for the first time, massage the abdomen. The boy's mother is Mrs. Deutsch. She lives on Fourth Avenue, Los Angeles.—Carl Schultz, N.D., Los Angeles.

#### AMERICAN NATUROPATHIC ASSOCIATION.

The American Naturopathic Association is a union for mutual advancement of the physicians and other professional men and women of the United States and Canada, who employ and teach drugless methods of therapeutics and hygiene. The headquarters of the Association are at Butler, N. J., where full information may be obtained.

#### OSTEOPATHIC CONVENTION.

The California State Osteopathic Association will hold its annual convention in Los Angeles next summer. The date has not yet been set, but the convention will be held either shortly before or after the American Osteopathic Association holds its annual national convention in Portland, which will be about the first week in August. The local arrangements will be in charge of the Los Angeles County Osteopathic Association.

#### PROSCRIPTIVE LEGISLATION.

The Los Angeles County Medical Association will urge a bill in this Legislature providing that the same standard of preparation required of physi-

## NEW BOOK ON FOOD

What is the use of voting for Prohibition and Temperance when your fermenting, gas-distended stomach generates its own alcohol, as a result of wrong eating. If in doubt of your diet, get the new book on Scientific Eating:

### "DISTINCTIVE and CONSTRUCTIVE FOOD-COMBINATIONS"

150 Pages. Hercules Cover  
Price \$1.00. Postage 10 cents.

FOR SALE BY THE AUTHOR

Dr. Axel Emil Gibson, 519-20 Chamber of Commerce, Los Angeles.

## BIOCHEMISTRY

Send 2c stamp for leaflet, Dr. Carey's books on Biochemistry and Bioplasma, a combination of the cell salts of the blood.

Well established mail order business for sale. Reason: chance to travel and lecture. Here is a fine opportunity for a Drugless or Liberal Doctor. Address

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P. O. Box 293 Los Angeles, Cal.

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This is something different. Not made of burned low grade molasses and dirty feed bran. Send 30c. for sample package, with strainer. Ten cents extra outside of California.

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2214 W. 4th St., Los Angeles.

## Need Any Money?

**W**E want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

Let us hear from you. You need not send any vaccination certificate.

cians be also required of drugless healers.

That would manifestly be proscriptive and unfair. Drugless healers do not believe in drugs or serums, and therefore do not need to study them, any more than a plumber needs to study electricity.

Drugless healers should be required to be men of good repute, to have a knowledge of the body in health and disease, and to be proficient in the branch of the healing art they practice. That and nothing more.

**MEDICAL GUN-MEN.**

A news item in the daily press announces that medical inspectors representing the New York State Health Department will hereafter carry revolvers to enforce their authority. This is a pleasant indication of the growing influence of the peace movement. It is also a good sign that the common people are resisting the espionage and control of the medical authorities.

It has always been characteristic of despotism that it employs force to maintain its asserted power. A modern medical inquisition would be about as agreeable today, to the average citizen, as it was to the religious dissenters in the days when the thumb-screw and the rack were found to be persuasive forms of argument.

If the "regulars" cannot convince the citizen that it would be healthy for him to submit quietly and peaceably to their regulation, they are evidently prepared to "shoot up the town." And there are those who would rather take a chance with the doctor's gun than with his vaccine virus or anti-typhoid serum.—"Life."

**NOTES AND PERSONALS.**

Dr. Mary Kraft has built up quite a reputation among expectant mothers, to many of whom she has secured a safe and comparatively painless parturition without the dangers of anesthetics.

Dr. W. Herbert Trescott makes a specialty of Father Kneipp's herbal other remedies.

Dr. Harry D. Reynard of Oakland offers a free book on naprapathy.

At the chiropractic convention in Davenport, Iowa, J. S. Schroder, D.C., of West Point, Neb., was re-elected on the board. He is a good friend of  
**BRAIN AND BRAWN.**

**The Folly of Forced Deep Breathing**

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in all prostatic troubles, not by stomach drugging, but by direct local application that removes the cause. Every man should read my treatise and letters of endorsement sent free, plainly sealed and confidential. **Mark M. Kerr, Sr., Sta. K., 24 Cincinnati, O.**

**"THE SALT EATING HABIT in Health and Disease."** Price 20c. **"UNFIRED FOOD and TROPHOTHERAPY (Food Cure)"** contains 365 recipes for uncooked soups, salads, unbaked breads and pies for cure and prevention of disease. Eat yourself well. Price \$2.15. Dr. Drews, 1910 North Harding Ave., Chicago, Ill.

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Self-Cure for Consumption, Paralysis, Constipation, Change of life or any ill. Press the Vital nerve (if Dr. fails.) Lost Art Wonderbook and trial Free. **ROGERS, 303 Ave. 61, Los Angeles, Cal.**

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A Key to The Practice of Osteopathy, Chiropractic, Massage and all Drugless Methods. Nerves centers supplying all parts of the body are given in alphabetical order. You can see at a glance where to apply treatment to affect, for example, the Heart, the Stomach, Kidneys, etc. Full description of all organs, etc. 15 illustrations lithographed in colors. 5000 questions correctly answered. 34 x 46 inches. Circular free. **IRA LONG, 5 Wesley Block, Columbus, O.**

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Vista del Valle Station,  
Tel. 363 Baldwin Park. **Baldwin Park, Cal.**

### Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

#### A GOOD OPPORTUNITY.

Dr. George W. Carey, of "Bio-chemistry" fame, offers for sale an attractive mail order business. See his announcement.

#### DIABETIC FOOD.

The "D & D" food for diabetes is a good food. As I have said elsewhere, most of the gluten foods on the market contain almost as much starch as bread made from hard wheat. This food is "different." I recommend it.

#### AT LONG BEACH.

When you go down to Long Beach, be sure you behave yourself, or the constable man will get you. Also, when you are there, drop in at the Long Beach Sanatorium. Even if you don't expect to avail yourself of its facilities, it will interest you to look over this well-appointed institution, conducted by W. Ray Simpson, a good physician and a good man.

#### A SAFE BANK.

The Security Trust and Savings Bank has a reputation that extends all over the United States. If you are thinking of doing anything in the banking line, see it first.

#### BRAN.

Have you yet tried that "Health Bran" put up by the Globe Mills? If not, you should do so. It is the best thing of the kind on the market.

#### ABSORBANT COMPRESSES.

It is a well-known fact that the power of earth to extract poisons from the body is equalled only by the power



## Non-Sugaring, Non-Medicated, Non-Cloying Cereal Foods for Diabetics

20 Years record without a single failure to cure or help in diabetes mellitus. Single package, enough for six days trial, sent with full directions, parcel post prepaid on receipt of one dollar to the manufacturers.

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The efficiency of your treatment will be doubled if you know how to detect the body leakages and know how to stop them. The detection of 1/60 per cent instantly, and 30 other tests, full equipment, full instructions, make the "JO-CO-RO" URINALYSIS SET the latest and best. Prepaid, \$4.75.

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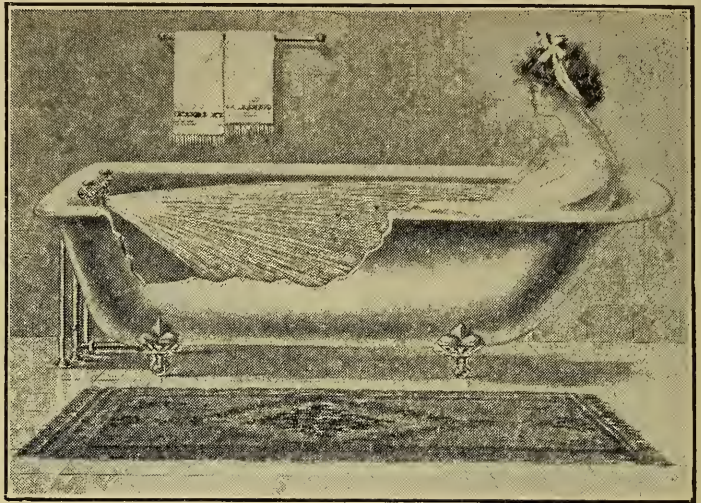
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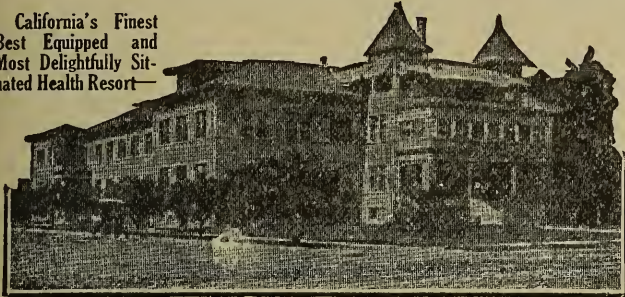
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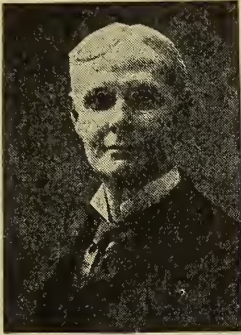
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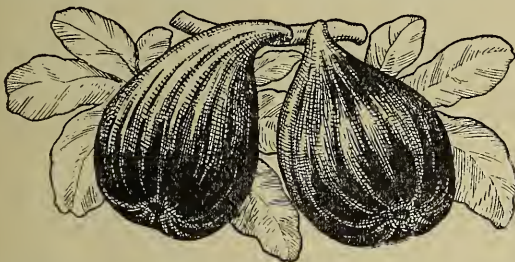
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FEBRUARY, 1915

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

Published Monthly by the Naturopathic Publishing Company, Inc.

Carl Schultz, N. D., President and Gen. Manager; Geo. B. Abbott, Secy., Chamber of Commerce Bldg., Los Angeles, Cal. Tel. (Sunset) Main 5364

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BRAIN AND BRAWN teaches the doctrine of a sound mind in a sound body; that nature cures, not the physician, and that human life is of more importance than property.

BRAIN AND BRAWN is devoted to the instruction of the people in regard to the Nature Cure, or drugless method of healing disease; the combating of medical errors; the advocacy of pure foods; exposure of quacks, "regular" and "irregular;" eugenics, or the right of a woman to control her own body, and the right of a child to be well born; the "back to the land," idea; the simple life, and the uplift of humanity.

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# Health, Wealth and Happiness

Is the chipmunk's health a-fallin'?  
Does he walk or does he run?  
Does the quail set up and whistle  
In a disappointed way?

—James Whitcomb Riley.

**M**AN seems to be peculiar in the Animal World in this, that he enjoys poor health.

If a person is sent to the penitentiary it is because he has broken the laws of the land, and he is disgraced.

But if he is sent to the hospital, it is because he has broken the laws of Nature.

And when he comes back—if he does—he gives an organ recital.

Quails do not have nervous prostration, and chipmunks do not fall into a decline. They follow Mother Nature intuitively.

But man, in degree, lost his intuition when he took on intellect. And the intellect is a two-edged sword. It cuts both ways. By the use of the intellect a man can deceive even himself, proving that black is white, and blue an optical illusion.

For instance, the majority of highly educated physicians believe that it is wise, just, right and altogether lovely to scarify the body of a perfectly healthy child, and then rub into the scarification pus from the sores on a sick calf. This operation gives the child a disease, which is supposed to make him immune from another.

The fact that this operation lays the patient open to tetanus—one of the most fatal diseases known—is nothing to your highly cultured physician; he keeps on doing it, and absolves himself by singing, "Everybody's doin' It."

Why do doctors perform operations on well people? Because they have been taught to do so by doctors who were taught by others who were taught by professors. Also, because people will pay for having the operation performed.

Intuition would save them. Intuition prompts us to do the natural thing—the obvious, the reasonable.

Doctor Edmond R. Moras seems to me to be a doctor who has both intuition and intellect. And from the marriage of these two is born Commonsense.

To be well—and keep well—and have well babies that keep well, is a life that is worth living. Let's each work properly as we should, and read AUTOLOGY, that great book by Doctor Moras.

Yes, I nearly forgot—there is a little book, whose pages are all sprinkled with intuitional diamond dust—that is called "GUIDE TO AUTOLOGY."

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Vol. III

LOS ANGELES, FEBRUARY, 1915

No. 9

## Our Colored Brethren

**A** NEWS item frequently appears showing that the high fence between the whites and the blacks in this country is not likely to be demolished for some time to come. A bill was recently introduced in Congress to separate white government clerks and employees from negroes. Segregation has been introduced in several departments which led to a somewhat stormy interview between the spokesman of a negro delegation and the President. Again, Congressman Clark, of Florida, recently expressed the following radical opinions on the negro question:

As I see the question today there are four solutions of the negro problem in the United States:

First. Segregation on the soil of the United States.

Second. Gradual deportation to Africa or some other country, which may be secured for them.

Third. Amalgamation with our people.

Fourth. Extermination of all the negroes or persons with negro blood in their veins.

Perhaps the negro question in the United States will never be entirely settled. At least, not in this generation. It is a many-sided, complex question. It is a branch of the race question, a world problem. Northerners and Westerners do not understand the negro question in the South any more than Easterners and Southerners understand the Oriental question on the Pacific Coast. Unfortunately while the Southerners understand the negro individually, most of them still regard the race from the viewpoint of slavery or semi-slavery.

For the wrongs and evils that attach to the negro question, we have to blame primarily, not the Southerners, but Puritan Yankee ancestors of rabid abolitionists, who sent ships to the coast of Africa to exchange rum for negro men and women, many of whom died miserably in fetid holds before they landed on the shores of the "land of the free, and home of the brave." The pious Northerners stole the "cattle," and Southern planters received them. Some say the receiver is worse than the thief. That is a matter of opinion.

To give the negroes, immediately they were freed, the privilege and responsibility of the vote, was a mistake, from the effects of which the country is still suffering, especially the South. The emancipation of the negro should have been gradual. It would have been better for him and better for the whites.

Bishop Nelson, of Atlanta, declares that the negro has displaced the Indian as the ward of the nation. He says:

There are many things the negro needs more than the vote. He needs, first of all, to be fitted to citizenship. More than the vote, the negro needs an appreciation of character even above intelligence. He needs education, but not so much of the sort which some have been trying to give him—the

arts and sciences, the classics, and romance, languages and music and theology.

He needs instruction in honor, righteousness, thrift, truth and purity more than he needs the ballot, and, above all, he needs a quickened and enlightened conscience.

Northerners are quick to accuse the Southerners of severity toward the blacks. They should learn to put themselves in the place of these Southern people. If Northern critics lived in a community where the blacks are almost, or quite equal in number to the white population, they might begin to have another guess coming on the subject. As a fact, the negroes are in some respects better treated in the South than in the North. The Southern people understand them better. A lot of sickly, sentimental trashy sympathy is poured out upon our colored brethren by Northern orators—especially about election time. Most of it is simply taffy, or bird lime.

An African chief recently chartered a vessel to take over a number of negro families from the United States to the Gold Coast of West Africa, where he promised them free land and other advantages. This is the third colony that has gone from Oklahoma to Africa. Neither Liberia nor Hayti have proved brilliant successes, but then I have also heard of white people who have made a failure of self government. This emigration will arouse opposition on the part of Southern planters. They must, however, realize, once for all, that with the rapid spread of education, the black man will not be content to remain forever a mere beast of burden.

To evolve a satisfactory solution of the negro question will need great wisdom, forbearance, patience, and constructive ability. A Mississippi planter thinks he has solved it. He treats the black men as human beings, improved their diet, opened a model dairy, gave them a few simple lessons in better farming, taught the women the rudiments of hygiene, and encouraged parents to send their children to school. He is said to have a bright and appreciative lot of negroes around him, and has very little cause for complaint.

That individual negroes are gradually making responsible places for themselves in our social fabric is frequently seen. As, for instance, Charles Young, the first of his race to attain the grade of major in the regular army of the United States, and Samuel Coleridge-Taylor, composer of music, who died a few months ago, after a brief but brilliant career. The total value of property owned by negroes in the United States is estimated to be \$600,000,000.

Writing on the "Status of the Negro in Medicine" in the Medical World for April, Dr. C. V. Roman, of Nashville, Tenn., says:

Professionally, the negro doctor is a success. He has a reasonable grasp on the principles of medicine and surgery and is able to apply those principles to the healing of the sick and the prevention of disease.

Comparative statistics show that the mortality rate in hospitals conducted by negro physicians is not excessively high, and the percentage of cures is up to the average. I am familiar with the workings of two large colored hospitals, the George W. Hubbard Hospital, in Nashville, and Andrew Memorial, in Tuskegee. I have known long series of major operations in these hospitals without a death. I have reliable information that the same is true of the Frederick Douglass and Mercy hospitals in Philadelphia; Freedman's Hospital, Washington, D. C.; Lincoln Hospital, Durham, N. C.; Fair Haven Infirmary, Atlanta, Ga., and Leonard Hospital, in Raleigh, N. C., to say nothing of the numerous private hospitals and infirmaries run by negroes.

## The Water Cure Becoming Respectable

**H**YDROTHERAPY, or water-cure, is being used with great success in the Government Hospital for the Insane, at Washington, in the treatment of mental disease. Its methods are described in *The Modern Hospital* (St. Louis, November), by Dr. Mary O'Malley, senior assistant physician to the hospital. This form of treatment, we are told by Dr. O'Malley, has been growing in favor in this country during the past ten or fifteen years, both in mental and other ailments, and all authorities now recognize that there is a rational basis for its employment. The action of water on the human economy is very wide in its scope, owing to its capacity for gradation. It can be used as a vapor, a liquid, or a solid; in applying heat and cold, as an unadulterated agent, or with medicinal properties in solution. It can be applied with various degrees of pressure in showers, sprays, etc.—Literary Digest.

So the "regulars" are taking up hydrotherapy, which all natural healers have been using with great success for over half a century? It was even advocated by Hippocrates. In the November number Dr. Carl Schultz had an interesting article on the water cure. I suppose the allopaths will next be claiming that they invented this method of treating sick people.

I have over and over again stated that if they would introduce hydrotherapy in connection, with other rational means of aiding nature, such as sun and air baths, and especially diet, three-fourths of our insane asylums and reformatories might be empty within six months.

Remember, however, that to properly administer the water cure requires skill and experience. It is not something that can be learned in a month. It is a science. As I said in September, one can kill people with water as well as with drugs. Meantime, now that there is such a great demand on part of the public for natural methods, those of our allopathic friends who are not altogether too bigoted to learn should find it to their advantage to take a post-graduate course in a Nature Cure establishment.

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## Newspapers Then and Now

**N**OTHING can now be believed which is seen in a newspaper. Truth itself becomes suspicious by being put into that polluted vehicle.

The real extent of this state of misinformation is known only to those in situations to confront facts within their knowledge with the lies of the day. . . . The man who never looks into a newspaper is better informed than he who reads them.—Thomas Jefferson, 1814.

If our journalism is not utterly to lose respect and confidence at home and abroad, it must find ways to muzzle the lying sensationalist.—San Francisco Argonaut, 1914.

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The whole secret of remaining young in spite of years, and even of gray hairs, is to cherish enthusiasm in one's self, by poetry, by contemplation, by charity—that is, in fewer words, by the maintenance of harmony in the soul.—Henri Frederic Amiel.

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Do not do any act to another, that you would not like another to do to you.—Confucius.

## The Bearing of Children

**W**OMEN formerly shirked their maternal duties by hiring wet nurses, as they still do in Europe. Now, they substitute a bottle, which is unwholesome. Bottle-fed children have less chance of living than those fed at Nature's fount. Still the milk of a healthy cow is better than the milk of a sick woman. Healthy cows are almost as scarce as healthy women.

Nowadays, women not only object to nursing children, but to bearing them. It spoils their figures, and interferes with their social duties, and then it isn't quite nice, you know. Men sneer at prospective mothers, forgetting that those who bore them appeared that way. In former days, pregnant women were regarded with reverence, as they should be, but this is an irreverent age. Also, parturition is usually more or less painful, and anesthetics—even the so-called "twilight sleep" referred to on another page—are dangerous. True, women may insure painless parturition by care in diet and exercise during pregnancy, but that involves self-denial. So there you are.

In St. Paul, Minn., over 500 childless couples sought to adopt a baby deserted on a doorstep. There is a text for a sermon here.

Many American women have foolishly permitted themselves to be unsexed, so that they cannot breed. After that operation, they gradually lose much of their feminine charm and are subject for the rest of their lives to "female troubles." Many regret their folly after it is too late. It is sad.

When a child is adopted its breeding is usually unknown. It may or may not come of good stock. Physically "love children" average better than those born in wedlock, while their moral instincts may be as good, or better. Even in marriage, the offspring may "throw back" to some degenerate ancestor, of whom you never heard. Notwithstanding this, an adopted child is better than no child. There are few more mournful sights than a home of wealth, in which childish prattle has never been heard.

Not that I recommend all to get children. By no means. I had my say on that subject in May, 1913, under the heading "The Other Side of Race Suicide." As I said then, to beget children without being able to insure them proper physical, mental and moral care is a crime.

Do not expect too much of your children—especially your boys—after they grow up. In this age and country respect and care for parents are uncommon qualities. Children are more likely to bring their children to you for care. Nevertheless, the pleasure of raising children more than counterbalances the pain and anxiety and expense. And if you raise them right, they may be a blessing and a pride to you. Besides this, a prime law of Nature provides that in their season male and female of each species shall mate and breed for the perpetuation of the race. And none of Nature's laws may be broken with impunity. The childless woman suffers many ills from which the mother is free.

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"When a man hath taken a new wife, he shall not go to war, neither shall he be charged with any business; but he shall be free at home one year, and shall cheer up his wife which he hath taken.—Deuteronomy xxiv, 5."

## World's Fairs

**T**HE first Exposition—or “Exhibition,” as it was then called—that I saw, also the first of its kind, was the World's Fair of 1851, in London. I do not remember much about it, as I was carried there in the arms of my mother. The Fair was the idea of Albert, husband of Queen Victoria, a good man. He hoped to promote peace and good will among the nations of the earth. Within three years the English, French, Sardinians and Turks were fighting a long war against Russia, in the Crimea.

The building of the 1851 Exposition was not much larger than one of our modern World's Fair palaces. In a moment of inspiration, the architect, Joseph Paxton, sketched on a piece of blotting paper the outline of a mammoth glass “green house.” For this he received the honor of knighthood. Later the Crystal Palace was moved to Sydenham, a suburb of London, where it became the home of monster concerts, cat shows, and other popular amusements.

The next World's Fair I visited was also in London, in 1862. This, I well remember, because I had then attained the ripe age of thirteen years. The chief impressions that remain on my memory are the stench of the oil in the machinery hall, and the luxuriousness of the Continental second-class railway carriages, as compared with the plain English box cars.

The third and last World's Fair I attended was that of Paris, in 1867, where I spent a week, on my way home from Italy to England. It was at the height of the luxury of the third Napoleonic regime. They had a hotel full of kings and emperors. Again, in less than three years after the closing of this Palace of Peace, a great war was raging between France and Germany. Then followed the Debacle.

World's Fairs are becoming bigger and bigger, and more and more frequent, so that they threaten to become an international nuisance. Some of the European nations have made a kind of “gentleman's agreement” only to patronize such shows at certain intervals.

World's Fairs are valuable advertising agencies, in a general way, but like any other jag, they are always followed by a reaction and depression, in the place where they are held.

The two World's Fairs that California is holding this year are in several respects somewhat different from anything that has preceded them. Both are set in unique backgrounds, and each has individuality. They are surely worth visiting, by those who do not object to a crowd. San Diego, especially, as a small city, deserves credit for undertaking such a big job.

Los Angeles, always favored of the gods, gets the benefit of the two shows, and catches the guests “gwine and comin'.” Nine-tenths of those who visit the two expositions will call at Los Angeles, and we shall be spared the expense and worry, and the bad taste in the mouth, on the morning after.

- I hope, myself, to visit San Diego, and see my first World's Fair since 1867. That was nearly half a century ago, when the world and I were younger. The San Diego show will not be too big for comfort, and I have no doubt I shall enjoy it.

## The Rights of Animals

**T**HE Elberfeld "talking" horses have fallen victims to the Moloch of War. In spite of the protests of Krall, their owner, they were requisitioned by the German Government, sent to drag a cannon, and shattered by shrapnel. The German Government must be short of horses.

These two noble animals excited the interest of scientists throughout the world, by their human intelligence, developed through patient, loving training. They were described as beautiful creatures, with eyes like antelopes, and with a fondness for licking the faces and hands of any one that came near.

Thousands of horses, dumb wondering beasts, are being shipped from America, to be mangled and slain on European battlefields. I notice that farmers of Jefferson county, Nebraska, refused to sell their horses for this purpose, at any price whatever. All honor to them.

Prof. R. L. Garner, after a quarter of a century spent in Africa studying the language and habits of the anthropoid apes, has come to Los Angeles, to write a book on the subject. Mr. Garner believes that some day a man will talk to his dog, and his dog to him, as two men now talk with one another, and that birds of the air will come to tell us their troubles. Then we shall know more than we know now. Even from the humblest insects we may learn much.

Mr. Garner declares that the apes not only have a language, but a code of ethics, surpassing that of human beings. They never abandon their wives or children.

Man, in his arrogant, lordly egotism, assumes to be so far above the "lower animals" that comparisons are odious. On the contrary, in some respects animals are superior to man in intelligence, and all of them are far above human beings in fidelity and affection. There is less difference between the lowest form of man and the highest form of ape than there is between the lowest and highest form of man.

We have seen what some apes can do under short training. What might they not do, if given one thousandth part of the education that man has enjoyed for thousands of years?

After woman attains her rights, we may hear something about the rights of animals. Hitherto, man has assumed that animals exist only for his pleasure and service—that he has a right to abuse and torture them as he may see fit. The sentiment is largely due to the false belief that the flesh of animals is necessary for man's food.

I read a story of a hunter who was shooting monkeys in Africa. He killed a young one, that fell at the foot of the tree. The mother, notwithstanding her great dread of the man and his gun, came down the tree, and approached the hunter with her arms held out, begging in this silent way for the corpse of her child. That hunter said he would never shoot another monkey.

Until recently man thought in the same contemptuous way of women as he does of animals. Many of them do so yet.

Before long, when men learn to think, they will begin to realize that even the "lower animals" have some rights that Man, their Lord and Master, is in duty bound to respect.

## The Boy on the Farm

**F**OLLOWING is a "Country Boy's Creed" adopted by the Corn Clubs of Virginia:

I believe that the country which God made is more beautiful than the city which man made; that life out of doors and in touch with the earth is the natural life of man. I believe that work with nature is more inspiring than work with the most intricate machinery. I believe that the dignity of labor depends not on what you do, but how you do it; that opportunity comes to a boy on the farm as often as to a boy in the city; that life is larger and freer and happier on the farm than in the town; that my success depends not upon my location, but upon myself; not upon my dreams, but upon what I actually do; not upon luck, but upon pluck. I believe in working when you work, and in playing when you play, and in giving and demanding a square deal in every act of life.

This is altogether admirable and entirely in accord with my belief and teaching. To save this nation from convulsion and disruption we must divert those who are able and willing to till the soil from the congested cities, and we must teach boys that farming is not only the oldest, but the most honorable of all occupations, the only occupation that is absolutely indispensable to the survival of the race. Antoninus, best of Roman emperors, was a farmer, and Chinese emperors every year put their hands to the plow.

Before we can popularize farming we must first remove three obstacles, and do these three things:

(1) Make farm life more pleasant. Man, especially the young man, is a gregarious animal.

(2) Stop the silly jeers of half-baked writers directed at "hay-seeds."

(3) Provide that the farmer shall be fairly recompensed for the fruit of his labor.

The first thing is rapidly being accomplished by electric railroads, rural deliveries, parcel post, and other agencies, especially in regions of intensive culture, like California.

The second thing may to you seem trifling, but it is not so to the mind of a sensitive boy. How to effect this reform I cannot say, except by setting the fool killer to work.

The third thing is serious. Here, in California—and I suppose the same holds true more or less all over the country—the small grower, who raises a crop of deciduous fruit or vegetables, does not as a rule receive the cost of cultivation and harvesting, while the consumer pays a high price for the product. The difference is absorbed by middlemen. The exceptions to this are where staple crops are marketed through co-operative unions. Otherwise, the grower, if he cannot eat his crop or feed it to hogs or chickens, might in most cases as well let it rot and put in his time at something more profitable—and less backaching. We hear much nowadays about giving the workman a fair share of the wealth he produces. How about the farmer who invests not only his labor, but his capital?

These three things must we do if we are to coax the boys—and the older boys—from the city to the land.

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Almost every human malady is connected, either by highway or byway, with the human stomach.—Sir Francis Hood.

## Climate

**D**URING Christmas week, at a place in the State of Vermont, the thermometer went to fifty-two degrees below zero. We, who were born or brought up in California, simply cannot comprehend such figures. They are as meaningless to us as the distances from the earth to the fixed stars.

According to the Los Angeles Weather Bureau, during thirty-five years, the thermometer in Los Angeles went down to thirty-two degrees above zero or less, only seventeen times. The lowest temperature observed at the station was twenty-eight degrees above zero, or four degrees below freezing. During the same period the temperature rose to one hundred degrees or over only twenty-nine times.

Owing to the dryness of the atmosphere, we feel the heat less here than they do in the more humid atmosphere of the Eastern states. A temperature of a hundred degrees here is less oppressive than a temperature of eighty on the Atlantic Coast. For the same reason, and also because we are not accustomed to severe cold, and therefore, are sensitive, we in California feel cold weather, even more proportionately, than they do in the East. At ten degrees below zero they run around in the Eastern states with ruddy cheeks, while at forty degrees above we shiver over fires or gas stoves.

As in other dry climates, there is here a remarkable difference between the temperature of night and day, of half an hour before and half an hour after sunset, and between the temperature in the shade and in the sun. Newcomers should bring with them warm clothing, and see that their houses have sunny rooms. A sun chamber of glass is an excellent thing. Old California houses have no provision for heating. The Spanish Californians did not heat their houses. They warmed themselves by out-of-door life, chili peppers and serapes, which they wrapped around them when they became too cold—the serapes, not the peppers.

Sending people from one climate to another, in quest of health, is foolishness. You cannot get rid of a disease, as long as you carry the cause about within you. Fashionable doctors send away their patients, when they do not know what further to do for them. A cold bracing climate has many advantages from a health viewpoint. The chief advantage this climate has over others is that it permits of open air life all the year round.

I know many climates between the Pacific Ocean and the Mediterranean Sea. I think the climate of Southern California, within thirty miles of the coast, is about as good as they make them.

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If it be in thy power, teach men to do better. If not, remember it is always in thy power to forgive. The gods are so merciful to those who err, that for some purposes they grant their aid to such men by conferring upon them health, riches, and honor. What prevents thee from doing likewise?—Marcus Aurelius Antoninus.

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The legs of the stork are long, the legs of the duck are short. I cannot make the legs of the stork short; neither can I lengthen the legs of a duck. So why worry?—Old Chinese Proverb.

## Expert Liars

**L**AST month I referred to the abominable practice of fee splitting between family doctors and surgeons, a practice deplored by honest physicians, but one which they are seemingly powerless to stop.

There is another evil practice that grieves reputable members of the medical fraternity, and tends to bring the profession into contempt. This blot involves also the legal profession. It is the "expert medical witness." The fact is well known that you can secure any sort of medical testimony, in the trial of a law case, if you are willing to pay for it.

Oscar C. Mueller, Los Angeles attorney, read a paper on this subject before a joint meeting of the San Francisco Medical Society and the San Francisco Bar Association. It has been reprinted, from the California State Journal of Medicine, in pamphlet form. Mr. Mueller says, truly, that "the present status of expert testimony is unquestionably a disgrace to all the professions. We should free them from this stigma and have California remedial legislation."

In a case in New York State, expert testimony required six days for its introduction. Eminent surgeons were called, and learned counsel examined them. When the judge charged the jury, he told them to disregard all the expert testimony, as the same was too contradictory.

In a murder case tried in Chicago, when the bones of the victim were discovered in a vat, some of the most widely known osteologists of the age strenuously insisted (for pay) that the bones in question did not belong to a human being, but to a hog.

In a recent case in Los Angeles, involving the physical condition of a boy, when one of the doctors was called, the judge warned the attorneys in advance that it would be a waste of time, saying "he has been on the stand in my courtroom and testified on the side that paid so often, and in such fashion, that I do not place any credence upon his testimony."

The testimony of the alienists in the notorious Thaw case amounted to a bargain and sale of evidence.

Charles W. Eliot, former president of Harvard University, in discussing the popular dissatisfaction with the administration of justice in the United States, claimed that the employment by the court of official experts is the most promising of all legislation proposed. The old Roman law provided that a judge could summon experts for the purpose of giving him information, and several European countries have adopted the plan.

There is an act before the California Legislature, known as the Oster Bill, mainly written by Judge Frank Oster, of San Bernardino County. It provides for the selection of experts by counties. Two years ago the bill passed the Senate without a dissenting vote, but did not become a bill in the Assembly. The bill should become a law in this session.

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What people say behind your back is your standing in the community in which you live.—Ed. Howe.

## Tar Water

**T**HE idea that "all is mind"—that "we are such things as dreams are made of"—was not invented or discovered by Mrs. Eddy. It was set forth in writing by Orientals, centuries before the birth of Jesus. Coming down to later times, we find that Bishop George Berkeley, an Irishman of English descent, preached this strange doctrine, in the first half of the eighteenth century. His theory provoked these lines from Byron:

"When Bishop Berkeley said 'there was no matter,'  
And proved it, 'twas no matter what he said."

Berkeley taught that matter has no independent existence, but is an idea in the supreme mind, which is realized in various forms by the human mind. Without mind nothing exists. Cause cannot exist except as it rests in mind and will. All so-called physical causes are merely cases of constant sequence of phenomena. Far from denying the reality of phenomena, Berkeley insists upon it; but contended that reality depends upon the supremacy of mind. Abstract matter does not and cannot exist. The mind can only perceive qualities of objects, and infers the existence of the objects from them.

Berkeley visited America, where he lived for several years. Here his attention had been drawn to the medicinal virtues of tar, and he experimented successfully with tar-water as a remedy. Becoming more and more convinced of its value, he exploited his supposed discovery with his usual ardor, writing letters and essays, and at length "A Chain of Philosophical Reflections and Enquiries concerning the Virtues of Tar-Water and Divers other Subjects Connected Together and Arising one from Another."

This essay attracted wide attention. Why he should have prescribed tar for a non-existent body I do not comprehend, but then you cannot reasonably expect logic from those who hold such unreasonable ideas. Perhaps he believed that tar water was good for the soul as well as the body.

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## Automobiles

**I** DO not think that automobilists should complain about the amount of license money they have to pay. They now practically monopolize the public roads, that are paid for by all the people. There are still a few persons who do not own automobiles, although, as I recently suggested, it may before long cause an arrest for indecent exposure of poverty, not to be able to own some kind of a gasoline tank. Now-a-days, when a man goes out for a stroll, or for a ride on horseback, or for a little jolt in a buggy, to admire the beauties of nature, he takes his life in his hands.

As I have suggested, before long the common people may be demanding that automobilists provide themselves with private rights-of-way, like railroads, with guarded crossings, and so give a chance to citizens on foot.

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If all reformers had their way, many of us would prefer to die rather than to live in such a penitentiary.

## Quoting Scripture

**T**HEY say the Devil sometimes quotes Scripture. The Germans have been quoting Scripture, to justify their actions in Belgium. They can easily find plenty of authority for such doings, in the Old Testament. Jehovah, God of Battles, constantly commanded his Chosen People to slay, ravage and spare not. Through Moses, He once severely chided them for saving prisoners taken in a battle. They were told to slay all but the young women. At that time, these same Chosen People were far behind the Germans of today in civilization and culture, being, indeed, about on a par with our Sioux Indians, only not so cleanly in their habits. Hence the elaborate hygienic laws of Moses.

As I have said, you may prove almost anything you like from the Bible, because it is a collection of books by different men, with different ideas, written at different periods. The stern and awful Jehovah of the Old Testament is an altogether different character from the gentle Jesus of the Gospels. In one set of books you have the Law, in the other, Love.

We are supposed to be living today under the New Dispensation, but you would not think so, in reading reports from European battlefields, or the New Year's letter of the Archbishop of Canterbury, in which he made a fervent appeal to all men qualified to bear arms, to be "up and at them."

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## Earthquakes

**S**OME timid people are afraid to visit California on account of earthquakes. There is less danger here from earthquakes than on many parts of the earth's surface—Italy, for instance.

In a list of forty-three serious earthquakes during the past century, involving the loss of 330,000 lives, California occurs only twice—San Francisco, in 1876, 700, and Inyo, Southern California, in 1872, 30. Inyo County is 200 miles from Los Angeles. During the same period, there were ten serious earthquakes in Italy, causing the loss of 112,000 lives. Yet, I don't remember of having met a tourist who was afraid to visit Italy on account of earthquakes.

Los Angeles is not on the earthquake belt. We have an occasional "temblor," which arouses less interest than a thunderstorm, because it is less rare.

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You cannot kill worry by blows or by fighting it directly. You cannot rid yourself of worry by simply saying "I will not worry." The weapons to fight worry with are substitution, strategy and elimination. Worry is eliminated by substitution of confidence thought. We can only think one thing at a time, and if we think faith, or courage, or joy, or peace, we cannot think worry thoughts at the same time.—William C. Hunter.

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Divide and conquer has always been the motto of tyrants and the fool people permit themselves to be divided.

## Practical Philanthropy

**C**HARLES G. DAWES, of Chicago, as a memorial to his son, established a hotel in that city for the "down and outs," where they can get clean lodging and wholesome food at a nominal price, while they look for work. So successful has the enterprise been, that it is now proposed to establish a number of these hotels throughout the country. Money for three hotels has been subscribed by an association, and New York, Minneapolis and Seattle have been suggested as probable locations. During the past year 179,000 men were housed, and all the 500 beds in the hotel were taken nightly. Fifty-nine thousand meals were served, at rates varying from one cent to three cents per dish. The bed rates are five cents each, for those in wards, and ten cents in private rooms. It is estimated that a chain of hotels, charging fifteen cents for beds, will net the owners a profit of four per cent. on the investment.

This is practical philanthropy, because it helps men to help themselves. It remunerates the investor, and does not demoralize those who are helped. Where private capital is not forthcoming, such work should be undertaken by the municipality or State, for if a government cannot assure food and shelter to those of its citizens who are willing to work, then that government is a failure.

Men like Dawes are benefactors of society, for they postpone the evil day when the hungry may arise and take what they want.

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## A Lesson in Geography

**T**HE result of this war will be to give many a much-needed lesson in the geography of the earth they inhabit.

When we look at the nations of Europe, this appears to be a big country—as it is—but when we look at other subdivisions of the earth, it does not seem quite so large.

Germany and France are of the same size, each three-fourths the size of Texas. Great Britain, with Ireland, is three-fourths the size of California. Belgium is not quite three times as large as Los Angeles county.

Turning, for comparison, to other large countries of the world, how many of you who read this are aware that the Dominion of Canada, the Republic of Brazil, and the Commonwealth of Australia are each larger than the United States, exclusive of Alaska, and that Russia is nearly three times as large.

Geography is an interesting and instructive study, whether in times of war or of peace.

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Now blessings light on him who first invented sleep: it covers a man all over, thoughts and all, like a cloak; it is food for the hungry, drink for the thirsty, heat for the cold, and cold for the hot. —Cervantes.

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Infected "hog cholera virus" made in Chicago, and distributed to farmers, spread hoof and mouth disease throughout the country. Nice business.

## A Cheap Commodity

**I**T is an embarrassing little confession for you and I to have to make, but, alas, it is all too true that man's love, that unstable, unreliable, intangible thing, is the only love that seems to have an intrinsic value. Our own is dirt cheap, abundant, hardy, prolific, and every man has so much more than his share that he invariably regards it as an embarrassment.

Man's love is the expensive, frail orchid; ours the hardy, cheap geranium that no florist thinks it worth while to stock. Man's love is like the restless wave that flows from shore to shore (that is quoting from an old song that many of us have sung with fearful fervor, or with a wistful twinkle in our eye) and ours is the still deep well that is very useful, especially when it's the only source of supply for the household, but which no one would dream of waxing poetical or tragic about.

In many European countries a woman's love is such a worthless thing that, unless a dowry goes with it, no man will be bothered with it. Even here in America, where a few of us manage to get a fairly high price for our persons, it isn't our love that fetches the dollar; it's our indifference, our disdain. If we love them with any outward and visible sign, they know we can't be worth the price and hasten to purchase elsewhere. Indeed, it is a humiliating fact that a woman's love is only valuable when it is in doubt, when its existence is still a matter of conjecture, when it shows a disposition to wander, to retreat, to withhold.

There is nothing a man finds quite so tiresome as an abundance of feminine love. If the chase, as in fox-hunting, could but end in a clean kill it would suit him far better. He would love to cherish the brush and have the head stuffed for the ornament of his den, but to have to take us into everlasting domesticity and endeavor to make useful house dogs of us—that is altogether too exacting and spoils the sport completely.—Alma Whitaker in Los Angeles Times.

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## The Education of the Heart

**I**T is related in Lockhart's "Life of Scott," that when Sir Walter Scott overheard some one remark that of all things literary talents and accomplishments took highest rank in the world and were to be the most highly esteemed and honored, he exclaimed: "God help us! what a poor world this would be if that were the true doctrine! I have read books enough and observed and conversed with enough eminent and splendidly-cultured minds, too, in my time; but I assure you, I have heard higher sentiments from the lips of poor uneducated men and women, when exerting the spirit of severe yet gentle heroism under difficulties and afflictions, or speaking their simple thoughts as to circumstances in the lot of friends and neighbors, than I ever yet met with out of the Bible. We shall never learn to feel and respect our real calling and destiny, unless we have taught ourselves to consider everything as moonshine compared with the education of the heart."

## Physical Courage

**W**E hear much nonsense about physical courage. When I was a school boy in England, many of us were taught to believe that one Englishman could whip three Frenchmen. Some put it as high as five.

Physical courage is a common attribute of the male of all animals, including man. It is so common, that when a soldier displays cowardice his action is regarded with wonderment. All races of men will fight bravely, especially in defense of their homes, and their females display even greater courage, in defense of their young. Some nations or tribes have been trained to warfare, and excel in the art of killing, but that is not a proof of greater courage. An aviator might at first be afraid in a submarine boat, and a submarine sailor in an airship, until they acquire the familiarity that breeds contempt.

Individual courage depends upon the size and condition of the heart. A man is no more to be condemned for lack of courage than for the color of his hair, or the shape of his nose.

Moral courage is much less common than physical courage. For a young man to say No to a crowd of sneering companions sometimes demands more courage than to face a battery.

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## A Day Will Come

**A** DAY will come when the only battlefield will be the market open to commerce and the mind opening to new ideas. A day will come when bullets and bombshells will be replaced by votes, by the universal suffrage of nations, by the venerable arbitration of a great sovereign senate, which will be to Europe what the Parliament is to England, what the Diet is to Germany, what the Legislative Assembly is to France. A day will come when a cannon will be exhibited in public museums, just as an instrument of torture is now, and people will be astonished how such a thing could have been. A day will come when these two immense groups, the United States of America and the United States of Europe, shall be seen placed in presence of each other, extending the hand of fellowship across the ocean.—Victor Hugo.

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## The Spoken Word

**T**ALK happiness; the world is sad enough  
 Without your woes. No path is wholly rough.  
 Look for the places that are smooth and clear,  
 And speak of those to rest the weary ear  
 Of earth, so hurt by one continuous strain  
 Of human discontent and grief and pain.  
 Talk faith; the world is better off without  
 Your morbid ignorance and uttered doubt.  
 If you have any faith in God, or man, or self,  
 Say so; if not, push back upon the shelf  
 Of silence all your thoughts till faith shall come.  
 No one will grieve because your lips are dumb.

—Ella Wheeler Wilcox.

## Briefs

Should slides continue at Panama, it will confirm the opinion of many that the Nicaragua route was preferable.

Henry H. Klein says that in a few years New York City will be bankrupt.

We can smash cathedrals in America, also. That of Pueblo, Mexico, was considered one of the finest specimens of church architecture on the North American continent.

