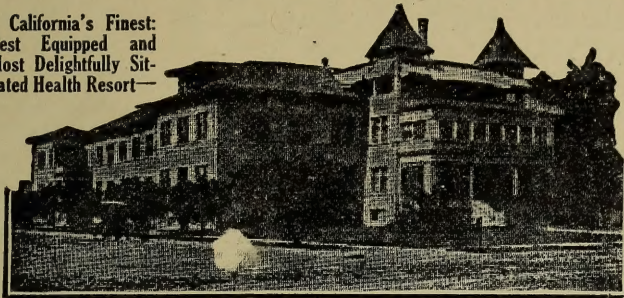


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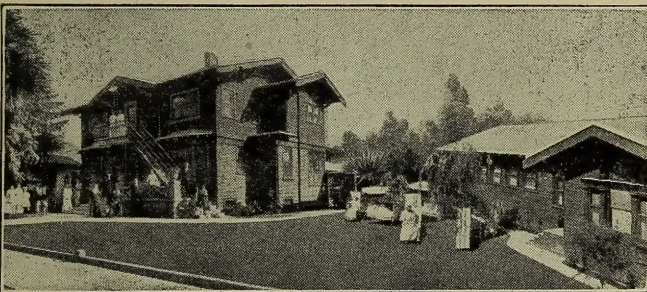
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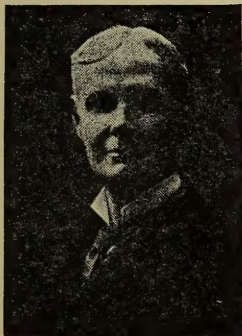


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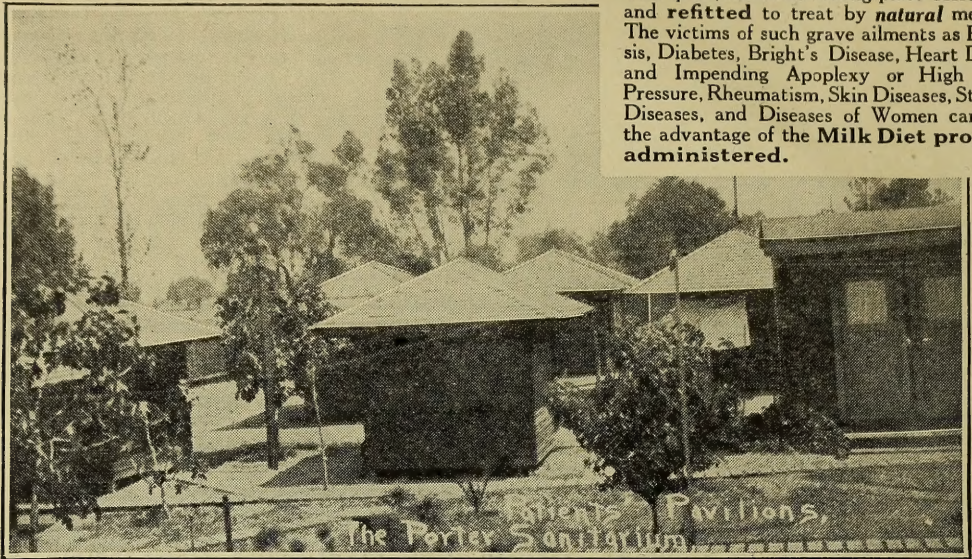
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# Brain and Brawn

**JUNE, 1916**

**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**  
 Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California,  
 under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.  
 Newsdealers Supplied by the Los Angeles News Company  
 Subscription, \$1 a year; foreign countries, \$1.25.

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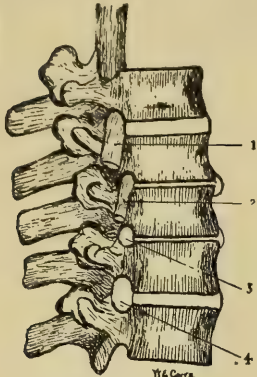
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HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, JUNE, 1916

No. 1

## Blood and Iron

**OTTO VON BISMARCK** was born on April 1, 1815, only a few weeks before Napoleon closed his career, at Waterloo. It was as if Nature realized that two such men could not exist on earth, at the same time.