The death rate of New York for 1914 was 13.40, of Chicago, 14.17. Cleanliness.

A criminologist says there is an instinct to plunder in every man. I should not wonder if he was right.

An Illinois court decided it is unnecessary to slay cattle infected with foot and mouth disease. Thousands have been killed.

White citizens of South Carolina contributed \$10,000 for a negro hospital, to be erected at Columbia.

An incomplete list estimates 562,000 unemployed in New York, of whom 60,000 are without shelter.

German soldiers were forbidden to play football with English soldiers, between the trenches.

Kitchener says the war will begin in May. This is only the overture. Cheerful prospect.

Roadside fences of roses are silly, artificial, tawdry and ridiculous. Noble trees, that would be a joy forever, cost less.

Long Beach, Cal., claims the largest church-going population of any city of its size in the United States.

Russia has eighteen million men of military age. Every year a million and a half reach the age of 18.

Three hundred persons were ptomaine poisoned at a church chicken supper in Batavia, Ill. Church suppers are more dangerous than Bohemian suppers.

Alfred J. Beveridge was denied the use of the Y. M. C. A. auditorium at Evansville, Indiana, because he smokes cigarettes.

The German Reichstag recently voted against compulsory vaccination, and recommended an indemnity to those whose health had been broken by vaccination. Germans are thorough in all they do.

“Jitney” is the name of a small Russian coin.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. III

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## The Mob Spirit

**C**ROWDS have no conscience. Men in a crowd do what they never would do as individuals.

Dogs, in a pack, kill a strange dog that would be greeted with a wag of the tail, were they traveling alone.

Soldiers, gathered together in an army, drive cold steel into the bowels of good fellows they would not, as citizens, think of injuring.

Men in mobs are led to do outrageous deeds of lynching that they would be ashamed, as individuals, to think of. It was a mob that demanded the crucifixion of Jesus.

Corporations do things that no member of the corporation would be guilty of, as a man.

Men think as a mob, not as individuals. They permit themselves to become self hypnotized. That is why the majority is always wrong. That is why we have so much misunderstanding, and so many wars.

Throw off your mental laziness. Use the brains that Nature gave you. Practice thinking for yourself. To incite you to do so is the leading object of this magazine.

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## "Nature Men"

**I** HAVE no use for "nature men" who, long-haired and bare-footed, prance over city pavements, often displaying lack of brawn as well as brain. Their only object is notoriety. They bring the cause of rational living into contempt.

You may live simply and get near to nature without making a "holy show" of yourself.

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I have a nephew in the Territorials, and a brother-in-law is a commander in the Germany navy, so I should perforce be neutral in this war, even were I not so inclined.

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Socialism cannot be wiped out, either by argument or by force. The only effective way to combat Socialism is to adopt that which is good in the Socialistic propaganda. And there is much that is good.

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The half billion dollars spent annually in the United States for drugs and medicine would feed all our hungry people.

## Race Problems

IT is discouraging, in this twentieth century of so-called enlightenment, to find so many men hating others, simply because of the color of their skin, or the way they dress their hair. We have in America two big race problems—the negro in the South and the Oriental on the Pacific Coast. Then, there are minor feuds, as that between Irish-Americans and “dagos.” Usually, but not always, these quarrels are complicated by competition in wage earning.

This sort of thing is unworthy of a big nation like the United States. If you cannot love people to whom God has given a different type of beauty from that of which you boast, at least you might stop throwing bricks at them.

On another page I have said something about the negro problem in America.

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## The Right Man for the Job

GOV. COLQUITT, of Texas, says Wilson is the greatest failure in the history of the Presidency. On the other hand I, and many others, believe he is the best President since Lincoln. Take your choice.

I was an admirer of Roosevelt, although I disapproved of his gluttony for the blood of animals. I was disappointed when he was defeated by Wilson. Now I realize that the election of Roosevelt would have been a national calamity. By this time, we should certainly be at war with Mexico, and probably should be preparing for war with part of Europe.

I must confess that I feel pity for the man who permits his narrow partisan prejudices to blind him to the good qualities of Woodrow Wilson. All Americans should be thankful that during this critical period we have so able a pilot at the wheel of the Ship of State.

It is easy to sneer at “watchful waiting.” We see in Europe the results of reckless rushing.

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## Judges and Prisoners

ALFRED OMMEN, of New York, an ex-magistrate, says every judge ought to be sentenced to thirty days in jail before he is permitted to send a prisoner there. On the same principle, a judge should be hanged or electrocuted before he sentences a man to death.

However, it would certainly be a good thing if judges learned more of the ultimate fate of prisoners before they impose sentences upon them.

## Socialists and Christians

WHEN a man says he is a "Socialist" or a "Christian" he is using a broad term. Some Socialists believe in "free love," others in confiscating property that has been honestly earned by a lifetime of toil. Some Christians believe in going to war, others that they are justified in exacting the last penny of interest from a poor widow.

"These," you say, "are not real Socialists or Christians." Perhaps not, but they think they are.

When a man says he is a Socialist or a Christian, ask him for specifications.

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## Gold

"Gold! Gold! Gold! Gold!  
 "Bright and yellow, hard and cold,  
 "Spurn'd by the young but hugg'd by the old  
 "To the very verge of the churchyard mould."

EVERY now and then we read an account—almost always grossly exaggerated—of a mining strike that threatens to flood the world with gold, and make it as cheap as copper. Yet, to most of us, the yellow metal seems to be as hard to get as ever. In the aggregate, however, the greatly increased gold production of the world—mainly due to improved methods of extraction—is revolutionizing prices and incomes. The effect is seen in the greatly increased cost of living, which means simply that the gold, with which things are paid for, has decreased in value.

Another result is seen in the swelling of big fortunes. Income tax returns never exaggerate. Quite the contrary. According to the first compilation of returns under the Federal income tax law there are today, in the United States, forty-four men with incomes of a million dollars a year, and over. Fifty years ago there were probably less than forty-four men in the United States who would rate themselves, for purposes of taxation, as possessing a million dollars.

Forty-four men with incomes of three thousand dollars a day, or more, and hundreds of thousands who do not know where their next meal is to come from. That is not a healthy condition for a country to get into. That is not real Prosperity.

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It looks as if we shall soon be able to find peace on earth only in heathen lands. We should send them more guns, and whisky, and Old Testaments, and teach them to fight like Christians.

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After this war we are threatened—by some of the papers—with a war between the allies, a race war, a sex war, and a religious war. Oh pshaw! Let us have peace.

## Brooklets

Weather forecasts, like medical diagnoses, are about fifty per cent. correct.

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I would as soon spend a cold night laying for a skunk as to waste time trying to "get even" with one who had offended me.

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What is known as "Society" is created and maintained by Sunday papers.

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Some men cannot pass a saloon and some women cannot pass a moving picture show. Physical and mental dissipation.

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I despise slobby articles by "sob sisters" on "How to Hold a Husband's Affection." How about holding a wife's affection?

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Young reporters should learn that the world does not revolve around a police station.

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The saying "cherchez la femme" should in this materialistic age be changed to "cherchez le franc."

\* \* \*

Europe admires age and tradition; America newness and bigness.

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There are more crazy people and criminals outside of insane asylums and jails than within them.

\* \* \*

Mars plays a game of "heads I win; tails you lose."

\* \* \*

Youth may guess, but cannot know.

\* \* \*

A man who grows potatoes is of more value to society than a man who makes epigrams. Yes; me too.

\* \* \*

No country is truly prosperous in which many depend on charity.

\* \* \*

Before we can expect world peace nations must learn to govern themselves, and get rid of the men who make war.

\* \* \*

"Love that Kills is Justified" is a newspaper headline. A dangerous doctrine.

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Portland, Or., has solved the speeding nuisance, by substituting the rock pile for fines.

### The Retreat From Moscow

**A** HUNDRED years ago the Emperor Napoleon was fighting six nations, even as today the Emperor William is—with the aid of Austria and Turkey—fighting six nations.

Two years before, intoxicated by an almost unbroken series of victories, Napoleon foolishly invaded Russia. The Russians let him reach Moscow, then they burned the city over the heads of his army. A Russian winter did the rest. Leaving his men to their fate, Napoleon departed in a carriage for Paris, by way of Warsaw, as thirteen years before he had left them, when they were defeated in Egypt. He consoled himself for the loss of his army by reflecting that his own health was never better, and said: "From the sublime to the ridiculous is but one step,"—the awful retreat from Moscow being the "ridiculous." Later, this big butcher said to Mitchnikoff—using an unprintable expression—"A man like me troubles himself little about the life of a million of men."

The Russian campaign, in which were lost—mainly from cold, hunger and hardship—half a million men of the Grand Army, the flower of French manhood, marked the beginning of the downfall of Napoleon. The climax came on the field of Waterloo, in June, 1815.

The Black Hole of Calcutta and the Retreat from Moscow are two of the most gruesome events that history records. On those vast snow-covered Russian plains all nature seemed dead. The slowly marching men were as silent as the air. They had no strength left for prayer or imprecation. When one slipped and fell on the snow the others did not even turn their heads. At night gaunt spectres crowded around such fires as they managed to light, the heat decomposing their frozen flesh, the fires sometimes burning their clothes. Then, the next day, they could not rise. Others, shivering, were driven from camp to camp. Some tried in vain to set fire to tree trunks. Their scanty meals consisted of horse flesh and rye meal, diluted with snow water, and seasoned with gunpowder for lack of salt.

Under the barn-like shelter houses, erected at some points by the sides of the high road, scenes of still greater horror were witnessed. Officers and soldiers rushed precipitately into them, and crowded together in heaps. There, like so many cattle, they squeezed against each other round the fires, and as the living could not remove the dead from the circle, they laid themselves down upon them, to expire in their turn, and serve as a bed of death to some fresh victim. In a short time additional crowds of stragglers presented themselves, and being unable to penetrate into these asylums of suffering, they completely besieged them. It frequently happened that they demolished the walls, in order to feed their fires. At other times, repulsed and disheartened, they were content to use them as shelters to their bivouacs, the flames of which soon communicated to these habitations, and the soldiers which they contained, already half-dead with the cold, were killed by the fire.

At one village the soldiers burnt the houses completely as they stood, merely to warm themselves for a few minutes. The light of these fires attracted miserable wretches, whom the excessive severity of the cold and their sufferings had rendered delirious. They ran to them like madmen, and gnashing their teeth and laughing like demons, they threw themselves into these furnaces, where they perished in horrible convulsions. Their famished companions regarded them undismayed. There were even some who drew out these bodies, disfigured and broiled by the flames, and ate their flesh.

### Negro Physicians

THE ability of colored men in the medical profession is being universally recognized, although their adaptability for this pursuit was observed in the latter part of the eighteenth century, when Dr. James Derham, born a slave in Philadelphia in 1767, having purchased his freedom at an early age and secured much training in the medical profession, built up a lucrative practice, attracting the attention of a celebrated white physician, Dr. Benjamin Rush, who published an account of Dr. Derham and spoke in the highest terms of both his character and his skill as a physician.

The first colored man in the United States to become a member of a doctors' association was John V. DeGrasse, who in 1854 was admitted in due form as a member of the Massachusetts Medical Society.

Dr. James McCune, another colored doctor of ante-bellum days, being unable to enter a medical school in this country, went to Scotland, where he graduated with honor. Returning to this country after some time, he took up residence in New York and practiced his profession for more than twenty-five years.

There are about 4000 colored doctors in the country, many of whom have achieved national reputation and attracted wide attention in medical circles by their most difficult operations. The results of a few of their experiments have been described from time to time in the *New York Medical Journal*.—*Los Angeles Tribune*.

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### Newspapers as Provocators of War

ENGLISH and German soldiers met on friendly terms, between trenches, a few yards apart, in Northern France. Neither side had orders to attack, or withdraw. They agreed that it would be more comfortable for all to live in one trench, until one side or the other received orders. The Germans moved over, bag and baggage, and for a number of days all went well. Under the strange circumstances friendship sprung up. Both factions dreaded the arrival of the messenger.

One day a messenger came. He proved to be only a bearer of mail and newspapers for the Germans. All gathered around, while a German began to translate the dispatches from Berlin, telling of German victories and of German boasts of an invasion of England. Then came frowns and growls. Both sides had, by agreement, laid aside their rifles, but both sides still had their fists. They were used. A free-for-all fight followed, and the friendly intercourse came to an end.

As I have heretofore said, newspapers bear the same relation to war that the picadors do to a bull fight. It is not a noble part to play.

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### Ministerial Mountebanks

REFERRED last month to a Los Angeles minister, who preached on the subject "What a telephone girl hears over the wires," with a whistling concert on the side. Not to be out-done, another Los Angeles parson delivered a sermon on "Storms," attired in a rain coat, and holding an umbrella over his head, the umbrella, after the sermon, being presented to one of the audience.

Yet some preachers continue to wonder why thinking people refuse to go to church.

### "Twilight Sleep"—The Awakening

**W**HEN the use of an anesthetic known as scopolamin, for the purpose of producing painless parturition, was set forth in McClure's, under the fanciful designation "Twilight Sleep," I warned my readers against it. The article, written by two uninformed women, was misleading. It set forth the practice as a novelty, only to be obtained at a certain place in Germany. If the article had not appeared in an excellent, high-class magazine like McClure's, one would have suspected that it was "inspired." On the contrary, the authorities in Germany objected to the misleading statements. It was simply a "bad break" on part of McClure's. Meantime, like the exploitation of the Friedmann consumption fake, it has undoubtedly done much harm.

Recent disclosures have verified all I said at the time, and again in November. Here are the facts:

The use of scopolamin, combined with morphine, was begun over twelve years ago, and was put to a thorough test, especially in Germany. It has been practically discarded, because of its drawbacks and dangers. Small doses sometimes produce very serious results. There may be great disturbances of the nervous system, or of the heart, or lungs. It is impossible to say when such disturbances will arise, and they cannot be guarded against.

Of ten cases seen at Freiburg, instruments were required in five. The birth pains were weakened, and birth prolonged in all, and excessive tearing resulted, following the use of the instruments in the five cases. Infants were born in a narcotic stupor and partly suffocated. Sometimes they are entirely suffocated. It is poor consolation to a woman to find that, after bearing a child for nine months, it is born dead.

There is no safe drug anesthetic, nor will there ever be, because drug anesthesia is unnatural, and nothing that is unnatural can be safe.

Of course, if there is a mechanical obstruction, that is another story.

All women would do well to employ good, sympathetic, experienced midwives, in place of busy doctors, who often hurry a delivery with instruments, in order to save their time.

Meantime, I again draw attention to the fact that women may insure themselves painless, or comparatively painless parturition, by adopting during pregnancy a simple, abstemious dietary, low in lime and proteid, with free exercise. This is the only way. It is the reasonable price that nature demands, and a washerwoman can pay it as easily—or more easily—than the wife of a millionaire.

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### Truffles on Trees

**F**OLLOWING is from a Pasadena correspondence of the Los Angeles Times:

"Truffles, which are used very generally for flavoring and decorating timbales and gelatines of all kinds, are obtained exclusively in a small district in the South of France; and mushrooms are not canned in the United States, but in France. Truffles grow on oak trees and although many efforts have been made by scientists in America, France and Germany to discover how they grow, it has been impossible as yet to wrest the secret from nature."

By all means let us plant truffle trees in Southern California. We might also try mushroom vines, taffee trees and rum shrubs.

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Four-fifths of the moving picture films produced in the world are made in Los Angeles.

### Christian Science

**F**OLLOWING is the first part of a communication from Judge Clifford P. Smith, of the Committee on Publication, First Church of Christ Scientist, Boston:

"Seeing that you are disposed to be fair and kindly toward Christian Science, I trust that you will permit me to furnish authentic information to your readers on two points covered by your recent article upon that subject.

"The first topic on which I request the privilege of supplementing what you have said, is the organization of the Church of Christ, Scientist. This is fully set forth in the 'Church Manual,' which can be read at any Christian Science reading room. Upon examination, the organization of this church will be found notable for its simplicity, and its government remarkable for the limited character of the central authority.

"Following excerpts from the Church Manual will show how fully it provides for local self-government: 'The Mother Church of Christ, Scientist, shall assume no general official control of other churches, and it shall be controlled by none other.' 'In Christian Science each branch church shall be distinctly democratic in its government, and no individual, and no other church shall interfere with its affairs.' (Article XXIII, Sections 1, 10.)

"As I understand our Church Manual, it does not permit the readers of branch churches to be 'removed, by orders from Boston, without any explanation,' as you have been informed. However this may be, not a single one has ever been removed by the Mother Church in any manner. The rules which call for readers instead of preachers in our church services, and those which regulate the delivery of public lectures by Christian Scientists, are simply designed to minimize the personal element in preaching or teaching, and to preserve the purity and integrity of Christian Science. The wisdom of such provisions should be evident to every student of religious history."

Judge Smith admits that, unlike all other religious sects, so far as I am aware, Christian Science permits no preaching, and muzzles the mouths of its official "readers," thus making it, as I have said, the strictest religious autocracy the world has known. That, from his point of view, history teaches the wisdom of this course, I shall not attempt to deny.

The second part of the communication is devoted to a repetition of the Christian Science theory that the manifestations produced by Christian Science healers are not due to suggestion, but are of divine origin. This is a question, not of fact, but of faith, and, therefore is not debatable.

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### Inferiority of the Negro

**Y**OUR friends down South, being sure that the negroes are inferior, deny them advantages and provide inferior schools for negro children in order that they will continue to be inferior and thus prove the correctness of the contention of the scientists and sentimentalists that the negro is inferior. After all, there is nothing quite so satisfying as the feeling that you have got things fixed so that you will always have an inferior race in your midst.—Life.

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Corot produced 800 works, including sketches. Up to the present time 3,600 "Coro landscapes" have been imported into the United States. Barnum was right.

### Nature Cure in the Trenches

**F**OLLOWING is a Paris dispatch:

“Dr. Jacquet has discovered a method of curing fatigue which is being widely used in the trenches. The exhausted soldier takes off his boots, lies down flat, puts his head on his sack, sticks his legs straight up in the air supporting them against a tree, the side of the trench or against the back of a comrade, and then wiggles his toes as violently as he can. It gives instant relief.”

This “wonderful discovery” of the French doctor is one of the many methods of relief that have been taught for half a century by Nature Curists. It is in line with a relief for backache, that I may refer to on another page. I am glad the “regulars” are gradually adopting rational methods. This is much better than pumping animal filth into the blood of soldiers, in the shape of so-called anti-typhoid and anti-cholera serums.

### A Commercial Tenor

**A**T a dinner party last month I met Señor Florencio Constantino, the operatic tenor. He is a Señor, not a Signor, having been born in “Old Madrid.” When divested of his stage trappings he looks like a successful commercial traveler. His conversation was all of the resources of the Argentine and its wonderful city, Buenos Ayres—population now 1,800,000—where he passed several years. He even intimated that the climate is in some respects better than that of Southern California, a statement savoring of High Treason.

While Constantino admitted making from \$40,000 to \$50,000 a year with his voice, he is determined to give up singing and go into business—probably in Argentine—at the first promising opportunity. Which shows again that few people are contented with their jobs.

### Economizing in England

**M**Y brother George, who for nearly forty years has held a responsible position in London, with the largest furniture establishment in the world, writes to me that the company cut down the pay of all employees fifty per cent. in October last, and that beginning on January 1, the pay would be further reduced. That is said to be the alternative of letting half the staff go.

Apart from those actually engaged in combat, this war involves an immense amount of suffering, and it is only just beginning. Generations yet unborn will be groaning under the taxes resulting from this unholy conflict.

### A Lovely Land

**N**ORWAY is the country of quiet voices, gentle manners and no noise. The steamers dock almost without a sound, and depart as silently. At Christiansand, where we touched first on Scandinavian soil, writes Price Collier in Scribner’s Magazine, people got on and off the steamer, farewells were waved, the crowd on the dock moved about deliberately; but no voice was raised, there was no shouting. . . . The trains slide away from the stations at the sound of a scarcely audible whistle, and there are no bells or shouted warnings.

What a lovely land to live in.

### A Good Food for Weak Stomachs

**T**AKE this from "Destructive and Constructive Food Mixtures," by Dr. Axel Emil Gibson, of Los Angeles:

"Soak one tablespoonful of coarse oatmeal and one teaspoonful unground flaxseed in a quart of water over night. Add in the morning, a sliced onion—the size of an egg—and keep at a boiling point for one and one-half hours, until it becomes the consistency of thick cream. Strain through a puree strainer very thoroughly before serving. One pint of this preparation to constitute the entire allowance per person for breakfast. No bread."

You may find it difficult to get old-fashioned coarse oatmeal, as it has almost been driven out of the market by patent cereal foods. However, they still keep it at first-class groceries.

This is an excellent food for acid and inflamed stomachs. Eat nothing else with it, and when your stomach is in a very bad condition, live on it for a week or two. Be sure to "chew" it thoroughly.

### An Arizonian at the Front

**K**ARL VON WIEGAND, since 1911 special correspondent of the United Press at Berlin, and "persona grata" to the German government, which permitted him an interview with the Crown Prince, is not a German, as many suppose. He was born 38 years ago in Phoenix, Arizona, was editor of the Pacific Printer and Publisher of San Francisco, was on the staff of the San Francisco Examiner and of the Los Angeles Examiner, and during the Japan-Russian war was cable editor of the Associated Press in San Francisco.

### The Best Exercise

**T**HE best exercises are walking, breathing and stretching the muscles. Strenuous exercise is not good for you. You know very well that the cup-winners, and pugilists, and track men who are trained athletes, are proverbially short-lived people. Strenuous exercise works the heart and lungs to double activity. It builds up hard muscles, it is true. Let me say, if your work is strenuous, then the exercise of your work will take care of the muscle building. If you are not actively engaged with your muscles, you do not need hard knots or double strength for the purposes of your occupation.

Conservation of strength is better than waste of strength through exercise beyond your bodily need.—William C. Hunter in "Pep."

### Quality In Advertising

**A**DVERTISERS have been finding out that in many cases cheap circulation is about on a par with no circulation. There are classes of advertised goods which need the widest sort of publicity. But most advertising is the exercise of suggestion and persuasion upon readers, and here the quality of circulation is doubly important, for where it is high-class the readers are not only real earners and people of thrift, but are more susceptible to good business inducements than those of a less perceiving order.—*New York Evening Post*.

### The "Jitney" Bus Problem

HERE since time out of mind we as a community have been railing at the cost of cab service and at the annoyances incidental to riding in crowded and at times none-too-savory street cars. Literally we have prayed for the day of cheap, expeditious, and exclusive transportation. Now comes the jitney bus (the word jitney being the name of a small Russian coin and used here symbolically) and behold, there is universal excitement and some apprehension as to the consequences of the very thing we have been so anxious for—cheap transportation. It has put a crimp in the taxicab graft; it is limiting the profits of the United Railways; it is even making itself felt as a rival of our sacred municipal street-car system. Now there are private conferences and public conventions to determine what is to be done to protect society—or one of its vested conditions—against the cheap bus. There are many proposals, all behind the mask of solicitude for the public welfare, but in truth founded in the wish to put restriction upon the jitney as a rival of established transportation services. The sensation which the cheap bus has created, especially in Los Angeles, where they are easily disturbed by small matters, would be funny if it were not pitiful. Now the fate of the jitney bus, like the fate of everything else, depends upon its adaptability to public service. If it shall really fill a public need—and who among us has not this forty years and more been in the habit of saying at least twice each day that cheap transportation was a crying need?—it will become a permanent institution. If it does not fill a public need it will cease to trouble anybody. That's all there is to it.

Jitney service is by no means a new thing in California. Ever since the economical, reliable, unostentatious "Tin Lizzie" came into popular use there has been cheap transportation service at many points. At San Mateo, at Redwood City, at Palo Alto, at Los Gatos, and elsewhere there await every train a fleet of Fords for service anywhere round about at twenty-five cents per passenger. One may go from the station at Palo Alto to the extreme town limits, more than a mile, for twenty-five cents; or one may go a considerable stunt into the country for fifty cents. For the same service a taxicab in San Francisco will charge you two dollars and fifty cents if you have had the discretion to make a bargain in advance, and everything you have in your clothes if you have left it to the honor of the pirate who runs the machine.

The Argonaut (having no interest in street railway stocks) welcomes the jitney. Even if it should do no great business on its own account it may stimulate the street car companies to better service and even restrict the systematic robberies of the taxicab people. Municipal legislation against the jitney bus because it interferes with the profits of more expensive agencies of transportation would be something worse than ridiculous. Under the same principle we should stop all the steam engines and dynamos in California because they make power relatively cheap and take work out of the hands of laborers, or we should prohibit the touring automobile because it cuts the profits of the railways.—San Francisco Argonaut.

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Honey is one of nature's finest foods. Besides being rich in saccharine matter, it contains positive mineral elements, and is animated with the animal life elements.—H. Lindlahr, M.D.

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Sickness and acute attacks of illness bear the same relation to diet that drunkenness bears to drink.—Emmet Densmore, M.D.

## Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

### ORANGES.

There is a subject I wish I had the brains and the time to write about in BRAIN AND BRAWN. That is the use of oranges. I am satisfied people in California do not make one-tenth the use of them they should. We hear about orange groves not paying, the tariff, etc., when if people ate them all they should there would be an immense demand. For instance, I know a "physical culture" man who is packing in Covina and who eats many oranges. His fellow workmen tell him they are not good for him, that he will pay for it later, and so on. I am often criticised for eating so many myself.—Evangeline C. Roney.

Oranges, like other fruits, are medicinal food, only more so than the average. Therefore, like other acid fruits, they should never be eaten with any other food, except nuts. Failure to observe this rule is the reason why many say that fruits do not agree with them.

Southern California oranges are not fit to eat until February, and from then on. People stop eating them just about when they are at their best, and begin eating sour strawberries instead.

Oranges are deficient in sodium, an important mineral element, of which they contain less than any other fruit, except grapes and cherries. Therefore, in order to make up the deficiency, they should be eaten with foods that contain sufficiently of sodium, as strawberries, apples, prunes, figs, lettuce, tomatoes, or olives. Under such conditions an "orange fast" of a week or two, in the spring, is an excellent thing to purify the blood. Eat sweet oranges with strawberries, which are almost always too sour.

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### EGGS.

R. L. S.—Eggs should be used with great moderation. They should never be fed to children. They contain a surplus of phosphorus, which over-stimulates the nervous system.

The best way to eat eggs is soft boiled, and the best way to soft boil them is as follows: Place the eggs in a bowl, pour over them boiling water, in which they should remain ten minutes.

Apropos of various methods of serving eggs, of which I believe there are over a hundred, the only way in which I usually care to eat them is from the shell—the "a la coq," of the French. It is cleanly and convenient. Until I came to America, forty years ago, I never saw eggs served in glasses, or large cups, to be slopped into your mouth and spilled on your beard, any more than I had seen men drinking raw spirits "straight" and taking after it a "chaser" of water to wash it down, as if they were taking medicine. At one of the leading clubs of Los Angeles I was recently eating boiled eggs. I asked for a small egg cup, but the steward told me they had none, nor ever had any—not even the kind that are large at the top and small at the bottom. This I considered strange, in a big establishment.

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The Department of Agriculture will commence a campaign against dealers in putrified eggs. Chicago is headquarters of this "infant industry."

### Box Hopuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

#### COMPLIMENTS AND CURRENCY.

To start 1915 correctly "renew me." Also send BRAIN AND BRAWN to two friends, as per enclosed addresses. I relish your writings immensely, and marvel at your wiseness, coupled with sanity.—Leonard Lahey, 2637 Washington Bldg., Chicago.

Thanks for the compliments and the subscriptions—especially the subscriptions. I have more wisdom than money. If everyone who admires my wisdom and sanity would send in three subscriptions, it would be "bully."

#### A THANKLESS TASK.

BRAIN AND BRAWN is all right. The great problem is, how to get "them asses" to read it. They would rather go to hell via the Woods Hutchinson route than curtail present gastronomic pleasures. Yes, education is a thankless task. Keep the even tenor of your way, and let your readers accept or decline, as they please.—D. Edson Smith, 505 W. 17th St., Santa Ana, Cal.

#### A VOICE FROM IDAHO.

Enclosed find \$5, balance due you for advice. I want to thank you for the good you have done me. I can truly say I am feeling better than since I can remember. I have only had one bad spell since I wrote you last, and that was in the beginning of the treatment. I am on the road to health now, and would like to be not better, but well. I followed your advice as near as possible. I am recommending you to anyone I think needs your advice, and I find that is almost everyone. Also, everyone should read BRAIN AND BRAWN.—Mrs. E. E. Anderson, American Falls, Idaho, Box 354.

#### AN "EYE OPENER."

Find check for \$1 for renewal. Simply got to have it. I prescribe BRAIN AND BRAWN for my patients regularly. It's an invaluable "eye opener" for them.—J. C. Earll, D.C., 521 Hollingsworth Bldg., Los Angeles.

#### NOTHING FALSE.

Inclosed find my check for \$5 for six new subscriptions to BRAIN AND BRAWN. I will try to get more subscribers in the future. I admire your stand on various subjects, outside of direct health subjects. In fact, I like BRAIN AND BRAWN from cover to cover, because there is not a thing in it which is false in philosophy or otherwise.—S. F. Grover, N.D., M.D., 504 Oregonian Bldg., Portland, Ore.

#### ADVERTISING IN BRAIN AND BRAWN PAYS.

I am getting a large number of orders for honey through BRAIN AND BRAWN, and everybody seems to be highly pleased.—C. W. Dayton, Owensmouth, Los Angeles Co., Cal.

A COMPLAINT.

I read BRAIN AND BRAWN as fast as it comes out. The only complaint I can make is that it does not come out often enough. I inclose a dollar for the four back numbers noted below.—Karl Kraum, Strand Cafe, Venice, Cal.

ALL OVER THE WORLD.

I received inclosed letter from London, making inquiry of a product that I advertised in BRAIN AND BRAWN. It may be some encouragement to your advertising department to know that, in addition to the local benefit derived from BRAIN AND BRAWN as an advertising medium, it is read even outside of the United States.—J. R. Leadsworth, M.D., 507 Ferguson Building, Los Angeles.

Yes, BRAIN AND BRAWN now has subscribers in 39 States of the Union and in 13 foreign countries.

YOU WOULD GET THIN.

It is easier by far to do without meals than without BRAIN AND BRAWN.—Mrs. Eleanor L. Crosthwaite, 6528 Elder St., Los Angeles.

FACILE PRINCEPS.

I will say, without intending a word of flattery, that I find BRAIN AND BRAWN the most interesting of all magazines of the health-educating class, which is why I wish to get publicity for my book in it.—R. L. Alsaker, M.D., 3713 Washington St., St. Louis, Mo.

# Back Numbers of Brain and Brawn

We have a Few Back Numbers that we Offer for Sale at the Following Prices:

June, 1912, Quacks.....	50c	October, Medical Science.....	40c
July, Human Gas Tanks.....	\$1.00	November, Water Cure.....	\$1.00
August, Osteopathy.....	1.00	December, Climate.....	25c
September, Epidemic Scares.....	40c	January, 1914, Nature Cure.....	\$1.00
October, Vivisection.....	\$1.00	February, Cancer.....	40c
November, Traffic in Girls.....	50c	March, Marriage.....	\$1.00
December, Crime a Disease.....	25c	April, Starved Nerves.....	40c
January, 1913, Vaccination.....	50c	May Food.....	25c
February, Medicinal Foods.....	\$1.00	June, Waste of War.....	\$1.00
March, Sausage Mills.....	50c	July, Food Value of Nuts.....	25c
April, Vegetarianism.....	50c	August, The Bible.....	25c
May, Race Suicide (Out of Print)		September, Fasting.....	25c
June, Civilization.....	40c	October, Why is War?.....	15c
July, A, C, C, of Health.....	40c	November, Health.....	15c
August, Gambling.....	40c	December, Christian Science.....	15c
September, Sugar.....	\$1.00		

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Chamber of Commerce Building, Los Angeles, Cal.

### The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

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THE NATURE CURE COOK BOOK AND A. B. C. OF NATURAL DIETETICS; Mrs Annie Lindlahr, and Henry Lindlahr, M.D.; Nature Cure Publishing Co., 525 South Ashland Bldg., Chicago; 470 pp.; price \$2.15 by mail.

Here is a book that really "fills a long felt want," for a first-class health cook book.

A great variety of appetizing and wholesome recipes are given. There are 161 salads, 360 vegetables, 182 desserts and sauces, 25 cereals, 6 leguminous foods, 32 rice, macaroni and spaghetti dishes, 9 cheese dishes, 27 eggs, 34 sandwiches, and 31 beverages.

This is much more than a cook book. In it Dr. Lindlahr writes plainly and instructively on all important subjects embraced under the large head of Diet. His ideas are eminently sound. He is not an extremist or a faddist.

I strongly recommend this book to my readers.

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TUBERCULOSIS AND DYSPEPSIA VERSUS FOOD AND NATURE; by J. J. E. Published by the author, James J. English, 3333 Larimer St., Denver; 228 pages; price \$2 by mail.

This book with an uncommon title is one of the best I have read on the subject. The author, a food specialist, had tuberculosis of the lungs and tuberculosis of the bones. He wisely decided to think for himself, investigating the cause and cure of his troubles. The results he gives in this volume, which I highly commend to all who are suffering from or threatened by tuberculosis, a disease that is always preceded and caused by digestive troubles, and therefore can never be cured under "regular" treatment. Also, those not afflicted in this manner may learn much of value from the book.

Mr. English has made a special price of \$1.35 to readers of BRAIN AND BRAWN.

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THE TRUTH ON THE SEX LIFE; (Yiddish) by Benzion Liber, M.D.; 272 East 10th St., New York; 60c by mail.

I am more or less familiar with seven languages, but Yiddish is not one of them. From a Jewish friend, I learn that this is a series of articles that have appeared in "Unser Gesund," a Yiddish monthly, edited by Dr. Liber, who has rational ideas in regard to health and disease, and courage in combating shams and frauds in modern medical methods.

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On another page you will find a list of a dozen carefully selected books on health.

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"Natural Health" is an excellent little monthly magazine, published at Lakewood, N. J.; \$1.00 a year, 10c a copy.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydro-  
pathy are valuable, and sometimes indis-  
pensable means of aiding nature. Any  
honest practitioner of these schools will, however, tell you that a  
permanent cure of chronic disease is impossible unless attention is  
also paid to diet—to the food, of what the body is built—to the effect  
of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values  
has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to  
the army of people who lack vim and vigor. By following my advice  
you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care  
of the bowels, etc.

Among chronic ailments that yield readily to this method are  
Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in  
earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell  
you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet  
giving particulars and terms in regard to my three months' course of  
dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles,  
California.

*Harry Ellington Brook N.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### UNJUST MEDICAL LEGISLATION.

Nearly all legislators are fair-minded men in matters of medical legislation, barring the few who are themselves physicians or closely related to or associated with physicians of some system of practice. The latter view medical laws from a partial or biased standpoint, yet in most legislatures they are put on the committee to dominate the people's interests.

Fortunately, the legislators in general soon discover this one-sidedness and usually take the reins out of their hands. In the last California legislature, however, they turned the medical bill over to the special interests, with the result that it produced the most harmful bill in some particulars, while the most idealistic in others, that has ever been on the statutes of any state.

There is one old school M.D. for every four hundred people in the United States; hence in the state and national associations, they argue the wisdom of decreasing competition by making it difficult for students to enter, graduate from, and get licensed to practice. They are keen men and barricade every avenue of entrance. Notwithstanding that 85 per cent of them have no high school diploma, they stipulate that every future competitor shall have, not only a specified high school diploma of a certain character of work, but a year of college work in certain specified subjects before entering any medical college course. So much they got in the last California law.

In the printed report of the American Medical Association Educational Council, they set forth a demand for two years' preliminary college work for admission, and recommend in addition, after medical graduation, a year's internship in a hospital before the graduate can be licensed to practice his profession. The result is that they have smothered nearly one-third of their own medical colleges in the United States during the past four years, and they refuse to approve and have on the gridiron for incineration, twenty-nine more which they classify as "requiring complete reorganization" to make them acceptable, leaving but eighty-six in America.

Now there is but one licensed osteopath within the whole area of the United States for every twenty thousand

and people, so that literally millions of citizens who desire to employ such services, cannot be supplied. Yet these regular medical influences have succeeded in fastening the same prohibitive preliminary educational and medical college courses upon all osteopathic colleges under the law of California, New York, and five other states. There are forty states of the Union which require only three years' courses for osteopathic colleges. These states do not put up the bars of high preliminaries, yet, if an osteopathic college in the state of California conducts a course conforming to the laws of these forty states, it will be practically prohibited existence in California, for no college can prosper without local legal recognition and our medical brethren have incorporated into the California law a requirement that the courses and every detail of all medical teaching institutions shall be "approved by the board." Under this phrase, the majority of the board, consisting of old school members, find excuse for exercising capricious, biased and prejudiced restraint.

The Constitution of California stipulates that those elected by the people to make laws cannot delegate that power to non-legislative bodies, yet this phrase, "approved by the board" gives excuse for adding to the law various conditions and stipulations and requirements which in truth and effect are doing just that. A good law should make a yard-stick by which its executive officers of the board can measure schools and candidates impartially.

Again, even the American Medical Association has established as the required course for medical education only four thousand hours of instruction, whereas our medical friends of the California association have crowded into the California law forty-eight hundred hours of instruction—more hours by several hundred than are given in any medical teaching institution in America—so that the medical board of California has been under the necessity of passing a resolution waiving that feature of the law, a resolution which is illegal, and which they had no right to pass, nor, for this reason, have they legally licensed by examination a single physician during the existence of the present law.

These are only a few of the wrongs of the present state medical law, which have practically prevented hundreds of good, honest, earnest and capable professional men of California from offering their services to California citizens.

Broad-minded readers of any school may find something to learn in these pages. When persons know—or think they know—it all, I cannot expect to teach them anything.

**ABORTIONISTS.**

A couple of weeks ago E. A. Somner, local agent for the State Board of Medical Examiners, had a column interview in the Los Angeles Times, in which he issued a warning that he is about to cast a legal dragnet, and scoop in a large number of abortionists, dirty druggists and other bad actors. As reported, Somner said he has records of 52 women killed by abortionists and added: "I don't doubt that probably 1000 women a year in the vicinity of Los Angeles die from criminal operations."

Local conditions in this respect are bad enough—probably worse than in some other large American cities—due mainly to absurd license granted daughters by foolish mothers, but the figures quoted by Somner are unbelievable. Supposing one woman in ten operated on by an abortionist dies, that would mean that in Los Angeles and vicinity every year there are 10,000 operations of this kind. As there are probably not more than 50,000 families in Los Angeles and vicinity with daughters above the age of puberty, it would mean, further, that an operation had been performed during the year in one of every five families where such an operation is possible or say two prematurely delivered babies to every block, every year.

As I have said, conditions here are bad enough, but such a statement as this is an insult to the city, and to common sense.

To those who know anything of inside conditions, and can read between the lines, this article looks like a concealed invitation to doctors with bad consciences to "walk to the captain's desk and settle," and so avoid prosecution. The law forbids detectives to threaten persons before their arrest. Somner has been persecuting worthy drugless healers, who are poor. Now he threatens to go after unscrupulous "regulars," who have money. That is certainly a more profitable pool to fish in.

**AGAINST HABIT-FORMING DRUGS.**

Assemblyman Gelder has introduced a bill in the California Legislature barring the use by dentists of such pain-killing drugs as cocaine, arsenic, etc., which are habit-forming, and

should be forbidden not only to dentists, but to doctors. The author of the bill declares that there are plenty of harmless pain killers that are equally effective.

**CHRISTIAN SCIENCE AND POLITICS.**

Benedict Lust, in the Naturopath for January, says that Governor Glynn, of New York, was defeated by the Christian Scientists, because he vetoed the Christian Science bill. The Christian Scientists have ten times the influence of all drugless healing schools combined, because they are thoroughly organized, know what they want, and go after it.

**AN ANGEL IN DISGUISE.**

Mrs. Ehrenstrom, wife of G. v. B. Ehrenstrom, former partner of Dr. Peter Olson in the Swedish Institute, is now employed as a detective in the office of E. A. Somner, Los Angeles representative of the State Board of Medical Examiners. As she has been on the "inside," and as her husband was prominent in organizing the California Association of Liberal Physicians, Mrs.

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Ehrenstrom should be able to furnish her employers much useful information.

I mention this lest any uninformed drugless healer might perchance "entertain an angel unawares."

#### FROM MONTANA.

I had a pleasant call from Doctors James and James, man and wife, of Kalispell, Montana. They have professional knowledge as well as business ability, a rare combination. They promised that before leaving for the north they would write me a letter, telling what they have been doing, what they are doing, and what they expect to do, but they failed to write it.

#### A USEFUL CHART.

I. W. Long, of Columbus, Ohio, advertises a handsome and instructive anatomical and physiological chart of the human body. It is a key to spinal therapeutics, and is indispensable to all who treat disease by spinal manipulations. The illustrations are lithographed in seven colors. The chart is nearly three by four feet in dimensions.

#### DR. LESEM OPENS A LODGING HOUSE.

Dr. M. A. Lesem, pioneer Nature Cure physician of San Diego, writes to me that he has decided to transform his two buildings into rooms for rent during the Exposition, which will enable him to earn a little more money and take a much needed rest. He has certainly earned it.

#### NATURE CURE COMES LAST.

I have received from H. Lindlahr, of Chicago, a booklet entitled "The Nature Cure Messenger;" also a prospectus of the Lindlahr Nature Cure Institute. In addition to his place in Chicago, Dr. Lindlahr has opened an attractive health resort on an eight acre estate, with a fine mansion, at Elmhurst, three-quarters of an hour on an electric car from Chicago. Here he will raise wholesome foods for his patients, fertilized with natural mineral fertilizers, on which depend the richness of food products in the organic salts.

Dr. Lindlahr was an invalid when he went to Germany, and was cured by natural methods. Then he took up the study of the laws of health and disease and has become one of the leading authorities of America along those lines. He is sane and sound in his

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teachings. Here is an extract from the "Messenger":

"Yes, Nature Cure is all right, but it takes so long.' Now and then we hear this or a similar remark. Our answer is: 'No, it does not take long. It is the swiftest cure in existence.'

"The trouble is that, as a rule, we have to deal with none but the most advanced cases of so-called incurable diseases. People will come to our sanitarium or our down-town offices after all other methods of treatment have been tried and found of no avail. As long as there remains a particle of faith in the medicine bottle, the knife, or the metaphysical formula of the mind-healer, people prefer these 'easy' methods, which require no effort on their part, to the Nature Cure treatment, which necessitates personal exertion, self-control, the changing or giving up of cherished habits. This, however, is what most of us evade as long as we can. 'Exercise, the cold blitz-guss, no meat, no coffee;—I'd rather die.'"

**HEART DISEASE.**

Referring to a statement made by me in the December number, in "Answers to Correspondents," that organic heart disease cannot be "cured" by natural methods, and, therefore, of course not by any other methods, Dr. William Weber, M.D., dietetic physician of Los Angeles, writes to give particulars of a case that he treated years ago, in which U. S. Army surgeons had diagnosed the disease of the patient as organic heart disease. This case was cured by dietetic treatment.

Physicians often make mistakes in their diagnosis. I have known cases diagnosed as heart disease, where the trouble was merely pressure of gas on the heart. Functional heart disease may readily be cured by natural methods. Organic heart disease may be greatly improved, and the life indefinitely prolonged.

**"BRAINY DIET."**

Brinkler, of Washington, D. C., proponent of Sophie Leppel's "brainless diet," has got in bad with the U. S. postal authorities. The government indicted Brinkler, and stopped his mail, for making misleading statements. He undertook to make the public believe that he was at the head of a movement endorsed by the Federal Government.

Pork was one of the favorite constituents of the late Sophie's "brainless diet." She died before her time.

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Perhaps you may not understand,  
His motives and his aims,  
It's easy to complain and say,  
"That fellow is no good,"  
But you may change your mind, some  
day,  
When he's better understood.

How many men resolve to live,  
A noble life and true,  
And have it in their hearts to give,  
The best that they can do.  
But things don't always turn out right  
Keep trying as they would;  
We'll realize their losing fight  
When they're better understood.

How many fellows that we know  
Live far above their means,  
They toil not, neither do they sow;  
They never wear blue jeans,  
The public takes them up at par,  
We don't see why it should,  
They'll only pass for what they are  
When better understood.

History in its pages,  
Tells of the deeds of men,  
Who now are counted sages;  
They were persecuted then,  
Were burned and hanged and bore the  
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Though their crime was doing good.  
We hang them now in Halls of Fame,  
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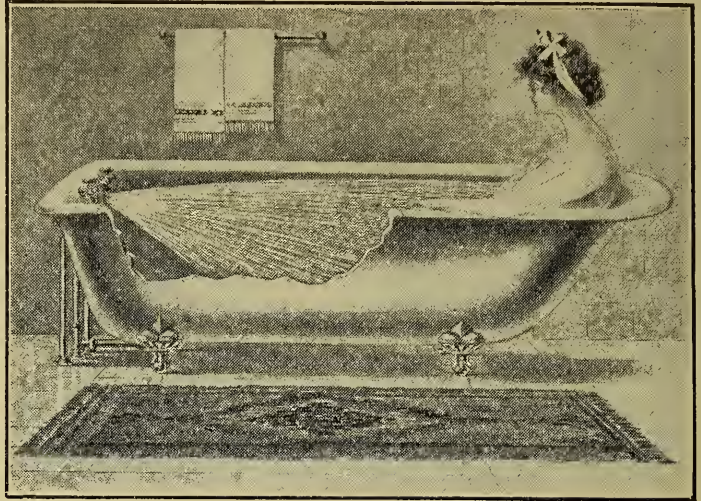
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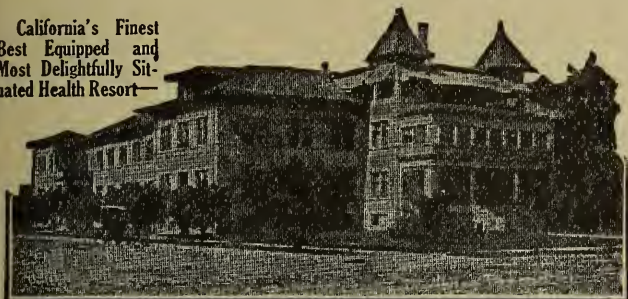
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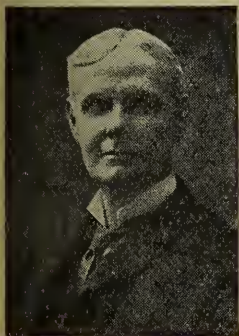
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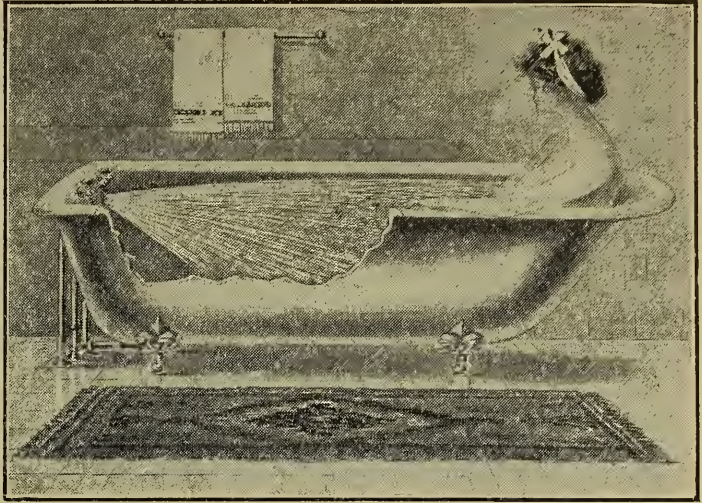
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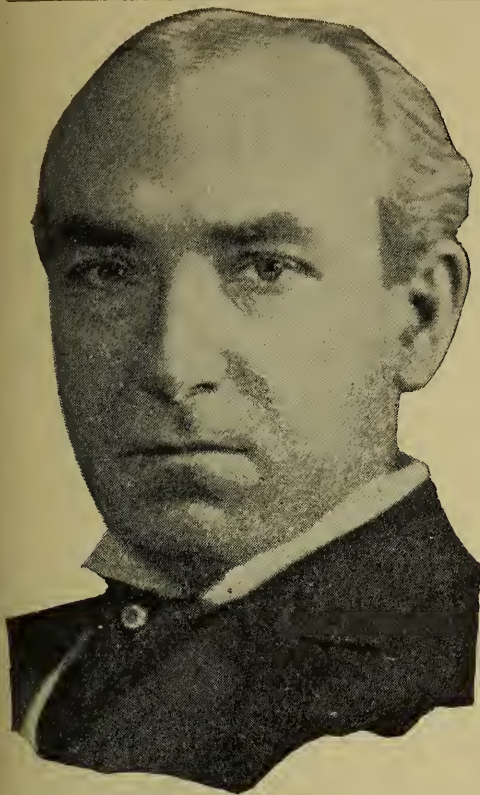
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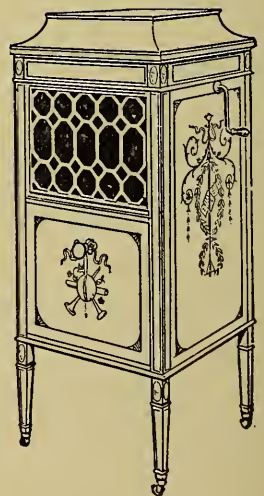
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# Brain and Brawn

MARCH, 1915

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

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Vol. III

LOS ANGELES, MARCH, 1915

No. 10

## Daughters of Eve

O woman! in our hours of ease  
Uncertain, coy, and hard to please,  
And variable as the shade  
By the light quivering aspen made;  
When pain and anguish wring the brow,  
A ministering angel thou!—Walter Scott.

**T**HIS is the era of feminism. Woman is coming into her own. Since the dawn of history, woman has been alternately a slave, a plaything, or a partner of man. Her advance has by no means been regular. Ten thousand years ago, in Egypt, woman held a higher position than she does today in some Occidental countries.

The Bible story tells us that Eve was to be a "help" for Adam. Not a slave or a toy. Coming down to ancient Greece, we find the position of woman a mixed one. There were two distinct orders of womanhood—the wife, whose first duty was fidelity to her husband; the hetaera, or mistress, who subsisted by her fugitive attachments. These women were often intellectual and attracted to their salons men like Socrates. The wives of the Greeks lived in almost absolute seclusion. They were usually married when very young. Their occupations were to weave, to spin, to embroider, to superintend the household, to care for their sick slaves. They lived in a special and retired part of the house. The more wealthy seldom went abroad, and never except when accompanied by a female slave; never attended the public spectacles; received no male visitors except in the presence of their husbands, and had not even a seat at their own tables when male guests were there. Yet in Homer a woman is the heroine.

Women who seek the emancipation of their sex cannot find consolation in the Christian religion. The influence of the church has always been toward belittling women, and keeping them in bondage. The ancient ascetics taught that woman, the source, through Eve, of all Man's woes, was to be avoided like the Devil. Lecky writes:

The relation which nature has designed for the noble purpose of repairing the ravages of death, and which, as Linnaeus has shown, extends even through the world of flowers, was invariably treated as a consequence of the fall of Adam, and marriage was regarded almost exclusively in its lowest aspect. The tender love which it elicits, the holy and beautiful domestic qualities that follow in its train, were almost absolutely omitted from consideration. The object of the ascetic was to attract men to a life of virginity, and, as a necessary consequence, marriage was treated as an inferior state.

Another injurious consequence, resulting, in a great measure, from asceticism, was a tendency to depreciate extremely the character of the position of women. In this tendency we may detect in part the influence of the earlier Jewish writings, in which an impartial observer may find evident traces of the common Oriental depreciation of women. The custom of purchase-money to the father of the bride was admitted. Polygamy was authorized,

and practised by the wisest man on an enormous scale. A woman was regarded as the origin of human ills. A period of purification was appointed after the birth of every child; but by a very significant provision, it was twice as long in the case of a female as of a male child. The badness of men, a Jewish writer emphatically declared, is better than the goodness of women. The types of female excellence exhibited in the early period of Jewish history are in general of a low order, and certainly far inferior to those of Roman history or Greek poetry; and the warmest eulogy of a woman in the Old Testament is probably that which was bestowed upon her who, with circumstances of the most aggravated treachery, had murdered the sleeping fugitive who had taken refuge under her roof.

The combined influence of the Jewish writings, and of that ascetic feeling which treated women as the chief source of temptation to man, was shown in those fierce invectives, which form so conspicuous and so grotesque a portion of the writings of the Fathers, and which contrast so curiously with the adulation bestowed upon particular members of the sex. Woman was represented as the door of hell, as the mother of all human ills. She should be ashamed at the very thought that she is a woman. She should live in continual penance, on account of the curses she has brought upon the world. She should be ashamed of her dress, for it is the memorial of her fall. She should be especially ashamed of her beauty, for it is the most potent instrument of the daemon. Physical beauty was indeed perpetually the theme of ecclesiastical denunciations, though one singular exception seems to have been made; for it has been observed that in the Middle Ages the personal beauty of bishops was continually noticed upon their tombs. Women were even forbidden by a provincial Council, in the sixth century, on account of their impurity, to receive the Eucharist into their naked hands. Their essentially subordinate position was continually maintained.

When the parsons are at a loss what to attack, they go for the Mormons. Yet most of the old time patriarchs, beloved of God, were polygamists—some on a wholesale scale—and there is no word of censure. Indeed, in the whole Bible, from Genesis to Revelations, there is no condemnation of polygamy. The nearest is the advice of an apostle to a provincial church that a bishop should have only one wife. Paul, a crusty old bachelor, had no use for women. "Wives obey your husbands." "Let women keep silent in your churches." That is about all. He looked on marriage merely as an outlet for man's sex passion, when it could not be controlled. "It is better to marry than to burn," he coarsely wrote. Better (and safer) to marry than to run around with loose women, thus making of marriage a sort of legalized prostitution, a light in which it is still regarded by many.

Under these circumstances, it is not surprising to find that the Church views the movement for the emancipation of woman with suspicion, alarm or antagonism. Women are useful to officiate at church fairs, to sew at Dorcas meetings, and to embroider slippers for the rector, but they should not aspire further. Yet the Church has always jealously reserved to itself the right to solemnize (for pay) births, deaths and marriages. In some countries, like Mexico, where the people are abjectly poor, they cannot afford the price of the "holy sacrament of matrimony," so they dispense with it.

Men understand women even less than women understand men, which is not surprising, considering that women do not understand themselves. Hence, so many mutual misunderstandings. To attempt to compare the relative qualities of the sexes is silly. Each have their good and their bad points.

Women possess, in greater or less degree, a sixth sense—intuition—a safer guide than man's reason. Do not, however, become inflated, ladies. Intuition is similar to the instinct of animals. Thus

women are nearer to the animals. I am a great lover and admirer of animals. They are in several respects superior to human beings.

The feminist movement has made remarkable progress during the past decade. Even in Turkey the women are demanding their rights, and they have a well patronized woman's paper. This is not a passing fad, as some may think, but an irresistible world movement.

Women will make mistakes at the ballot. Yes. I have heard that men do so, also, after many years of experience, and further, that they sometimes sell their votes for a few dollars, or a job.

One thing women should specially insist on, namely, the rights of wifehood and motherhood. This, not only on their own account, but for the sake of the unborn. Every woman should have the right to control her own body, and to say when she shall conceive. Then we shall not see such infamous decisions as that of a judge of the Ohio Supreme Court, granting a divorce to a man, because his wife, having borne him ten children, refused to have more.

For the good of the race, women must be protected by law during pregnancy. Mothers' pensions should be universal. Other countries as Norway, are far ahead of us in this respect, although now nineteen States have mothers' pension laws. In "Socialism and Motherhood," John Spargo writes:

It has been shown by Pinard and others that overwork during pregnancy seriously affects the offspring, and is an important cause of premature birth and of stillbirth. If we take a hundred working women and enable them to rest during the last three months of pregnancy, we shall find that their offspring are larger and finer than those of a hundred similar working women who have pursued their regular employment until a short time before their confinement. Moreover, there will be fewer premature births. It is not as generally known as it ought to be that prematurity of birth is one of the important causes of excessive infant mortality. Prematurity means immaturity. The prematurely born child comes into the world ill-equipped to withstand the perils of infancy and childhood. How important this is may be guessed from the fact that, according to Havelock Ellis, about one-third of the babies born in civilized countries today are prematurely born.

If the right of the child to be well-born means anything at all, if it is more than a cant phrase, it means the right of every mother to be surrounded by all the care, all the skill, all the safeguards of the health and happiness of herself and her child, which human love and knowledge make possible. So much the intelligent and humane breeder of animals provides for the brood mare. Even the poor ignorant Kaffir aims to assure so much to the mother of his children. Elie Reclus tells us that savages almost universally exempt their women from toil for long periods before and after childbirth. It is only among civilized human beings that this fundamental claim of motherhood receives no recognition.

The influence of the New Woman will be great, but it may be exaggerated. Women are human beings, with human failings, like men. Some think women will put a stop to war. I do not know so much about that. There is a streak of bloodthirstiness in woman. In the Roman arena she usually turned "thumbs down" to the wounded gladiator. In European warring countries they seem about as keen as men to go for the enemy. In England girls send white feathers to men, some of whom are physically unable to go to war. Women, like men, must learn to hate the vice of patriotism, and to realize the brotherhood of man.

Woman should raise household work to a higher level. It is much more noble to build the bodies of a family with good food, and

to raise children with sound minds in sound bodies, than to work in factories or department stores.

May we not hope that women, as they become free, will emancipate themselves from the follies of Fashion, some of whose decrees are not only absurd, but harmful to the woman and her offspring?

Finally, let woman beware of running to the other extreme, from the "clinging vine" of bygone days, and trying to emulate man. Woman cannot successfully compete with man in masculine qualities, any more than man can compete with woman in womanly qualities. It is not necessary for a woman to be either a sissy or a tom-boy. A woman may play tennis or golf, yet be modest and feminine, and cultivate a low, well modulated voice, woman's greatest charm.

### Booms and Slumps

**R**EADING the local papers during the past year, an outsider might imagine that Los Angeles has been undergoing a prodigious "prosperity boom"—whatever that slang may mean. We, who live here, know that this "ain't so." We know that business has been dull, that real estate has been practically dead, that many are out of work, and that not a few are hungry. There are many empty stores and houses scattered over the city, the result of over-building during the boom period.

Los Angeles will come out all right, because it is a City of Destiny, but these are present conditions. They are better than those prevailing just now in most of the large cities of the United States. Bradstreets reports more failures in 1914 than in any year of the country's history. Eugene Christian, food expert of New York, writes to me as follows:

You have no idea of the conditions we have to meet in the East. It is estimated that there are 500,000 unemployed men in the city today, and it is further estimated that there are 300,000 of these hungry. I fed personally 700 men yesterday and 1000 today. I went down on the East side a week or two ago and the only way I could satisfy my conscience was to do something. I am feeding these men on a scientific meal—wheat, hominy and dates, instead of soup and coffee. I give them a good meal that costs me about two cents. I will keep this going perhaps a week or two, or as long as I possibly can. I don't believe in this way. True charity consists in giving a man an opportunity to earn his dinner.

Meantime, the assessor has been doing his share toward the boom by chalking up the value of Los Angeles County property \$318,591,036 during the past five years.

As I have said these conditions have been less severely felt in Southern California than in other parts of the United States, because our climate attracts much ready-made money, but to pretend that business has been "booming" is silly. It is like the boy who whistles in a graveyard to keep up his courage. And those "money spending days," when people haven't any money to spend, and many of them can't pay their grocer. This is small provincial journalism. Moreover, it has a bad reaction. Eastern people, attracted by false suggestions of prosperity, when they discover the truth, believe that things are much worse than the reality, and write damaging letters back East. Also, it is cruel to poor people who put their last savings into a ticket to the vaunted El Dorado, where "everything is lovely and the goose hangs high." Then we have more unemployed.

Of course, it is not necessary to expose our sores. We can be optimistic, and make the best of things, without lying by innuendo.

Ever since I first came to America—and that was over forty years ago—the country has either been undergoing a boom or a slump, or preparing for a boom or a slump, or getting over a boom or a slump. Unless all predictions fail another boom is due this year. That is one reason why we fail to compete with Europeans for the trade of South America and other countries. When we get older and more sedate, we shall, I suppose, become more sober and settled in our business ways. Then we shall have less paresis, nervous prostration, insanity and premature death of business men.

Meantime, remember that the old adage still holds good: Honesty is the best policy.

### Wholesale Blood Poisoning

**T**HE U. S. Census Bureau announces that the death rate for 1913 was 14.1 per thousand, as compared with 13.9 per thousand in 1912. We are keeping alive sickly children, some of whom would be better dead, while the death rate for middle age is steadily increasing. The U. S. report states also that the death rate from cancer rose from 63 per hundred thousand in 1900 to 78.9 per hundred thousand in 1913.

There is no doubt that this great and steady increase in the awful disease, cancer, is largely due to the poisoning of the blood of the people with animal filth, in the shape of serums. This has now been going on for half a century, in the form of vaccination for smallpox, and we are beginning to reap the consequences. Cancer will from now on increase still more rapidly, because the drugging, carving and serum-injecting school of medicine has now a mania for pumping poisonous filth into the blood for other diseases besides smallpox. In fact, drugs have almost entirely been dropped, for the more profitable serums.

Every time an "eminent medical authority," like Friedmann or Koch or Ehrlich, brings out a new serum, it is received with loud acclaim by the medical world, who know nothing of it, and tested on unfortunate patients. The disastrous results of this poisoning are only hinted at later on, in medical publications not read by the general public. Yet these men denounce patent medicines as dangerous.

It is high time that the people should demand legislation to protect them against this new and dreadful menace to the human race.

### A Woman's Love

**F**ORMER Warden Hoyle of San Quentin Penitentiary is quoted as saying:

"The span of a woman's love is three years—mebbe less—when the man's away from her. I've watched them cry at the prison doors, and gee, their hearts were breaking. But they can't live on absent love—they can't do it for longer than three years. I have watched them and I know."

How about a man's love, or what men call love? From my experience in life, I should say that the love of a woman endures at least as long as that of a man, and often longer.

## Panama, Nicaragua, or Both?

**I**F these slides continue in the Culebra Cut, many will be confirmed in their opinion that the Nicaragua route is the best.

The opening ceremonies of the Panama Canal have been postponed from March until some time in July. It would be awkward for ships to be caught between slides, especially battleships, in time of war. Goethals says all that can be done is to keep on dredging, until there is nothing more to dredge. Culebra was the undoing of the French.

Between twenty and twenty-five years ago I wrote over a hundred editorials for the Los Angeles Times on the advantages of the Nicaragua canal route, an enterprise heartily endorsed and promoted by such men as ex-Senator Warner Miller, of New York, Captain William L. Merry, ex-President of the San Francisco Chamber of Commerce, and John Barrett, former U. S. Minister to Siam. There is every advantage on the side of Nicaragua, except length. The climate is incomparably better than Panama. It is true that Panama has been made habitable, not by any mysterious "medical science," but by common cleanliness, and the draining of swamps, yet it will never be a wholesome place for the blond races. The expense of constructing Nicaragua, on a sea level, would be less than half the cost of the Panama Canal, with locks. The country tributary to the Panama Canal is highly productive. As early as 1550 Antonio Galvao reported that the Nicaragua route was "available." In 1887 a concession was granted to an American company, and several million dollars were expended in preliminary work.

When we spoke of the "Isthmus Canal" we always took it to mean Nicaragua, as a matter of course. I, in common with many thousands of others, have never quite understood how it happened that, suddenly and quietly, someone at Washington switched the movement over to Panama, and arranged that we pay French stockholders \$40,000,000 for their "good will," junk and—the Culebra Cut.

Bryan has now made a treaty with Nicaragua, and it looks as if we might before long have both routes—a sort of double track with an up and down line. That will be well.

---

## Canned Foods

**S**OME people in this country seem to live almost entirely on canned foods. The habit is mostly due to laziness, although we must not too severely blame a tired woman who has no help, and more children than she can care for.

Canned foods should never be used except in emergencies, when fresh foods cannot be obtained. They are dangerous. One often hears of ptomaine poisoning from meat, beans, salmon, and other canned foods rich in protein. Especially is canned milk dangerous. Once opened, even by a small hole in the can, it begins to decay with great rapidity, like fish taken out of cold storage. This makes it very objectionable for infants' food, in addition to the fact that, being sterilized, the necessary mineral elements are to a great extent destroyed, making it a starvation food.

Never eat canned foods when you can get anything fresh to eat.

## The Freedom of the Seas

**W**HEN two families quarrel over the fence of their backyards—usually about chickens or children—that is their own private affair. Should they, however, wander into the street, and come to blows, the guardians of the peace would run them in, for disturbing the peace and traffic. Also, when a couple of fellows get to fighting on the sidewalk, they are promptly grabbed by the alert cop on the beat.

The ocean is the public highway of nations. This thing of strewing the sea with mines, that often break loose, of establishing "war zones," and of recklessly torpedoing merchant vessels, without careful examination of their nationality, is outrageous, and will have to cease. It is like strewing tacks on an automobile highway. England and Germany would better begin to understand this at once. If they must fight, let them fight in their own yards, within the three-mile limit.

It is about time that the neutral nations, who are not engaged in tearing each other to pieces, should assert themselves, and show that they have rights which these brawlers are bound to respect. When it comes to a show-down, the neutrals have the whip hand. Take only the neutral maritime nations of Europe. There are Norway, Sweden, Denmark, Holland, Portugal (?), Spain, Italy and Greece. At a pinch, these nations could put more than 5,000,000 armed men in the field, and a good many thousand tons of modern war vessels. Then, on the western hemisphere, there is your Uncle Samuel, who is not to be sneezed at, together with the nations of Central and South America, all waiting to follow his lead. Finally, in the Orient, there is China, with its little family of 450,000,000, a sleeping giant, now preparing to take its place alongside of Japan as a modern nation, a country that has been treated "white" by the United States, and has full confidence in us.

Unless I am much mistaken, the on-lookers will have something to say about this war game, before it is much older.

### "New Thought"

**A** CORRESPONDENT asks what I think of "New Thought." I gave my opinion on the subject some time ago, but it will do no harm to repeat, briefly.

"New Thought" is an absurd misnomer. Whatever there is of it that is new is not true, and whatever is true, is not new. "New Thought" was old when Solomon laid the foundation of the Abyssinian royal line by a temporary morganatic alliance with H. R. H. of Sheba.

"New Thought" is like pulling yourself up by your bootstraps. Whatever is good in it may be thus summed up: "Keep a stiff upper lip and look on the bright side of things." Excellent advice, but you do not need billions of words to elucidate it. "New Thought" teaches, further, that you can get things by thinking hard about them, whereas all who really know how to think are aware that you must work for them.

"New Thought" is affected mainly by those who have not learned to think for themselves, but need some mental formula or hocus pocus.

The sanest and most successful "New Thought" publication is the Nautilus, conducted by Elizabeth Towne, who is a business woman, and knows how to make "affirmations" pay.

## The Primitive Woman

**M**EN of science have of late been fond of analyzing human passions, especially that we call "love," which, being interpreted, means the yearning of one sex for another. Scientists tell us—and they are doubtless correct—that the new man and the new woman, underneath the thin veneer of what we call "civilization" are identical with the cave man, and the cave woman. I present for your perusal the views of an eminent medical man, Dr. William F. Waugh, of Dean Bennett Medical College, chief physician of Jefferson Park Hospital, Chicago, who, in the *Alienist and Neurologist*, sums up the following simple maxims that ruled the people of the stone age, and that still, he declares, govern us:

When you find your mate, take her. She awaits it. When you have her, live for her; she wants that. When she arouses your jealousy, beat her; she needs it. If she betrays you, kill her; she deserves it.

Every woman sits and waits the coming of her lord. She is ready to follow when he beckons. He is masterful. He woos not, beseeches not, implores not, serves not. He takes his own when he finds it; he commands, knowing he will be obeyed; and that is the sign for which she waits. His ancestor simply caught his woman, knocked her down if she resisted, and dragged her, none too gently, to his lair. The nearer the modern approximates this type and method the better it suits the woman. History does not tell us that one of the raped Sabine maids refused the union thus forced on her. There is never a man-brute so brutal but a woman clings to him; and the bigger the brute, the more this instinct shows itself among the women, who flock to decorate the murderer's cell with evidence of their appreciation. It is not silliness, nor maudlin, but primitive instinct showing through the veneer. . . .

She never trusts another woman. Give her lord a chance to cohabit with a sister woman, and she instantly and unvaryingly assumes that such relations are established. She has no belief in, or even conception of, honor between women. She knows every other woman is ready on the instant to weave her web over any and every man within reach. She rarely credits her man with singleness of affection, her instincts viewing him as a polygamist. She craves the attention of the male at intervals only, and, finding him always responsive, believes him always animated by sensations she feels only at times. The more secure she is in her exclusive possession of her man, the nearer she will come to happiness—and a really happy wife makes this earth a heaven for the man whose mate she knows herself to be. . . .

She is forever questioning her own happiness. Is he the superior man she deemed him? Is he the strong man, and does he love her exclusively and completely? So she uses the arts of the coquette to excite his jealousy and try his mastery. Does he pusillanimously weep, and surrender his headship, sinking into her slave? Then for him she has only contempt; his being is repulsive, his society irksome. She is not mated yet. She has mistaken the impulse that draws every female toward every male, for the recognition of her mate. But if he turns on her with masculine fury, reduces her to subjection with his fists, she creeps in by his side, bleeding, disfigured and bruised, but completely happy and contented.

The most devoted of wives are afraid of their mates. They plan day and night to please them and to win their rare commendation. If death takes the brutal wife-beater, the widow erects an altar to his memory, at which she worships thenceforth.

Some women require beating. Lacking it, they escape from the husband's control and are incapable of controlling themselves. They look further for the master. They seek by deeply implanted instinct to give their child the Strong Man for a father. Contempt for the husband reaches its limits. Moral degradation touches the lowest possibility of her nature. The sensual impulses develop independently of the maternal instinct. The woman is debased. She is a rudderless derelict on the sea of society, a constant menace

to the outgoing and incoming craft, a peril to social navigation. She spreads demoralization to all whom come within her reach. She rejoices in her shame and inculcates immorality as well as imparting body and soul-destroying disease.

In mercy to her, then, in justice, as one would apply the torch to a house to stop a pestilence, when she has betrayed you, kill her.

To these remarks of Dr. Waugh it should be added that the more men and women over-cultivate their brains, at the expense of their bodies, the less normal are they, and therefore, the less controlled by such sentiments as Dr. Waugh describes. Some will say this is a change for the better. Perhaps. Woman suffers less now-a-days from man's physical blows, but far more from his mental stabs. There are many women who would prefer the customs of the cave man.

Dr. Waugh is brutal and frank, and many women will indignantly deny his statements. Yet he is not altogether wrong. His theory explains many of those apparently strange social scandals, where a cultured woman, who is something more than a fashion plate, sacrifices family and reputation for one who is in every respect far beneath her, with the one important exception that he is physically a Man. It is simply the "call of the wild"—a reversion to the primitive, which our thin veneer of "civilization" cannot always hide, any more than it can suppress the lust for blood.

Before you begin to beat your wife, however, I recommend you to make sure that she is a primeval woman, and would, therefore, appreciate that kind of treatment.

As to killing a woman who spreads infection, it is a fact that over eighty per cent. of the uterine and other sexual diseases from which women suffer, often involving life-long invalidism, are due to infection with sexual disease by their husbands, or other men. The men, of course, were first infected by women, and they, in turn, by other men. An endless chain.

Ever since the time of Adam, whenever it comes to a question of assuming responsibility for the results of sexual excesses and follies, Man has been in the habit of pleading the baby act, and casting the blame on the woman. Cowardly business.

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### Money Mad

**I**T sometimes is good for American egotism that we should see ourselves as others see us. Dr. William Rehlen, one of the most noted archaeologists in Europe, who discovered the remains of the oldest known man in existence, recently visited Los Angeles, and in the course of an interview, when asked to give his impressions of the United States, said:

"It is a land of too much plenty. The cost of living in this country should be lower than anywhere in the civilized world, because of the immense wealth of products it contains. The people are dress and fashion crazy. No matter how limited a man's means, he must ape the dress of his superiors and of the man who has acquired wealth. The struggle for wealth has made money cheap and the entire nation delirious in its efforts to obtain that end."

Dr. Rehlen truthfully added that the civilization and culture of the present day is still far behind that of ancient Greece and Rome.

### Foolish Mothers

**T**HERE is probably no city of the size in the United States where abortion is more common than in Los Angeles, although in this country it is more common than in all other countries of the "civilized" world combined. This is due, mainly, to the fact that in Europe they maintain foundling asylums, while here we patronize professional abortionists, many "ethical" physicians doing a little of this sort of business "on the side," for the sake of the money there is in it. Many of our good people think foundling asylums "improper," and bitterly resent any attempt to locate an institution for "bad women" in their neighborhood, forgetting that their own daughters are quite likely to be next. As between pre-natal murder and the care of young mothers with fatherless children the normal mind would not hesitate, but minds warped by religion are abnormal.

The fact that there are here so many untimely births and untimely deaths of girls—some of them members of our "best families"—is chiefly due to the criminal folly of mothers, who permit their daughters absurd license with men, of whom they often know little or nothing. If you comment on this, they say: "Oh, nothing could happen to our American girls. They know how to take care of themselves." As if nationality made any difference, when the sex urge, the strongest passion in the animal world, is aroused and Opportunity—often in the shape of an automobile, of which the Devil highly approves—presents itself. As if these young girls could be expected to show more self control than would be asked of men and women of mature age.

It is true that many young American girls are "smart" and know more about such things than they should, but even when they are "careful" they sometimes, like their elders, slip up.

Mothers, more than men, are guilty of "contributing to the delinquency" of these girls, for if it was not one man it would be another. It is true, as I have heretofore said, that many mothers, with more children than they can attend to, and no help, are deserving more of pity than of blame. Here, again, comes in the folly of the "race suicide" cry. Better, according to some people, breed male children to grow up as wastrels, and girls as prostitutes, rather than to restrict the size of a family, where the parents cannot give the children proper physical, mental and moral training.

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### After the War is Over

**T**HE sufferings of Europeans will only begin after this wicked war is over. Urbain Gohier writes:

Within each country formidable disorders will arise. Several millions of men will return home to their hearths with new souls. Their sufferings and perils will have given them other desires, other ideas, other manners. They will not dread violence as yesterday they dreaded it, and they will not have the same respect for human life: they will have seen death from too near by, and will have marched over the corpses of friends or enemies.

Now they will find, in their respective countries, political life, economic life, social life, all turned topsy-turvy. They will expect to regulate it anew; but their ideas will not be in concord and harmony.

Not only will the war fill Europe with physical and mental wrecks,

but from the wombs of wives, pregnant while passing agonizing days and nights, will spring thousands of imbeciles, who will become a charge on society. Men returning home will find unfaithful wives, and will kill the paramours, and perhaps the women also, for the killing of human beings will then have become an every-day thing to millions.

For generations Europeans will groan under impossible taxes, to pay interest on war loans. There can never be any question of paying the principal.

A shortage of men may necessitate a resort to polygamy. Even before the war women were largely in the majority in Europe.

However, it is too soon to talk about what will happen after the war. Kitchener says the war will not begin until May.

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### Choosing a Religion

**T**HE Japanese are certainly a remarkable people. They are a wonderful combination of sentiment and materialism. They will sit for hours looking at a flowering plum tree, and they will drive a hard business bargain like Yankees. They worship the shrines of their ancestors, and girls think it no disgrace to hire out as prostitutes to help their parents. This condition young Japan is endeavoring to change.

The Japanese Government recently appointed a council of celebrated men to investigate all religions, and accept one for adoption throughout the nation. Just as you would go to a tailor and pick out a suit of clothes. Count Okuma, who is at the head of the Council, was reported as saying:

I am becoming convinced that a grave error was made in the judgment that this nation could proceed without religion. I believe the teachings of Jesus Christ are the moral teachings the Japanese will come to adopt, and I think the adoption of Christianity and the consequent influences, will do much to remove the distant feeling between the Japanese nation and America.

This was before the Christian war in Europe. That will probably change the opinion of Count Okuma and his government. In December I quoted an educated Japanese as follows:

To the Oriental the European war means the saddest downfall of so-called Western civilization. Our belief that it was builded on a higher and sounder footing than ours was at once knocked down and killed. We are sorry that we somehow overestimated its happy possibility, and were deceived and cheated by its superficial glory. . . . The present downfall of the Western civilization means more than you and I suppose. It is not too much to say that the present European war is the beginning of the dark age of the whole world. We Orientals will insist in future not to believe whatever high philosophy on love, or peace, or humanity Western scholars and theologians may write. We Japanese are glad at least to have a country in a far-away East, not in the West. I have been losing for some long while my own respect toward the West and her civilization.

The Japanese will probably now prefer to select a "heathen" religion, that does not induce its followers to tear each other to pieces, while calling on the same God for approval and support.

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More death wounds have been received at the dinner table than on the battlefield.—Prof. Dyche-Teague.

## Water Drinking

**D**R. Elmer Lee, editor of "Health Culture," recently wrote as follows:

Water will spoil ink and it will injure blood if taken too freely. Watery blood is blood weakened. Water has the property of dissolving and removing in the urine food elements before they have been absorbed by the cells. The water has little effect on the insoluble chemical poison in the blood and even helps to create it by diluting and impairing the strength of the blood. It has been a fad for some years to guzzle water, based on misunderstanding of physiology. All food contains from 60 to 95 per cent. water or juice, and is ordinarily enough for the system. The body craves food, not water. The tongue and palate crave water when irritated by salt and spices. The thirst is in the nerves of the mouth, not in the interior of the body.

I am quite willing to admit that water drinking may be, and frequently is, over-done. The former editor of *Health Culture*, Dr. Latson, who wrote so many most excellent things, strongly advised every one to drink two quarts of water daily. This is the amount usually selected for such suggestions, though why, I am unable to say. It is exceedingly foolish to give such general advice. I say it is as wrong to drink when you are not thirsty, as it is to eat when you are not hungry. If you have not a natural thirst, increase that thirst, not by eating salt codfish, but by exercise and deep breathing. This is important. There are many who do not drink enough, as there are many who drink too much.

Again, it all depends upon the diet. If a person lives mainly on fruit, which is about 90 per cent. pure distilled water, he needs little or no liquid, under ordinary conditions. I know fruitarians who never drink liquid of any kind, getting all their pure water from the fruit they consume. Those who consume soup, beer, tea or coffee get water in that way. A bad way, you may say. Granted. Still, it is water.

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## Mothers' Burdens

**T**HE strain on mothers is great; they are expected, with rare exceptions, to have the responsibility of the house, and too often the work of the home, until the day of confinement; and then they are expected to get out of bed and get back to work as soon as possible; administer to children day and night, sick or well; and, neither last nor least, cater to the husbands' sensual pleasures. With all this burden, is there anything strange in the fact that a healthy, normal mother is hard to find? Add to this the burden of her own ignorance in eating and caring for her own mind and body, and, on top of this still, the abominable treatment received from the medical profession—the surgery she is subjected to—and there cannot be surprise at the fact that many die and many more are in the scrap-pile before forty years of age.—Dr. J. H. Tilden in "A Stuffed Club."

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**ERRATUM:** In the February number, in the article "Earthquakes," page 279, the date of the San Francisco disaster was given as 1876. This, of course, should have been 1906.

## Briefs

Gen. Von Hindenburg has received a degree of divinity from the University of Koenigsberg, because he "taught the youth that the god of battles still lives." Ghastly joke.

Boston proposes revival of a law forbidding smoking in public.

It is said that 11,000,000 pounds of coffee, containing 300,000 pounds of caffein, are used annually in American hospitals.

The warring nations are now accepting horses with defective teeth, and filling the teeth with cement.

Passing one of those gasoline depots I saw a notice reading "Free Air." Has it, then, at length come to this?

In cheap London lodging houses they have penny "sit-ups," where for two cents a man may sit all night on a bench with a back. Worse than strap hanging.

A Colorado senator has proposed a bill to make churches that use wine take out liquor licenses.

Philip Armour, grandson of the big packer, is a vegetarian. Not surprising that he is sick of the sight of flesh food.

According to the papers, men about to be hanged usually eat a "hearty breakfast." I should choke. Besides, it is wasteful.

Why not teach school children to write and speak grammatically?

Edison eats little and sleeps little. Cause and effect.

It takes some people a long time to find out that it is dangerous to build on the sand.

German Socialists have read Liebknecht out of the party because he protested against war. He should feel proud.

Chicago is going to enforce a strict billboard ordinance. Why cannot the City of the Angels do at least as well as the City of Stockyards?

Eastern colleges are inquiring whether large meat consumption during training is responsible for many appendix operations on athletes. Doctors as usual differ.

Mrs. Sarah Todd died in Walla Walla, Wash., aged 104. She killed herself by smoking a pipe continually, all her life.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. III

LOS ANGELES, MARCH, 1915

No. 10

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## Shall We Endure?

**H**ISTORY shows that all nations have grown from small beginnings, have come to maturity, and finally have decayed, fertilizing the soil for more vigorous races. Is the United States to prove an exception? We of this generation cannot answer the question for it is too early to talk of decay in a nation not yet a century and a half old.

Twenty years ago Dr. Charles W. Eliot, then president of Harvard University, published an essay, giving some reasons why he thought the republic of the United States might endure, at least longer than some of the ancient republics did. He took up the same subject this year in an Eastern magazine. Now as then the bases of permanency discovered by him are intellectual and moral, such as toleration in religion, belief in education for all who are educable of whatever race or class, a high and enforced ideal of family life, full publicity as to the acts of officials and other servants of the people, and a sense of mutual reliance of man on man for the welfare of the individual and of society.

The chief danger to this nation, as I see it, is the growing tendency to over-estimate the value of wealth as compared with human life and happiness—to set "prupperty" above humanity. That has been the cause of the decay of most of the nations of antiquity, for where this dry rot prevails men are not bred who are willing to give their labor, and if necessary lay down their lives, for humanity. The longer we avoid this condition the longer shall we, as a nation, endure.

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Do not overlook the department headed "The Healing Art." In it you will often find interesting and instructive things relating to the care of the body.

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I would rather preach the gospel of Hope than the doctrine of Hate. This does not mean that we should be satisfied with or neglect to remedy wrongs.

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Should America ever go to war with Japan, it will be due to the frothings of the yellow papers.

## Albert of Belgium

**O**NE figure stands out prominently and pleasantly in the midst of this miserable war—Albert of Belgium. A wonderful contrast he is to his old reprobate of an uncle. A plain, democratic man, who has the true interest of his people at heart. Like the noble consort of Queen Victoria, he will be known as “Albert the Good.”

Some years ago, before he came to the throne, Albert visited the United States, not for pleasure, but to learn, and spent several days in Los Angeles. He was specially attracted to Hill, the Northern Pacific railroad magnate, with whom he has maintained a correspondence.

So popular is Albert that some of the French royalists have been whispering about Albert as “King of the French and Belgians.” Is he perhaps the “journalist from the North,” referred to in Tolstoi’s remarkable “Vision,” that I printed in September, 1914? In it, Tolstoi said:

“About the year 1915 a strange figure from the North—a new Napoleon—enters the stage of the bloody drama. He is a man of little militaristic training, a writer or a journalist, but in his grip most of Europe will remain until 1925.”

Albert worked for a year as a reporter on a Belgian paper. Stranger things have happened.

By the way, a common mistake is made in referring to Albert as “King of Belgium.” He is not King of Belgium, any more than Louis Napoleon was Emperor of France. He is “King of the Belgians” as Louis Napoleon was “Emperor of the French.” A distinction with a difference.

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## Criticism

**I** WELCOME honest criticism, because I do not think I know it all. I have been studying and observing for more than half a century, and the longer I live the more I realize how little I know, in comparison with what there is to learn.

Do not, however, waste your time and mine by criticizing something merely because you do not like it. You must have a more solid foundation than that for your criticism. Remember that “many men have many minds” and that an article you do not like may just suit others. Sometimes, within one day, I receive two letters, one criticizing an article, the other declaring it to be the “best thing in the book.” Which encourages me to believe that I am on the right track.

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Have you begun to try to learn to think for yourself? Exercise your brain as well as your brawn.

## The Era of Woman

**T**HIS is surely the era of woman. For good or for ill, she is pushing herself into almost every form of human activity. Such being the case, a brief study of the characteristics and peculiarities of this curious creature cannot be deemed altogether inappropriate, in a magazine devoted to the welfare of humanity. You will find the examination impartial, for while I am a great admirer of women—as I am of animals—I am not blind to their weak points. Being human, they are not entirely angelic, any more than men are entirely devilish.

## Millionaires and Colleges

**C**ARNEGIE and Rockefeller are doubtless honest in desiring to do some good with their surplus millions, and some of their philanthropies are admirable, such as Carnegie's old-age pension, and investments for widows. When, however, it comes to these big "foundations" of hundreds of millions of dollars, and subsidies to colleges, it is time to pause and reflect. The fount of education must be kept clean, at all hazards, or the nation will soon be afflicted with dry rot.

## A Bloody Farce

**F**IFTY years ago Great Britain, with France, Sardinia, and Turkey, spent hundreds of thousands of lives and millions of money to keep Russia from her destined march to Constantinople, as laid out by Peter the Great. Now Russia is again on the way to the Golden Horn, and it excites scarcely a ripple among the British.

What a bloody farce war is.

We denounce prize fighting and football as brutal, yet when men in uniform blow hundreds of thousands of their fellow creatures into fragments we praise God "from whom all blessings flow" for a glorious victory. What hypocritical humbugs we are.

## The Wooing of Eve

**S**HE heard me thus; and, though divinely brought,  
 "Yet innocence and virgin modesty,  
 "Her virtue, and the conscience of her worth,  
 "That would be wooed, and not unsought be won,  
 "Not obvious, not obtrusive, but retired,  
 "The more desirable—or, to say all,  
 "Nature herself, though pure of sinful thought—  
 "Wrought in her so, that, seeing me, she turned.  
 "I followed her; she what was honour knew,  
 "And with obsequious majesty approved  
 "My pleaded reason."—Milton.

## Brooklets

The Pope prayed for peace. That was good of him, but I suspect that he has no more influence with the Almighty than a beggar.

\* \* \*

What a miserable old age those are preparing for themselves who have not cultivated a taste for reading.

\* \* \*

My wife says I look more like Old Harry than I did ten years ago.

\* \* \*

Only an editor can guess how many think they can write poetry.

\* \* \*

Most people base their belief on no sounder foundation than what others say, or what they were taught as children.

\* \* \*

Festival "queens" are out of place in a republic.

\* \* \*

Poverty may be a blessing in disguise, but it is so well made up that few recognize it.

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The "movies" offer opportunities to beautiful brainless girls, who could not get on the speaking stage.

\* \* \*

Do you know how to talk over a telephone? Many who do not are a constant source of annoyance to others.

\* \* \*

Curious how, as one grows old, little incidents of youth stand out in memory, while great events of manhood fade away.

\* \* \*

Any fool can write a long article, but it takes ability to write a short one.

\* \* \*

You may differ about autos, but you must admit that each brand is altogether superior to any other brand.

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If everybody should always tell the whole truth, this would be an unpleasant world to live in.

\* \* \*

"Peace hath her victories as well as war." Drugs, serums and the knife kill more than bullets and bayonets.

\* \* \*

A conscientious physician earns all he receives.

\* \* \*

It is a satire on intelligence that millions of people believe their countries are all right and the others all wrong.