Bismarck belonged to the Middle Ages, to the days of the mailed fist, when Might was Right, when prevailed

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

Physically, he was of colossal frame, with a head big, even for a Mecklenburger, from which, strange to say, issued a shrill, high voice. His appetite was Gargantuan. According to Greusel, one of his admiring biographers, in his younger years, he would consume from four to eleven eggs at a meal, besides vegetables, cakes, beer, game, and three or four kinds of meat. His favorite drink was a mixture of champagne and porter. He could gulp a quart of champagne, without taking the silver tankard from his lips. While stopping at the Rothschild chateau, in France, during the Franco-German war, he found 17,000 bottles of champagne in the cellar, and he ordered his staff to shoot pheasants from the baron's preserves, and had the cook stew the birds in wine. In a letter from Paris, he told of drinking eight kinds of wine at a dinner. He was a “chain smoker,” lighting one cigar with another, and often smoking ten or twelve at a stretch.

After this, it is not surprising to read that Bismarck suffered from irritability, bilious attacks, flashes of temper, and, in later life, rheumatism and insomnia. Yet he lived to be over 83, an example of what a strong heredity, and active open air life, will do to counteract outrages on the body. He once remained 36 hours in the saddle, without food.

Bismarck was a sincere believer in the divine right of kings. He despised the masses, the liberals, and above all, the journalists, although, later on, he found it expedient to subsidize a “reptile press” of his own. He used men ruthlessly, as pawns on the chess board, cajoling and bullying by turns, but always getting his way.

Until 1871, there was no Germany. Extending from the North Sea to Austria was a crazy quilt, composed of 300 odd statelets, ruled by princes, dukes, landgraves, margraves, and robber barons, with “free cities” here and there. The rulers hated each other, and oppressed their subjects. A favorite method of raising money was to kidnap their peasants, and sell them as soldiers to a foreign power. Great Britain bought a number of these unfortunate cattle, for use in the American colonies. The compact was for the British to pay \$35 cash for every Hessian, or other German, killed in America, and \$12

for each man wounded. The courts, surrounded by obsequious courtiers, aped Parisian manners, and French was the fashionable speech. Often they were dominated by an ambitious Frenchwoman of easy virtue. Money was squandered on luxuries, while the people starved. August, of Saxony, who is said to have been the father of 300 children, spent millions on Chinese porcelain. Charles William, of Baden, built Carlsruhe in a deep forest, that his orgies might be kept from prying eyes.

The army of one count consisted of a colonel, six officers, and two privates. This condition was parodied, in the sixties, by Offenbach, in his comic opera "The Grand Duchess of Gerolstein."

There were restrictions on commerce. Each petty state had its own postal organization, and tariff. Merchandise, going from Berlin to Hamburg, had to pay a dozen duties.

In short, Germany, before 1871, was a political joke. So, you see that Bismarck had his task cut out for him. The unification of Germany was his one purpose in life, and he believed the end justified any means he chose to use. The first thing was to subdue Austria. By the aid of the newly invented needle gun, that was accomplished in 1866, in three weeks. Next, the war with France was staged, to arouse the ardor of the people, and stimulate the "get together" spirit. The Austrian war had not been popular. The Austrians were "brothers." In seven weeks France was crushed, at Sedan, although Paris held out for several months longer. Then, at Versailles, on January 18, 1871, in the palace of the Bourbons, where two years before I had admired Horace Vernet's colossal paintings of French military victories, Bismarck's dream was realized, and William I was crowned emperor of Germany.

Bismarck was more far-seeing than Moltke. He advised against the taking of Alsace and Lorraine, realizing that it would only breed further trouble. In this case, however, he was over-ruled, for strategic reasons. Had his advice been followed, France and Germany might have become friends, as nations often do, after a war, when the victor shows that he has a heart.

For twenty years, Bismarck enjoyed power and glory. Then came the downfall. In 1890, after a heated discussion, he was dismissed, by the grandson of the man to whom he had given an imperial crown. To Bismarck—and to many others—it seemed gross ingratitude. Still, there is something to be said on the other side. Bismarck's goal was a united Germany. The young Emperor was already dreaming of world power.

Bismarck went into voluntary exile, on his country estate. Like a caged lion, he never became reconciled to his fate. He refused to go to Moltke's funeral, lest he might there meet the Emperor. He wrote political articles for the newspapers, that were embarrassing to the government. He received deputations, and gave interviews to newspaper men, in which he spoke with amazing frankness. One of his startling confessions was that the Franco-Prussian war would not have taken place, but for the garbled dispatch from the French ambassador, at Ems.