## Characteristics of Woman

**M**ORALLY, the general superiority of women over men, is, I think, unquestionable. If we take the somewhat coarse and inadequate criterion of police statistics, we find that, while the male and female populations are nearly the same in number, the crimes committed by men are usually rather more than five times as numerous as those committed by women; and although it may be justly observed that men, as the stronger sex, and the sex upon whom the burden of supporting the family is thrown, have more temptations than women, it must be remembered, on the other hand, that extreme poverty, which verges upon starvation, is most common among women, whose means of livelihood are most restricted, and whose earnings are smallest and most precarious.

Self-sacrifice is the most conspicuous element of a virtuous and religious character, and it is certainly far less common among men than among women, whose whole lives are usually spent in yielding to the will and consulting the pleasures of another.

There are two great departments of virtue: the impulsive, or that which springs spontaneously from the emotions; and the deliberative, or that which is performed in obedience to the sense of duty; and in both of these I imagine women are superior to men. Their sensibility is greater, they are more chaste both in thought and act, more tender to the erring, more compassionate to the suffering, more affectionate to all about them. On the other hand, those who have traced the course of the wives of the poor, and of many who, though in narrow circumstances, can hardly be called poor, will probably admit that in no other class do we so often find entire lives spent in daily persistent self-denial, in the patient endurance of countless trials, in the ceaseless and deliberate sacrifice of their own enjoyments to the well-being or the prospects of others.

Women, however, though less prone than men to intemperance and brutality, are in general more addicted to the petty forms of vanity, jealousy, spitefulness, and ambition, and they are also inferior to men in active courage. In the courage of endurance they are commonly superior; but their passive courage is not so much fortitude which bears and defies, as resignation which bears and bends.

In the ethics of intellect they are decidedly inferior. To repeat an expression I have already employed, women very rarely love truth, though they love passionately what they call "the truth," or opinions they have received from others, and hate vehemently those who differ from them. They are little capable of impartiality or of doubt; their thinking is chiefly a mode of feeling. Though very generous in their acts, they are rarely generous in their opinions or in their judgments. They persuade rather than convince, and value belief rather as a source of consolation than as a faithful expression of the reality of things. They are less capable than men of perceiving qualifying circumstances, of admitting the existence of elements of good in systems to which they are opposed, of distinguishing the personal character of an opponent from the opinions he maintains. Men lean most to justice and women to mercy. Men excel in energy, self-reliance, perseverance, and endurance. The realising imagination which causes us to pity and to love is more sensitive in women than in men, and it is especially more capable of dwelling on the unseen. Their religious or devotional realizations are incontestably more vivid; and it is probable that, while a father is most moved by the death of a child in his presence, a mother generally feels most the

death of a child in some distant land. But, though more intense, the sympathies of women are commonly less wide than those of men. Their imaginations individualise more; their affections are, in consequence, concentrated rather on leaders than on causes; and if they care for a great cause, it is generally because it is represented by a great man, or connected with some one whom they love. In politics, their enthusiasm is more naturally loyalty than patriotism. In history, they are even more inclined than men to dwell exclusively upon biographical incidents or characteristics, as distinguished from the march of general causes. In benevolence, they excel in charity, which alleviates individual suffering, rather than in philanthropy, which deals with large masses and is more frequently employed in preventing than in allaying calamity.—Lecky's "History of European Morals."

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### A Bear Story

**I**N a Spring Street restaurant, toward the end of January, there was exposed in a cage a little black bear cub, captured in the mountains of Trinity County, in northern California. On the cage was a placard announcing that the animal would be transformed into steaks and chops and served on the first of February.

Customers going in and out of the restaurant got to like the friendly little animal, and some of them resolved that they would rather save his life than eat him. The restaurant keeper said he had paid \$80 for him, and demanded the full amount. A subscription was opened. An ex-mayor of Los Angeles said he was fond of bear steak, but would feel like a cannibal if he should eat a piece of this tame beast, and chipped in \$10 toward the fund. Before the fatal day the amount was raised, and the bear was sent to the zoological gardens at Griffith Park, where I am told the animals have plenty of room. In an ordinary menagerie their fate is worse than death.

These were good-hearted men, and I take my hat off to them.

Bears are friendly animals. They are mostly vegetarians, living on berries and roots, although when hungry they will raid pigs and sheep and cattle. When a female with her cubs meets a man, she does her duty in defending them from danger—and is usually killed.

The point I wish again to make, is that few would eat flesh food if they had first to kill the animal that looks wonderingly at them, with its trustful eyes, to imbue their hands in its blood, and cut it into pieces. We hire men to brutalize themselves by this work, and the flesh of the animal is served disguised in sauces and condiments.

Flesh eating is kept alive by the false belief that it is necessary to "keep up strength," whereas the men who do the hardest work in the world eat little or no flesh, and those who eat the most are the most subject to serious diseases.

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That Hygienic "T" Bandage is a most valuable local aid to those lacking in vitality.

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Corn has been selling cheaper than a year ago. Why not use more corn and less wheat?

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The Alabama Legislature has forbidden advertising of liquors in newspapers, on billboards, or by circulars.

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In Chicago 360 bakers went out of business in the month of January.

### The Degeneracy of Fra Elbertus

**I** REGRET to notice that Elbert Hubbard has been prostituting his talents to the whitewashing of "malefactors of great wealth."

Not only this, but he has been writing with a foulness and coarseness that I should not expect of a cultured man, regarding the Emperor William of Germany. I am an Anglo-American, therefore, not a Kaiser worshipper. I believe that all emperors, kings, foreign ministers, and war ministers should be painlessly put to death, for the good of humanity. As to Emperor William, whatever may be thought about him, it must be admitted that he is a man of clean life, a model husband and father.

Hubbard was recently taken to task, as he deserves to be, in the Ohio State Journal, by Theodore Wolfram of Columbus, Ohio. Mr. Wolfram writes:

"Many friends of Elbert Hubbard have been surprised at his venomous frothing and could not understand the animus of his late efforts. The wielder of a wonderful, versatile pen, held in high esteem as the greatest living word-juggler, credited with a character second to none, indulges in balderdash and low slurs. What for? We will see.

"In belittling the German cause he descends to brutality one would never have suspected in Hubbard. How low he can stoop is seen in the gloating lines: 'Bill Kaiser has a withered hand and a running ear.' Nasty, brutal and unmanly! He knows that the kaiser had a short arm and a running ear when born. He was a weakling, but, living a sane, pure and God-fearing life, he has now strength enough in the withered hand to crush a weakling like Hubbard. Does he not know (of course he does) that the emperor's mother was an English princess, and that Bismarck strongly opposed the marriage of 'our Fritz' to a member of English royalty, because the latter was cursed with scrofula? And little Prince William was the uncontradictable proof of the assertion of Bismarck's fears!"

As I said last month: "A man who grows potatoes is of more value to society than a man who makes epigrams." This applies to Hubbard as well as to myself. At least I try to be honest and fair.

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### Marriage

**E**X-PRESIDENT TAFT, addressing a meeting of the Hebrew Technical School for Girls, in New York, said:

"I am not opposed to matrimony, but I am one who believes that there are thousands of women who have made the world sweeter, purer and better, and who did not marry. The trouble is that many women have to marry, not because they love the man of their choice, but because it is a custom. The only way to avoid that condition is for a girl to become independent by learning a useful trade. Then, when a man who is a scrub asks her to marry, she can say, 'I can do better, as I am independent.' In this way she can make no mistake."

The weak point about this is that every time a woman obtains employment she drives a man out of a position, thereby making it more difficult for another man to support a wife.

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A New York girl was bitten by a cat over a year ago. Promptly given the Pasteur treatment, she developed rabies, a year later. Two others bitten, by the same cat at the same time, did not take the treatment, and have not developed rabies.

### Otto Hanish at Washington

**O**TTO HANISH has bobbed up again, at the National Capital. A newspaper dispatch tells us that, dressed in gorgeous robes of Oriental splendor, he is making converts among Washington's fashionable women, and that drawing-rooms of two wealthy women have been placed at his disposal. The newspaper calls him a "prince."

Hanish is still under \$10,000 bail, awaiting an appeal from his conviction in the Chicago courts for mailing unmailable matter. The offending book is "Inner Studies," and the passage specially picked out for condemnation is one in which he describes the form of sexual intercourse known as "male continence." This has been strongly advocated by the late Mrs. Stockham, by Henry Gaze, and many others, and was practiced for thirty years in the Oneida Community in New York State. It is commended by some, and is strongly condemned by others, as being destructive of mind and body.

The Postoffice Department exercises about as much intelligence in condemning books and magazines as do the British military press censors. A smutty play or novel goes freely through the mails, while a serious and modest discussion of important sex questions is condemned.

There are said to be 14,000 "Mazdaznans" in the United States. Hanish is a clever little fellow, who knows how to work the public. Those eyes of his do the business with susceptible women. There are many worse men than Hanish, out of jail. I published his biography in November, 1913.

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### Profitable "Revivals"

**E**STIMATES show that Philadelphia paid \$100,000 for the "harvest of souls" supposed to have been reaped by Billy Sunday, and that Billy himself raked off about \$40,000 of this sum, which is not so bad for six weeks' work.

It is not at all surprising that such profitable business should attract competition. Thus, we read that in Oakland, Cal., a boy fifteen years of age, advertised as the "youngest revivalist in the world" began a two weeks' performance on February 7.

Next!

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### Why Women Weep

**T**HE reason some women weep more easily than others, and all more readily than the sterner sex, has not its difference in the strength of the tear gland, but in the possession of a more delicate, impressible nerve system. The nerve fibers about the gland vibrate more easily, causing a down-pour from the watery sac. Men are not nearly so sensitive to emotion; their sympathetic nature—the term is used in a medical sense—is less developed, and the eye gland is, therefore, protected from shocks. Consequently a man should thank the formation of his nerve nature when he contemptuously scorns tears as a woman's practice.—Washington Herald.

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It is not generally known among laymen, nor sufficiently appreciated among physicians, that the fecal matter normally evacuated from the bowels comes mainly from the blood; and that this mass is not, as it is usually supposed to be, the residue of the food that has been left unassimilated.—A. B. Jamison, M.D.

### Death Follows a Long Fast

**L**OUIS C. ROTH, a tailor, of Palo Alto, Cal., died on February 16, following the effects of a fast of fifty-nine days, undertaken to cure a chronic stomach trouble. Two days before his death he announced that his appetite had returned, and that he felt himself the victor of his complaint. He then began to take a little orange juice hourly, but the weakened digestive organs were unable to retain that simple nourishment.

This, of course, will be seized upon by the medical fraternity as an evidence of the danger and futility of fasting, notwithstanding the fact that, during the past twenty years, hundreds have fasted as long as this, or longer, while thousands have fasted from a month to six weeks, with great benefit to their health.

However, as I said in the special Fasting Number, in September last, a long fast should never be undertaken unless the patient is thoroughly grounded in the laws of health, or under the care of an expert. There are simple but necessary precautions that must be taken during the fast, and in breaking the fast. I should not put citric acid into a tender stomach that had not received any nourishment for two months.

In most cases short fasts, with intervals, or cutting down the amount of food consumed, or a "fruit-fast," eating nothing but fresh fruit in season, will accomplish the same results, not quite so rapidly, but without danger.

### Rough on the Army

**E**MPEROR WILLIAM recently sent the following telegram to the Grand Duchess of Baden:

"Field Marshal Von Hindenburg has just reported that the Russian army, after desperate fighting, retreats, and is being pursued along the entire front.

"It is evident that the Lord aided our heroic troops. To Him alone is due the honors."

It seems to me that this is rather unjust to the German army. The Emperor might at least have divided the credit into three parts, giving, say fifty per cent to the Almighty and the other half in equal parts to the officers and men. For you may be sure that if the army had not fought well, it would not have won the battle. As another big military leader said: "The Lord is on the side of big regiments."

### Cause of the War

**I** SOLEMNLY charge the president of the University of California, Benjamin Ide Wheeler, with either ignorance or untruthfulness, if he said, as this morning's issue of the Tribune reported, that no one knows what the European war is about.

Every man who knows the A B C's of economics knows precisely what the war is about. It is simply an extension on a large scale of the struggle for business that goes on daily in every part of the world. It is a national phase of the competition that exists between business rivals everywhere.

And it is a natural and entirely logical outcome of the profit system. Thomas Moore in Los Angeles Tribune.

Artificial harbors are as superior to natural harbors as a made-to-order suit is superior to a "hand-me-down" suit. San Diego papers please note.

### Polyandry

**F**OLLOWING press dispatch from New York was recently published: "The golden rule triangle is pronounced a success by its founder, Dr. H. Lincoln Chase. On a hill called by the natives Mt. Plato, fifteen miles from Bellows Falls, Vt., Dr. Chase, his wife, and her soulmate have lived as one family for the last year. The soulmate is Hartley Dennett, a Boston architect of good family. He is about 40 years old, has a trim athletic figure and dreamy blue eyes. According to the statements of the three actors in the idyll, this, the most daring social experiment of the age, has been proved a livable reality. Taking Emerson and Tolstoy as their guides, they sought peace and happiness free of convention and found it. Mrs. Mary Ware Dennett, who divorced the soulmate, was formerly an actress, and later corresponding secretary of the National Suffrage Association and organizer of the Twilight Sleep Club."

There is nothing new about this. Polyandry is practiced among a number of different peoples. The principal country in which it is a custom is Tibet. There, the several husbands of a woman are usually brothers, and they take their turns in residing in the connubial nest.

By the way, the authorities of Vermont must be much more lax than those of California, or a "vice squad" would promptly descend and break up this pleasing family arrangement.

### Earache

**A**T the first symptoms of earache let the patient lie on the bed with the painful ear uppermost. Fold a thick towel and tuck it round the neck, then with a teaspoon fill the ear with warm water. Continue doing this for fifteen minutes. The water will fill the external ear and flow over into the towel. Then turn over the head, let the water trickle out and pour in some warm glycerine until relief is obtained. The water should be quite warm, but not too hot. Probably if this treatment were adopted at an early stage in all cases of earache more serious mischief would be avoided and fewer "running ears" met with.—Alexander Bryce, M.D., in "The Laws of Life and Health."

### A Remarkable Book

**A** REMARKABLE book is the "Home Encyclopedia of Popular Medical, Social and Sexual Science," by the late E. B. Foote, M.D. The work of this grand old man is now being carried on by his successor, Joseph Lebenstein, M.D. The book contains 1250 pages, and 332 illustrations, many of them in colors. It is in four parts, as follows:

"Diseases, its Causes, Prevention and Cure;" "Chronic Diseases, Their Causes and Successful Treatment;" "Plain Talk About the Sexual Organs; the Natural Relations of the Sexes; Civilization, Society and Marriage;" "Suggestions for Improvement of Monogamic Marriage."

The matter relating to sex subjects is original and exceedingly interesting, much of it not being found elsewhere.

This book is a library in one volume. It only costs you \$2 by mail, when ordered through BRAIN AND BRAWN.

John W. Stewart, of Middlebury, Vt., celebrated his eighty-ninth birthday by swearing off tobacco, which he had smoked for seventy years.

### Saving Unwedded Mothers

THE Florence Crittenton Home, in Los Angeles, is a most worthy and helpful institution. The building of the new home, recently opened in the northeastern part of the city, was largely due to the munificence of Mr. and Mrs. O. T. Johnson, humanitarians who have hearts as well as money. This home has saved hundreds of girls from suicide or prostitution. Most of the girls are quite young, some of them mere school girls. Unlike society girls who have become pregnant without marriage, they have not had the money to pay the high price charged by the abortionist, so they have been forced to face their shame, and the finger of scorn pointed at them by society people, some of whom are not less "fallen," but have not been found out.

When it was proposed to locate this new home on the present site, a loud protest went up from residents in the neighborhood, some of whom call themselves Christians. They even, by inuendo, abused the philanthropist who had made the new home possible. I paid my respects to these pestiferous, cold-blooded prudes in June and July last year. As Mrs. Frank Stoddard, chairman of the board, said last month in her annual report, "These girls, when awakened, are better members of society than those whose hypocrisy and condemnation would place the stigma of the unfortunate upon them."

Last year 89 girls and 62 children were cared for in the home. There were born 46 babies. For these infants good homes are found, when the mother cannot care for them. Deserted mothers and children are also cared for, also many wives whose husbands cannot afford the usual expenses attending childbirth.

A few weeks ago Mr. Johnson appeared before the City Council of Los Angeles, creating surprise and applause by handing over to the City a deed in trust to the Home. The only condition was that the Home is to have the perpetual use of the property without charge. Should it at any time abandon the use of the building, the City may designate its use for some other worthy purpose.

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### The Microbe of Religion

AT a joint meeting of the American Psychological Association and the Southern Societies of Philosophy, and Psychology, Dr. Tom A. Williams, of Washington, D. C., discussing "the craving for the supernatural," suggested that the condition which induces this craving may be a physical one, due to microbial poisoning.

It may be, that instead of revivals, we shall soon see the injection of an anti-irreligious serum into the unsaved.

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### The Water Supply of Los Angeles

THE facts about the Owens River water supply of Los Angeles, brought over 200 miles to the city, seem to be that there is some contamination near the source, but it is claimed that the water purifies itself on the way to the city.

This might be worse, but it is different from the "pure water from the virgin, snow-clad slopes of the highest mountain in the United States" that we have been talking and reading about.

I suppose that, before long, the city will take steps to extend the source to the slopes of Mt. Whitney.

### Painless Parturition

**A**MONG people we call "savages," who lead normal lives—and are often much more moral than ourselves—childbirth is usually painless. An Apache woman on the march, when she notices that her time is coming, slips out from the ranks, if possible near a pool of water, has her child, follows and catches up with the rest of the tribe.

In Venice, near Los Angeles, a band of Igorrotes from the Philippine Islands have been entertaining the public. A few days ago one of the women stopped dancing. In half an hour she was back. She had been delivered of a child, said to be the first Igorrote born in America. Then she went on with the preparations for the feast they were preparing, including their staple, stewed dog.

Women who are softened and enervated by an unnatural civilized life cannot hope to emulate these primitive people. Yet, as I have heretofore shown, by taking precautions during pregnancy, in the shape of a careful, abstemious and well chosen dietary, with exercise up to the last, they may to a great extent—and sometimes completely—escape the pangs of childbirth, except where there is physical malformation.

The best legacy parents can give their children is to harden them, so that they will not be constantly suffering physically. Be sure, however, that the inner hardening, by means of a careful, non-stimulating diet, avoiding cakes and candies, goes first. You cannot safely harden the body until you have purified the blood.

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### Coca-Cola

**T**HE Coca-Cola Company, of Atlanta, Georgia, has begun a world-wide campaign that has for its purpose the poisoning of the entire human race with caffeine. The campaign is being carried on in the most adroit and astute manner, the caffeine being purveyed to the public in the form of a pleasant soda fountain drink known as "Coca-Cola."

By means of newspaper, magazine and medical journal advertisements, together with conspicuous sign-boards displayed along the public highways, the Coca-Cola Company is seeking to educate the public into the belief that the poison, caffeine, is a wholesome, harmless substance and may be used ad libitum without injury.—Good Health.

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### Sanatorium Improvements

**A**MATERNITY home is of great value, not only to unmarried mothers, but to wives. Many of these have no proper accommodations at home for their hour of trial. In his new sanatorium Dr. Carl Schultz has established a maternity department, where expectant mothers may receive skillful care at moderate rates, only hygienic methods being used. Everything about this establishment is spick and span, new, clean and attractive.

There is no such thing as "brain food"—either fish or phosphorus. The less food, the clearer brain; the purer food, the stronger brain; that's all.—Edward Earle Purinton.

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Do not overlook the department headed "The Healing Art." In it you will often find interesting matter on the care of the body.

### Backache

**B**ACKACHE is a common complaint, and there are many who offer to cure it. In the advertising columns of the newspapers you often see the picture of a man bent double, with agony imprinted on his face. He is supposed to be uttering the words: "Oh, my back!", the object of the advertisement being to sell some kind of harmful kidney dope, that makes you feel better for a time, and then makes you worse.

This is all buncombe. The kidneys are silent, uncomplaining, long-suffering organs. Before you feel any pain in your kidneys, you may be on your way to the undertaker.

Pain in the small of the back is due to congestion, as is all pain. This, again, is due to imperfect circulation, and this again is mainly due to errors of diet, causing the formation of gas, also to lack of exercise. Other causes are faulty sitting posture, lumbago, sciatica, womb trouble, constipation, and pressure of vertebrae on nerve centers. A few simple manipulations of the spine will usually relieve such trouble for a short time. When you cannot reach an osteopath or chiropractor, you may do something yourself by lying on a firm surface and placing underneath the lower part of your spine a reasonably firm object, such as a bag of salt, or a roll of newspapers, or the palms of two hands pressing hard thereon. Or double up your fists and move them up and down where you feel the pain. As I have said, where pain is there is always congestion.

Here is a simple exercise for this trouble, given by Prof. E. B. Warman, in the Los Angeles Times magazine. He says it is effective:

"Have the body erect, the weight equally divided over both feet. Place the hands on the hips. Reverse the natural position of the feet; that is, instead of the heels being together and the toes turned out, put the toes together and separate the heels. Now incline your body slightly forward, enough so as to be able to look down and see your feet. While watching the movements of the feet as you now begin the real work by separating the heels, be sure to keep your balance. Begin very slowly, first with one foot, then with the other, to separate the heels as far as possible, but keeping the feet together at the toes. You may be able to put the heels and toes on a line or almost so. The farther you separate the heels the more your body will have a tendency to incline forward from the hips.

"When you have separated the heels as far as possible (here comes the climax) endeavor to straighten up, not changing the position of the feet nor lifting them from the floor. As you endeavor to become erect, making yourself as tall as you can from the chest rather than from the head, you will feel the effect at once in the very place you want it, in the exact spot you need it—in the small of the back, in the region of the sacral plexus. Yes, one trial should give you instant relief. If you have no special pain, but are merely tired, try it and see how quickly it will rest you.

"The exercise, to be the more effective, should be free from any jerky or spasmodic movement, but, instead, a slow action as you become more erect, very much as if you were stretching the muscles of the body upward."

Remember, this is only relief, not cure. You can only obtain cure by ascertaining and removing the cause. If you go on suppressing nature's signals by palliatives, you will ere long be in for a serious case of disease of the kidneys, or some other organ.

## A Silent Revolution in American Industry

**F**OLLOWING is not, as you might perhaps suppose, a statement by a Socialist, or a "labor union agitator." It is an extract from a statement made before the Federal Commission on Industrial Relations, at Washington, D. C., by Daniel Guggenheim, president of the American Smelting and Refining Company. This, and other outgivings and actions of large employers of labor, tend to confirm a statement recently made by Miss Ida Tarbell, to the effect that a "silent revolution" in American industry is under way, the goal of which is the application of the Golden Rule to the relations of Capital and Labor, the slogan of the new movement being: "Humanity is the Foundation of Sound Business." This will be welcome to all except those who aim to excite class hatred. It will not avert Socialism, which is as sure, whether you like it or not, to follow republicanism as republicanism has followed monarchy, but it will perhaps enable us to make the change without a bloody revolution. Mr. Guggenheim has the floor:

"I favor the democratization of industry absolutely and whatever intelligent legislation may be directed to that end. The industrial worker does not want merely an increase in wages. He wants something more—something higher.

"He wants a better degree of participation in the comforts and even the luxuries of life for himself and his family. And he will get these things. He should have them. . . . .

"I feel intense sympathy for the workingman, particularly under the increased cost of living that has added so materially to his burden during the recent years.

"I believe in the right of the industrial workers to organize. The capitalist when he is permitted to have too much power is apt to become arbitrary, and so is the labor-union. Both need legal restraints, but the laborer has as much right to protect his interests by organization as has the capitalist.

"Industrial unrest, in my opinion, is on the increase. To alleviate that condition of unrest much is being done, but we are still a long way behind Germany and England in solving the problem. Progress will be made, because the employers of labor have recently undergone a great awakening. We are getting away from the old idea that to succeed we must ruin our competitors; that business is a warfare ending in the survival of the fittest, and that because of competitive conditions wages must be kept down to the bottom notch. . . . .

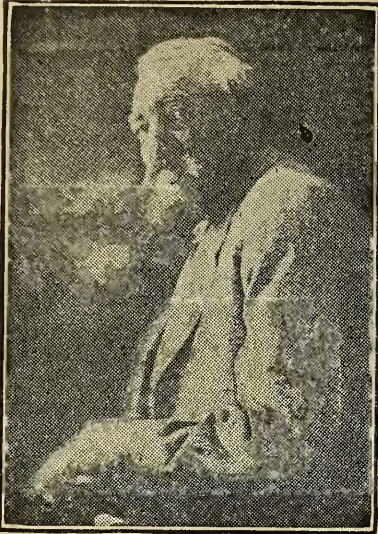
"I favor legislation providing that the Government and the State shall help the unemployed man to find employment, and that it shall see that when he is ill and incapacitated he shall be properly cared for.

"No man should be without a job if he is physically fit and willing to work, and it is, or ought to be, the business of the Government or the State to see that he gets one. The Government also should see to it that every injured man is cared for, and that every incompetent, whether from old age or other causes, has proper support. They may call me a socialist, gentlemen, but those are my views. The democratization of industry, the establishment of all these betterments—unemployment insurance, old-age pensions, workmen's compensation, and the like—embody the only solution of the problem of industrial unrest. The United States Government must take over these activities, including Federal employment exchanges."

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John Laws, registrar of deeds of Orange County, North Carolina, died at the age of ninety-three, having held his office for sixty-four years.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of **BRAIN AND BRAWN**, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydro-  
 athy are valuable, and sometimes indis-  
 pensable means of aiding nature. Any  
 honest practitioner of these schools will, however, tell you that a  
 permanent cure of chronic disease is impossible unless attention is  
 also paid to diet—to the food, of what the body is built—to the effect  
 of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values  
 has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to  
 the army of people who lack vim and vigor. By following my advice  
 you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care  
 of the bowels, etc.

Among chronic ailments that yield readily to this method are  
**Constipation, Dyspepsia, Asthma, Rheumatism, Consumption** (in  
 earlier stages), **Nervous Prostration, Liver and Kidney diseases.**

Tell me how you eat. I will then point out your mistakes and tell  
 you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet  
 giving particulars and terms in regard to my three months' course of  
 dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles,  
 California.

*Harry Ellington Brock N.D.*

### Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

#### POTATOES.

R. L.—By far the best way to cook potatoes is to bake them. They should be mealy. Next to that, boiled in their skins. Never eat them peeled. Potatoes eaten in moderation are a wholesome food. The Irish live largely on potatoes and skimmed milk, and they are one of the strongest races in the world. Be sure, however, never to eat any acid foods at the same meal with the potatoes.

#### MUSHROOMS.

H. S. K.—This is the time of year when mushrooms are found on the hills. There are many edible kinds of fungi besides those ordinarily consumed, but unless you are skilled you had better not monkey with them. There was formerly a superstition that mushrooms were exceedingly nutritious, and might take the place of meat. This is not so. The average composition of the mushroom is 88 per cent. water. That is to say, in a pound of mushrooms you get about two ounces of food. Of the remainder three and one-half per cent. is protein. However, they are appetizing, and good for a change in the menu.

#### STUTTERING.

D. J.—Stuttering may be cured by determination and perseverance on part of the afflicted person. Stutterers speak three times as rapidly as normal persons, and the words are separated by intervals only half as long, and there is no division of syllables. A Paris physician recently asserted that the stut-terer talks rapidly because he breathes badly, and is always out of breath. Therefore, the first treatment is to teach him to breathe correctly.

#### BRAN.

C. T.—A little clean bran is a good thing to add to food, because it is high in the all-important minerals, or organic salts, which are removed from so many of our foods in cooking, and in discarding the juice of vegetables. The latest theory in regard to bran is that it acts as an aperient, not because of its coarseness, but because of the minerals it contains. It is said that bran, when the minerals are leached out produces constipation in cows.

Unless you eat wholemeal bread exclusively, you should eat a little bran daily.

### Quality In Advertising

**A**DVERTISERS have been finding out that in many cases cheap circulation is about on a par with no circulation. There are classes of advertised goods which need the widest sort of publicity. But most advertising is the exercise of suggestion and persuasion upon readers, and here the quality of circulation is doubly important, for where it is high-class the readers are not only real earners and people of thrift, but are more susceptible to good business inducements than those of a less perceiving order.—*New York Evening Post.*

## Hux Hupuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

## FROM THE WHITE HOUSE.

The President asks me to thank you for your recent note, and to assure you of his genuine appreciation of your generous words. Such messages of approbation as yours do much to hearten and encourage the President. J. P. Tumulty; Secretary to the President. The White House, Washington.

The note referred to was one in which I inclosed a clipping of an editorial in the February number, entitled "The Right Man for the Job."

## SENSE IS NOT COMMON.

Inclosed please find one dollar for renewal of my subscription to BRAIN AND BRAWN.

You are right. I don't want a number to be missed. It is very refreshing to hear common sense once in a while, as there is too much of the other kind. Keep pounding it into them. May be some of it will stick.—Dr. J. L. Cramb, Denver, Colo.

## A TRIBUTE FROM A THINKER.

You continue to put forth the most sensible publication in Los Angeles. To read it is to find interest and receive benefit. Your high regard for the truth and persistent determination to reveal it is as noticeable as ever. In these days of repression, perversion and deliberate deception, it is refreshing to mentally absorb the contents of a publication with some regard for facts and principles. We shall wait a long time to see the daily press give the truth about Mexico as you have, and as you invariably do when dealing with things of interest and importance to the public. Your "spirit-guides"—when a man writes something good spiritualists bestow the credit on them—seem to have been in a lively mood when the January "Brooklets" were written, and I do not see that they were nodding at any other time.—Channing Severance, R. F. D. 208, Inglewood, Cal.

## DOING GOOD WORK.

I take pleasure in handing you herein a dollar in currency to pay for a year's subscription to BRAIN AND BRAWN. You are undoubtedly doing a good work for humanity in your efforts in this magazine.—W. D. Woolwine, Nat'l. Bank of California, Los Angeles.

## NO MORE DRUGS FOR HIM.

Inclosed find five dollars for final advice. I am doing well. It took a month to get started. I feel better than I have for ten years. I can lift 100 pounds easier than I could fifty pounds before I started the treatment. I did not follow the advice to the letter, but I would not take \$100 for the good it has done me. No more drugs for me.—J. A. McConnell, care of Shell Oil Company, foot of 61st St., Oakland, Cal.

### The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

1001 TESTS OF FOODS, BEVERAGES AND TOILET ACCESSORIES; Harvey W. Wiley, M.D.; Hearst's International Library, New York. For sale in Los Angeles by Otto Carqué, Cor. 16th and Magnolia Ave.; 250 pp., price \$1.25 net; postage 10c.

Dr. Wiley was chief chemist of the U. S. Department of Agriculture until the manufacturers of "doped" foods finally managed to get him out, when he joined the staff of "Good Housekeeping," on which he now is. These analyses are reproduced from that publication. He deals with baking powders, beverages, biscuits and cakes, candies, canned goods, cereals, and cereal products, condiments, desserts, extracts, fish, dried fruits, household remedies and disinfectants, lard, butters and their substitutes, meats, olive oils, preserves, sugars and toilet articles, including many well known and widely advertised preparations.

This is a valuable book, for reference.

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CONSTIPATION; Vol. 4 of Dr. Kellogg's Lectures; J. H. Kellogg, M.D.; Good Health Publishing Co., Battle Creek, Mich.; paper cover, 136 pp., with portrait; price \$1.00 by mail.

This is a reprint from "Good Health." In it Dr. Kellogg goes to the root of things, and gives the causes as well as the rational treatment of constipation. It is plainly written; a valuable contribution to the care of the body.

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YOUR MEMORY; ITS FUNCTIONS, EXERCISE AND TRAINING; by M. M. Bunker, D.C.; published by Benedict Lust, Butler, N. J.; booklet, 64 pp.; price 50c.

This is a reprint from the "Naturopath." The author gives interesting and valuable suggestions in regard to methods of improving the memory. He describes the greatly improved mentality, including memory, that accompanies a fast, and the fact that those who eat much meat, or other stimulating foods, limit the possibilities of their memories. In other words, you cannot build up a big belly and a powerful memory at the same time.

To those who mention BRAIN AND BRAWN the author offers to send copies of this booklet for 25c, postage paid, instead of 50c. Address Colby, Kansas.

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HENRY ASHTON; by Robert Addison Dague; Published by the author, Creston, Iowa; 235 pp.; cloth 50c, paper, 25c, by mail.

Mr. Dague was a California state senator, and well known in the state, living in Alameda. He is now an invalid in Iowa. This is a Socialist novel, describing how a steamer was wrecked off the coast of California, and some of the passengers later established a co-operative commonwealth on the island of Zanland, somewhere down in the Australian Archipelago. The author says: "No claim is made that the book possesses any literary merit." It is not badly written.

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### COMPULSORY VACCINATION IN LOS ANGELES.

How many people know that the following is a law in Los Angeles? It is Section 25, Ordinance 30619, adopted August 13, 1914:

“The health commissioner shall take such measures as he shall deem necessary to prevent the spread of smallpox, and the health commissioner is hereby authorized to issue an order or orders, at such time or times as he shall deem necessary, requiring all persons in the city to be vaccinated within such time as shall be prescribed in such order or orders. It shall be the duty of the health commissioner to provide for the vaccination, at the expense of the city, of such persons as are unable to pay for the same. It shall be unlawful for any person to fail, refuse, or neglect to be vaccinated as required by this section within the time prescribed in such order or orders.”

Now what do you think of that? It gives the health officer of Los Angeles as much power as the Czar of Russia. It means that when there may be a few sporadic cases of smallpox, or even chickenpox, every man, woman and child in Los Angeles may forcibly have poisonous animal filth pumped into the blood.

Of course, an attempt to enforce this law would cause a riot, but such an outrageous law should not be allowed to remain a day longer on the statute books.

It is now generally admitted by intelligent, broad-minded medical men, that vaccination not only does not prevent smallpox, but has tended to keep it alive—that were it not for vaccination, smallpox would be as rare today as the black plague, which ravaged Europe in the Middle Ages. Cleanliness has done away with smallpox and typhus and cholera and plague, and other filth diseases.

While vaccination does not prevent smallpox, on the other hand, it causes many deaths and ruins many for life. More people are killed every year, in America, by vaccination than by smallpox.

It is also now beginning to be believed that vaccination is largely responsible for the awful spread of that deadly disease, cancer, which has increased enormously since vaccination was introduced.

Not thirty per cent. of physicians be-

lieve in the efficacy of vaccination, and they do not use it in their families, but they are afraid to come out and say so, because it would not be “ethical.” Besides, the income from vaccination is very acceptable to thousands of hungry young medicos.

The City Council should at once revoke this outrageous law. All intelligent communities are doing away with compulsory vaccination. It was abolished in England many years ago, after a long and complete Parliamentary investigation.

### COLLECTION SHARKS.

Complaint is made of numerous collection agencies, operating in California, especially in Southern California, who make physicians their special prey. The law at present gives the injured no recourse against such sharks. Collection agencies should be compelled to give a bond to the State in which they operate. Also, to obtain licenses from the city in which they are located.

Senator Henry H. Lyon has introduced two bills to cover this, among other evils. One is to create small debtors' courts in counties, the other to create the office of public defender.

### NATUROPATHIC ASSOCIATION.

The regular monthly meeting of the Association of Naturopathic Physicians of California was held on Tuesday evening, February 9, at the office of Brain and Braun.

Resolutions of condolence over the sudden death of Dr. W. H. Trescott were adopted, as mentioned elsewhere. Dr. Gross announced that he had sent a floral piece, in the name of the Association. Dr. Trescott left some apparatus which physicians might buy cheap.

To fill the vacancy caused by the death of Dr. Trescott, Dr. A. Z. Holmes and Dr. Frank Lamb Willson were nominated, the election to be held at the next regular meeting.

Dr. Schultz announced that several medical bills are before the State Legislature. One provides that not more than three members of any school be on the State Medical Board. Dr. Schultz added that the bill might perhaps be amended so as to include two Naturopaths, but that would require work and money.

### MIXING THE PATIENTS.

You take your life in your hands when you go to a hospital, especially for an operation. Recently a man went to a Los Angeles hospital for a minor

operation. There was another patient awaiting a major operation. The nurse mixed them up, and refused to go back from what she said were "doctor's orders." These nurses become mere automatons, or parrots, repeating the medical slang they hear from the doctors. They do not think for themselves. In fact, it is considered a crime to do so.

Fortunately a friend of this patient happened in, and succeeded in saving him, or the Lord knows what might have happened to him.

**WARFARE ON HABIT-FORMING DRUGS.**

On the first of March the Federal Government begins the important work of restricting the sale of habit-forming drugs, with which the drugging, serum injecting and carving school of medicine has been ruining the lives of hundreds of thousands of people, by starting them on the downward path of using these drugs. Also, many members of the medical fraternity have themselves fallen victims to the habit. The new law requires every person "who produces, imports, manufactures, compounds, deals in, dispenses, sells, distributes or gives away" any or all of a prescribed list of habit-forming drugs to register with the collector of internal revenue in his district his name and place of business and to take out a license authorizing him to carry on such trade.

Every sale of narcotic drugs in wholesale must be registered with the government, and every sale at retail must be recorded by the seller, who is subject at any time to an unexpected investigation of his transactions, and severe penalties in case he has not kept the necessary records, all of which shall be public.

Prescribing physicians, dentists and veterinarians are absolved from the more stringent regulations, but are required to comply with rules which will serve to make them careful about providing drugs. Possession of drugs by any unlicensed person, who has not obtained them in accordance with the rules, is to be taken as presumptive evidence of criminal intent.

This is rather like locking the stable door after the horse is stolen, but "better late than never." We hear much of the alcohol habit, but it is a small evil, compared with the growing consumption of drugs that make absolute slaves and physical, mental and moral wrecks of those who use them.

**FUMIGATING AND QUARANTINING.**

The Arizona legislature was recently quarantined because a member was taken down with smallpox. The State capitol building was fumigated, and the city health authorities graciously announced that they would permit the Legislature to resume its sittings.

Fumigation makes a bad smell. That is all. It is absolutely of no use as a protection. Might as well beat tom-toms. Quarantine is a farce. It gives employment to people and is impressive.

**IN MONTANA.**

Drs. James & James, to whom I referred briefly last month, run a sanatorium and college at Kalispell. Dr. James is the oldest drugless practitioner in the state of Montana. He includes chiropractic, osteopathic, and other natural methods. His wife has taken courses in several methods. They have suffered much prosecution and persecution. Dr. James has been arrested twenty-three times, but was always discharged before his case came to trial. The "regulars" do not seem to want to tackle him in an open fight.

The James college has turned out a

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number of students who have stood the test, while hundreds of grateful patients are scattered over the northwest. Drs. James & James are good friends of BRAIN AND BRAWN.

**DR. CARL PETERS.**

I regret that I omitted to mention the death of Carl Peters, N.D. He died about three months ago, at a suburban place near Los Angeles, to which he had retired. Dr. Peters was a Nature Cure physician of the old school, a good, conscientious man. Consequently, as I need scarcely add, he died poor.

**DR. SCHULTZ'S SANATORIUM.**

Dr. Schultz and his partners, Dr. Clarke and Dr. Greth, are kept busy at the new Sanatorium on Grand Avenue. Everything is as neat as a new pin. Over \$4000 was expended on the installation of a system of plumbing and steam heat.

**WHERE THEY BELONG.**

Dr. E. J. Rice and T. J. Burns, a stenographer, were fined respectively \$750 and \$500 in San Francisco, for using the mails to defraud. The report says that both paid promptly.

Of course they did. They will make this up by squeezing so much more blood money out of the next victim. These fellows belong in the chain gang.

**DEATH OF DR. TRECSCOTT.**

Dr. W. H. Trescott, Naturopathic physician, and friend of BRAIN AND BRAWN, died suddenly at his residence in Los Angeles, on Wednesday, February 3, from an affection of the heart. He came to Los Angeles more than twelve years ago and began to give drugless treatments. His wife died five years ago, and his only child, a daughter, is in China.

At the monthly meeting of the Association of Naturopathic Physicians of California, held on Tuesday evening, February 9, a resolution was adopted, expressing the regret of the members at the untimely demise of their esteemed colleague.

**RECIPROCITY AND CHIROPODY.**

All systems of medicine and healing now recognized by the State Board of Medical Examiners are included in the present reciprocity regulation by which practitioners from other states who fulfill the requirements are admitted in

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California without examination in a bill introduced by Senator Benson of San Jose.

The measure, which originated with the State Board, tightens up the reciprocity law by requiring that doctors from other states must be residents of the state in which they are licensed for one year before admission here.

Chiropractors become a recognized system under the bill, and are required to be licensed by the State Board. Itinerant doctors are required to pay a license fee of \$100.

#### UNNECESSARY SURGICAL OPERATIONS.

The doing of unnecessary operations will cease to a large extent when academic standards enter into the control of more hospitals, and the public comes to appreciate what these standards mean. As it is now, there are blacklists in nearly every hospital in San Francisco and certain men cannot put their patients in these hospitals because they are known to do unnecessary operations. A little more of this sort of standard and it would be a great deal easier for the public to separate the sheep from the goats.—California State Journal of Medicine.

#### GUESS AGAIN.

Some time ago, when there was a boom on in "infantile paralysis," eminent medical authorities announced that it was due to inoculation with a germ carried by the stable fly. As usual the medical world accepted this as gospel. Now Dr. Flexner, of Rockefeller's torture chamber, announces that the stable fly is not guilty, and that they are still searching for a "bug" on whom the guilt may be laid.

Of course, infantile paralysis is due to wrong diet—to a diet consisting largely of starches, sweets and other starvation foods, deprived of the natural mineral elements. Feed your children right, and they never will get infantile paralysis, bugs or no bugs.

#### DRUGLESS DISCORD.

Nearly two thousand years ago a heathen exclaimed: "How these Christians love one another!" I might paraphrase this by saying: "How these drugless healers hate one another!"

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number of drugless "pathies" to hate and sling mud at every other drugless school is bad enough, but when it comes to a point where each college of a school hates every other college of that school, and nearly every member of a school knocks nearly every other member, then I submit that is "sumpin fierce." Sometimes I get a drugless healer to admit that another man in his line of business is a pretty good sort of a fellow, "but"—. Then the butting begins. Also the knocking.

Men and brethren, can't you manage to stop biting each other until you are out of the woods? Even the animals have sense enough not to attack each other during a forest fire. No wonder the Medical Trust does about as it pleases with you. Take a lesson from the "regulars." They don't knock—and they win.

### STATE BOARD OF HEALTH.

Dr. George E. Bright of San Francisco was chosen president of the State Board of Health, to succeed Dr. Martin Regensberger, who was not reappointed by the Governor at the expiration of his term. Dr. Adelaide Brown of San Francisco, the first woman ever appointed to the board, was in attendance for the first time.

J. C. Earll, chiropractor, is a near neighbor and a good friend of BRAIN AND BRAWN.

### DIAGNOSIS.

"Regulars" profess to believe that the public is in danger of natural healers, whom they call "quacks," because they say they cannot diagnose disease. Well, let us see.

Not long ago Dr. Cabot, one of the most eminent allopathic physicians of America, in a burst of confidence, admitted to a gathering of his colleagues that of several thousand diagnoses made by him, where the cases had come to autopsy, he had been correct in only about fifty per cent.

Any ordinary "quack" could guess right half the time.

### SUNSHINE AFTER RAIN.

We must have some clouds and sorrows, even as a dog has fleas. Clouds are here for a purpose.

A little darkey was sitting on a curb, hitting his head with a stick. Asked why he did such a thing, he replied: "It feels so good when I stop."—"Pep."

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## Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

### CHIROPRACTIC.

Dr. J. K. Gilkerson is one of the active and enterprising members of the local chiropractic fraternity. He appreciates the value of printer's ink and in consequence, is doing a good business.

### WHOLE-WHEAT CRACKERS.

Otto Carqué has the agency for a new whole-wheat cracker, known as "Maize-Wheaten Health Tid-Bits." They are sweet and appetizing, and I recommend them highly—to those who have good teeth.

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Many of those complicated methods of breathing exercises are positively harmful. Lionel Strongfort has written an interesting and valuable booklet on "The Folly of Forced Deep Breathing."