In short, the fallen lion, a querulous old man, full of whims, sick in soul and body, a prey to insomnia and neuralgia, dying inch by inch, the great Bismarck, once the terror of the diplomatic world, had be-

come an object of pity. He said: "There is only one happy day left for me. It is the one on which I shall not awake again."

The day soon came. On July 30, 1898, he died, peaceful at last. The Emperor heard the funeral service. According to Bismarck's wish, his tomb bears this simple inscription: "Here lies Prince Bismarck, a faithful German servant of Emperor William I." Hostile critics said that Bismarck did not wish his work to be associated with the future of the empire, but with its past.

Bismarck had lived to learn the truth of the Pracher's saying: "All is vanity and vexation of spirit."

Fifteen years after the Franco-Prussian war, Victor Hugo wrote to Bismarck, on his 70th birthday: "You are great, because you know not what fear is. Therefore, I, the poet, offer my hand to you, the great man."

---

### Breeding for Cannon

**I**T is announced that everything possible is being done by Germany to encourage large families. Organizations for increasing the birth rate are springing up everywhere. In Duesseldorf, a citizen has established a fund of \$25,000, interest on which is to reward mothers, with not less than four healthy children.

However, there are signs that German women are beginning to think, on this subject. Even before the war, the drop in the German birth rate had begun to alarm the authorities. During the first twelve years of this century, it had dropped from 35 to 27 per thousand. A German official declared that no civilized people has ever shown such a drop, in so short a time. Under the title "The War's Influence on the Will to Propagate," published in a German magazine, the writer says:

Several months ago I heard for the first time from the lips of a working woman the statement that no mother could longer accept with clear conscience the responsibility of bearing children. Better no child than to bring children into the world for the fearful fate of becoming food for powder. Since that time I have heard the same expressions from the mouths of women and also of men of the most different classes. Everywhere a deep repugnance to beget children. It is therefore to be feared that the war threatens to add a new, earnest and very effective motive to those that now work to limit the number of births.

If European mothers saw things in the right light, they would refuse to breed, until universal peace is established. But why should we expect them to be wiser than their men folk, who are slaying their fellow creatures, in the name of Patriotism?

---

What is the cause of the terrible calamities which are now falling on the civilized world? Surely it lies in the fact that the economic development of mankind has outstripped the moral development. The nations of the world have grown richer without becoming wiser and juster in a corresponding degree. During the past fifty years the wealth of the world has gone ahead by leaps and bounds, while the morality of the world has moved only at a snail's pace.—Prof. L. P. Jacks.

### Why Germans are Often Disliked

**T**HE strength of the German character is one of its weaknesses. That is to say, the Germans are so set, in their pursuit of efficiency and thoroughness, that they are often inclined to overlook the small amenities of life—those things that make life worth living. Because a thing is right, it is not always wise to say it—or do it. Because a horse is foolish, in balking at a piece of paper on the road, it is not always wise to punish him. Because you have a legal right to perambulate on the sidewalk, it is not always wise to force others into the gutter. A spoonful of oil is a small thing, but it often makes the difference between easy working of machinery, and a bad mixup. It takes two to make a quarrel. “A soft answer turneth away wrath.” To this the average German will reply: “I have a right to be angry with him.” Sure, but the man who always insists on his rights will never be popular.

In other words, to put it briefly, man is more than a machine. The “human element” must always be considered, a fact that our American preachers of efficiency would do well to bear in mind.

The phase of the German character to which I have referred, is recognized by some Germans, who discuss it, in their cool, philosophical, analytical way, as if it was a mathematical problem. In the November number, I reproduced, from the *Koelnische Zeitung*, one of the leading German newspapers, an article entitled “Why Germans are Often Disliked,” in which the writer said:

In his personal behavior to strangers, the German gives cause for mistrust and dislike. We shake our heads over the fact, and wonder why the German is so unloved in foreign lands. It is even more than dislike, that makes them call him an “insufferable prig.” Envy of German success is not sufficient to explain this; we must look for personal reasons.