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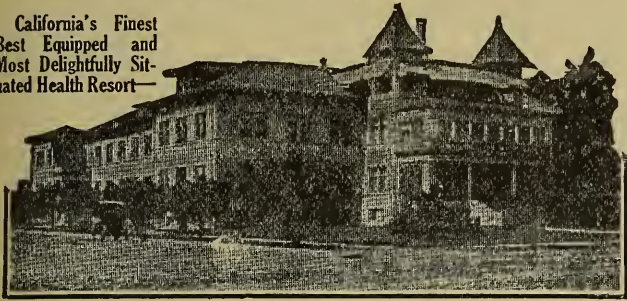
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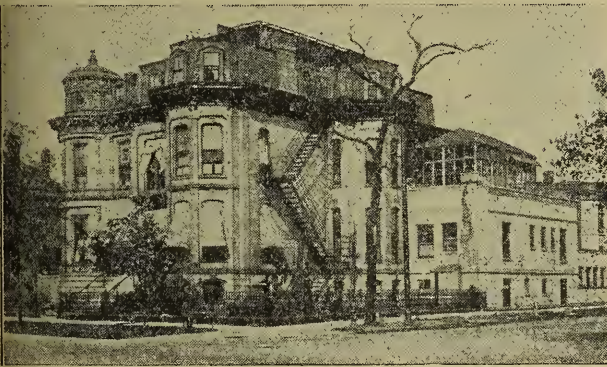
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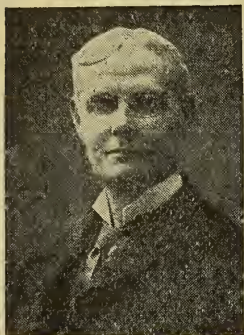
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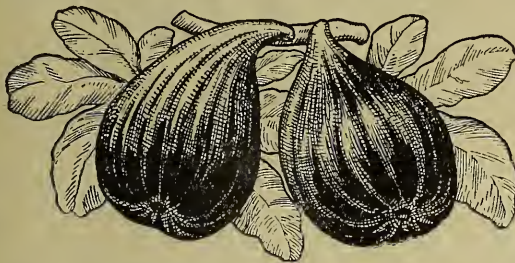
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APRIL, 1915

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

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Vol. III

LOS ANGELES, APRIL, 1915

No. 11

## Tuberculosis

**L**AST year the California Medical Association asked the Legislature to appropriate a million dollars, for the prevention and cure of tuberculosis. It is said that \$20,000,000 was expended in the United States in 1914 for the purpose. Much of this money was wasted, for the good effects of the open air treatment are largely negated by the abominable, unnatural and harmful stuffing system, that is a part of the treatment, to which is sometimes added the injection of filthy animal matter into the blood.

The theory that consumption is hereditary is false. Were it true, the human race would have been wiped out long ago. A tendency to tuberculosis may be inherited, not the disease.

Another superstition is that germs are the cause of tuberculosis. If germs cause tuberculosis, how is it that they do not appear until several months after the disease has established itself? These germs are not the cause, but an effect of the disease. Like buzzards, they swoop down on impurity and proceed to clean it up as far as they are able. Germs are no more the cause of disease than maggots are the cause of decay in meat. It has been shown that a third of 1443 cases of tuberculosis observed in one institution failed to show the tubercle bacilli. Consequently, all treatment aimed to kill germs is necessarily ineffective, and usually harmful to the patient.

Another bogie is the infectiousness of tuberculosis—a belief that has caused much unnecessary misery and suffering.

Finally, there is the cruel and unnecessary falsehood that tuberculosis is incurable. This has been disproved in thousands of cases treated by natural methods. The consumptive cough is a curative process—an effort of nature to eliminate morbid matter. The first thing done under “regular” medical methods of treatment, is to endeavor to suppress nature’s effort. Tuberculosis of the lungs, when taken in time, and treated rationally, is one of the easiest of chronic diseases to cure. Dr. C. E. Page writes:

The records of the dissecting-room prove that in numerous cases lungs, wasted to one-half of their normal size, have been healed, and, after a perfect cicatrization of the tuberculous ulcers, have for years performed all the essential functions of the sound organ. . . . The poet Goethe, afflicted in his childhood with spitting of blood and other hectic symptoms, thus completely redeemed himself by a judicious system of self-culture. Chateaubriand, a child of consumptive parents, steeled his constitution by traveling and fasting, and reached his eightieth year.

A paper published in Virchow’s Archives maintained that ninety-nine per cent. of the human race, who attain the age of thirty, show, on post mortem, lesions of tuberculosis.

Tuberculosis is a disease of digestion—of mal-nutrition—and diseases of digestion are caused by wrong diet. No person with a thoroughly sound digestion is afflicted with tuberculosis. Usually the disease is brought on by an excess of nutriment over the quantity of oxygen inhaled. Dr. R. T. Trall wrote:

First in the list of predisposing causes is constipation of the bowels. This is usually more or less connected with a torpid condition of the liver, because the same dietetic or other errors which occasion obstructions in the bowels, occasion, also, the same condition in the large depurating organ called the liver. When constipation of the bowels and liver exists, the kidneys and skin are compelled to perform extra duty in the work of eliminating morbid and effete materials from the system, in consequence of which they become, finally, exhausted and torpid. Then it is that the lungs have to sustain the chief burden of depuration, and the result of this is a disorganization or destruction of their tissue—consumption.

How foolish, then, it is to stuff into these patients suffering with a weak digestion, immense quantities of eggs and milk, highly nitrogenous foods, containing a large surplus of protein, phosphorus and fat, foods that would induce digestive disturbances in well people. How futile to attempt to cram into a patient food that is not digested, but rots and ferments, and poisons the blood. Although he eats more than he should, the invalid may be suffering from food starvation, because his food is lacking in the all-important organic salts, or mineral elements.

Many cures of tuberculosis have been effected by fasting, or a severe restriction of the diet to the amount that the consumptive can digest. Hereward Carrington writes:

Fasting seems to affect the lungs at once, more speedily and more effectually than almost any other diseased organ, the exception being, perhaps, the stomach. It must be remembered that the lungs are themselves the great purifiers of the blood, besides which they are one of the most important eliminating organs we possess. Elimination by means of the lungs is carried on with almost incredible rapidity, lung tissue seeming to possess the inherent power of healing itself in a far shorter time, and more effectually than any other organ, which may be diseased.

Much care should be exercised in undertaking a fast. Usually a severely restricted diet, or a fruit fast is preferable.

The National Association for the Study and Prevention of Tuberculosis recently issued a statement from which following is an extract:

The United States Public Health Service declares that outside of three essentials in the treatment of consumption—namely, rest, fresh air and good food, there is no drug known, however rare or expensive it may be, that has any curative action in this disease and all remedies advertised as such are to be avoided. Potent enough medicines are harmful; radium, X-ray (or electricity in any of its forms) have no specific value in tuberculosis of the lungs. No serum has yet been found that will cure it and there is no plaster or poultice which has an effect on the disease itself.

Notwithstanding this, wonderful cures for consumption, "ethical" and "unethical" are announced from time to time, and are boosted in the press, raising false hope in the minds of sufferers, and often causing them to delay the adoption of natural methods until it is too late. There was the Koch "tuberculin cure," now generally discredited and discarded, although it is still administered in some unpro-

gressive establishments. The Friedmann cure was not only useless but harmful. United States authorities assert that within the last five years no less than five hundred fraudulent cures for consumption have been put forth in the United States. These "unethical" cures are no worse, and sometimes less dangerous, than those coming to us, with high sounding names, from Germany. They are all useless. No serum or drug can possibly cure consumption, or any other disease. Inhalations of various kinds merely afford temporary relief. They never remove the cause, and therefore, can never cure.

Now, as to the rational method of treating tuberculosis. First, the diet must be strictly regulated, so that the patient no longer burdens his blood with the poisonous remains of food that he cannot digest or assimilate. It must be rich in the mineral elements that specially abound in fruits and salad plants. He must live out-of-doors. Consumption is a house disease. Healthy and vigorous native tribes, when taken hold of by misguided missionaries, and forced to wear clothes and live in houses, rapidly develop consumption. The body should be hardened, by gradually accustoming it to the wearing of light clothing, and exposure to the air and sun. Exercise must be undertaken from the first, and gradually increased. Even if it is only to raise and lower the arms and clench the fists, it is something. In European Nature Cure sanatoria, and in a few in this country, they have trails, carefully measured and graded, so that the patient may tell how he is progressing.

Too much is made of climate. It is of little use to change the climate, so long as you carry your bad habits with you. As I have heretofore said, the chief benefit of a climate like that of California, is that it permits a person to be with comfort in the open air, all the year round. A cold bracing climate, with a clear sky, is good—better than a warm humid climate. Eastern physicians send their consumptive patients away to the Southwest, when they can no longer do anything for them. It is a cruel business. Sometimes these unfortunates are without means, and become a burden to the communities in which they live. In Arizona it has been found necessary to take steps against this incursion. Even if the sufferers have means, when they are away from friends in a strange place, it militates against their recovery.

The main thing is to get, if you can, where the air is pure. Then it matters little whether it is air of the seashore, plains or mountains. The dry aseptic air of the desert, where the carcass of a steer dries up and blows away is, of course, good for decayed lungs. Advanced cases, where there is hemorrhage, should not seek very high elevation.

Tents for consumptives are foolishness. Canvas is almost as impervious to air as wood. If the flap is let down at night, you would do much better in a room, with the windows open. The best shelter is a brush hut, constructed of poles, chicken wire, and interlaced branches. This permits free circulation of air and gives light enough for reading. Also it is inexpensive.

Consumptives should avoid cities as they would avoid the plague. Especially is this true of California cities, with their long dry rainless summers, and much dust, impregnated with horse droppings, dessicated consumptive sputum and other filth.

## Soul Slaying Drugs

**T**HE Federal law forbidding the sale of habit-forming drugs, except under the most severe restrictions, went into effect on March 1. I gave an outline of the law in the March number. This law has opened the eyes of many, who had not previously realized the truth, to the extent of the drug curse in the United States. Some estimate the number of habitual drug users at a million, which surely must be excessive. Reliable statistics show, however, that in Chicago alone there are no less than thirty thousand.

Some drugs wreck only the body. Others ruin soul and body alike. Men and women who have become addicted to the regular use of one of these habit-forming drugs, will stop at nothing—not even at murder—in order to obtain what they crave.

Prohibitionists have been confining themselves to warfare against alcohol, even going to the extent of proposing to abolish the use of beer and light wines, while this drug curse has been gradually spreading throughout the country, especially in prohibition communities.

It should be noted that all these deadly drugs—opium, morphine, cocaine, and others—were first put forth by the medical fraternity. Distilled alcohol was invented by a physician and proclaimed as an “elixir of youth.” Absinthe was introduced in Algerian hospitals, as a substitute, and then became a craze with the French troops, who spread its use through continental Europe. It is now forbidden in France and the United States, but not until it has wrecked the lives of millions.

Following the lead of the medical fraternity, these drugs were put up in patent medicines, until the government placed a ban upon them. Babies have acquired the dope habit from birth, by swallowing “soothing syrup” containing morphine or opium. “Mrs. Winslow’s Soothing Syrup” doubtless did its share in hurrying two of my brothers into the Beyond during infancy.

A large number of physicians are themselves addicted to the use of morphine. This is no wonder, considering the strenuous life they lead, and the fact that they are continually handling the drug. Conscientious physicians have for some time past refused to administer it, but then, what was the use, while there were so many others willing to do so?

When the people become more enlightened they will demand that not alone these drugs, but all poisonous drugs, “ethical” and “non-ethical,” be forbidden. They have slain, and are still slaying, their millions. They never cure, but merely suppress the symptoms of disease, and make a real cure more difficult. With them should also go the latest and most dangerous medical fad of serums, composed of animal filth, that not only do not prevent disease, but poison the blood of the people, and are largely responsible for the great increase of such dreadful diseases as cancer.

---

The great danger of all merely mental education is that the spirit tends to live in the abstract alone, and is not educated to control and inspire physical actions.—Prof. F. W. Foerster.

## Our Daily Bread

**T**HE war is teaching some people a lesson in diet. In Europe one country after another is regulating the bread. In Germany they have a "kriegsbrot," or war bread, composed of rye, wheat flour and potatoes. Switzerland has forbidden the manufacture of white flour, and has ordered all wheat to be ground into wholewheat flour, to avoid all possible waste, with the result that there is not a loaf of white bread in Switzerland today.

Only a small portion of the population of the world uses wheat bread as we know it—say, perhaps, ten per cent. Others use wheat, rye, corn, oats, millet, and barley, in bread or cakes of various kinds. Yet other millions use no grain, substituting bananas, taro, cassava and other roots. In northern Italy chestnuts are used by poor people, who cannot afford wheat. In this country only the well-to-do can afford chestnuts.

The high price of wheat should teach people to use more freely such wholesome grains as rye and corn. Also, to eat the whole grain. It is a most wasteful and foolish process to grind the wheat and feed the best part of it to animals. The bran contains most of the minerals. It is not a matter of difference of protein, but of loss of these all-important mineral elements. Thus, whole wheat contains 23 parts of mineral to the thousand of water-free food, where as white flour contains less than 6 parts. This is not so important for grown people, who obtain minerals in other foods, but it is highly essential that growing children, who are fed largely on bread, should get the whole grain. Otherwise they become stunted. English bread is the worst in the world, and England has had to send a small army of dentists to the front, to repair the teeth of soldiers. If you do not use whole-meal bread, you should eat daily a little clean bran.

Another thing. Most housewives regard flour as flour. This is a grave error. There is a great difference between various brands of flour. Some contain much more protein than others. California soft flour is largely starch, and low in protein, so that a harder, more glutenous flour has to be mixed with it, in order to make good nutritious bread. Choose your flour with care.

In this connection we must consider the all-important question of fertilizing the soil. Tubers and grains grown on impoverished soil contain less than half as much of the mineral elements, or organic salts, as those grown on rich soil. We are woefully ignorant on this subject, including the U. S. Agricultural Department. When we become wiser we shall adopt the method of the German Hensel, of fertilizing with ground rocks, clean and rich in minerals. Then our plants will not suffer so much from disease as they do when fertilized with animal refuse. As it is now, the fertilizer manufacturers have sufficient pull to prevent the importation of these natural rock fertilizers into the State of California. It is a shameful condition, against which the people should protest.

---

I know that just before me or somewhere about me there is a generation of men who will think less of being saved, and more of being worth saving, less of dogma, and more of duty, less of law, and more of love.—J. G. Holland.

## Polygamy

**L**AST month, writing of the after effects of the war, I ventured the suggestion that, owing to the depletion of men, on a continent where men were largely in the minority before the war began, it might be found necessary to introduce polygamy, in order to insure a supply of cannon fodder for future wars. This, although every encouragement has been held out by the governments of Germany, France and England for the men to marry and propagate before leaving for the front, while German married soldiers, I am told, have been granted short furloughs, to go home and beget recruits for the War Lord.

Gen. Miles, of the United States army, has made a similar suggestion. He thinks the great conflict will possibly cause a revival of the practice of polygamy. So many men, he says, will be killed that population can be restored to its normal level only if men take two or more wives.

I am not so sure about that. Nature has a mysterious way of repairing Man's blunders. It has been noted that after all great wars male births largely predominate. The same was true of the early days of the Australian colonies, when they were penal settlements.

Polygamy is a question of economics, rather than of morals or religion. Religious people, to whom the practice is a bugbear, can find no support for their opposition in the Bible. On the contrary, as I mentioned last month, many of the saintly men of the Old Testament, favored of God, were polygamists, and there is no word of condemnation of polygamy in that book. Indeed, in certain cases polygamy was enjoined in the Jewish law. In the New Testament the only reference we find is an admonition for bishops of the Christian church to have only one wife.

Coming down to later days, we find that Martin Luther, father of the Reformation and founder of the Lutheran church, joined with Melanethon in advising the Landgrave of Hesse to take a second wife.

Yet a mention to the Christian churches of polygamy is as a red rag to a bull. They fall back on this when they are at a loss for a subject for denunciation. The new parson was consulting with the elders regarding his first sermon. He suggested that he might preach against the use of alcoholic beverages. "That would scarcely do. Some of our influential members, you know, occasionally take a 'wee drappie' for the stomach's sake." "Cards?" "Not that, either. Some of the members of our Ladies' Auxiliary occasionally indulge in bridge whist." "How about usury?" "No, that might be regarded as too personal by a few of the wealthier supporters of the church." "Well then, what can I preach about?" asked the perplexed minister. After a few moments' reflection an elder suggested: "You might denounce the Mormons."

Where polygamy prevails, wives are usually well cared for, and prostitution is comparatively rare. Dr. J. Frank Lydston, in his book "Diseases of Society and Degeneracy," has gone so far as to say that we must choose between polygamy and prostitution, a statement that is true only so long as men overeat of stimulating foods.

In modern society many men are able to support in comfort several wives, while many women cannot support themselves. Where

both are willing, the State has no more right to forbid plural marriage than a church has to enforce it.

What, after all, is our present system of rapid change divorces but consecutive polygamy, the wife and children often being abandoned to shift for themselves, for the world is wide and alimony is easily evaded.

This is not a plea for polygamy. I believe monogamy, as recognized and practiced by half the people of the world, to be the ideal form of marriage. Where a woman loves her husband, not regarding him merely as a means of support, plural marriage brings jealousy, heartburning and misery. All I wish to show is that we should discuss this question calmly and dispassionately, as we discuss kindred questions of divorce and "race suicide."

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### Women and War

**F**OLLOWING call for the Woman's International Peace Conference was issued ten days ago in Chicago:

"As women equally with men pacifists we understand that planned-for, legalized, wholesale human slaughter is today the sum of all villainy.

"As women we are especially the custodians of the life of all ages. We will no longer consent to its reckless destruction.

"As women we are particularly charged with the future of childhood. We will no longer endure without a protest that must be heard and heeded by men, that hoary evil that in an hour destroys the social structure that centuries of toil have reared.

"Therefore, as human beings and the mothers of humanity, we demand that our right to be consulted in that settlement of questions concerning not alone the life of individuals, but of nations, be recognized and respected."

These are brave words, but words do not stop war. To produce results women must do something more than protest and issue calls. An effective way to make their protest felt would be to refuse to breed more "cannon fodder" until the nations disarm. Unfortunately, however, as I remarked last month, a great many of the women in warring countries are as much infected with the vice of patriotism as the men.

Wars will not cease so long as men and women are willing to believe it a holy duty for them to shoot, kill, maim and destroy good neighbors, who live across an imaginary boundary line. War will not cease until men and women realize the brotherhood of man, regardless of race, color, flag, or speech.

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The person who goes at his routine work each day cheerfully, promptly, without reluctance, and who does it neatly, accurately and quickly, will gain efficiency for the work that requires initiative and decision, the work that is not routine. The person who scorns all work that does not demand the exercise of the higher faculties is likely to sit most of the time in superior and arid idleness.—Youth's Companion.

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A surgeon once—a sexton now—twin personages:  
Identical professions, only different stages!—Martial, 100 A.D.

## Substitutes for the Saloon

**R**ESIDENT TREFETHEN of the Seattle Library Board, with the indorsement of Mayor Gill, is working on a plan to establish branch libraries, with meeting and lounging-rooms, in the districts where saloons are most abundant. Prohibition will deprive many men of places of amusement. He favors providing checkers, chess and cards to entertain frequenters of the proposed libraries. Mr. Trefethen is on the right track.

On all sides we hear: "The saloon must go." It is going quite rapidly—often to be replaced by "blind pigs." What are we going to provide in place of the saloon, for the poor man, who has no other resort? The saloon is the poor man's club, where he finds society, warmth, light, reading matter, and cards. Unless we provide a substitute, he may find even worse places—deadfalls, where crime is plotted in semi-darkness.

Take the case of an unmarried laboring man, whose "home" is a cheerless ten by twelve bedroom, in a third-class boarding-house. Where is he to go on a winter evening, after completing a hard day's work? Perhaps you say there are the establishments of the Y. M. C. A. Oh, yes, but he would have to dress up, and would not feel at home there. Again, there are too many conventionalities to be observed.

The usual substitute is a "temperance coffee house," an adobe of gloom, with "Don't Smoke" and Bible texts scattered over the walls. Such a place can never compete with a saloon. There must be everything a saloon offers, except the alcoholic beverages, although I should include beer, and pure light wine, containing not over twelve per cent. of alcohol, as that is less harmful than strong coffee. However, the prohibitionists would never hear of this, so let it pass.

Restaurant keepers of Los Angeles are seeking to abolish saloon free lunches. What will you offer poor men as a substitute?

In a little book entitled "If Not the Saloon—What?" Rev. James E. Freeman, rector of St. Andrews Memorial Church, of Yonkers, N. Y., wrote:

Were it possible in our large cities to eliminate entirely the saloon, without endeavoring to furnish any sensible or reasonable substitute, the condition of life among our working people would be infinitely harder than it is under existing systems; for, while it may be demonstrated that the abuse of liquor is a curse, it must also be remembered that the saloon is to the poor man the center and source of much of his social life. It is the place of his contacts. It is the home of much of his amusement; and to the man of temperate habits it is as legitimate a place of innocent recreation as the clubs of the rich, with their luxurious fittings and splendid appointments. From this aspect of it, there is evident a condition to be reckoned with in which the saloon becomes a necessity rather than a thing to be utterly annihilated.

In the same book Mr. Freeman describes one of the most ambitious experiments in the way of a substitute for the saloon, the Hollywood Inn, a handsome five-story building of good architecture, in Yonkers. It was founded in a modest way, about twenty years ago, for the purpose of finding out whether the working men would patronize a saloon substitute that was both practical and attractive. It began with a large store on a main street, equipped with smoking,

game and reading rooms. Soon larger quarters were required. A little revenue was derived from the sale of light lunch, tobacco, etc. Then pool and billiard rooms were added. William Cochran, a large employer of labor, backed the establishment for the erection of a complete club building costing \$200,000. Dues of \$3 per annum were established, to remove all suspicion of charity, so obnoxious to real working men. There is in this building every convenience found in a down-to-date club, including a library of 5000 volumes. Also a gymnasium, a dozen pool and billiard tables, a card room and a plunge.

Here is an excellent opening for true philanthropy—a chance to save men's souls and self respect, and make five per cent. on the investment. How is that for a combination? To do this it is not necessary to wait until saloons are abolished. On the contrary, such establishments will go far toward winning men from the saloon. They must, however, as I have said, offer every attraction found in the saloon, except alcoholic beverages, and they must be absolutely free from patronage or religious proselyting.

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### Real Love

**A**S I said in the August number, in the books of the Bible one may find some of the grandest passages in the English language. Yet their very grandeur tends to lessen the influence of its teachings with some people, as it is written over their heads, and they seem to feel as if the statements were not applicable to modern times.

The Revised Version was in some respects an improvement. In others not. I have for years had in mind the setting into modern English of one of the gospels, but I have never yet found time for it. There appeared recently a new translation from the Greek New Testament by Dr. James Moffatt, Professor of Greek at Oxford. Here is an example. For centuries the word "love" masqueraded under the unsatisfactory and insipid guise of "charity." Following is a correct translation of I Cor. XIII:

"Love is very patient, very kind. Love knows no jealousy; love makes no parade, gives itself no airs, is never rude, never selfish, never irritated, never resentful; love is never glad when others go wrong, love is gladdened by goodness, always slow to expose, always eager to believe the best, always hopeful, always patient. Love never disappears."

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The world has always been as it is now. Moralists' strictures will never change it. Man is not perfect, but one age is more or less hypocritical than another, and then simpletons say that morality is high or low. I do not think that the rich are any worse than the poor. Man is much the same, high or low, wherever he is.—Balzac.

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Let us spend one day as deliberately as nature, and not be thrown off the track by every nutshell and mosquito's wing that falls on the rails. Let us rise early and fast, or break fast, gently and without perturbation; let company come and let company go, let the bells ring and the children cry—determined to make a day of it. Why should we knock under and go with the stream?—Thoreau.

## A Commercial War

**I**N Tolstoi's remarkable "Vision," revealed by him four years ago, and printed here in September, 1914, he said:

This is a revelation of events of a universal character, which must shortly come to pass. Their spiritual outlines are now before my eyes. I see floating upon the surface of the sea of human fate the huge silhouette of a nude woman. She is—with her beauty, her poise, her smile, her jewels—a super-Venus. Nations rush madly after her, each of them eager to attract her especially. But she, like an eternal courtesan, flirts with all. In her hair ornament of diamonds and rubies is engraved her name: "Commercialism." As alluring and bewitching as she seems, much destruction and agony follows in her wake. Her breath, reeking of sordid transactions, her voice of metallic character like gold, and her look of greed are so much poison to the nations who fall victims to her charms.

Tolstoi was right. This war, like most modern wars, is based on commercial rivalry, or "dollar diplomacy," representing Selfishness and Greed.

One of the main causes of the present war is the superior economic efficiency of Germany, a superiority arousing the jealousy of the merchants and manufacturers of England and other countries. We have heard much of the wonderful efficiency of the German army. The commercial efficiency of Germany is none the less remarkable. It has enabled Germany, within a few years, to assume a dominating position in the world's trade, threatening that of England, mistress of the seas, and controller of a large portion of the earth's surface. Encouraged by government sympathy and support, German chemists have evolved by-products more valuable than the main product. Nothing is overlooked. When a farmer's wheat crop falls below the average, a representative of the government calls to learn the cause. The phrase "Made in Germany," imposed as an obstacle on German trade, has proved an effective advertisement for the manufactured products of the Fatherland.

Here are striking figures, showing how Germany has overtaken England in world trade during the past thirty years. The figures represent millions of dollars:

	1886	1904	1913
England .....	1455	1415	2371
Germany .....	770	1193	2131

It may be claimed by some that Germany's trade progress is due to wages lower than those paid in England. This is only part of the answer. German workingmen live better than their better paid English competitors. The visitor to Germany does not see such offensive slums as are found in large cities of England and the United States. The German government looks after the workingman as well as the manufacturer. Workingmen's insurance was introduced in Germany long before it was thought of in England or America.

There is a warning in this for the United States. The war was not a month old when the world awoke to the fact that many of its industries would be embarrassed, if not paralyzed, for lack of some indispensable things "made in Germany." From tin soldiers to coal tar dyes, and poisonous coal tar drugs, that have hastened the exit

of many good Americans to the Hereafter, runs the list of articles "made in Germany." It began to dawn upon us to what extent we have been depending on Germany, except for raw products, and even for some of those, for instance, sugar beet seed. A few weeks ago I received a letter from a firm in Pittsburg, that manufactures a food of hulled lentils, the most nourishing of all vegetable products, stating that their supply of lentils from Germany was running short, on account of the war.

American ingenuity will, of course, overcome these conditions—is indeed now doing so—so long as war prices rule, but shall we keep it up when the business offers only a modest profit?

In the same effective manner German merchants cultivate and develop foreign trade. Their young men study not only foreign languages, but foreign manners and customs, and methods of doing business. While learning, they take positions abroad for a nominal remuneration, so that in London "clarks" regard their Teuton competitors much as Irish-American laborers regard the Chinese. The result of this painstaking work is shown in the flourishing German mercantile houses scattered all over the globe.

Not being able or willing to compete with Germany on a fair basis, dollar diplomacy is invoked to build customhouses and dreadnoughts. What would be thought of the proprietor of a department store if, unable to meet the competition of a rival across the way, he should call on the police to batter his competitor's store down, and put him out of business, or to build a high brick wall around it? Yet that is just what national commercial organizations do, on a larger scale. Only a couple of weeks ago representatives of tobacco and steel trusts called at Washington to protest against the attitude of Japan toward China. Under a less sane administration such a protest, backed by newspaper head lines, might easily lead to war.

The young men who shed their blood on the battlefield are not inspired by Commercialism. They are merely pawns on the chess-board. By aid of an "inspired" press they are made to believe they are fighting for a holy cause, while those who pull the wires sit in their office chairs and count up their gains.

Back of all lies the invention of machinery, with immense output of products and unequal distribution, so that nations fight for foreign markets while millions of their own people are under-fed and under-clothed.

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### Illiteracy and Immigration

**C**ONGRESS defeated the bill for an illiteracy test of immigrants. That, I think, was well. It is not a good test. Many rogues can read and write glibly. They may even compose poetry, while some good citizens cannot even write their names.

Seven hundred years ago such a test would have excluded all Europeans except the priests. King John, who unwillingly signed the Magna Charta, was known as the "Clerk"—pronounced in England, "clark"—because he could read, and could write his name.

What we should have is not a test of education of the head, but a test of soundness of heart and body, in those who seek to become citizens of this Republic.

## Noise

**A**T the opening of the World's Fair in San Francisco, a feature of which San Franciscans were quite proud was the tremendous noise, kept up for a solid hour after President Wilson pressed the button that opened the gates of the Exposition. They boasted that this was the biggest noise ever made in an American city. Steamship whistles, factory whistles, bells, gongs, and even telephone bells were set going for sixty minutes, and the policemen on the beat added to the pandemonium by striking their clubs on telephone poles.

No doubt many sick people, on the verge, were hurried off prematurely by this infernal racket.

In an address delivered before the American Civic Association of Washington, Imogen B. Oakley said:

No arguments are needed to prove the effect of noise upon the auditory nerve. Dr. Clarence Blake, of Boston, one of the most eminent of the world's aurists, says: "Diseases of the ear are increasing with the increase of noise. If the noise of our cities is to continue, we shall be a deaf race. As the eye requires intervals of darkness, so the ear requires intervals of silence to keep it in perfect health." It is a singular thing that the ear is the only organ of sense that has no legal protection. The law forbids offensive odors. It insists upon the cleanliness of all articles which the public touches. It does not allow disgusting or indecent signs; billboards are condemned because they offend the eye. It enacts pure food rules and regulations, thereby protecting the health through the sense of taste, but it leaves the ear the helpless victim of every assaulting sound.

As long ago as 1897 the editor of the *Journal of Pediatrics* asked: "May it not be possible that much of our startling increase in insanity is due to the continuous noise of our cities? May not the brain be affected by the ceaseless assaults through the ear?" During the past eighteen years insanity in the United States has largely increased.

Making of unnecessary noise is a sign of national youth. Boys like to beat tin cans and set off firecrackers. We are not yet grown up. One hundred and thirty-nine years is a short period in the life of a nation.

A few days after the opening of the World's Fair, the Japanese, who were advanced in art and literature before Columbus discovered America, dedicated their pavilions at the Exposition. The pulling of a silken cord caused streams of water to flow in cascades and rills through the miniature gardens. Simultaneously flocks of white pigeons were released, and hundreds of gaily colored balloons, bearing Japanese and American flags, were sent skyward. Beautiful day fireworks are a Japanese substitute for our noisy firecrackers and bombs.

In several American cities societies have been formed for the prevention of unnecessary noises. It is a good idea, and should be encouraged. It is remarkable how many of our city noises are avoidable. They tend to increase nervousness, and to mar the enjoyment of life, by those whose sensibilities have not been blunted.

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When they lay me away let it be said of me that as I traveled along life's road, I always endeavored to pull up a thistle and plant a rose in its stead.—Abraham Lincoln.

## Briefs

Thirteen deaths from instantaneous gas heaters in Los Angeles in eleven weeks. Why not ventilate the bathrooms?

In Pomona 275 children left school, following a compulsory vaccination order. The people are learning about the dangerous vaccination superstition.

The Driggs-Seabury Ordnance Co., of Sharon, Pa., refused all European orders for war munitions. A corporation with a soul.

A florist advertises the "coming fashionable flower." Must even the flowers be subject to fashion's follies?

Berkeley is the last of the big American universities to eliminate the Greek language, as a requirement for the B. A. Degree. Enough to make the old pedagogues turn in their graves.

Passengers on Chicago surface lines must be seated, except during rush hours.

A Los Angeles wife, twenty-seven years old, married three years, killed herself because she could not have children. And there are so many women who avoid maternity.

The "far flung" battle line now extends from Cairo to Calais, a distance of 2000 miles.

Beware of lots in "industrial cities" a mile or more from Los Angeles Harbor, with factories to be erected "in the near future."

Medical science "stamped out" the foot and mouth disease by killing the affected cattle. Expensive stamping.

Canadian army contractors are furnishing inferior boots. The same sad old story.

In Portland, Ore., married women teachers are barred. That is right. Married women should raise and teach their own children.

When raids are made on houses of ill-fame, why not publish the names of the owners, as well as of those of the female inmates?

Owing to the cost of lead, American factories are making copper bullets for Europe. Copper is likely to cause blood poisoning.

German women will wear toques in the shape of torpedoes. Horrible idea. Worse than dead birds.

Gen. Scott quelled an Indian uprising in Utah by smoking a pipe of peace. Another triumph for "watchful waiting."

# Brain and Braun

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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## A Child Among Wolves

CHINA at present deserves the sympathy of all honest, liberty-loving people. A country that had evolved literature, art and science centuries before Columbus landed on the Western Hemisphere, she has not set the killing of human beings above all other occupations. Agriculture has been honored as the leading pursuit, and the scientist has ranked high above the soldier. Consequently, China has been at the mercy of more martial races, who have been licking their chops over the fat carcass. At present the European powers have more pressing business. Meantime, Japan has been getting ready to seize the opportunity of extending her "sphere of influence," the polite way robber nations put it when they take what does not belong to them. China, with more than a fourth of the earth's population, has no more chance against Japan, than has the Lusitania against a torpedo boat.

China has faith in the United States, alone among the great powers. We have shown that we—as a nation, if not as individuals—are honest and unselfish in our dealings with her. China looks up to us for protection as a child looks to a big brother when going through a forest filled with wolves. Shall she look in vain? Russia, England and the United States have protested against Japan's action. We shall see what comes of it.

Patriotic, progressive men in China have been trying to establish a real republic, modeled, as far as conditions will permit, after ours. This effort has been frowned upon by the robber nations, who would rather deal with an autocracy, as being easier to control. It appears now as if China's effort would, for the present, be futile.

The Chinese possess admirable qualities. Their honesty is proverbial. A Chinaman's word is, in fact, as good as his bond. Not to discharge all debts at New Year's is a disgrace. Those who have been privileged to visit in the homes of educated Chinamen say they have never met more delightful people. Some Chinese customs—as their treatment of criminals—appear to us barbarous, but then, they regard the tortures of our vivisection chambers in the same light.

The people of the United States should manifest more sympathy with a nation that is struggling for freedom and national existence.

## Bloody Business

**W**HEN you see a big hulking man urging unwilling "kids," or dogs, to fight, your opinion of him is not favorable. What, then, shall we say of a man or men who work nations up to the point of approving a bloody war, that lays waste countries, and makes millions of widows and orphans?

In 1870, in Germany, there was no general demand for war with France. Something had to be done, for France must be crushed while her army was demoralized by the rottenness of the Second Empire. So Bismarck forged a telegram from Ems, where Emperor William and the French ambassador had met, and the war followed.

The English were either indifferent or opposed to the idea of a war in South Africa; when an English paper, in order to excite the war spirit of the people, deliberately published a lying report of the killing of Englishmen and outraging of Englishwomen by Boers, and the war was on.

Surely, if there is a particularly hot corner in hell, it will be tenanted by men who do such things as these.

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## They Come Back

**O**NE distinguishing feature of BRAIN AND BRAWN is that subscribers are "repeaters." They come back. Like Oliver Twist, they ask for more.

Two-thirds of our subscribers renew. I am assured by magazine publishers that this is a remarkable record. Usually subscribers have to be coaxed back with premiums. BRAIN AND BRAWN has never offered an extra inducement in the shape of a premium of any kind whatever. Also, there is a good demand for back numbers, some of which cost a dollar.

This shows that a good many people are beginning to learn to think.

We now have subscribers in 39 States and 14 foreign countries.

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## Art and Life

**W**E hear some say that all the architectural monuments of Europe are not worth one human life. That, I think, is pushing it rather far. "Life is short; art is long." Had I none depending upon me, I think I would be willing to sacrifice my life, if by doing so I could save all these marvelous products of man's patient skill and genius from destruction. And I believe there are others who feel the same way.

### “Judge Not”

**H**OW do we know what hearts have vilest sin?  
 How do we know?  
 Many, like sepulchres, are foul within,  
 Whose outward garb is spotless as the snow,  
 And many may be pure we think not so.  
 How near to God the souls of such have been,  
 What mercy secret penitence may win—  
 How do we know?

How can we tell who sin-ned more than we?  
 How can we tell?  
 We think our brother walk-ed guiltily,  
 Judging him in self-righteousness. Ah, well!  
 Perhaps had we been driven through the hell  
 Of his untold temptations, we might be  
 Less upright in our daily walk than he—  
 How can we tell?

Dare we condemn the ills that others do?  
 Dare we condemn?  
 Their strength is small, their trials not a few,  
 The tide of wrong is difficult to stem.  
 And if to us more clearly than to them  
 Is given knowledge of the great and true,  
 More do they need our help and pity too—  
 Dare we condemn?

God help us all, and lead us day by day—  
 God help us all!  
 We cannot walk alone the perfect way.  
 Evil allures us, tempts us, and we fall.  
 We are but human, and our power is small;  
 Not one of us may boast, and not a day  
 Rolls o'er our heads but each hath need to say,  
 God bless us all!—Unidentified.

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The president of the Pacific Mail Steamship Company says the Seamen's Bill will put his company out of business. That would be bad, but it is worse that sailors should be treated like convicts.

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In 1871 the Germans starved out the Parisians, forcing them to eat rats, and the inmates of the Zoo. The Germans do not seem to like to take their own medicine.

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The manager of the Boston Herald, who was recently in Los Angeles, says the people demand authentic news and that yellow journalism is on the decline. Glad to hear it.

## Brooklets

Selling war material to combatants may be legal, but is not moral.

\* \* \*

It is easier for a camel to pass through the eye of a needle than for a chronic dyspeptic to be amiable.

\* \* \*

Early rising is good, provided you go to bed early.

\* \* \*

It must give one a "spooky" and uncomfortable feeling to believe that "spirits" control the running of one's human machinery.

\* \* \*

A mind fed largely on novels and "movies" is as pasty and inefficient as a body constantly stimulated by cocktails.

\* \* \*

Society is not so heartless as some would make us believe. Society readily forgives the crook who becomes wealthy.

\* \* \*

"Take care of the pennies." Banish small worries and large ones disappear.

\* \* \*

Families with children are undesirable tenants. Families without children move often. "Fools build houses and wise men live in them."

\* \* \*

If you feel happy and efficient when you rise, you may know that you are in good health.

\* \* \*

When you see a street fight nowadays you are not sure whether it is a real scrimmage or the making of a "movie" film.

\* \* \*

You need not be boorish because you are sincere.

\* \* \*

You may educate a fool and a parrot, but that does not make them wise.

\* \* \*

Newspapers often report that "scientists are astounded." It is easy to astound scientists, because, you see, they know so very little, compared with what there is to know.

\* \* \*

In hard times people postpone paying their bills for necessities and spend more for luxuries.

\* \* \*

Wars will never cease until men overcome the vice of patriotism and recognize the brotherhood of man.

### Remarkable Self Cure of Consumption

**I**N his book "The Natural Cure of Consumption," Charles E. Page, M.D., of Boston, tells how a girl cured herself of consumption after she had been given up as hopeless by her physician. At the time the narrative was written, the former consumptive was a bright, healthy little woman of fifty. She belonged to what is known as a "consumptive family," her mother dying of it. Overhearing the doctor tell her father she could not live more than six weeks, she determined to spend the allotted time in a final effort to get rid of the drugs she had taken during the previous year, and to get well by natural methods, of which she had read something. She made her father, and the rest of the family, promise that as she had but six weeks to live, they would let her have her own way in everything, and do as she said. She could not move from the bed alone, but was carried on a quilt out on the lawn.

Then the question came how she could take exercise. She managed to turn herself on one side, and with a stick began to dig a little in the ground, digging a hole as large as her fist and resting. After a while she turned over on the other side and dug another little hole, filled it up, and rested again. The exertion loosened the cough a little. At night she was carried back to bed, the windows of the bedroom being opened wide, notwithstanding the fears of the family about "night air," and "catching cold."

This sensible girl refused to eat until she felt hungry, when she took a little piece of graham bread or potato, without butter or salt. Every morning she was sponged off with warm water and rubbed with a coarse towel. This seemed to give the dead skin a little life. Then they carried her out to her "work" again. She raised much impurity from her lungs, and could take longer breaths.

Gradually the girl could dig a bigger hole, with long intervals of rest. During the day she ate a small piece of stale, coarse bread, and a little fruit—not a mouthful more than she could relish. In this way she kept on, day after day, and her family could see that she was gradually gaining. The cough continued to relieve her of foul matter that had been suppressed by drugs. From day to day she could exercise more and more. After a while she could raise herself up and sit erect and dig a little, first on one side, then on the other. By the time her six weeks were up she could dig a fairly good grave for herself, for she had gradually raised herself on her feet, stood alone, and walked a few steps, without help. In the eighth week she could walk about, always taking care not to exhaust herself, or to eat more than she could digest, trying to see, not how much she could eat, but how little she could get along with, eating twice a day, the breakfast sometimes consisting of fruit alone—two or three oranges, or as many apples, or a slice of watermelon. She wore the least possible weight of clothing, often removing her stockings as well as shoes, and going barefoot and bare armed, when the weather was warm.

One day, after some months of self treatment, and when it became evident that she was really convalescent, she asked her brother to call the young doctor who had given her six weeks to live. He was astonished to find she was alive, and admitted that it was "amazing." When asked if he could not advise others to do the same way, and so do his patients more good, he laughed, and said he "could not practice in that way, because few consumptives would act upon his advice. They would even denounce him, and he would have to go digging in the ground himself, or leave for other parts."

### In the German Army

**M**Y friend Otto Carqué, of Los Angeles, food chemist and dealer in health foods, known to many readers of this magazine, is a native of Mannheim, on the Rhine. In 1886-7 he served, at that place, in the 110th Regiment of Infantry of the German army. I asked him to give me a few particulars in regard to his experiences, which he did, as follows:

"The regular time of service in the German infantry is from two to three years, but those who pass a special examination in regard to their knowledge of languages, mathematics and geography, or have gone through six grades of the German high schools, called 'gymnasia,' have the privilege of selecting the regiment in which they wish to serve, for one year only. They have to pay a certain sum for their equipment. These soldiers are called 'ein jaehrig Freiwillige,' or 'one-year-volunteers,' and, as a rule, receive more considerate treatment than the common soldiers. Those who come from rich families, of social and commercial standing, are usually promoted to be commissioned officers of the reserve, while others, less fortunately situated, do not reach a higher grade than non-commissioned officer, if they are promoted at all. This favoritism is somewhat of a drawback to the morale of the army.

"The German army officer looks upon himself as a superior being, and is not permitted to mix with the common people. He may travel first-class only. In theatres he must occupy one of the best seats. He may only stop at first-class hotels, and eat at first-class restaurants—if he is not forced to eat at home, for lack of funds.

"The diet of the common soldier, while not elaborate, is sufficient and nourishing. His mainstay is black bread, called 'kommisbrod,' consisting of rye, barley and potatoes. He receives this bread twice a week, a daily ration of about a pound and a half. The soldiers often sold their surplus bread to buy beer and cigars. I believe this practice is now forbidden. Weak coffee and bread made a frugal breakfast. The noon meal was nourishing, consisting of vegetable stew with a small ration of meat or bacon. Beans and lentils were served several times each week. Supper consisted of a nourishing soup, of either cereals or legumes. Many soldiers—especially farmer boys—received occasionally packages of food and delicacies, which lent some variation to the simple diet of the barracks.

"Non-commissioned officers have a more elaborate table. Army canteens, that did a rushing business in beer and cigars, have lately been discarded."

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### Too Much Meat

**F**OLLOWING is from the California Outlook:

"Former President Eliot of Harvard declares that one reason why American working men cannot live on their wages is that they eat too much meat. That is getting down to brass tacks. If the working men would only fill in the chinks with omelet souffle and potatoes O'Bryan—or mushroom en glass, we should have a nobler land by far!"

I was rather surprised to see this flippant remark in so good a journal as the Outlook. It is an indisputable fact that if people would eat less meat they would benefit not only in health, but in their pockets.

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Vegetarianism, with thorough mastication, does not give greater strength than meat eating, but it gives much greater endurance. That is what counts in life.

### The Reporter's Job

A CIRCULAR was recently issued by the Los Angeles Y. M. C. A., announcing the establishment of a new course in practical newspaper work. In it we are told that "there is no profession which is more alluring to those who follow it than that of the newspaper man." This is somewhat misleading. The life of a reporter is strenuous. He is on tap night and day, and there is no question of pay for over-time. To this, on some papers is added the fact that reporters are expected to do dirty detective work, and poke their noses into family closets.

I recently quoted Mrs. William H. Taft, who said to a reporter: "I cannot understand why men remain in the newspaper profession. They should get into a decent business." This applies to men working on yellow sheets. A self-respecting man should not work for such a paper. Better chop wood or do dish washing.

Reporters as a class are honorable. They like to tell the truth but their papers will not always let them do so.

Reporters are good fellows. Unless he has a strong character, a reporter is liable to become too much of a good fellow for his own good.

It is true there is a glamor about newspaper work, as there is about the stage. It is attractive to those with Bohemian tendencies. It is also true that of late journalism has often proved a stepping stone to preferment in diplomacy, law, short story writing, and other more lucrative pursuits.

The Y. M. C. A. circular goes on to say:

"For those who have the ability to 'make good' in newspaper work, the financial returns are much greater than most persons believe. Expert reporters in big cities receive salaries ranging from \$40 to \$100 a week or more; \$250 a week and expenses is not uncommon for a special reporter in an emergency situation like a war, a flood, or after an earthquake."

This is still more inaccurate. I do not know if the writer classes Los Angeles, with half a million population, among the "big cities." There are many good reporters here in Los Angeles working for half the lowest wages named by this writer, and I do not suppose that there are half a dozen men in Los Angeles who earn \$40 a week as reporters. Newspaper work is the poorest paid of any professional work. Still, it will always continue to attract many.

An institution like the Y. M. C. A. should not imitate the U. S. Government, which circulates attractive posters, inviting young men to enlist, and showing only the bright side of army and navy life.

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### Rats

THERE was recently in Los Angeles a graduate of entymology of the Universities of Zurich and Edinburgh, who had left the professional life, and developed a profitable field in the business of rat catcher. He is said to earn almost as much as a Federal judge. He has killed as many as 1500 rats in one night, using various methods, including ferrets, spearing, shooting, trapping and poisoning. Yet some people say there are no opportunities for poor men in the United States.

The annual damage done by rats in the United States is said to reach the appalling total of \$180,000,000.

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Twenty days is the average life of a horse, during the present war.

## The Salvation Army

**T**HE Municipal Charities Commission of Los Angeles promises to fight the Salvation Army to a finish. The Army refuses to comply with the regulations laid down for those who collect money and supplies for charity. Among other things, it sends part of its receipts away to the East and England. The State Supreme Court will hear the case of the City of Los Angeles against the Salvation Army on April 12, in this city. The hearing concerns the constitutionality of existing regulatory ordinances, and has a most important bearing upon the operation of the Salvation Army in every city of the United States.

At a recent California Conference of Charities and Corrections, Dr. Milbank Johnson, president of the Municipal Charities Commission of Los Angeles, said:

“The Salvation Army has, as all well-informed social workers know, opposed of all efforts to regulate it in all parts of the United States, beguiling the general public by their protestations of sanctity, and bluffing the various authorities through the false public opinion, which they have thus far been able to create, thus saving themselves and their pernicious system from destruction.”

The Salvation Army is a more complete autocracy than the Catholic Church. Every member of the Army is absolutely subject to the beck and call of the Commander in Chief, in London.

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## Frijoles

**L**AST month I quoted a letter from Eugene Christian, food scientist of New York, in which he said that he had been feeding several hundred hungry men with a meal consisting of wheat, hominy and dates. In reply I wrote to him as follows:

“Let me suggest something to you that I think is much better and not more expensive. It is red beans—‘frijoles’—the staple food of the Southwest. Without beans and burros the mines of the Southwest would never have been opened up by our hardy prospectors. With a small sack of beans, a piece of bacon to grease them, and a patient burro, the prospector goes off into the rough mountains for months at a time. These beans are more appetizing than the white bean, of which we know little here. We grow Lima beans for the United States, but we send them to Boston, and other Eastern centers of culture, and eat the red ones at home. There are a score or more of colors of beans, varying from white to jet black through shades of pink, brown, speckled, and so forth. Of course they can be had in New York. The Mexicans have lived on them for generations. This is what I would do:

“Boil these beans thoroughly, with a few onions, and make a thick soup, add a little cottonseed oil in place of pork, and serve with a thick slice of wholemeal bread. This will stay on the stomach for half a day, and I should think you could serve it as cheap, or cheaper, than the dates and cornmeal.”

In reply to this Mr. Christian wrote that he will try the beans, next time he provides free lunch.

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Of 100 unemployed men who applied at Beth Israel Hospital, New York City, offering their blood for transfusion operations, only two were found by the examining physicians to have blood of the quality necessary for a transfusion.

### Saccharine

**I**N the March "Philistine," Elbert Hubbard had an eight-page "write-up" of saccharine. It was not marked "advertisement," but should be, for it was a fine "send-off" for this drug, which Hubbard says is not only appetizing, but wholesome.

Saccharine is a by-product of coal tar, more than 500 times as sweet as sugar. Where a manufacturer would use fifty pounds of sugar, he used only a pound of saccharine. Therefore, it was much used in the sweetening of "soft drinks," canned goods, and cheap candies, until the government, instigated by Prof. Wiley, forbade its use in foods. I do not always agree with Wiley, but in this case he was right.

The introduction of these by-products of the manufacture of gas is another instance of Germany's wonderful efficiency. As in Chicago, nothing of a hog is wasted except the squeal, so in Germany, nothing in the shape of coal is wasted, except the smoke—and not much of that. After making beautiful colors and perfumes they call anything left over a "remedy," and sell it under crackjaw names to drug dispensers all over the world.

Coal tar derivatives are at present the rage with the drugging fraternity, and will continue to be so until some new fashion is set. You often hear of sudden deaths after taking "headache powders." These, also, are made of coal tar. Saccharine disturbs digestion and is specially injurious to the kidneys, yet it is administered to sufferers from diabetes. Following is from a bulletin of the North Dakota Agricultural Experiment Station: "If saccharine is harmful, it is so under all circumstances, and much more so in the case of diabetes, a disease which is misunderstood by the majority of physicians."

Refined cane sugar is a starvation food, but saccharine has no food value whatever.

Beware of all coal tar drugs, "ethical" or "unethical," whether "made in Germany" or elsewhere.

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### Stuffing Consumptives With Eggs

**W**E often read of tuberculous subjects eating, on prescription, twelve to eighteen eggs a day, the eggs being but one item in a liberal variety.

Of course, these patients are not exercising or working. Indeed, nothing is required of them except to breathe, eat, and sleep. Why doctors expect people to get well under such circumstances I do not know. Such treatment given to a healthy man would kill him in a very short time. I can't account for death not taking place long before it does in these cases, unless it is because the enervation of the trophic centers is so complete that there is a suspension of nutrition, and inasmuch as there is little absorption of nutritive material, there can be but little to eliminate.

These victims of medical error often live for several years, suspended between a killing amount of nutritive material on one hand, and a suspended nutrition on the other. Life, under these circumstances, is undoubtedly prolonged by the utilization of the carbohydrates and fats; and probably an atom of the great ocean of albumin ingested gets in with the sugar and fat, and prevents immediate starvation—the end that awaits all these stuffed-to-death patients.—J. H. Tilden, M.D.

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Jitney is not the name of a small Russian coin, but a name given to the nickel by Southern negroes.

### Durum Wheat

**S**OME years ago there was quite a boom in a glutenous Russian wheat, known as "Durum" that is high in protein. It was largely planted in the West of the United States. O. H. Morgan, manager of the Globe Mills, replying to an inquiry on this subject, wrote to me as follows:

"The millers on the Pacific Coast have had very little experience in grinding Durum wheat, to our knowledge, as it has never been raised on this Coast in sufficient quantities to operate even a small mill more than a few days. It requires special equipment to mill Durum wheat properly, and no miller can afford to install this equipment unless he is assured of sufficient Durum wheat to justify the investment. Until a few years ago, Durum wheat sold at a discount of 5c to 9c per bushel in all of the large Eastern milling centers, at which time exporters found a market abroad, and we believe this wheat for the past two or three years has sold at a considerable premium. If the writer remembers correctly, large exports were made to Russia, which country, as you are aware, is a very large producer of wheat.

"We have tested numerous samples of Durum wheat, and while the grain is a large, amber, flinty berry, the percentage of gluten has in many instances been considerably less than contained in the best Turkey and bluestem wheat. One of the agricultural colleges of Arizona sent us samples of this wheat two years ago, for test, and the percentage of gluten was disappointingly low, if I remember correctly, about 8% dry gluten. The best Turkey wheat will frequently contain from 12 to 14% dry gluten and the best bluestem from 11 to 12%.

"We have found, from our limited experience in the milling business, that it is extremely difficult to form an opinion as to which is the best variety of wheat for the miller to use in the manufacture of flour, as climatic conditions, altitude, soil and many other elements affect the wheat berry. Frequently a variety of wheat that produces splendidly, when raised in one locality, will be of practically no milling value in another territory."

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### Studying Versus Slaying

**A**T the University Club, in Los Angeles, I recently had the pleasure of listening to an illustrated after dinner talk by R. L. Garner—I do not believe he would thank you for calling him "Professor." Mr. Garner has devoted twenty-five years of his life to a patient study of the speech of animals. Two years he spent in a big cage, in the depth of a Congo jungle. For many years he was laughed at by Science—especially Medical Science—but of late Science has begun to sit up and take notice, for Mr. Garner has furnished the proofs.

As I listened, I thought of the contrast between this man and another famous American, who went to Africa only to slay animals with which he came in contact. Also, as I noted the human intelligence and affection of "Susie," I wondered what might be done with these apes, if for half a dozen generations, they were given a part of the privileges of education man has enjoyed for hundreds of thousands of years.

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We spend millions studying germs and infections, and let the more important practical question of diet in health and in disease go untouched.—Dr. Richard C. Newton, Montclair, N. J., president New Jersey State Board of Health.

### Sara Bernhardt

**S**ARA BERNHARDT is said to contemplate an American tour this fall. American audiences swallow what Europeans would reject. A woman of 70, with a wooden leg, doing emotional roles, will be a ghastly sight.

It was in the summer of 1866 that I saw the spectacle "La Biche au Bois" at the Porte St. Martin Theatre, in Paris. I have read that Bernhardt made her first appearance in that piece, as a "figurante." In 1870, in London, I saw Déjazet take the part of a young man in knee-breeches. She is mentioned in Balzac's "Pere Goriot" written about 1833. The performance was nauseating.

Actors and singers should learn when to let go. Sara is a wonderful woman. She should take a well-earned rest. She is not, however, of the resting kind.

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### Keeping Up Smallpox

**T**HE great advantage of vaccination is that it keeps smallpox from disappearing. If it weren't for vaccination doctors would be unable to make a cent out of smallpox. This was formerly a very profitable disease, but through the careless introduction of cleanliness and modern forms of sanitation, it threatened to vanish entirely. Then it was discovered that by vaccination doctors could go on and on and on curing smallpox forever. The coal supply may ultimately run short, but smallpox will ever remain a bottomless purse of Fortunatus.—Life.

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### Blood and Skim Milk

**A** GERMAN professor advises people to utilize as food, blood and skim milk, in order to save waste. He recommends that the blood should be boiled, so as to change the color, and make it less repulsive.

Boiled blood is little less repulsive than raw blood. It is a most unwholesome food, containing all the waste products of the animal when killed, and is about equivalent to urine, which was fed to invalids a hundred years ago.

On the other hand, skim milk is a wholesome food, containing all the nutritious qualities of whole milk, except four per cent. of butter fat. The people should be educated on the value of skim milk, which is now mostly fed to hogs. Irish peasants live principally on skim milk and potatoes, and are a strong, long-lived race. If poor people would substitute skim milk and wholewheat bread for white bread and weak tea, they would maintain their health, without spending any more money.

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### A Conundrum

**S**HIP No. 1 leaves a port for a destination 3000 miles away, making the trip down and up at the rate of ten miles an hour. Ship No. 2 leaves the same port for the same destination, making the trip down at eight miles an hour, and back at twelve miles an hour. Both ships spend the same time in the port of destination.

Which ship consumes the most time on the round trip?

A simple calculation shows that ship No. 1 consumes 600 hours, while ship No. 2 consumes 625 hours, but why?

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Los Angeles has more single dwellings than any other city in America.

### Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

#### SYPHILIS.

J. S.—Syphilis is a simple blood disease, that is readily cured by the Natural Method, and in no other way. The horrors of syphilis have been greatly magnified, by the “regular” method of treatment. That damnable drug, mercury, has done a hundred times more harm than syphilis. The horrible symptoms of what is known as tertiary syphilis, are simply manifestations of the workings of mercury. Instead of treating to get the poison out of the blood, the drugging fraternity drives it in. Lately they have been using another poisonous drug, composed mainly of arsenic, and called “Salvarsan,” or “606.” It not only does not cure, but often kills.

The first thing in syphilis is to get the drug poison out of the body. If it has been used for a long time, this is a tedious process. Treatment must include a severely restricted diet, rich in the organic salts, breathing of fresh air, exercise, and sweating, so as to enable the body to cast forth the poison.

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#### RHEUMATISM.

F. E. R.—Rheumatism is a troublesome ailment to get rid of, for the reason that the cause of it has been accumulating in the blood for a great many years, the cause being errors in diet, resulting in the accumulation of obstructive matter in the blood, that chokes up the small veins, and finally gets into the muscles. Mineral baths temporarily relieve symptoms, but of course can never cure, so long as the cause is not removed. It is of no use for you to expect to get rid of your rheumatism, unless you are prepared to exercise patience and perseverance, qualities that are, unfortunately, not common.

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#### PILES.

H. L.—Piles are caused by accumulation of blood around the lower bowel. One of the chief causes of this is gas that presses down. This gas is caused by the eating of food that does not digest. Locally, you may get relief by injecting a little cold water from a fountain syringe, inserting the nozzle not more than half an inch, and allowing the water to run out as fast as it runs in. That, however, is only relief. The cure will come when you get rid of the gas.

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#### ASTHMA.

T. L. R.—The idea that you may cure asthma by changing a climate, as long as you keep up the bad habits that have caused the asthma, is preposterous. Asthma, like consumption, is a disease of digestion. I have seen most remarkable cures of asthma among consultants who have adopted a carefully restricted diet, with short fasts. I am not alone in this experience. Following is from *The Medical World*, an allopathic journal:

“Dr. James Adams, of Hamilton, Scotland, has worked out the hypothesis that asthma is autotoxemic in origin, due to absorption of nitrogenous poisons resulting from intestinal putrefaction thru microbic origin, to some extent, but mainly from an error in nitrogenous metabolism the result of imperfect oxidation or enzyme action. In other words, the poison arises from proteid food or proteid tissue.”

### The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

THE HEART OF CHRISTIAN SCIENCE; Axel Emil Gibson, D.O., published by the author, 519 Chamber of Commerce Bldg., Los Angeles, Cal.; 4 page pamphlet, with cover, 12c, postpaid.

In this pamphlet Dr. Gibson elaborates statements made in his article on Christian Science, reproduced in the December number, in which he showed that it may relieve symptoms, but does not remove causes. He shows that Christian Science, instead of being a high spiritual religion, is on the contrary, a form of body worship. He says:

"The Christian Science movement stands for one of the greatest paradoxes in history. Notwithstanding its denial of matter, the entire force of its practice is brought to bear on the preservation and adoration of man's mortal coil. While the heroes of true Christianity used the body as an instrument in the service of the soul, Christian Science employs every energy to coerce the latter by psychic juggling into a menial service of the body for the sake of 'health, wealth and success.' Thus the tables are entirely turned. In place of the body being the servant of the soul, the latter is degraded into a task-master for the gratification and adjustment of the desires and appetites of the body."

THE MEDICAL QUESTION; The Truth About Official Medicine, and Why We Must Have Medical Freedom; A. A. Erz, M.D., D.C.; published by Benedict Lust, Butler, N. J., 584 pp.

This is a reprint of a series of exceedingly long articles that have been appearing for over a year in the *Naturopath*. I must confess that I have not yet read them, for life is short, and I am a busy man. The author doubtless has good intentions, but lacks ability to adjust his material. Also, I have a suspicion that the matter is not altogether original, but is more or less "made in Germany." I am somewhat surprised that Dr. Lust spent money on such a book.

DIRECT HEALING; Paul Ellsworth; The Elizabeth Towne Co., Holyoke, Mass.; 173 pp., price \$1.10.

This is an exposition of mental healing, and will interest those who seek to know the tenets of this curious cult. An idea of the teachings of Mr. Ellsworth may be gathered from the following statements in the book:

"Poverty does not exist. The lack of any physical thing which you may have experienced is due to your having failed to use or having used in the wrong direction the force of formative prayer."

"The only cause of disease is abnormal thought or emotion."

If it is so simple as all this, I am surprised that any "New Thinkers" are sick or poor. I suppose the apostles of "New Thought" would say that such people do not have sufficient faith. Jesus declared that if a man had enough faith he could move mountains. No one has yet been able to move mountains, and I have a suspicion that no one ever will.

NUTRITION; Charles E. Sohn, F.I.C., F.C.S.; E. B. Treat & Co., Publishers, 241 W. 23rd St., New York. 256 pp.; price \$1.75 net.

A book by an Englishman. He refers to "stones" in giving weights of men, and shillings and pence in giving values of food. A "stone" is fourteen pounds.

This is a thorough book, containing a great many tables—more than usual.

The author places excessive emphasis on protein in food. He adopts the old and played-out ratio of one part of protein to five parts of non-protein, notwithstanding the fact that Chittenden—to whom he refers—and others, have conclusively shown that a far less proportion is conducive to greater health and efficiency, and notwithstanding the fact that Voit, before he died, reduced his estimate of five ounces of protein daily to one ounce and a quarter, and notwithstanding the fact the overconsumption of protein is the cause of most of our serious ailments.

To vegetarianism the author devotes only a page and a half of mild dissent. Regarding nuts he says:

“Nuts need not be dismissed altogether. Given a good digestion and the patience to chew pertinaciously, they may provide variety, and when taken in very small quantities, may be harmless.”

On the other hand, nuts are an indispensable food for all who adopt a fruitarian diet. They do not need more chewing than wheat. How many people eat raw wheat? Neither need you eat whole nuts. Many thousands in this country have small hand mills, in which they grind nuts, and mixing them with grain, make palatable and nutritious vegetable proteid foods. The author is evidently not well read on the subject of meat substitutes.

To the coconut, one of the most valuable foods of man, the author devotes just ten words.

Prof. Sohn seems to have but a faint conception of the importance of the twelve organic salts contained in natural foods, the lack of which when removed, or changed into the inorganic form, as in bolting of flour, boiling of vegetables, and sterilization of milk, leads to nerve starvation, and such diseases as beri-beri, and leprosy.

The author holds that alcohol is a food. I believe it is just as much a food as a whip applied to the back of a tired horse.

Apart from these few things, there are many valuable and true suggestions about foods and their values in this book. It is condensed, not discursive, and gives much more in the space than the average book on the subject. I recommend it to all who are interested in literature pertaining to the care of the body.

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“Health and Efficiency,” by Dr. R. L. Alsaker, Chemical Building, St. Louis, Mo., has been advertised in these pages for \$2.00 per copy. This introductory price is no longer in effect. However, those who order at once, mentioning BRAIN AND BRAWN, may have a copy for the old price. “Health and Efficiency” is now selling at \$2.50.

Diet and Health is an interesting little monthly edited by Dr. Thomas J. Allen, an enthusiastic proponent of “monodiet.” It is published at Eureka Springs, Ark.

The Boy’s Herald is an interesting little quarterly magazine for those interested in amateur journalism. Edwin Hadley Smith, editor and publisher, 422 H St., N.W., Washington, D. C.; subscription \$1.00 a year.

“The Man-Devouring Great Red Dragon; the American Medical Association,” booklet written and published by Andrew Malcolm Morrison, Los Angeles, Cal. This is an arraignment of the A. M. A., and compulsory vaccination, by Dr. A. M. Morrison, an Irish American ninety-four years of age, who graduated from a school of medicine seventy years ago.

## Box Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

## IT IS DIFFERENT.

Enclosed is a dollar for BRAIN AND BRAWN. It is different.—A. R. James, Greenwood, Wash.

## EVEN THE ADVERTISEMENTS.

I enjoy all of BRAIN AND BRAWN, and even read the advertisements.—Mrs. Flora Andruss, 136 4th Ave., S., St. Petersburg, Fla.

## SOMEWHAT ENIGMATICAL.

To Naturopathic Publishing Company, California.—It seems a best place to pursue this cause to bring such request before you. In communication I heard from a certain educated man who reported that you can publish learning Talisman Pills and ointment, or books that could give practical help in learning. Therefore, I am obliged by these cause to ask for list and etc. You may refer me to another man or copy me the address of any one who publishes the mentioned article on United State, if such report given is not an authentic fact. My reason is I have been in a positon to setting an examination. Leaving to your entire consideration.—Appiah Sam Baiden, Onsu Nyami Ye Chas, Odumtu, via Winnebah.

Odumtu is on the Gold Coast of West Africa, a British possession, supposed to be the most unhealthful climate on earth. It is from this district that the New England Puritans imported most of the wretched slaves of early days. They were brought over in fetid slave ships, exchanged for rum, and sold to Southern planters.

## MENTAL FOOD.

I enclose herewith one dollar, for which please renew my subscription to your valuable magazine BRAIN AND BRAWN. I cannot afford to be without it. I consider it a product of brains. There is but one other magazine in its class, and that is a Stuffed Club. Periodicals that are the product of real thinking are exceptionally rare. I consider these two magazines as being of that class, and consequently consider them to be of more real value to me than food. I can do without food for a short time, but I cannot do without BRAIN AND BRAWN and A Stuffed Club.—Earle Barron, 311 W. Utica St., Buffalo, N. Y.

## DRUG DOCTORS AND SOUL DOCTORS.

There are two conspicuous frauds holding sway in this country. One is the orthodox drug doctor, the other the orthodox soul doctor. Both are based on like systems of "cure-alls." Our bodies and souls are closely related parts of ourselves, and little understood by most of us, therefore, subjected to all classes of fakers.

Thanks for your magazine, giving your experience and thoughts on these subjects. I enclose a dollar for renewal of subscription.—James Frazier, R. F. D. No. 4, Chanute, Kansas.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any

honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

*Harry Ellington Brook N.D.*

# GOOD BOOKS ON HEALTH

These books will be mailed direct from the offices of publication, therefore, allow about two weeks after we receive the order. All prices include postage. Remit by check or money order.

- HOME CYCLOPEDIA OF MEDICAL, SOCIAL AND SEXUAL SCIENCE;** Edward B. Foote M.D. 1250 pp. many illustrations..... \$2.00  
A health library in itself. Includes over 400 pages of most interesting and valuable information and advice on marriage and sexual relations.
- ART OF LIVING IN GOOD HEALTH;** Daniel S. Sager, M.D. 360 pp..... \$1.85  
This is one of the very best books I know on diet and general health measures.
- WE YOUNG MEN;** translated from the German of Hans Wegener; 204 pp..... \$0.85  
The sexual problem of an educated young man before marriage. Nothing namby pamby. Over 100,000 sold.
- DISEASES OF WOMEN AND EASY CHILDBIRTH;** J. H. Tilden M.D.; 185 pp..... \$1.50  
Worth its weight in gold. Mercilessly exposes medical butchery. "Probably one case in a thousand of fibroid tumor needs surgical interference."
- GONORRHEA AND SYPHILIS;** J. H. Tilden M.D.; 188 pp..... \$2.50  
In this book Dr. Tilden gives advice that will save many young men—and older men too—from quacks, misery and suicide.
- HOW NATURE CURES;** Emmet Densmore, M.D.; 413 pp..... \$2.65  
The author was the founder of the "non-starch dietary." This I regard as a most valuable book on diet.
- VITALITY, FASTING AND NUTRITION;** Hereward Carrington. 650 pp..... \$5.25  
One of the most remarkable books ever written on these subjects. A complete guide to fasting and much more than that.
- FOOD;** J. H. Tilden, M. D. 260 pp..... \$2.65  
This I regard as the best book on the subject of diet. Tilden gives you the "Cause of the cause."
- THE SEXUAL INSTINCT;** James Foster Scott, M. D. 473 pp..... \$2.20  
A plain talk on one of the most important subjects affecting the human race. Written in simple, yet scientific style.
- HOW HEALTH HAPPENS;** Edward Elmer Keeler, M. D. 250 pp..... \$2.15  
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- THE FOUNDATION OF ALL REFORM;** booklet, 66 pp., with The Folly of Meat Eating, pamphlet, 16 pp.; Otto Carque', both..... \$0.40  
Two of the clearest and most instructive short expositions ever put forth of the advantages of a non-flesh dietary.
- THE NATURE CURE;** H. Lindlahr, M. D., 450 pp..... \$2.15  
One of the best books on the Natural Method of Healing. Dr. Lindlahr runs a well known sanatorium and college in Chicago.
- DESTRUCTIVE AND CONSTRUCTIVE FOOD MIXTURES;** Axel Emil Gibson, D. O., 142 pp.... \$1.10  
Good foods in bad combinations do harm. The author discusses a subject that has been too much neglected.
- THE LAWS OF LIFE AND HEALTH;** Alexander Bryce, M. D., 445 pp..... \$1.15  
A valuable book on diet by an eminent British Physician and author. Sane, fair, scholarly and plain.

**Address Orders to BRAIN AND BRAWN, Chamber of  
Commerce Building, Los Angeles, Cal.**

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### A BIRTHDAY PARTY.

Dr. A. P. Davis is one of the young-old men of Los Angeles. He comes of a family of physicians, and he is keeping up the breed. One of his sons is an osteopath, two are chiropractors, and a daughter is a homeopath. He practiced homeopathy for many years, before taking up drugless healing.

On my birthday, March 21, the day of the vernal equinox, I and my two daughters enjoyed an automobile ride with Dr. Davis, and his wife, Callie Mounts Davis, when I discovered that it was also her birthday. So we had a birthday party. Dr. Davis's foster son acted as chauffeur.

Dr. Davis has issued a new and revised edition of "Neuropathy." I shall have something to say about it next month.

### A NATURAL LIFE COLONY.

Dr. Benedict Lust is interesting himself in the formation of a "Natural Life Colony," in Southern Florida. The soil is said to be rich, and the climate salubrious all the year round. Those interested in such a movement are invited to communicate with Dr. Lust, at Butler, N. J.

### NATUROPATHIC ASSOCIATION.

The regular monthly meeting of the Association of Naturopathic Physicians of California was held on Tuesday evening March 9, at the office of BRAIN AND BRAWN.

Dr. Frank Lamb Willson was elected First Vice-President, in place of Dr. W. H. Trescott, deceased.

The Board of Directors were authorized to take steps at Sacramento to secure from the Legislature the passing of a bill that would give a Naturopath a place on the State Board of Medical Examiners. Dr. Schultz expressed his willingness to act as an envoy. An assessment of \$25 was levied on each member, to cover the expenses of the missionary work.

The question of delinquent members came up for discussion. It was the unanimous sense of those present that it is unfair that a number of members should continue to be delinquent in their modest dues, thus throwing additional burdens on those who pay regu-

larly, and offering an inducement to other members to cease paying. It was determined that these members must be disciplined. They have had plenty of warning. They will now be notified that unless they at once pay up their delinquent dues, their names will at once be removed from the roll of membership in the Association, carrying with it many privileges they now enjoy, without which they may find their future practice a hard road to travel—if they are permitted to stay in practice.

### BRAVE DOCTORS.

I desire to pay a tribute to the bravery and self denial of the medical men at the front, in this unholy war. They are distinguishing themselves as much as the soldiers, but in a better way. As I have said, constructive surgery is as admirable as destructive surgery is to be condemned.

I have no fight with honest physicians. I oppose their methods of treating disease, which I believe to be faulty and dangerous.

### THE "OXYPATHY" FAKE.

Three years ago, just before I left the editorship of the "Care of the Body" department of the Los Angeles Times, I exposed the rotten "Oxy-  
pathy" fake. It still finds credulous dupes.

The manager of one of the "Oxy" swindles which mask under various disguises, such as "Oxydonor," etc., recently brought a \$250,000 libel suit against Collier's Weekly. Before the case had a chance to come to trial, a Federal jury in the United States District Court of Vermont found the fellow guilty of using the mails to defraud, and sentenced him to a year and a half imprisonment in the Federal penitentiary at Atlanta, Ga., the judge refusing to accept bail.

The "Oxypathor" is a nickel tube, with a wire from each end that is supposed to carry oxygen to the body through the pores when it is attached at night, with the other end immersed in a bowl of water. All the tube contains is a mixture of fine coke dust, lamp black, a few iron filings, a little clay, and some sand. It has, of course, no electric or magnetic properties whatever. A complete "Oxypathor" costs \$2.19, and sells to foolish people, who often cannot afford the money, at \$35 "and up." In eight years no less than 45,000 of these contrivances were sold.

Here is another proof of the woful ignorance of the mass of the people in

regard to the commonest facts relating to the laws of life and health.

Of course the "Oxyphathor" fakers show plenty of testimonials. The most rotten and ridiculous thing ever put before a credulous public always succeeds in obtaining plenty of testimonials. And many of them are genuine. You may also get many people to swear that they have been cured of rheumatism by carrying a potato in the pocket.

#### CHIROPRACTIC IN NORTH DAKOTA.

Following is from the Times Record of Valley City, North Dakota:

"Although meeting with all kinds of opposition from the ranks of the medical profession as well as the osteopaths, Senate Bill No. 116 regulating the practice of Chiropractic in this state, passed the house today by a nice majority. It was through the efforts of Dr. Wood of Minot, Dr. Hendrickson of Mandan and Dr. Reed, our local chiropractor, that this bill has passed, the boys feel very good over the outcome of their work, as this is the first state to have a straight Chiropractic Board of Examiners."

#### "MEN'S SPECIALISTS."

F. W. Main, a "men's specialist," who hides in "Lock Box 547" at Jackson, Michigan, sent me one of his circulars. In reply I sent him the article entitled "The Advertising Specialist" that appeared in the first number of BRAIN AND BRAWN, June, 1912.

I note, with pleasure, that newspapers are gradually leaving out the announcements of these blood sucking spiders. That will eventually put them out of business.

#### STATIC ELECTRICITY.

I have been using electricity for the past ten years, with gratifying results. I can refer you to cases of constipation, neuralgia, nerve exhaustion, fistula, etc., that I cured several years ago, with no signs of a return of the trouble. Of course, after one is cured, it is up to the patient to stay cured, by adopting right habits of living. Electricity will not put brains into a person's head. Wish it would.

Electricity is not a stimulant. It is a powerful tonic.

"Static Surging" is produced by means of a static electrical machine. The patient is seated on an insulated platform, the negative pole of the machine grounded. Then a small rectal electrode is inserted in the rectum,

which is connected with the positive pole of the machine. The time of treatment is ten to twenty minutes. This treatment produces a powerful massage of the entire intestinal canal, restoring its normal muscular and nerve tone. The treatment is painless.

A. E. BAKER, M.D.  
Pasadena, Cal.

#### HARD TO PLEASE.

A prominent Southern California osteopath writes to me:

"For fifteen years our friends of the A. M. A. howled: 'If the osteopaths want to be doctors, let them take the same education we take.'

"So we brought our course up to include everything, and now they howl: 'The osteopath is no longer desirous of being merely an osteopath. He insists on being also a physician and a surgeon.'

"We can please them, but only by getting off the earth."

#### RATIONAL TREATMENT OF TUBERCULOSIS.

It would appear as egotism and arrogance for a drugless healer to assert and aver that medicine does not possess the qualities of cure, in any measure, but simply excites the aggravated system to greater effort for relief, or that the medical fraternity generally is unable to see back of symptoms which are but results of underlying causes. Yet, the allopath assumes to be authority on all healing.

BRAIN AND BRAWN uttered a great truth in the following words: "How few can think far enough to ad-

## Maize-Wheaten Health Tid-Bits

are exactly as Webster defines a Tid-Bit

"A Delicious Morsel."

Made from whole Wheat, Corn, Gluten and Buttermilk

Constipation cannot exist if you eat Maize-Wheaten Tid-Bits. They are the Key to Health.

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1605-1607 Magnolia Ave., Los Angeles, Cal.

Ask your Grocer for Maize-Wheaten Tid-Bits. If he does not keep them, Carqué does.

mit that possibly the other fellow may be right."

Let some drugging physician tell where tuberculosis starts. Why does he not begin at the same place, to eradicate what produces the symptom? True, the cough is the process of tearing the lung tissue, but what would happen if the cough were stopped, while the mucus still continues gathering? And through what is mucus produced?

Dietetics is the solution. Discontinue the use of those things that feed the fermentation and force poisons into the blood-stream, and in a short time there will be no mucus to cause the cough. A dog knows that much, but the superwise "regular" does not, and, because of purblindness, never will.

B. H. JONES.

Pittsburg, Pa.

THE MENACE OF THE MEDICAL TRUST.

If the regular school of medicine does not prevent every physician, not a member of the A. M. A., from practicing the healing art, it will be because it has not the power. Hence, everyone who would prevent such a state of medical tyranny should use his influence against every exclusive legislation.

When there is no unnecessary killing done by regular physicians—when regular physicians cease to discover strange cases, which they do not hesitate to name and medicate—in as few words as possible, when the regular profession establishes a record for curing, then will be time enough to put exclusive power in its hands.—J. H. Tilden, M.D.

PATENT MEDICINES.

The medical fraternity makes a great fuss about patent medicines. I need not tell my readers that I am against all drugs, patented or unpatented, "ethical" or "unethical." As between the two, however, these patent medicines are less harmful than the "ethical" drugs "made in Germany," or elsewhere, a constantly changing list of which is put forth by enterprising manufacturers, and tested by medical men on the bodies of unfortunate patients, the doctors knowing nothing about them, except that they have read in a medical journal of how "Professor so-and-so reports good results with Kill'em-Quick." Patent medicines usually consist of some simple old woman's remedy, preserved in more or less alcohol. Where they contain habit-forming drugs, as used by the medical frater-

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Send 2c stamp for leaflet, Dr. Carey's books on Biochemistry and Bioplasma, a combination of the cell salts of the blood. Address

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Brain and Brawn

nity, such as morphine and opium, they are subject to regulation by the government.

The anxiety of the medical fraternity to guard the people against the dangers of patent medicines is due rather to the fact that these products hurt their business, than to any deep solicitude for the public health. In Health Culture Dr. Lee writes:

“Physicians’ prescriptions and proprietary medicines are practically the same. Many prescriptions are for proprietary formulae. Serums and vaccines are proprietary, mostly.”

#### STATE LEGISLATION.

Dr. Carl Schultz went to Sacramento to see what he could do in regard to legislation giving the Naturopaths a place on the State Medical Board. He worked hard, and found the legislators open to the reasonableness of the argument that every method of healing licensed by the State of California should have representation on the State Board of Medical Examiners.

#### MECHANO-THERAPY.

Mechano-therapy seems to be spreading all over the earth. Also, BRAIN AND BRAWN. I mentioned recently that we had received a request for a copy from a mechano-therapist in Beluchistan, India. Now comes another from a mechano-therapist, Pio Tan Insta, of Calpayog, Samar, Philippine Islands.

Read the list of good books on health. They are carefully selected.

Our back numbers are going fast. Complete your sets now.

### The Business Office

The annual meeting of the Naturopathic Publishing Company was held on Tuesday, March 23, at the office of BRAIN AND BRAWN. The old Board of Directors was re-elected. The editor read his annual report, in which he urged friends of the magazine to do what they could to extend its circulation and consequent influence for good.

We offer a good commission to reliable agents for BRAIN AND BRAWN. Send us your application with references.

## The Folly of Forced Deep Breathing

Fully discussed in the famous book INTELLIGENCE IN PHYSICAL CULTURE. It is free.

Inclose 4c for mailing.

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“THE SALT EATING HABIT in Health and Disease.” Price 20c. “UNFIRED FOOD and TROPHOTHERAPY (Food Cure)” contains 365 recipes for uncooked soups, salads, unbaked breads and pies for cure and prevention of disease. Eat yourself well. Price \$2.15. Dr. Drews, 1910 North Harding Ave., Chicago, Ill.

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We sell the best books on Drugless Practice. Book on treatment of “Partial Deafness and Deafness,” just out. Naturopathic, Chiropractic, Osteopathic, Mechano-Therapic. Circulars sent.

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A Key to The Practice of Osteopathy, Chiropractic, Massage and all Drugless Methods. Nerves centers supplying all parts of the body are given in alphabetical order. You can see at a glance where to apply treatment to affect, for example, the Heart, the Stomach, Kidneys, etc. Full description of all organs, etc. 15 illustrations lithographed in colors. 5000 questions correctly answered. 34 x 46 inches. Circular free. IRA LONG, 5 Wesley Block, Columbus, O.

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**Our Advertisers**

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

**A VETERAN BANK.**

For Los Angeles the Security Savings Bank is an old institution. It opened business on February 11, 1889, in a small room eighteen feet wide, on Main Street between First and Second. It now has 90,000 depositors.

**FRESH FLOUR.**

Van Houten, the health-food dealer, is having quite a run on his whole-wheat flour, ground while you wait. It is sweet and nutty. Call on him when you are in that neighborhood.

**GERMAN SANITARIUM.**

The German Sanitarium, on East Adams street, is a pleasant, homelike place, without anything of the hospital atmosphere about it.

**HYGIENIC "T" BANDAGE.**

This is a remarkably effective means of restoring run down nervous systems. Taken in connection with reasonable care in diet, the results are surprising.

**ST. JAMES' OIL.**

Have you tried the regular use of St. James' Oil, after a warm bath? If not, you should do so. I use it myself, regularly.

**FOR WOMEN.**

In this number will be found an advertisement of something new in the way of a support for displacements of the womb, to which so many women are nowadays subject. It is an air cushion pessary.

**ELECTRICITY.**

Sinusoidal electric treatments are highly spoken of by those who have had experience with them. They are

**PROSPECTIVE STUDENTS:** We offer a splendid opportunity to receive a maximum of knowledge at a minimum cost. If you contemplate taking any course of drugless healing send for our catalogue. Practitioners of other schools, as Chiropractors, Osteopaths, Mechano Therapists, Biochemists, Food Scientists, Psychologists, Hypnotists, Mental Scientists, and others after enrolling claim that education along these lines is not complete without our course.

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**Milk Diet Sanitarium**

An ideal resort for nervous, chronic and convalescent cases and those wishing to gain weight. Rates moderate. Address Milk Diet Sanitarium, 608 Friend Avenue, West Hollywood, Cal. Office 1209 Marsh-Strong Bldg., Los Angeles, Cal. Tel. Holly 599.

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specially recommended for nervous diseases. The Sinsusat is a handy device, attachable to any lamp socket. A descriptive booklet will be sent to all who mention BRAIN AND BRAWN.

#### A NEW BREAD.

Otto Carqué is trying out two new breads. One is a raisin bread; the other is olive bread, impregnated with the juice of dried olives. It is something quite new. It looks queer, but tastes good, and is certainly wholesome. Give it a trial.

#### SANITARIUM BY THE SEA.

Whenever you run down to Long Beach, do not fail to visit the Long Beach Sanitarium. It is thoroughly equipped, and down-to-date in every respect.

#### MALT TONIC.

When you crave something in the way of a mild form of stimulant, you will find malt tonic more wholesome than tea or coffee.

#### STRETCHER.

Dr. Margaret Goettler, of Pasadena, advertises an improved stretcher and chiropractic bench, at a reduced price. Also a cabinet.

#### LUXURIOUS TRAVEL.

The many Eastern readers of BRAIN AND BRAWN who are coming to California this year should examine the inducements offered by the Santa Fe Route. Everything moves smoothly on this line and the attendants are noted for their courtesy.

#### CHIROPRACTORS, ATTENTION.

An advertisement of special interest to chiropractors will be found on another page.

#### NO LIAR.

“Did you notice any suspicious characters about the neighborhood?” the judge inquired. “Sure, your honor,” replied the new policeman, “I saw but one man, and I asked him what he was doing there at that time o’ night. Sez he, ‘I have no business here just now, but I expect to open a jewelry store in the vicinity later on.’ At that I says, ‘I wish you success, sor.’ Begorra, yer honor,” answered the policeman after a pause, “the man may have been a thief, but he was no liar.”—National Monthly.

## Learn to Eat Air

**P**UT off breakfast until 11 or 12 o’clock. About an hour before meal-time take a small amount of red ripe honey and dissolve it in the mouth and swallow it slowly. Do this several times at intervals of 15 or 20 minutes. Then when you start to eat breakfast, begin with raw potatoes, cabbage, squash, spinach, etc., two or three kinds. Eat along with the vegetables a small portion (about one-eighth in bulk) of olives, figs, nuts or red ripe honey.

Learn to gnaw food as a rodent animal does. Gnawing cuts food up fine and mixes it with oxygen of the air. Oxygen makes raw potatoes and squash taste as delicious as pears and changes their white pulp to red. Oxygen changes the white cellulose of raw vegetables into red fibrin and this red fibrin is very useful in the blood and muscles. Cooked foods cannot produce this red fibrin, because they cause the nitrogen of the air to go into the stomach in place of the oxygen.

It is this changing of the blood from white to red that keeps the blood pure and active and gives the heart its muscular action by this change of nitrates into hydrates. White honey, cooked foods, milk, eggs, etc., are nitrates and act as stimulants and change the active cells into dry pores. Spores stimulate more slowly but with greater harm than alcohol, because they build and sustain the body on imperfect materials and cells.

When honey is sealed up in air tight cans or in corked bottles, as you see it in the stores and warehouses, it combines the nitrogen with the hydrogen and produces mould fungi instead of cells and spores and these fungi would be as poisonous as toadstools if it were not for the body being already inoculated with it.

Nothing which man can devise or manufacture can produce or preserve the life that is contained in raw foods and honey kept in close contact with the magnetic life of the earth. When foods are heated or cooled artificially their moisture becomes changed into gas and the gas causes all of the irregularities and weakness of the organs of the body. Gas is hell-fire to cells.

**C. W. DAYTON, Owensmouth, Cal.**

*The Red Ripe Honey Man*

# Association of Naturopathic Physicians of California

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We have a Few Back Numbers that We Offer for Sale at the Following Prices:

June, 1912, Quacks.....	50c	October, Medical Science.....	40c
July, Human Gas Tanks.....	\$1.00	November, Water Cure.....	\$1.00
August, Osteopathy.....	1.00	December, Climate.....	25c
September, Epidemic Scares.....	40c	January, 1914, Nature Cure.....	\$1.00
October, Vivisection.....	\$1.00	February, Cancer.....	40c
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January, 1913, Vaccination.....	50c	May Food.....	25c
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March, Sausage Mills.....	50c	July, Food Value of Nuts.....	25c
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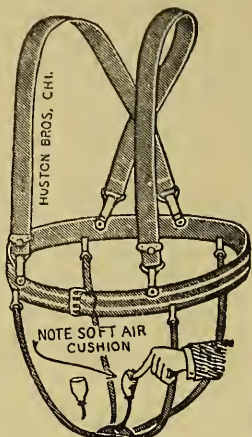
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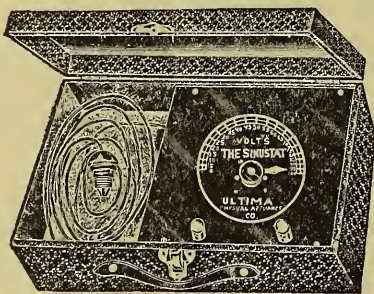
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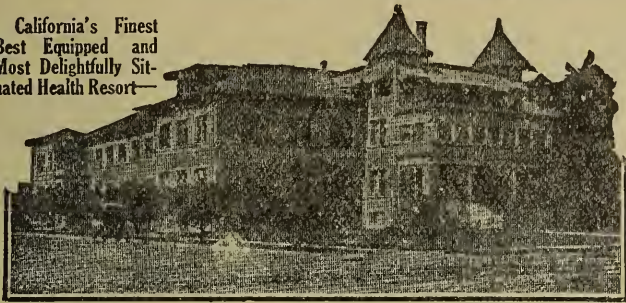
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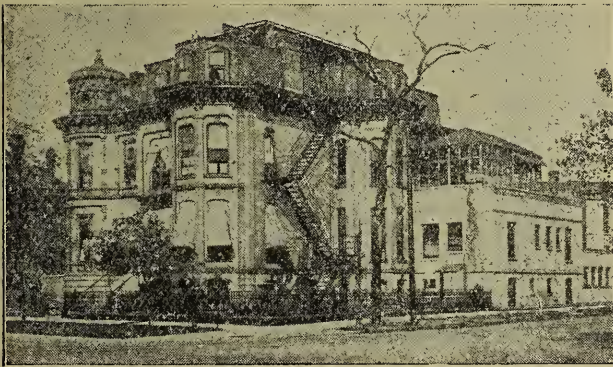
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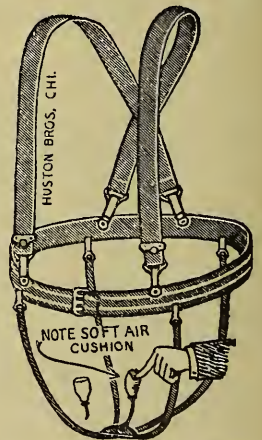
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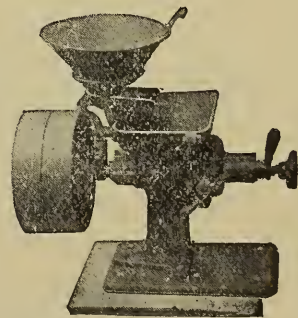
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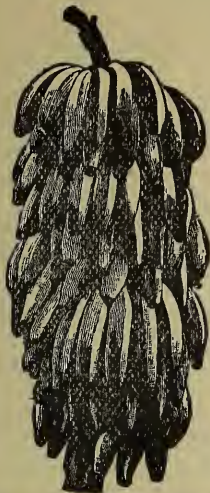
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MAY, 1915

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

Published Monthly by the Naturopathic Publishing Company, Inc.

Carl Schultz, N. D., President and Gen. Manager; Geo. B. Abbott, Secy., Chamber of Commerce Bldg., Los Angeles, Cal. Tel. (Sunset) Main 5364

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Vol. III

LOS ANGELES, MAY, 1915

No. 12

## Farming in California

**I** HAVE received so many letters from Eastern readers, asking in regard to farming conditions in California, that I have decided to say something on the subject.

Farming in California is so different from Eastern farming, that the new arrival has to learn it all over again. Unless the Eastern farmer has a receptive mind, and is willing to learn, a greenhorn, who knows nothing about farming, has a better prospect of succeeding.

During the past twenty-five years, in my writings for the Los Angeles Chamber of Commerce, and for special numbers of the Los Angeles Times, publications that have been read by several millions of people all over the world, I have always advised newcomers, who think of taking up farming in California, to spend a year on a ranch, either as a worker or renter, before buying. This recommendation has not been pleasing to that class of real estate dealers who look only to the money they can get from a tenderfoot, caring nothing about what becomes of him later. It is, however, sound advice, and I repeat it.

As I have said, conditions in California are altogether different from those encountered by the Eastern farmer. Here, instead of summer and winter, we have a rainy and a dry season. Then, in California it is not land, but water that is the principal thing. One piece of land may be cheap at \$250 an acre, while another piece, separated only by an irrigation ditch, may be dear at \$25 an acre. Soils, also, are deceiving. Some tracts that appear to be composed of sand and rocks, will, with water, produce the most valuable crops grown in the state, while heavier soils are fit only for grain and general farming. The soil of California is remarkably spotted. You may find several different kinds of soil on a quarter section.

Again, the newcomer must learn the peculiarities of the "Frost King," for he visits occasionally, even in this semi-tropic region. The boundaries of the so-called "frostless belts" are clearly defined in ordinary seasons, though there come extraordinary seasons when the bars are thrown down.

Here, as elsewhere, the marketing of farm products is quite a problem. It is easy to grow things in California, but to get a remunerative price for them is another question. Often deciduous fruits rot on the ground, while the consumer pays a price that prevents him from giving his family all they would like to have of these wholesome foods. Where a large quantity of one product is raised within a small area, as in the case of citrus fruits, walnuts, celery, raisins and prunes, the growers cooperate in marketing, with measurable success, but even they are not always free from trouble. There is no market for odd lots of mixed fruits. These must be consumed by the grower, canned, or fed to animals.

Vegetable growing is in the hands of Japanese and Chinese in the south, and of Portuguese and Italians in the north. Why? One observant land dealer told me that Americans cannot, or will not "squat." It is back-aching work, under an ardent sun.

There is something about orange culture that attracts many Easterners. The orange has drawn thousands to Southern California. Orange culture is a rich man's game. Unless you have at least \$10,000 to invest, and are prepared to wait five years for a fair interest on the money you have invested, you would better turn your activities in other directions.

Farming in California has always been carried on more or less in a gambling way, subject to the spirit that inspired the Argonauts to search for gold. Over sixty years ago potatoes were selling at a dollar a pound. The next year they were selling for ten cents a sack, and the sacks cost fifteen cents. Since then, we have had booms in oranges, and lemons, and olives and prunes, and other products. Then, when one of these products became a drug on the market, the trees would be pulled up, and something else substituted. Now-a-days, horticulture is becoming established on a firmer foundation. California growers are beginning to learn what sections are best adapted to certain crops, how to raise them, and in a measure, how to market them.

The best results are achieved by those who succeed in raising a product when it is scarce and high in price. Good profits are made in raising such crops as tomatoes, chili peppers and cucumbers, under an inexpensive covering, made of laths or muslin. During certain seasons of the year, tomatoes retail at 20 cents a pound, while at other times they sell to the canneries at \$8.00 a ton. Quite a difference.

A few months ago there was published, by the Agricultural Experiment Station of the College of Agriculture of the University of California, a circular entitled "Some Things that Prospective Settlers Should Know".\* If this pamphlet had been published twenty years ago, and widely circulated, it would have saved much disappointment, loss and suffering. It contains valuable information regarding the growing of standard crops in California, and corrects many false statements that have been widely circulated. The bulletin contains a table, showing the great difference between average yields and occasional, extraordinary yields, often quoted by real estate agents to prospective land buyers. Here are figures showing the average yield, safe estimates, good yields, yields not infrequently obtained under favorable conditions, and possible but extraordinary yields of some of the leading products:

	Average	Safe	Good	Favorable	Extraordinary
Wheat, bushels	13	20	25	40	50
Barley, bushels	25	40	50	75	100
Potatoes, bushels	125	175	200	300	500
Alfalfa, tons	3.5	5	6	9	12
Grain hay, tons	1.25	1.75	2	3	4
Oranges, boxes	150	225	300	450	600
Raisins, Muscat, tons	0.5	0.75	1	1.25	2
Grapes, shipping, tons	3	5	7	10	15
Olives, tons	1	1.50	2	3	5
Walnuts, tons	0.4	0.5	0.75	1	1.5
Prunes, dried, tons	1.25	1.75	2.5	3	5
Apricots, dried, tons	0.75	1	1.25	1.75	2.5
Peaches, dried, tons	0.75	1	1.5	2	3

\*Circular No. 121. Sent free on application to the University of California, College of Agriculture, Berkeley, Cal.

Many false statements are published abroad by mercenary boomers, who place dollars above conscience, in regard to what may be done upon a small piece of California land—five acres, or even one acre. It is true that, in some cases, a man has made a good living for himself and family on one acre of fertile, well irrigated land, intensively cultivated. In these exceptional cases a man must be at it early and late. There is no loafing under “your own vine and fig tree.” Five acres should be the very least amount, when the soil alone is depended upon for a living. Ten acres is better. In almost all of these successful cases the main dependence, at the start, is placed on chickens, as a source of revenue.

The author of this bulletin discusses the question of the size of farm necessary to furnish a satisfactory living. He estimates for barley 200 acres, for potatoes 40 acres, for oranges 12 acres, and for alfalfa dairying 60 acres. He says:

It is fairly obvious that statements of satisfactory income on less than ten acres, which undoubtedly do occur, do not represent normal conditions, and are not safe guides for those who desire to make a home in the open country. Such small areas may, and in many cases do, furnish delightful homes for those who have other sources of income. A more delightful place for people of moderate income to live than in some of the valleys of California can be found in but few localities in the world. It is apparent that this type of population is destined to increase largely. Neighbors of unusual intelligence and culture, schools and civic improvements of the highest order, unparalleled climate, and good roads throughout the year, as well as many other factors, contribute to this end.

This is true. The farmer in California enjoys the advantage of the most delightful climate in the United States. Some sneering Easterners declare that we of California charge for our climate. That is correct. Why should we not? It is the climate that enables us to produce products that cannot be raised elsewhere, and it is the climate that makes life here enjoyable. You may say that one cannot live on climate. True; but you lead a miserable life without it.

As for me, I have lived forty years in California, and I would rather make a bare living on five acres of land here, than own the best six hundred and forty-acre farm east of the Rocky Mountains, if I had to live on it.

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The worst enemies we have to fight are those within us. And by the same token, there is no great victory as satisfying as a conquest of the evil within. To have the enemy all to ourselves, where we can get at him, fight him, jump on him and throw him out, gives us every satisfaction if we succeed at last. If we do not, we drift into the stream among the deadwood of nonentities whose service to the world does not pay for their keep.—David Starr Jordan.

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When one reflects that a man is constitutionally indolent, that his natural desires are easily satisfied, and that unremitting attention to money-making disqualifies its votary from enjoying the finer pleasures of life, it must be clear that nothing but a queer sort of religious self-mortification could induce many persons to choose the life which the successful business man has to lead.—Dr. William Ralph Inge, Dean of St. Paul's, London.

## Prohibition

**R**EV. DR. CHARLES PARKHURST, of Madison Square Church, New York, was charged by members of his organization with having written a letter against prohibition to persons in California, during a recent "dry" campaign. The charge was "conduct unbecoming a Christian minister." Paul, the apostle, might have been arraigned under a similar charge, for he advised a disciple to take occasionally a little wine—not Peruna or Duffy's Malt Whisky, while Jesus turned water into wine at a wedding feast. In his letter Dr. Parkhurst asserted that prohibition does not always prohibit, and urged a fight on whisky, before attacking beer and light wines. After that he said it would be time to go further "and even possibly have our own brethren give up drinking tea and coffee, which are harmful." The presbytery found that there was no cause for action.

Dr. Parkhurst is on the right track. After fifty years of prodigious prohibition effort, the per capita consumption of alcoholic beverages in the United States has doubled. Partly this is due to increased consumption of beer, but not entirely, as the per capita consumption of whisky has also increased. This should cause all who are not fanatical and bigoted to consider what is faulty in present methods of fighting the "Rum Fiend."

It would be a long step toward temperance if the people were educated and encouraged to use, in moderation, tea, coffee, beer and light wines in place of raw distilled spirits—first introduced by the medical fraternity—the manufacture of which might well be forbidden. And with distilled alcohol should go poisonous drugs of all kinds, patented and unpatented. As it is, prohibition favors the consumption of spirits, making it difficult to obtain the more bulky beverages. It also favors hypocrisy and hatred, keeping communities in constant turmoil, "wet" and "dry" elections sometimes succeeding each other within a few months.

Russia has abolished vodka, France absinthe, and Great Britain may cut out gin, the government taking over the beer business, and making only the lighter kinds.

Total abolition of the manufacture of distilled spirits and drugs, and regulations providing for the absolute purity of beer and light wines, would be the most practical step yet proposed toward temperance in the use of stimulants. And under our fierce competitive system men and women will continue to use stimulants of some kind.

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## Another Superfluous Organ

**D**R. C. E. LANGWORTHY, government food expert, at a gathering in Cleveland, declared that the flies, bugs, cats, rats and other house pests breed disease faster than the health authorities can stamp it out. He added however that the human hand is the most dangerous enemy to family and community health. So covered with germs

There is Bible authority for the cutting off of the hand, if it commit offense, but I have yet to meet the doctor who would characterize the hand as a superfluous organ. Once one begins to give way, there is no telling how far the fear of "bugs" may lead one.

## Haying the Piper

**I**N the enthusiasm of war, the people of European nations think little of the cost. Legislators unanimously vote fabulous sums that in times of peace would arouse storms of protest. Great grandchildren of those yet unborn will stagger under the burden of the interest on these debts—that is, unless they should be repudiated. To think of ever paying off the principal is out of the question. The loans of England for this war already amount to sixty per cent. of the immense national debt of that country, and Kitchener says the war has not yet begun.

French taxpayers are still paying for presents squandered by Louis XIV on his mistresses. Koenigsberg, in East Prussia, which may perhaps soon be called on to pay a war indemnity, was still being taxed, up to twenty years ago, for a levy made by Napoleon in 1807.

All this, in addition to the destruction on land and on sea, and to industries ruined, and behind that, the killing of millions of men who might have served some better purpose than to fertilize the fields of Flanders or Galicia.

Should this war be protracted, it is not altogether impossible that one of the results may be repudiation of national debts by warring nations. This, of course, would mean an admission of bankruptcy, and it would be impossible for those nations again to borrow for war purposes. A good thing. They might borrow for constructive, not for destructive purposes. It has been suggested that they might repudiate the interest of the debts, and pay off the principal at four per cent, thus giving the creditors twenty-five years to arrange their affairs.

This horrible, cruel, senseless war will set Europe back half a century, financially, physically and morally. It is a colossal and criminal folly. The shamefulness of deeds that men are doing in Europe we shall only begin to appreciate after it is all over.

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## Doctors and Professors

**T**HE California medical law is very strict in prescribing the conditions under which the prefix "Dr." may be used. The word doctor is from the Latin "docere," and simply means "to teach." There are doctors of philosophy, of divinity, of medicine, and other doctors, but when used now-a-days, the title, to the masses, means only a doctor of medicine.

"Professor" was formerly an honorable title, but it has been abused, until now it means anything or nothing. Nearly every chiropodist, masseur and "prestidigateur" is a "professor."

A Los Angeles man who has distinguished himself as a dermatologist, recently wrote to me: "Call me anything you like, but for God's sake don't call me a professor."

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It is a deplorable fact that spiritualists voluntarily object to being undeceived, and cherish toward scientists and others an actual animosity when they attempt to relieve them from the deception which is being imposed upon them.—John Tyndall.

## Restriction of Offspring

**I**N its issue of April 10, Harper's Weekly began a series of articles on "The Control of Births," or prevention of conception. Several other magazines have recently touched on the subject. One paper was suppressed recently for going into the matter. Other publications have protested against the suppression of discussion. It is encouraging to note that leading publications are beginning to break through the veil of false prudery that enshrouds this and other subjects, of prime importance to the human race. Harper's may in this way in some measure atone for its support of vivisection.

Our wonderful Federal laws lump together scientific treatises on this subject with abortion and smutty postcards. In the opening article in Harper's, by Mary Alden Hopkins, she writes:

Our Federal law forbids the sending by mail or express any formula, method, or suggestion for the prevention of conception. The maximum penalty is five years imprisonment and five thousand dollars fine. Decoy letters, relating piteous stories, stating that the husbands are epileptic or slightly insane and appealing for help are constantly sent to physicians by spies. If the physician gives the information asked, his letter is complete evidence against him in court. One well-known doctor states that he receives such letters by the hundreds every year.

Offenders are sometimes punished with incredible severity. Dr. G. Alfred Elliott, of Kansas, was fined ten thousand dollars and sentenced to ten years in the penitentiary at Leavenworth, for having given this information without pay, to a woman spy who begged it under false pretenses. He received double the maximum sentence and double the maximum fine, because he replied to a second decoy letter following the first from the same woman. Dr. Elliott was released from the penitentiary after serving seven years.

The state codes forbid the giving of this information orally as well as in writing. A physician is allowed no discretion in the matter. There are cases where pregnancy means almost certain death to the woman. In cases of Bright's disease, tuberculosis, and pelvic malformation, it is fraught with the gravest danger. Yet a doctor telling such a woman how to avoid pregnancy is liable to imprisonment.

Otto Hanish is still under bonds of \$10,000 to the Federal government for circulating, in a book, information regarding "male continence." That, however, is another phase of the subject, to which I may refer later.

Yet the purpose of this unreasonable law is constantly defeated. "Contracepts" may be obtained at most well appointed drug stores. Information—often misleading and harmful—is passed around, and knowledge on the subject is not entirely confined to married women. Unfortunately, it is the rich who are most able to support children, that usually avail themselves of these methods, while the poor breed like rabbits. An inquiry made by the Fabian Society, in England, in 1906, showed that 242 out of 316 married couples admitted having deliberately limited their families.

The editor of Harper's Weekly quotes a distinguished judge as having said to him that if he were free to enforce or not enforce the laws existing in his district, about preventive appliances, he would punish all druggists who sold such appliances to those within two

blocks of Fifth Avenue, and encourage those who sold them in the slums.

When I see a tired mother, sweating over a kitchen stove to prepare a meal for her husband, who comes home perhaps cross, while half a dozen children tug at her skirts, and when I read of the long bread lines in our big cities, I lose patience with those who prate about the immorality of controlling the birthrate. It is true that no such methods are quite harmless. They cannot be, because they are unnatural. However, any of them are better than prenatal murder, which is so awfully common in this country. You may perhaps say that parents should exercise self control. That is a dream, and will always remain a dream, so long as people over-eat of stimulating foods.

As I have previously observed, to beget children when parents cannot give them proper physical, mental and moral training, is a crime. Restriction of births is opposed by captains of armies, who want human fodder for cannon, and by captains of industry, who want fodder for factories and sweat shops. On the other hand, among those who have endorsed restriction of births, I may name the late Lord Derby, Mrs. Sarah K. Mordith, recording secretary of the Ohio W. C. T. U., August Forel, M.D., of Zurich, Switzerland, Dr. A. Jacobi, dean of American physicians, and President of the American Medical Association, and John Stuart Mill. The latter wrote: "Little advance can be expected in morality until the producing of large families is looked upon in the same light as drunkenness, or any other physical excess."

In Europe they handle this subject more sensibly. In Germany Dr. Grotjah, Professor of Hygiene in the University of Berlin, recently published a book containing all sides of the question, and giving specific information concerning the limitation of offspring. This book, written by a scientist, can go all over the continent of Europe, but it cannot come to America. The Hungarian Senate, a few years ago, declared that the limitation of families by prevention of conception was absolutely necessary, in order to check the widespread evil of attempted abortion. In Holland they go still further. A society which has sought to instruct the poorer classes as to means of restriction, has had the countenance of ministers of state, and has been recognized by royal decree since 1895, as a society of public utility.

One objection urged against the general spread of information on this subject, is that it would lead to sexual immorality. Statistics, so far as they can be gathered, do not support this view. Certainly, there is more respect for women today than there was fifty years ago.

To those who desire to read further on this important subject, I recommend a little book entitled "The Small Family System," reviewed on another page. In a preface to the book Prof. Binnie Dunlop declares that the results of general enlightenment on this subject would be "that poverty would, in two or three years' time, be banished from this country, and, in a generation or so, from the whole world; that there would be a rapid improvement in the quality of the race; and that the day of the abolition of war would actually be in sight."

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The greatest happiness of the greatest number should be the aim of all public action and the test of private morality.—Bentham.

## Land Hunger

**L**AND hunger is one of the passions most deeply implanted in the human breast. Look at the rush in this country when a government reservation is opened to entry. The French revolution was caused by land hunger. So was the Mexican revolution—by a craving of the people for land of which they had been robbed. Under such circumstances men fight with the fury and determination of a lioness robbed of her cubs.

Air and land are necessities of life. Air, fortunately, cannot be monopolized. Land can be, but it should not, and must not be, or there will be trouble. Land monopoly carried, to its extreme limit, would mean that a man must not stand on the earth without a permit, manifestly an absurdity. However, we have been trending in that direction.

Those countries are happiest where the largest number of the population own and till a piece of land. You do not hear many shouts for war from a contented population of small land owners. To get the people back to the land is not only good for them, but for society.

I quote from Channing Severance, in the Los Angeles Tribune:

It is almost 2000 years since Julius Caesar played his part on the stage of life; and that long ago had this to say about the land question, which, from his day to ours, has remained much the same: "No form of property gives to its owners so much consequence as land, and there is no point on which in every country an aristocracy is more sensitive."

That the private ownership of land in large areas was the origin of aristocracies and the cause of the great inequalities of society when civilization superseded barbarism, admits of no doubt or controversy, and if no man had ever held by any means more land than he needed or could himself use, there would never have been up to this day such a thing as an aristocracy. Given special privileges, all those who receive them become privileged characters, and land monopoly has made more than any other kind of property. When men depend upon their individual efforts, with equal opportunities for all to get and use land, no one will tower much above his fellows, except in intellectual achievements.

To deny the masses free access to land has been the crime of the ages and never will we have a civilization worthy the name until the birthright of every human being to a piece of land sufficient for his needs can be had without price or payment of any kind. And why should not everyone have free land as well as free air when life is equally dependent on both? Think for one moment by the light of reason what a wrong and injustice is perpetrated when one human being comes into possession of land at birth, while untold numbers have no right to even standing room on this old earth until it has been bought and paid for from some other human being, or a collection of individuals known as the government. Governments have always been run in the interest of a minority and not one exists today that is exempt from this charge.

Albert V. Leonard, settlement agent of the Government Land Department in Chicago, suggests that the entire 628,000,000 acres of unclaimed government land be opened for entry. While perhaps twenty-five per cent. is not adaptable for agricultural purposes, and another twenty-five per cent. is withdrawn as government mineral and forest

reserves, there still, it is said, remain more than 300,000,000 acres that may be utilized for the production of the necessities of life.

A novel plan, submitted by a professor of a university, who requested that he remain incognito, has been forwarded by Leonard to the Washington office. The plan contemplates the opening for entry of enough land to furnish homes and small agricultural tracts for all heads of families who wish to avail themselves of the opportunity. It further contemplates furnishing to every settler, who can buy one-half of his equipment, enough additional funds, or credit, to supply him with stock, wells, tools, and building materials, the advances to be treated as loans secured by the claim, which may be sold if forfeited, to repay the loan and start a more successful settler.

Leonard says the question of non-employment in the United States would no longer exist if Congress decides to use this land for cultivation. He adds: "We are like a person starving in a room wherein are tables set for a feast."

Here is a great problem, worthy of the most serious attention of statesmen. Unfortunately, while we have many politicians in this country, we have few statesmen.

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### Newspaper Illustrations

**T**HERE has been a wonderful change in newspaper illustrations during the past thirty years. Papers of the 80's look odd, with their little wood cuts. Photography has wrought a marvelous change. It has also led to extremes.

Thirty-five years ago, when I was editing the *Wasp*, in San Francisco, an old gentleman, who had a dusty studio on upper Kearny Street, introduced us to a reproduction of pictures made by means of a screen. I published a number in the *Wasp* at that time, and looking over an old volume, I find that they are not at all bad. This, I believe, was the beginning of photo-engraving in America.

Newspaper illustrations have been over-done. They should be used to illustrate the text, whereas now they too often clutter up the pages with meaningless pictures of things that are not worth while. Of late some papers have adopted the custom of filling their pages with pictures of girls—grinning girls, looking like dentists' advertisements, in some cases the teeth being touched up with white, making the resemblance more striking. There are girls admiring a big watermelon, or lifting their skirts while crossing a gutter, or doing things apropos of nothing, so as to bring themselves into the limelight. The reading public is becoming quite weary of this avalanche of girls.

The *Christian Science Monitor*, the best newspaper in the world, both in appearance and contents, is distinguished also for its unique and artistic illustrations. They are etchings, and really works of art. Also, they always illustrate something worth while, and the text is not made subservient to the pictures. The *Kansas City Star* also etches its pictures, but not so artistically as the *Monitor*.

There is much room for improvement in newspaper illustrations.

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Were it not for the existence of passions, no one would build a house, marry a wife, beget children or do any work.—The Talmud.

## The End of Big Cities

**H**UMANITARIANS bewail the increasing movement of population from the land, the true foundation of a country's prosperity, to large cities, cancer spots of civilization, headquarters of crime, corruption, strikes, turmoil, poverty, misery, and disease. Almost all wars are bred in cities. If you took a vote, few farmers would vote for war.

The back-to-the-land movement has received a new and unexpected impetus, not from those who go to till the soil, but from manufacturers, seeking industrial efficiency. In the *Technical World Magazine*, George H. Cushing recently went so far as to suggest that the United States has built its last big city. He shows that under our present system, the country produces the wealth, and the city absorbs it. The rural districts are coming to realize this, and to resent it. The uprising against the middleman system is alone an influence sufficiently potent to begin the disintegration of the cities.

Mr. Cushing's suggestion may be somewhat premature, but the fact remains that it is becoming increasingly common for large manufacturing concerns in this country, as well as in England, to move from the over-crowded cities, with their noise and distractions, high rents, and exorbitant prices, to homes in the country, where "garden cities"—independent villages, or towns—are created. This is a highly commendable idea. It is good for the business, for the workers, and for society—in fact good for everybody except large city landlords.

Among others who have adopted this plan is the firm of Doubleday, Page and Company, the well-known publishers. Several years ago they established themselves at Garden City, in Long Island, on a tract of about 40 acres, which has been laid out in the highest art of landscape gardening. The buildings resemble a collection of university buildings more than a factory. Thousands of pines, rhododendrons, and other trees and shrubs were planted. Many provisions are made for the comfort and pleasure of the employees. The company runs an open shop.

Among the publications of Doubleday, Page and Company is "Country Life in America," one of the most beautiful publications in the world. Here is the "Country Life creed:"

To encourage country living;

To draw people from the crowded cities into the open spaces;

To foster a love of the wide outdoors, the home of health and of broad horizons;

To keep active the love of all things that live and grow—of birds and animals in free and unendangered lives, of great trees that bless us in their growing and their sacrifice;

To inspire communion with nature in all moods;

To encourage the owning of houses and land and to foster the love of home;

To teach good taste in architecture and in decoration, and to encourage the building of better homes;

To preach the gospel of the garden, the planting of trees and shrubs and flowers, and the making of better gardens;

To spread the discoveries of the newest agriculture, and to help make farming more effective;

To encourage the breeding of better horses, dogs, cattle, fowls, and all the animals that serve us;

To encourage clean sport and all wholesome outdoor enjoyments and activities;

To help with all practical problems of country living;

To minister to all the needs and enthusiasms and joys of those who live in the country and love it:

Surely a good creed. If it were generally followed this would be a more pleasant land to live in.

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### Food Drunkards

**A** WRITER in the Brooklyn Eagle says that insurance companies "love a fat man, because he is a good risk."

In contradiction to this, not long ago American and Canadian insurance companies made an investigation of the causes of deaths of over 300,000 insured persons, giving the weight of each. Among this large number there were, of course, many who died from old age, but it was a noticeable feature that not one person much over-weight died of old age.

This is not surprising, because fat, when it exceeds a moderate amount, is an incumbrance. It is stored up disease matter, and greatly lessens the chance of long life. It is better to be somewhat under-weight than over-weight.

We hear much of alcohol drunkards, but little about food drunkards, yet for one who is harmed by alcoholic excesses, hundreds are injured by over-eating. It is a strange thing to see ardent advocates of "temperance," who frown at the drinking of a glass of beer, or light wine, gorging themselves at a church banquet, until they could not run around a block to save their lives.

Some day food drunkenness will be considered as disgraceful as any other form of excess. It is the cause of most of our serious physical and of many of our mental and moral ills.

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### Harms Versus Factories

**W**E are liable to measure Prosperity by smokestacks—by the multiplication of factories, with their noise, and dust, and smoke and strikes. The true basis of a country's prosperity is to be found not in factories but in small land ownership—not land tenantry, which is increasing in this country at an alarming extent.

We cannot, of course, go back to the pastoral age, but we should do all we can to encourage the cultivation of small farms by thrifty landowners. And there is no section in the United States so well adapted to small farming as California.

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How can a man learn to know himself? Never by meditating, but by doing. Endeavor to do thy duty, and thou wilt at once know what in thee lies.—Goethe.

## After Death; What?

**A** NEW YORK attorney, J. F. Rutherford, came last month to engage in debate with a Baptist pastor of Los Angeles county on the subject "Where Are the Dead?" Mr. Rutherford represents Pastor Russell, known to many through his widely circulated syndicate sermons.

The subject is one of which nobody knows anything, therefore all discussion of it must necessarily be futile. Yet man will continue to speculate on this mysterious theme. Surely, it seems to be a sad waste of effort if, after a brief period of mortal strife, this complex and wonderful thing we call "I" is to go into total extinction—to be worth nothing except as its casement may serve as fertilizing material, to give life to plants that shall feed a future generation. And then, there is the longing to meet loved ones gone before, that has consoled millions of weary hearts. It is this that has drawn many to Spiritualism in its various forms.

Orthodox Christians base their theory of immortality on the Bible. Yet, in the whole of that collection of books, written by different persons, at different periods, on different subjects, you cannot find, from Genesis to Revelations, any such phrase as "immortal soul," "everlasting soul," "immortal spirit," or "everlasting spirit." The doctrine of the innate immortality of man is a heathen doctrine—the doctrine of Plato. The Old Testament teaches that men perish like the beasts of the field. "If a man die, shall he live again?" cynically inquires Job. The New Testament teaches that immortality is a reward, to be "put on like a crown," by those who believe in Christ, others going into extinction—into "everlasting death." This is the plain teaching of the apostles, in the gospels and epistles. The Gehenna of the New Testament was the municipal garbage crematory of Jerusalem, without the walls, where fires were kept continually burning, to destroy refuse. Today you may pick grapes on the site of the Jewish "hell."

On a few brief and more or less vague Bible passages have been builded by the orthodox churches the theory of innate immortality and the horrible doctrine of everlasting torture of His creatures by a merciful God, a doctrine that has driven millions to despair, insanity and suicide.

I have no more patience with the atheist, who declares that there is no hereafter, than I have with the priest, who pretends to tell us all about it. The wise man has the courage to say: "I hope, but I do not know."

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The noblest of all charities is in enabling the poor to earn a livelihood.—The Talmud.

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We bear with greatest composure misfortunes that do not concern us.—La Rochefoucauld.

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Fame usually comes to those who are thinking of something else, very rarely to those who say to themselves, "Go to now, let us be a celebrated individual."—Holmes.

## Briefs

There are 300,000 more women than men in the Protestant churches of America. Emotion versus reason.

A Philadelphia judge says that separation with mutual consent is not sufficient cause for divorce. What an old fogey.

Italy is the latest country to enforce the use of whole meal bread. The war teaches many lessons.

Six men over 60 took out marriage licenses in Los Angeles last month within a week. This is a fine climate.

“Medical science” now declares bad air is not harmful, except that it may be too dry. “Medical science” is a bad joke.

Stanford University students must be vaccinated or expelled. Yet we call this an enlightened age.

Moses provided for a redistribution of wealth every fifty years. This subject is never touched upon in fashionable churches.

Mrs. Havelock Ellis suggests trial marriages, for a year. How about the children?

There are nearly 4000 charity, civic and religious organizations in New York City. Great waste of effort.

More than half the scales in California are incorrect. Every housewife should have a pair of scales.

Vice-President Marshall says he likes three square meals a day, with beefsteak for breakfast. In his newspaper pictures he looks like it.

The only legitimate way for a publication to get and keep advertising is to show the advertiser how he can, by advertising, increase his profits.

Salton Lake, Imperial County, Cal., is to have a big plant for converting carp into chicken and hog food, and fertilizer. In Germany the carp is considered a delicacy.

An applicant for citizenship, in Portland, Ore., when asked the function of the Vice-President, replied: “He waits for the President to die.” Not so bad.

The United States spent last year \$17,000,000 in foreign missionary work. I should think that for some time after this Christian war is over, Christian nations will lack the assurance to send forth missionaries to convert the “heathen.”

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. III

LOS ANGELES, MAY, 1915

No. 12

## Suggestions to Reformers

**T**HERE are almost as many kinds of reformers as there are of men. To some of them I would recommend Robert Louis Stevenson's saying, that I quoted a couple of months ago:

"There is an idea abroad among moral people that they should make their neighbors good. One person I have to make good; myself. But my duty to my neighbor is much more nearly expressed by saying that I have to make him happy—if I may."

Also every reformer, before he begins to practice the reforming business, should take a trip around the world, not to admire the scenery, but to study men, their customs and their habits, and while traveling he should study the history of the world's civilization.

To this, were I not so naturally modest, I would add that apprentice reformers—and even some who consider themselves to be master craftsmen—might, with advantage, purchase a set of back numbers, and take a course of **BRAIN AND BRAWN**.

Remember, also, that reformers must expect vilification and abuse. It is part of the day's work.

## Justice for the Poor

**S**OME time ago Kansas City, Kan., which is under a commission form of government, established what is known as a debtors' court, in which justice is absolutely free. The judge, an appointive officer, receives no salary, and holds court whenever and wherever he chooses. The court has jurisdiction over actions involving sums up to \$20. Attorneys by profession are not permitted to practice before it.

As usual, Europe is ahead of us in matters pertaining to social welfare. Germany has for some time had a system of people's courts from which lawyers are barred. Los Angeles is, I believe, the first county in the United States to provide a public defender.

These are good movements, not only for the people, but for society, as they will tend to modify friction between the "masses," and the "classes" and so postpone "trouble."

It has long been known that alcohol interferes with business. Now it has been discovered that it also interferes with war.

## The Russian Way

**U**NDoubtedly, the best form of government is a despotism—if you could always be sure to get the right kind of benevolent despot. Please note the “if.”

In Russia, the manufacture and sale of the fiery spirit vodka, a government monopoly that yielded half a billion dollars a year—and incidentally was rapidly making of the Russians a nation of sots—was abolished by a stroke of the Czar’s pen.

Next came an edict suppressing middle men, so that henceforth commodities will move directly from the producer to the consumer.

Last, but by no means least, the Czar has ordered universal compulsory education of all children within his domains.

It may be that these reforms have been brought about by progressives, acting through the priest who has so mysterious an influence over Nicholas, but it was the Czar who actually did it.

Also, we should not forget that while we spent fifty years of heated argument and hotter fighting before we freed the slaves, the Russian serfs were set free in less than as many seconds, or in the time required by Czar Alexander to write his name.

Keep your eyes on Russia. That vast empire, three times as large as the United States, including Alaska, will be worth observing during the next few years.

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## Why Good Men Won’t Run

“**O**LD men for counsel; young men for war.” The nation is happy that can command the services of men who have achieved a competence by well directed effort. In London, young Whittingtons look to the possibility of becoming Lord Mayor, as young Americans dream of becoming President. In Germany it is the height of many a good man’s ambition to become burgermeister of his native town.

Why can we not secure the services of such men in the United States? The answer is easy: The yellow press. When the people stop mudslinging, by refusing to patronize papers that sling mud, then, and not till then, shall we be able to get first-class men to accept public office.

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The custom of dividing profits with employees is spreading. It is good, both for employers and employed.

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In Buenos Ayres Caruso gets \$7500 a night for three hours’ work. Some of his compatriots, with fine voices, but untrained, work in ditches for 75 cents a day. Opportunity plays a great part in life.

## A Square Deal

**A**LL that drugless healers and those who are served by them ask is a square deal—that every man shall be as free to choose his own physician as he is to choose his own priest, and that every practitioner shall be qualified to practice what he preaches.

Surely, a reasonable demand. Anything short of this is medical tyranny, and contrary to the spirit of American liberty.

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## Intervention in Mexico

**H**AD it not been for the war, it is possible that by this time the American people might have been willing to permit, or even to demand, intervention in Mexico, but they have been so shocked by the horrors of the European conflict that they are determined to stay out.

Also, had it not been for the war, European nations would by this time have been demanding that we intervene, to protect their subjects.

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## Tenant Farming in America

**T**ENANT farming is spreading in the United States. In Texas, only one-fourth of the farms are owned by those who operate them. This is a condition that should concern all who love their country and their fellow men. As I have said elsewhere, the small independent farmer is the mainstay of a nation. Tenant farming is a step backward.

A number of American cities are selling bonds in small denominations to the citizens. Sensible plan.

When I read what the various nations are going to do to each other after the war is over, I am reminded of the old adage: First catch your hare before you cook him.

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## The Hope of Immortality

It must be so—Plato, thou reasonest well!  
 Else whence this pleasing hope, this fond desire,  
 This longing after immortality?  
 Or whence this secret dread and inward horror  
 Of falling into naught? Why shrinks the soul  
 Back on herself, and startles at destruction?  
 'T is the divinity that stirs within us;  
 'T is Heaven itself that points out an hereafter,  
 And intimates eternity to man.  
 Eternity! thou pleasing, dreadful thought!—Addison.

## Brooklets

A man dislikes to be forced to think, even as a sleeper dislikes to be aroused from heavy slumber.

\* \* \*

Absurd is a word usually applied to anything of which you disapprove.

\* \* \*

The United States should establish a Bureau of Marital Efficiency.

\* \* \*

Technical education is good, but we should aim to make young men something more than machines.

\* \* \*

Pedestrians are annoying to automobilists. They should go under or over.

\* \* \*

Notoriety may be achieved in a day. Fame must patiently be earned.

\* \* \*

Age, below 25, is masculine and feminine. Above that it is masculine only.

\* \* \*

Anarchy may be described as the condition the nation is coming to if the other party gets in.

\* \* \*

Ancestors are antiquated old fellows, who are always blushing at our crimes.

\* \* \*

“Authentic” is a word attached by newspaper writers to information picked up on the street.

\* \* \*

All men are Progressives, unless they are fossils. They may, however, spell it with a small p.

\* \* \*

Adversity is the school in which character is formed.

\* \* \*

Affluence is ten cents a day more than your expenditure.

\* \* \*

Affronting a man often means telling him the truth.

\* \* \*

After making up your mind on the subject, sleep over it.

\* \* \*

Hating people does not hurt them, but it does hurt you.

\* \* \*

When a prizefighter begins to see defeat he gets ugly and may hit below the belt. So in war.

### The Belgian Hare Boom

I READ in a Los Angeles paper an announcement of a lecture on the Belgian hare. It caused me to smile a reminiscent smile.

About fourteen years ago, when Los Angeles was still suffering from the reaction that followed the big real estate boom of 1886-87, we had a Belgian hare boom, and we had it bad. It reminded me of what I have read of the tulip mania in Holland, when a good farm was exchanged for a single bulb. This Belgian hare craze was started by a man named Platt, who had been managing a Chinese doctor. He got some of the papers to print his articles, and soon rabbitries sprang up everywhere. In the backyards they were as common as chicken coops. Papers published columns of Belgian hare advertisements. Prices rose to astounding figures. As much as \$500 was paid, more than once, for a buck with a high-sounding name like "Lord Britain," or "Earl of Australia," while for the services of such noble animals at stud \$100 was demanded. Certain red markings on the feet, supposed to distinguish thoroughbred hares, were readily imitated with dyes.

The craze spread over the country. Denver became another hotbed of the Belgian hare industry. In Los Angeles a Belgian hare show was held, with a judge imported from Denver, and honorary judges selected from the ranks of prominent citizens, of whom I am ashamed to say, I was one. Scores of Belgian hare magazines were started. The Los Angeles Times issued a special Belgian hare number.

People began to demand legislation against the possible escape of Belgian hares, when they might prove as destructive as common rabbits had become in Australia. Then some captious critics, like those who ask what is going to support a real estate city, began to inquire what we should do with the immense prospective crop of hares, for they bred "like rabbits." These pessimists were told that the flesh of the animals was so delicate that it would command a market all over the world, and that the furs would replace seal skin. As a fact, the flesh of the Belgian hare is dry and insipid, and not nearly so appetizing as that of a common cottontail rabbit. Consequently, receipts were published for condiments and wine sauces, to help people swallow the dry meat.

Then, one day, some kind of a devil entered into me, and I wrote a column editorial for the Sunday Times, which some of my friends were pleased to say was funny. Anyhow, the Belgian hare boomers claimed that it knocked out their industry, and demanded a court martial on me, which was held, the verdict being "not guilty, but don't do it again." I submit that an "industry" must have been built on a slim foundation, if it could be knocked out by one editorial.

This is why I smiled, when I read about the lecture on Belgian hares.

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Numerous reports are received of deaths following the use of anti-hydrophobia serum. As Life says, "hydrophobia is something of a myth, but there is nothing mythical about the results of the serum."

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I get mail from England regularly, both written and printed, but in India the censor seems to be active. I received a letter from Bombay that had been opened and passed by the censor.

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In a Pennsylvania coal mine a fire has been burning 62 years.

### Vegetarianism and Vaccination

**A** MONTHLY magazine, "Life and Health," is the leading organ of the Seventh Day Adventists, a sect whose teachings are vegetarianism, the keeping of the seventh day as a Sabbath, and that the end of the world is near. The magazine was formerly published in California; now at Washington, D. C. Its sub-title is pretentious, namely, the "National Health Magazine." It announces that the name will be changed in June to "Health and Temperance."

While strongly denouncing the use of meat, alcohol, tobacco, tea and coffee, this magazine endorses vaccination. While teaching that it is little less than a crime to eat a lamb chop, at the same time it advocates the injection of filthy and poisonous animal matter into the blood. Queer mixture. Strange mental strabismus.

In the April number of the magazine is a horrifying picture of a man whose face is covered with smallpox, holding a child free from smallpox, the moral being that you should get vaccinated. This, notwithstanding the fact that many more people are killed every year by vaccination than by smallpox, that vaccination, instead of preventing smallpox, has kept it alive. The disease would today be as rare as the black plague, were it not for vaccination.

Perhaps we should not be surprised at this attitude of the "National Health Magazine," considering that the editor and one of the associate editors are M.D.'s. I am told that the Seventh Day Adventist sanatoria will not accept on their staffs physicians who do not believe in operations because, in that way it is expected to cover the expenses of the institutions. Better carve dead animal bodies more, and live human bodies less, although it is not necessary to do either.

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### Our Cousins the Apes

**A** FEW weeks ago I had a talk with R. L. Garner, investigator of the language and customs of apes, to whom I referred last month. He has left on his eighth trip to West Central Africa, where he spent twenty-three years. On this journey he expects to take moving picture films of native and animal life.

Mr. Garner has spent much time and money in this interesting quest. He would like to see established an institution for the scientific investigation and education, for several generations, of a selected number of apes, say two or three pairs of each species, with the proviso that they should not be used for exhibition or vivisection. He thinks Southern California an ideal section for such an enterprise, both on account of the climate, and of the abundance of fruits, the main food of the ape family.

Mr. Garner's address for a short time after the date of this magazine will be: Care of the New York Zoological Society, Bronx Park, New York.

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A British bishop, upon being asked which side would win in the war, is reported to have answered concisely by asking: "Who won the San Francisco earthquake?"—Springfield Republican.

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By special request of many readers we are offering that wonderful book, Dr. Foote's "Home Encyclopedia of Medical Social and Sexual Science," at half price, with a year's subscription to BRAIN AND BRAUN. See advertisement.

## The Eucalyptus

THE eucalyptus, of which the best known variety here is the eucalyptus globulus, or blue gum, has become so common in California that many new-comers believe it to be a native California tree, whereas it was imported from Australasia about 50 years ago. It has entirely changed the appearance of this woodless part of the state.

In Australia and Tasmania, where these trees grow to a height of 400 feet, being the only tree larger than our sequoias, there are over 150 varieties, some of which are highly esteemed for furniture, piling, etc. The blue gum is least thought of, being planted around outhouses, its chief merit being its very rapid growth, although in this it scarcely surpasses some other varieties, as the red gum. A number of other eucalypti are growing in California, but the blue gum still largely predominates.

There have been two booms in eucalyptus planting in Southern California, one about 25 years ago, and one a couple of years ago, when a number of stock selling companies were organized, some of which, as I pointed out at the time, made absurdly exaggerated assertions in regard to the profits coming to fortunate investors from the sale of eucalyptus wood for lumber. A eucalyptus corporation of Tulare County, founded about three years ago by Los Angeles people, with great promises and hopes, is now being wound up. The company secured large land holdings. Last year the trees set out were uprooted, and the land planted to alfalfa. It is a tedious task to uproot eucalyptus trees, for they take a wonderful grip on the soil.

Here is a dispatch from Washington that may be of interest to some of those who took stock in these companies:

"The forest service has been experimenting with blue gum lumber grown in California for two years, preparing it in a specially constructed kiln. It states that while occasionally selected blue gum trees of the largest size will furnish lumber of fair quality, the great majority of trees are not suitable for lumber."

This shows that the right kinds were not planted. In Australia there are varieties that make excellent furniture, while others are used for wheels, for interior finish of houses, for indestructible teredo-proof piling, and other purposes. The blue gum is of use only for fuel and rough poles.

More profit might be made from eucalyptus plantations cut for fire wood if the leaves were generally utilized for the manufacture of eucalyptus oil, a simple process. Much virtue is claimed for this oil, both for internal and external use. For internal use I have been told by Australians that the oil made from the lemon scented variety—"eucalyptus citriodora"—is the only kind that does not irritate the stomach. Personally, for outer use I prefer the St. James' oil to eucalyptus, olive or any other kind of oil I am acquainted with.

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Send us the names of any friends you think might be interested in BRAIN AND BRAWN, and we will forward them sample copies.

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Los Angeles has fewer poorly paid women, in comparison, in the mercantile lines, than any other large city in the State.

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Cinderella did not wear slippers made of glass. They were made of squirrel skin.

### Charity Begins at Home

**T**HE case of the Salvation Army versus the City of Los Angeles came up before the California Supreme Court on April 12. The case was submitted on briefs. It will be forty days before it can be decided, and then the judge may allow an extension of time.

Last month I said the Salvation Army "sends part of its receipts away to the East and England." It seems that this is partly incorrect. An officer of the Army informs me that the local branch does not send any funds to England. They are sent to territorial headquarters at Chicago. However, Chicago reports to New York, and New York reports to London.

The report of the Los Angeles Municipal Commission says that in 1912-13 of \$8,000 profits from the Industrial Home, stores and hotel in Los Angeles, \$6,300, or 80 per cent., was sent out of the city, while the Salvation Army maternity home in Los Angeles has been in need of funds, despite aid of the city and county and of popular subscriptions.

The Salvation Army is an international body, with headquarters in London, and its commissioned officers are subject to orders from London. As I said last month, the Salvation Army is a more complete autocracy than the Catholic Church, while its organization is equal to that of the German army. Those who are attracted by militarism should admire this church militant.

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### Cigarette Smoking by Boys

**A** BILL introduced by Senator Anderson forbidding the smoking or possession of cigarettes or any form of tobacco upon school premises, passed the California Senate in April without a negative vote. The penalty is suspension or expulsion of any student of a public school, including high schools. In speaking for the bill, Mr. Anderson declared that nearly one-half the boys of the Santa Ana high school smoke, and carry their cigarettes to school to teach other boys to smoke.

Smoking, especially of cigarettes, by immature youths stunts them physically, mentally and morally.

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### Sleeping on the Ground

**T**HE English soldiers who had served in South Africa quickly taught the allies in France how to sleep comfortably on the ground.

To sleep on the ground in the ordinary way, without the aid of this South African trick, which the English learned from the Zulus, is so painful as to be almost impossible. Sleep, instead of resting, fatigues.

The Zulu trick is to dig a little hole to hold the hipbone. The soldier can then rest on back or side with equal comfort. He rises from his slumber on the hard ground as refreshed as if he had slept on a feather bed.—Cincinnati Enquirer.

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Washing the head with cold water is soothing to the nerves.

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Remember it is not what you eat, but what you digest that nourishes you.

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The cocoanut trade of the world amounts to \$343,000,000.

### Making the Desert Blossom

**G**RADUALLY the "Great American Desert" is disappearing from modern maps.

George H. Maxwell, known as the "Father of National Irrigation," has admitted that he got his ideas on the subject from editorials I had written in the Los Angeles Times. National irrigation has done good work, but there are millions of acres that can never be irrigated from surface sources. For such lands it is now proposed that the government develop artesian water, and Congress has made a preliminary appropriation of \$100,000 for that purpose. I see that my friend The Jeffersonian, of Los Angeles, claims to have been the first journal to advocate this movement. All good things originate in Los Angeles.

Even after that is done, there will yet be millions of acres on which artesian water cannot be developed. For these we have to look to dry farming, and to crops that grow with little moisture. One of the most valuable of such crops is said to be the tepary, a small white bean used by primitive races in Arizona. It grows wild throughout that state, and other arid regions of the Southwest. Planted in April, it is said to mature a crop in sixty days. I see by a local paper that 100 acres of these beans are to be planted, as an experiment.

I do not know anything about this bean, except what I have read. I was five years in Arizona, where I lived largely on "frijoles," and knew of the value of the mesquite bean, eaten by Indians, and fed to cattle. Indians can live where a white man would starve, as the Apaches have on several occasions shown the United States Army. If only half that is said is true about this bean, it is a great thing for the so-called desert country, which is only desert as Southern California was desert before it was irrigated, for the Arizona desert is a beautiful flower garden after the rains, which come there twice a year.

### Employers and Employed

**A** PROTECTIVE tariff, which protects the employer but which fails to protect the employee, is worse than useless, according to Frank P. Walsh, chairman of the United States Commission on Industrial Relations, who spoke at the Labor Temple here tonight.

"The legislative body which grants a subsidy to a manufacturer can just as easily and legally make sure that the employees of that manufacturer share in the benefits supposed to be derived," he said. Mr. Walsh asserted that the money derived from the subsidy was often used to prevent workers from organizing democratically to obtain their rights, and "to corrupt public officers to the selfish ends of the employer."

"If the government has the right to subsidize an industry in the interests of social welfare," he concluded, "then it follows that the government has the right to suspend that protection to the industry which refuses to allow its workers to organize, which employs children in its plants, or which pays a wage less than that necessary to the boasted American standard of living."—Kansas City dispatch in Los Angeles Times.

The last census showed that 60 per cent. of the women of America are self supporting.

Mental healing was taught in the Vedas, 5000 B. C.

### Mental Versus Alcoholic Stimulus

**P**EOPLE with active brains need nothing to stimulate them more than a little appreciation and an intelligent listener. An argument will intoxicate a genius far quicker than a glass of wine. Clever people should never drink anything with alcohol in it, for the stimulation accruing from it is liable to cause them to exaggerate and magnify their ideas to the unbelievable point. We often hear people say: "I can drink any amount of wine without having it affect me in the least." That is true in many cases, but those people have a numb brain to begin with. If you will observe you will notice that such people are obtuse and dull naturally, and although the alcohol does not intoxicate them, it generally makes them quarrelsome and stubborn to an unpleasant degree.—Lillian Russell.

### Bad Dietetic Habits

**U**NDEREATERS and extremists generally seem to forget that we can accustom the body by habit to do without many things which are necessary. After a while these habits become so strong that the body ceases to call for what it really needs. It is possible to go without drinking water long enough to accustom the tissues to worry along without it, but this is no sign that it is good for us.—Orison Swett Marden in "Keeping Fit."

### The Lust for Blood

**I** HAVE often contended that it is but a few steps from the killing of animals in what men call "sport" to the killing of human beings. This view is confirmed in an interview with a Belgian officer, from which following is an extract:

"You civilians miss the point of it," said the Belgian with great sincerity. "Let me give you an example: I've done a lot of big game shooting, because I was stationed in Belgian Congo for many years and after I had killed a lion or elephant I used to watch, with fascination, the faces of the negro bush beaters.

"I used to see on them a brutal animal leer that grew out of lust for killing. It was always on their faces as they saw an animal die, and in spite of my love for big game killing, I used to almost shudder at that smile at killing.

"But now, I think, that same smile of killing must have been on my face, even as I watched the natives, because I've seen it on the faces of my soldiers and of my fellow officers, after we'd killed a batch of Germans. They look at Germans with that same kind of a leer that I used to see on the faces of those Africans.

"Killing is a game," he continued with the same earnestness. "Men like it. All men like it. In a battle they don't think of their flag or their country or the right or wrong of their cause. They only think of killing; the thought of dying never enters their heads. \* \* \* Do you know what strikes me as funniest of all?" he concluded.

"What?"

"How little the women of the world know of their men, and how little the men know of themselves until they get a chance to kill."

A letter posted in one part of London reaches its destination within any other part of the postal area within four hours.

## Potatoes

THE high price of wheat in this country, and the scarcity of wheat in Europe, have directed attention to the value of the potato as a food.

Not that potatoes are so cheap in this part of the world. In Los Angeles they cost more today retail than they do in Berlin, where the increased price has threatened riots.

A writer in an Eastern paper says that potato peelings, burned in a fire, will thoroughly clean out the flue. They will also aid in cleaning out human flues. They are specially rich in potassium salts, which tend to counteract the acids, of which most people take a superfluity in their food. A baked potato is a good remedy for sour stomach.

To get their full value, potatoes must be cooked in their skins, either baked or boiled. Baking is the best. Always eat a little of the skin, or at least chew it, and scrape the skins close. It gives me a kind of a shudder to see poor people paring potatoes thickly, and throwing away the most valuable part of the tuber, for as in the case of wheat, most of the mineral elements lie just under the outer covering. Potatoes thus treated consist almost entirely of starch, and will not sustain life for any length of time.

A Danish investigator has found that a man may live a long time and maintain health and efficiency, on potatoes alone, without either butter or milk. You need not go so far as this, but as I mentioned last month, the Irish diet of potatoes and skimmed milk, with a little fat, makes an ideal and inexpensive menu.

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## Cornmeal-Cheese

BY request, I republish following receipt, "invented" by myself and prepared by my wife. It was among the prize winning receipts in the April number of "Globe Household Helps," a bi-monthly issued by the Globe Mills, of Los Angeles. It is wholesome, appetizing and nourishing:

Boil 1 cup cornmeal in a quart of water, to which has been added 1 small onion cut in small pieces, 1 tablespoon olive oil; boil 2 hours, if possible in double boiler. Place on back of stove and add ½ pound cheese. Stir until cheese is melted, and serve.

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## The Most Important Man

THE cereal-producer is the most important man in our nation, but he has been, and is, neglected. The man with the steel rail has been the model of aspiring youths. The man with the oil tank has been the model for young men to pattern after. Yet these men, with all they possess, could not buy the farmer's last loaf of bread; for the bread-producer would keep it for his family, even at the risk of being called selfish.—J. H. Tilden, M.D.

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Honey may be eaten with bread; being sweet, it stimulates secretion, but it also opposes fermentation, and, in doing so, permits physiological fermentation to take place to complete digestion; whereas, if cane or beet sugar were used instead of the honey, acetous fermentation would take place.—J. H. Tilden, M.D.

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Lieut. Samuel Peacock, of the warship "Miami," sent in his resignation because he would not submit to vaccination against smallpox.

### The Castor Bean

THE castor bean is not a native of California, but it grows wild along fences and backyards. It is considered something of a nuisance, because it seeds itself so readily. There are two varieties, one with green, the other with bronze leaves. The latter, having bright scarlet seed-pods, is a most ornamental bush. If it were not so common, people would be glad to pay five or ten dollars apiece for it. It should find a place in all ornamental grounds.

Some twenty-five or more years ago, an attempt was made to raise castor beans in the San Joaquin Valley, California, on a commercial scale. They yielded well, and shippers made money the first year, but the second year a paternal railroad company found it out, and raised the rates something like five hundred per cent., killing off the "infant industry."

The castor bean is quite poisonous. One often reads of children killing themselves by eating these handsome beans. Recently it was announced that a European physician had succeeded in making, from the castor bean, the most deadly poison known. It occurs to me that an oil made from so poisonous a bean cannot be quite so harmless as people suppose.

### Investing Your Savings

TWENTY-SEVEN months ago, in August, 1912, I printed in BRAIN AND BRAUN following editorial warning:

"The most recent form of advertised investment for savings is the home building company. The remarkable success of pioneers in this field has induced the formation of many others. Some of them are founded on a rock, and will endure. Others should be carefully investigated by investors. In such cases remember the old adage: 'Let the buyer beware.' Good security is more important than large dividends."

Those who followed my advice have cause to rejoice. Those who failed to do so are by this time sadder, but I hope wiser.

That wonderful book, Dr. Foote's Home Cyclopedic of Popular Medical Social and Sexual Science, is offered to BRAIN AND BRAUN subscribers at half price. See advertisement.

The first ripe cherries in the United States were picked from a three year old tree in Chico, Butte County, Cal., on April 5.

### Quality In Advertising

ADVERTISERS have been finding out that in many cases cheap circulation is about on a par with no circulation. There are classes of advertised goods which need the widest sort of publicity. But most advertising is the exercise of suggestion and persuasion upon readers, and here the quality of circulation is doubly important, for where it is high-class the readers are not only real earners and people of thrift, but are more susceptible to good business inducements than those of a less perceiving order.—*New York Evening Post.*

# GOOD BOOKS ON HEALTH

These books will be mailed direct from the offices of publication, therefore, allow about two weeks after we receive the order. All prices include postage. Remit by check or money order.

- HOME CYCLOPEDIA OF MEDICAL, SOCIAL AND SEXUAL SCIENCE;** Edward B. Foote  
M.D. 1250 pp. many illustrations..... \$2.00  
A health library in itself. Includes over 400 pages of most interesting and valuable information and advice on marriage and sexual relations.
- ART OF LIVING IN GOOD HEALTH;** Daniel S. Sager, M.D. 360 pp..... \$1.85  
This is one of the very best books I know on diet and general health measures.
- WE YOUNG MEN;** translated from the German of Hans Wegener; 204 pp..... \$0.85  
The sexual problem of an educated young man before marriage. Nothing namby pamby. Over 100,000 sold.
- DISEASES OF WOMEN AND EASY CHILDBIRTH;** J. H. Tilden, M.D.; 185 pp..... \$1.50  
Worth its weight in gold. Mercilessly exposes medical butchery. "Probably one case in a thousand of fibroid tumor needs surgical interference."
- GONORRHEA AND SYPHILIS;** J. H. Tilden, M.D.; 188 pp..... \$2.50  
In this book Dr. Tilden gives advice that will save many young men—and older men too—from quacks, misery and suicide.
- HOW NATURE CURES;** Emmet Densmore, M.D.; 413 pp..... \$2.65  
The author was the founder of the "non-starch dietary." This I regard as a most valuable book on diet.
- VITALITY, FASTING AND NUTRITION;** Hereward Carrington. 650 pp..... \$5.25  
One of the most remarkable books ever written on these subjects. A complete guide to fasting and much more than that.
- FOOD;** J. H. Tilden, M. D. 260 pp..... \$2.65  
This I regard as the best book on the subject of diet. Tilden gives you the "Cause of the cause."
- THE SEXUAL INSTINCT;** James Foster Scott, M. D. 473 pp..... \$2.20  
A plain talk on one of the most important subjects affecting the human race. Written in simple, yet scientific style.
- HOW HEALTH HAPPENS;** Edward Elmer Keeler, M. D. 250 pp..... \$2.15  
Valuable suggestions for the acquirement and retention of health. The writer is in entire accordance with the teachings of this magazine.
- THE FOUNDATION OF ALL REFORM;** booklet, 66 pp., with *The Folly of Meat Eating*, pamphlet, 16 pp.; Otto Carque', both..... \$0.40  
Two of the clearest and most instructive short expositions ever put forth of the advantages of a non-flesh dietary.
- THE NATURE CURE;** H. Lindlahr, M. D., 450 pp..... \$2.15  
One of the best books on the Natural Method of Healing. Dr. Lindlahr runs a well known sanatorium and college in Chicago.
- DESTRUCTIVE AND CONSTRUCTIVE FOOD MIXTURES;** Axel Emil Gibson, D. O., 142 pp.... \$1.10  
Good foods in bad combinations do harm. The author discusses a subject that has been too much neglected.
- THE LAWS OF LIFE AND HEALTH;** Alexander Bryce, M. D., 445 pp..... \$1.15  
A valuable book on diet by an eminent British Physician and author. Sane, fair, scholarly and plain.

Address Orders to **BRAIN AND BRAWN**, Chamber of  
Commerce Building, Los Angeles, Cal.

### Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

#### BOILS.

R. T.—There are some who claim that a boil is not an effort of nature to expel morbid matter from the system, but that it is the result of weakness and enervation. However this may be, the cure is the same, namely, to furnish the body with food rich in the organic salts, and to enable it to eliminate properly by exercise and breathing. There is no other way.

Locally, the boil should be poulticed with warm and cold water, alternately, and allowed to come fully to a head before it is punctured.

#### OLIVE OIL.

S. K.—I should not take olive oil in spoonfuls, as if it was medicine. I should mix it with my food, especially with salads. Or you can also mix it with vegetables. See that you get the pure oil. So-called "salad oil" is composed mainly of cotton seed oil, which is not good to take raw, although it is better for cooking than olive oil, because olive oil burns at a lower temperature.

As I have heretofore said, ripe olives are better than olive oil, even as beet root and sugar cane are better than sugar, and grapes are better than grape juice. Always get the food in nature's form, when you can. It cannot be improved on.

#### STARCHES AND SOURS.

L. D.—It is bad to mix together at the same meal starches and sours, because the digestion of starch requires that it should first be put through an alkaline saliva, to prepare it for the long process of starch digestion. The eating of sour foods at the same meal interferes with this. Therefore you should never eat acid or sub-acid fruit at the same meal with any other food except other fruit, or nuts. Tomatoes and olives are, of course, fruits.

#### PROLAPSUS UTERI.

R. L. S.—Replying to your inquiry I quote the following good suggestion from a book by E. B. Lowry, M.D.:

"One of the most simple and yet efficacious treatments to correct a displacement downward and backward is to assume the knee-chest position for a few moments morning and evening after the clothing has been removed. In the knee-chest position, the patient kneels on the bed, then bends forward until her chest touches the bed; the back slopes down and the thighs should be at right angles with the bed. This position allows the various organs to fall forward and toward the upper part of the body, the pressure on the uterus is relieved and it assumes its natural position. This treatment, persisted in, will relieve nearly every case which has not some other disorder connected with it. If every woman would assume this position for a few minutes once or twice a week, just before retiring, she would be greatly benefited; for the majority of women have a slight falling of the womb, which then presses on the rectal and other nerves, causing various nervous symptoms."

The above is good, but no condition of this kind, any more than piles or prostatitis, or rupture, can be permanently cured so long as there is gas pressure in the abdomen, caused by the fermentation of food, and that again is caused by wrong diet.

### The Printed Page

NOTICE TO PUBLISHERS: Do not send books for review unless I write for them. If you send books that I have not asked for, they may not be mentioned here. I have no time to read and review books in which I am not specially interested.

THE SMALL FAMILY SYSTEM; C. V. Drysdale; B. W. Huebsch, publisher, 225 5th Ave., New York; 120 pp.; price \$1.00 net.

In this book, first printed in England, the author discusses, in a calm, dispassionate manner, the important question of restriction of births, or prevention of conception, by what are called artificial methods. He asks whether it is injurious or immoral, and presents testimony on both sides of the question, giving opinions of medical and clerical authorities, and statistics gathered in various countries. One chapter is devoted to inquiry as to whether preventive methods cause cancer. There are a number of diagrams, showing birth rates, death rates, and infantile mortality rates.

This is an interesting contribution to the discussion of a subject that is beginning to arouse the attention it should have received long before this.

VACCINATION RESULTS IN NEW YORK STATE IN 1914; James A. Loyster, Cazenovia, N. Y.; second edition, booklet; printed for private circulation.

This booklet gives the result of a careful investigation into the deaths from vaccination of fifty-one cases in New York State, during the year 1914. The author was led to write it owing to the death of his only son, as a result of vaccination. He had been a supporter and advocate of vaccination, and even the death of his son did not entirely shake his faith in the practice, but led him to make an investigation. No effort was made to collect statistics in New York and Buffalo, and but little in Rochester, Syracuse or Albany, the investigations, therefore, being practically confined to the rural or semi-rural portions of the state. Remember, therefore, that these fifty-one deaths represent the toll of vaccination in only one part of one state of the Union, in one year.

Each case is illustrated with a portrait. As one looks at the pictures of these promising children, one is horrified to think that this legalized butchery shall be allowed to go on, and that vaccination is often made compulsory. The author says: "In addition to the deaths, an appalling trail of illness has followed vaccination. It has been entirely beyond the scope of this publication to print even a partial record of these cases."

Mr. Loyster urges that departments of education should be free from entangling alliances with departments of health, and that all compulsory vaccination laws should be repealed.

There is no hysteria in this book. Merely a simple, concise statement of each case. Most of the subjects were pictures of health, shortly before their death.

This booklet should be read by all parents, before they permit their children to undergo a dangerous and unnecessary operation. As I have said, vaccination causes many more deaths than smallpox. Also, vaccination, so far from being a preventive of smallpox, has kept it alive, for were it not for vaccination, smallpox would today be as rare as the black plague, another filth disease, that has been eradicated by increased cleanliness on part of the people except in some of the backward countries of the Orient.

One of the results of this publication was that a law was passed by the

State of New York and signed by the Governor on March 30, which does away with compulsory vaccination in the State except in cities of the first and second class and in the face of a threatened epidemic. This law also imposes quite severe restrictive measures on the entire practice of vaccination, and this section of the law applies to the entire State, the large cities included. The author in a letter to me says:

"If there is a sufficient demand apparent and it is possible to finance the plan so that I will not have to pay all the expense myself, I shall be glad to issue another edition of my pamphlet. My means are relatively limited and I have spent a large amount of money on the work so far, so that I do not feel that I am in a position to spend any more."

Copies of the booklet may be had, while they last, at five cents, from the author or from Porter F. Cope, Secy. Anti-Vaccination League, 517 Crozer Building, Philadelphia, Pa.; and Chas. M. Higgins, Treas. Anti-Vaccination Society of America, 271 Ninth St., Brooklyn, N. Y.

**THE LAUREL HEALTH COOKERY**; Evora Bucknum Perkins; Laurel Publishing Co., Melrose, Mass.; 525 pp.; \$1.75 postpaid; de luxe edition \$2.25.

This is a comprehensive collection of practical suggestions and receipts for the preparation of non-flesh foods in palatable and attractive ways. The author is an instructor of wide experience in vegetarian cookery in various homes, Chautauquas, and sanatoria, and claims to be the pioneer in hygienic vegetarian restaurant work. I notice that Mrs. Perkins does not use imitation meat names.

Under each heading the author gives information in regard to the hygienic value of the various foods, combinations, etc. Her statements in regard to foods, food value, and diet are eminently sound.

**NEUROPATHY ILLUSTRATED**; Andrew P. Davis, M.D., N.D., D.O., D.C., Oph. D.; for sale by the Naturopathic Publishing Company; 600 pp.; price \$5.25 postpaid.

This is a second edition of Dr. Davis' book, entirely revised. It may be described as an encyclopedia of the drugless healing art. The introductory part of the volume deals with the science of neuropathy, which the author says "is inclusive, in that it embraces every known condition of the body, controlled or affected by the nervous system."

The greater part of the book is taken up with detailed instructions in regard to mechanical treatments of various ailments. A number of pages are devoted to the subject of diet, in regard to which Dr. Davis truthfully says:

"The successful practitioner is the one who knows how to deal with the digestive organs, how to so direct the patient's diet that it will be used at the proper time, the proper quantity, and properly combined, so as to be a benefit rather than harm."

From which it may be seen that Dr. Davis is not one of those narrow-minded practitioners who believe that manipulation of the spine is all that is needed to restore and maintain health.

I do not entirely agree with the author's ideas in regard to fruit.

The book also contains valuable advice to mothers in regard to caring for children.

There are a number of full page illustrations, showing the various methods of spinal manipulation.

This book should be in the hands of all drugless healers, to whatever school they belong, and of all laymen who are interested in the care of the body.

### Hox Hopuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

#### "NEW THOUGHT" AND "CATHOLIC."

You missed it on the criticism of the name New Thought. It is no more of a misnomer than Catholic, which means universal, I believe. Wouldn't you recommend the changing of the name of the Catholic church to some other name, for it is certainly obvious that it is not the universal church.—C. H. Struble, Holyoke, Mass.

#### BENEFITED BY "BRAIN AND BRAWN."

My good husband and I have been greatly benefited in many ways by following your suggestions about diet and many other things. We are in our seventy-ninth year, and can get out and walk miles every day. I have not had a cold in four years. I hope you may prosper, live long, and continue your good work.—Mrs. W. M. Martzall, 234 South D St., Tulare, Cal.

#### TWO OF A KIND.

Enclosed find a dollar for renewal of my subscription to BRAIN AND BRAWN. As long as your magazine is published, and I have the dollar, I want it, and "A Stuffed Club." What instructions along health lines could be better?—Mrs. E. S. Masters, Carpenter, Laramie Co., Wyoming.

#### THE VACCINATION SUPERSTITION.

The eminent scientist, Alfred Russell Wallace, just before his death, declared that of all his research work his exposure of the fallacy of the superstition of immunity to smallpox through vaccination would in his judgment be of the most value to mankind of anything he had done. Yet, vaccination is enforced at one of the leading California colleges, under penalty of expulsion.—J. W. Griggs, St. Paul, Minn.

#### LIVE AND LEARN.

I am much pleased with BRAIN AND BRAWN, and intend to keep up my subscription, although I am not a young woman, my age being 81, but I expect to learn as long as I live.

I thank you for the many good suggestions contained in the magazine during the past year, and wish you the success you deserve.—Mrs. M. A. Reynolds, Hazelton, Barbee Co., Kansas.

The wastefulness of American agriculture is shown by the fact that, owing to the high price of wheat, Kansas farmers are rethreshing their wheat stacks. One man secured 120 bushels of wheat from four stacks.

A chocolate manufacturer says that chocolate is equal to eggs, as food for soldiers. When the remains of the survivors of the starved Franklin North Pole expedition were found, cakes of chocolate lay beside them.

# Dietetic Advice by Mail



**A**S editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to thousands of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

Tell me how you eat. I will then point out your mistakes and tell you how to correct them.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

*Harry Ellington Brook N.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### THE SPINE.

The spine is the most important part of the body. It is the part first formed in the embryo, yet, until recently, the spine has been woefully neglected. A great multiplicity of lessons for the development of arms, and chest, and legs have been given, but few for keeping the spine straight and flexible.

Of late years there has been quite a boom in methods of manipulating the spine, as osteopathy, chiropractic, mechano-therapy, etc. Much good has been, and is now constantly being done, by these methods. The two chief mistakes made by practitioners are, first, to ascribe all ailments to abnormalities of the spine, which is manifestly absurd, and second, to fail to look for the "cause of the cause." Spinal abnormalities, if not due to accident, are usually caused by long continued bad dietetic habits, to which may be added wrong posture and faulty breathing. When we see what contortions may be caused by a wrong diet in cases of chronic rheumatism, it is not at all surprising that diet should affect the spine.

The wise practitioner, after adjusting a spine, will tell his patients how to eat, so that they may not again be troubled in this way. In order to do this, he must, of course, first learn, if he has not already done so.

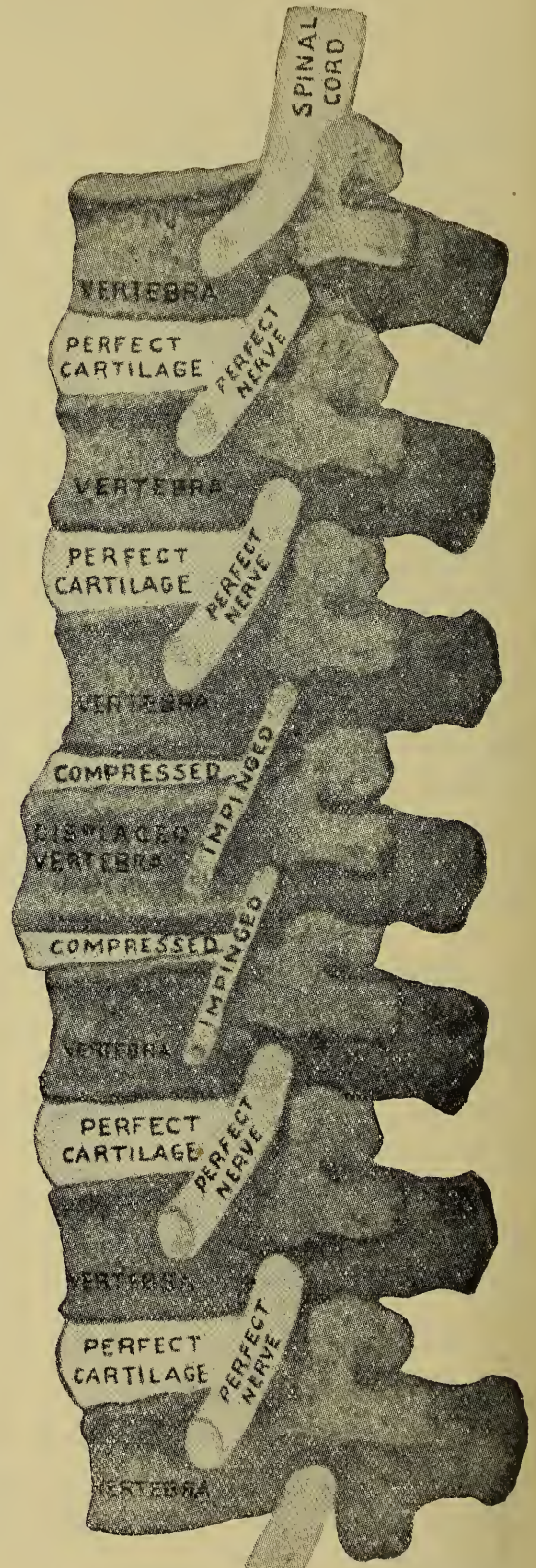
I append an interesting illustration of the spine, showing an abnormality. For this I am indebted to Dr. Blumer, of the Blumer College of Naturopathy, Hartford, Conn.

### A STRONG MAN.

Lionel Strongfort (nom de guerre of Max Unger), reputed to be the strongest man in the world, has transferred his headquarters from New Jersey to San Mateo, Cal., where he continues a system of teaching physical culture, begun in 1895. He has for many years been almost a vegetarian, eating only a very little meat. His statue, made at the request of the German government, is in the National Art Gallery in Berlin.

### DR. SCHULTZ'S SANATORIUM.

Dr. Carl Schultz has issued a handsome booklet, descriptive of the Naturopathic Institute and Sanatorium, on South Grand Avenue, Los Angeles. It contains articles descriptive of the Nature Cure, a criticism of the abuses of modern surgery, and details in regard



A part of the spine, a displaced vertebra and impinged nerves

Copyright, Dr. L. Blumer

to the sanatorium, of which a view is published. Also a full page portrait of Dr. Schultz, a good likeness. A copy of the booklet will be sent anywhere on request.

#### GETTING HIS DESERTS.

I have several times referred to the commercial cruelty of a man who advertises that "every lump on a woman's breast is a cancer." This is absolutely untrue, for such lumps often appear during the menstrual period, and especially at the period known as "change of life." This man appears to be getting what is coming to him. Following is from the Medical World, of Philadelphia:

"A correspondent sends a card of Dr. and Mrs. Chamley Co., Los Angeles, Cal., advertising a 'cure' for cancer. We quote the following sentence, which appears in large type on the card: 'Any lump in woman's breast is cancer.'

"According to 'Nostrums and Quackery,' the business of S. R. Chamlee, who operated a mail-order 'cancer cure' concern in St. Louis, Mo., under the name of 'Dr. and Mrs. Chamlee & Co.,' and in Los Angeles, Cal., as 'Dr. & Mrs. Chamley & Co.,' has finally been declared a fraud by the United States postal authorities. Mr. Adams, in 'The Great American Fraud,' paid his respects to Chamlee as follows:

" 'I can do no more than mention, by way of warning, a scoundrel who endeavors to frighten women into taking his treatment by advertising in the papers, 'In woman's breast any lump is cancer.' "

"The Government's fraud order was extended to include the St. Louis Sanitarium Company and the United Specialists Cancer Cure Co.

"According to this information he is denied the use of the United States mails."

#### "TWILIGHT SLEEP."

Following is a copy of a letter addressed by Charles E. Page, M.D., of Boston, to a New York woman:

"Personally, I am emphatically in favor of woman suffrage; but I would certainly deny the vote to any woman who would submit to or favor the twilight sleep treatment in the lying-in room! Right regimen in pregnancy secures painless birth."

#### MEDICAL FREEDOM.

Dr. A. P. Davis has published a leaflet entitled "Why Legislate to Restrict the Freedom of the People?" It should

be widely circulated. Single copies may be had free, or in quantity at 75c per 100, or \$5 per 1000. Address Dr. A. P. Davis, 154 W. 23rd St., Los Angeles, Cal.

#### COMMERCIALIZING RELIGION.

Following is an Associated Press dispatch from Albany, N. Y., dated April 13:

"Party lines were cast aside today when the Assembly defeated the Thorn bill, intended to exempt Christian Science practitioners from the State law requiring physicians to be examined and licensed.

" 'We might just as well repeal the entire medical practice act as to enact this bill,' Majority Leader Hinman said. 'Its passage would be a step toward the commercializing of religion.' "

#### IN PENNSYLVANIA.

B. H. Jones of Pittsburgh, Pa., writes: "Our drugless bill was defeated in the Pennsylvania Legislature by a vote of 94 to 76. We are proud of the effort, although the best we have been able to do is to hold the question open for two years more."

Mr. Jones and associates are organizing a post-graduate course on the Pacific Coast in drugless therapeutics. Write for a circular to 516 Federal Street, Pittsburgh.

#### CHIROPRACTOR AND CAPITALIST.

Following is an extract from a letter received from John H. Oswalt, D.C., of Warren, Ohio, president of the Ohio Chiropractic Association:

"Chiropractors of Ohio are going before the coming General Assembly, asking legal recognition. We are being strenuously opposed by W. J. Haney, formerly of your city, now located at 1946 East 105th St., Cleveland, Ohio, who claims to be a chiropractor. He also claims to have secured the naturopathic law of your State, and that he possesses extensive landed and mining interests in California."

This will surprise some of those who knew Haney in Los Angeles.

#### ANTI-VACCINATION.

There is a notable increase in anti-vaccination laws throughout the country. This shows that the people are beginning to be aroused on the subject of this dangerous medical superstition.

I have mentioned on another page that the New York Legislature has passed a law against compulsory vac-

ination. It contains, however, as most of these laws do, an exception "in the face of a threatened epidemic." This makes such laws, to a great extent, a dead letter. We have an anti-vaccination of school children law in California, but whenever there is a mild case of varioloid, the health authorities call it an "epidemic" and enforce vaccination, or expulsion from school.

The best way to treat this condition is for the people to insist on a public declaration on part of the political doctors, that there is an epidemic of smallpox, or that one is threatened. This they are not very likely to be willing to do, as it would be followed by a loud roar on part of the business men.

It looks as if, before many years, vaccination would go the way of medieval medical superstitions. However, not until it has taken its toll of hundreds of thousands of lives, and kept alive smallpox, which otherwise would be as rare today as the black plague.

#### STATE MEDICAL LEGISLATION.

I shall have to defer comment on medical legislation at Sacramento until next month, as the Legislature is still in session as these lines go to the printer, and it is not possible to say much that is definite at present.

The Naturopaths, the Osteopaths and the Chiropractors have all been asking for more justice. It looks as if they would get something, but not so much as they ask for.

#### NATUROPATHY IN CHICAGO.

Dr. S. Samson, of 4433 Prairie Ave., Chicago, is a Naturopathic practitioner who takes much interest in BRAIN AND BRAUN, and frequently sends us several new subscribers. If there were about a score more like him, it would help us do more good.

#### CANCER "CURES."

A marvelous new serum success, for use in cancer, is announced on the authority of the learned doctors composing the Medical Board of the General Memorial Hospital. Now that the vogue of serums is thoroughly established, cancer cures promise to be invented almost too fast for the newspapers to print convincing reports about them.

There can be no doubt, however, that this new serum is to be taken seriously, for it is said to be "one of the most important contributions to science emanating from the medical profession in this country." The only question is how long it will be important; that is,

how long will this cure be a cure? Its sponsors frankly admit that this serum supersedes the use of radium in cancer, which in itself is clear gain. While it lasted, radium was perhaps one of the surest cures for cancer that we ever had, and easily "one of the most important contributions to science emanating from the medical profession in this country." We see now, however, that the only trouble with the radium treatment is that it causes cancers to become much more malignant than they were in the first place. Indeed, none of them has been able to escape this objection. All of these "cures" cure, but none of them gets rid of the cancer.—Life.

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P. O. Box 293, Los Angeles, Cal.

## Need Any Money?

**W**E want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

Let us hear from you. You need not send any vaccination certificate.

## The Business Office

Following is the statement of ownership, management, circulation, etc., of BRAIN AND BRAWN as required by the U. S. postal law:

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CLARA BROOK, Business Manager.

Signed and sworn to before me, April 1, 1915. J. C. Oliver, Notary Public. Commission expires March 8, 1917.

We aim to get the magazine out promptly on the first of each month. Owing to a misunderstanding of orders on part of the printers, the April number was not on the news stands until the 10th. Mail subscribers received their copies as usual.

Miss Agnes Logan of Los Angeles is a good friend of BRAIN AND BRAWN and often sends us subscribers.

### CAPITAL PUNISHMENT.

An old colored barber is responsible for this gem: When asked if he favored the abolition of capital punishment, he replied: "No, sah, I don't. Capital punishment was good enough fo' my fo'fathers, an' it's good enough fo' me."—Boston Transcript.

### SHE WOULD BE A LADY.

Grandma: "Helen, are you going to be a suffragette when you grow up?"

Little Helen: "No, I want to be a lady."

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## Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

### HERB TEAS.

Eugene Diez, of New York, is a prominent dealer in herb teas, used by many drugless physicians, who compromise between harmful mineral drugs and these mild remedies.

### BOOKLET ON FOODS.

C. E. Harris, of St. Louis, offers to send a booklet on the subject of foods and food mixtures, in return for a two cent stamp.

### SANATORIUM FOR SALE.

Dr. Porter, of Burnett, near Long Beach, Cal., offers for sale his well known sanatorium, established for ten years. Here is a good chance for a drugless healer.

### PHYSICULTOPATHY.

This is the somewhat difficult name that has been given to the McFadden College of Natural Methods of Healing. From all I can learn, the college is thorough. McFadden, the founder of this college, is an earnest man, who practices what he preaches. Write for literature.

### AT CHICAGO.

Dr. Lindlahr's Sanatorium for Nature Cure and Osteopathy, at Chicago, with a suburban branch nearby, is one of the best known and most thoroughly equipped institutions of the kind in the United States. Health culture literature is sent free, to applicants.

### MUSIC.

When you want anything in the music line, you cannot go wrong by applying to that old established, reliable firm, the Southern California Music Company, of Los Angeles.

**PROSPECTIVE STUDENTS:** We offer a splendid opportunity to receive a maximum of knowledge at a minimum cost. If you contemplate taking any course of drugless healing send for our catalogue. Practitioners of other schools, as Chiropractors, Osteopaths, Mechano Therapists, Biochemists, Food Scientists, Psychologists, Hypnotists, Mental Scientists, and others after enrolling claim that education along these lines is not complete without our course.

Blumer College of Naturopathy, 97 Ann St., Hartford, Conn.

## Perfect Health Impossible

until you remove the fundamental cause of disease. In more than 90% of all cases this is wrong foods and wrong combinations thereof. If you would learn more about this vital subject send at once for my free booklet enclosing 2c stamp to cover cost of mailing.

### C. E. HARRIS, F. S. D.

Box 11, Bridge Station, St. Louis, Mo.

Reference

Eugene Christian, Food Scientist, New York City

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Prof. B. H. JONES, Northside, Pittsburgh, Pa.

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**BRAN.**

Bran contains most of the mineral elements of wheat that are removed in the bolting of flour. These mineral elements are all-important to the health and efficiency of the human body. Therefore, when you use white flour, you should always add a little bran at every meal. Ordinary bran is dirty. The Globe Milling Company, of Los Angeles, puts up clean bran, in attractive packages.

**RECTAL DILATION.**

Lewis Howell Rogers, of Los Angeles, will send you, free, a pamphlet containing information in regard to this important method of aiding nature to restore physical equilibrium.

**OLIVE BREAD.**

Otto Carqué is making quite a success with his olive bread, to which I referred last month. It is something entirely new in the bread line. It is wholesome, digestible and appetizing. Give it a trial.

**LONG LIFE.**

Eugene Christian advertises his book "How to Live 100 Years." This book is highly commended by men whose opinion is worth while.

**SUNDAY SCHOOL.**

"Now, Willie," said the superintendent's little boy addressing the blacksmith's little boy, who had come over for a frolic, "we'll play 'Sabbath School'. You give me a nickel every Sunday for six months, and then at Christmas I'll give you a ten-cent bag of candy."—Woman's Home Companion.

**THE STRIDES OF SCIENCE.**

There was a thin and nervous woman who could not sleep. She visited her physician, and he said:

"Did you eat anything just before going to bed?"

"Oh, no, doctor," the patient replied.

"Well," said the physician, "just keep a glass of milk and some biscuit beside you, and every night, the last thing you do, make a light meal."

"But, doctor," cried the lady, "you told me on no account to eat anything before retiring."

"Pooh, pooh," said the doctor, "that was three months ago. Science has made enormous strides since then."—Philadelphia Record.

**MODERN MEDICINE**

**H**ONEY that is not ripe enough to turn red contains animal fats and gas from the air, so that when it digests it uses atmospheric oxygen and produces fats and gas. Honey that is red ripe produces condensation of oxygen and elimination of gas by using water or the juices of raw vegetables. This is why red ripe honey builds up an appetite for raw vegetables, such as potatoes, parsnips, cabbage, carrots, beets, beans and squash. When food digestion uses atmospheric oxygen it produces spores in the place of cells.

Spores consist of the segments of cells like a slip or cutting from a grapevine or fig tree that is put in the ground to take root. The roots are produced from the branches or limbs of the tree and they grow upward to reach the atmospheric oxygen instead of extending downward to obtain the more magnetic oxygen of the earth.

Magnetism is the force of contraction and when fruits and vegetables contain the magnetism that the roots bring up from deep in the earth it produces cells which have power to condense oxygen. Spores gather the most dry and lifeless part of the air and are shaped like tea saucers, but cells are shaped like footballs and after taking in oxygen they compress it to eliminate the liquid air and retain the denser minerals. To obtain these denser and more energetic minerals we eat live vegetables, not cooked foods or foods shut up in cans or away from sunlight where atmospheric moulds and ferments work their havoc. It is these condensed mineral elements that have enough substance to penetrate to the more remote and lifeless parts of our bodies.

In producing red ripe honey it is stored in tanks kept in intimate contact with the magnetic action of the earth like a piece of iron that is rubbed against a piece of lodestone. Red ripe honey cannot produce a violent shock like a live wire or a powerful drug, but you cannot continue to eat it long with raw vegetables without building up a voracious appetite for raw vegetables. These raw foods will put you in line with nature so that the body will be sustained and protected by the forces of nature. The blood and organs will be operated and exercised by the direct power of the sun and not be affected by every little change in the air and moisture, which are always reversed to the sun's force.

My free circulars explain the whole philosophy, so that you may know in your own mind. Learn to bring the appetite to food instead of bringing the food to the appetite. But, first, be sure it is food.

**C. W. DAYTON, Owensmouth, Cal.**

**The Red Ripe Honey Man**

P. S. Modern medicine consists in leaving out of the dietary the senseless dope that produces the disease.

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