Following is an extract from a letter written from the front by Baron Marschall von Biberstein, landrat of Prussia, captain in the First Foot Guards reserve. It was printed in the *Friedens Warte*, published in Berlin, Vienna, and Leipsic:

The war has opened my eyes to our terrible unlovableness. Everything has its cause; we must have given cause for this hatred; and even in part have justified it. . . . Let us hope that it will not be the least of the advantages of this war that Germany will turn round on herself, will search out and recognize her faults, and correct them.

And what of the future, after the war? Here are three quotations, one from a Belgian, another from a Frenchman, the third from a German.

From an article by Emile Verhaeren, famous Belgian poet, driven from his home by German invasion:

We have today the sad but immovable conviction that the true Germany was only by accident the Germany of Goethe, Beethoven, Heine; on the contrary, it was almost always the Germany of implacable landgraves and bloody mercenaries. Thousands of years ago, she loosed her hordes on Europe. She is doing the same thing now. That is her sinister and terrible function.

From an article by Emile Boutroux, member of the French Academy, and noted philosophical writer:

It is to be presumed, at all events, that Germany, having returned to her senses, will shake off the contempt which she has shown since 1870 for everything not German, and try to become again what she should never have ceased being—a nation among nations. Thus, her qualities may develop use-

fully for all, because they will tend to become reconciled to the qualities peculiar to other nations. Specialization is undoubtedly good and indispensable, but it must not abolish humanity.

From a speech in the Reichstag, by Philipp Scheidemann, chairman German Socialist party, ex-vice-president of the Reichstag:

If, at the beginning of the war, millions of us rallied enthusiastically to our country's call, we did not do so with the intention of imposing the will of Germany on the world—as our enemies have so often falsely accused us of doing. No, we rallied around the flag, in order to prevent the independence, the unity and the national position of the German nation from being destroyed, by an immense hostile coalition. A peaceful and reasonable nation, such as the German, may, in moments of great excitement, be dominated by a feeling of indignation, but it does not revel in thoughts of vengeance and extermination. It seeks to acquire the position in the world to which it is entitled, next to the other nations, but not above them.

For centuries, Germany has had to fight for its existence, and the iron has entered into the blood of its people. A little iron in the blood is good, but the "milk of human kindness" must not be overlooked. We should, however, make allowances for a people engaged in a life and death struggle. You all know how it is, when onlookers interfere in a fight, even if the contestants are reasonable men, when not fighting. I believe that the German nation, like other nations at war, will emerge purified, out of this fierce ordeal.

In these remarks I refer to the great mass of the German people, not to the small minority of those who worship Mars, and see divinity in the Hohenzollern and Hapsburg families.

Finally, there are the rabid writings of Bernhardt, Triestschke, Tannenberg, and others, of the extreme militant school. These men do not represent the German nation. A great majority of the German people never even heard of them. Yet, their writings have been widely quoted, and have done much harm. Other countries have their jingoes, but I know of no English, or French, or Russian writer, of standing, who, before the war, so frankly preached the doctrine of brute force. As for instance, Otto Richard Tannenberg, in *Gross-Deutschland*, a book published five years ago:

Politics founded on sentiment is a stupidity. Humanitarian reveries a silliness. The division of benefits ought to begin with one's own countrymen. Politics is business. Justice and injustice are notions that are needful only in civil life.

The German people is always right, because it is the German people—and because it numbers eighty-seven millions.

Commenting on this, *Harper's Weekly* says:

The chancellor said that the Allies, in trying to destroy "Prussian militarism," were aiming to kill Germany's strength. No, they are aiming to save Germany's soul, and by saving hers, to save their own.

On the other hand, last month, Maximilian Harden wrote, in his widely circulated paper, *Die Zukunft*:

Dare we measure by the standard of a students' squabble, the complaints of a great free nation? . . . If President Wilson, after thorough investigation, is convinced that war-like acts of Germany have broken the laws of humanity, it was not only his right, but his duty, to talk with clearness. He owes this not only as a duty to himself, but to us.

It is to wise men, who can see beyond the narrow confines of nationalism, that the world must look, to be saved from Chaos. Perhaps, after this war madness is over, they will be more respectfully heard. For surely, the world is growing weary of those, in every country, who preach the doctrine of Hate.

### International Ignorance

**I**GNORANCE of other nations leads to acceptance, as truth, of deliberate lies, propagated for selfish purposes, and that easily leads to war.

The English failed to comprehend the soul of the German nation, when they believed, at the beginning of the war, that a majority of the German people were not behind the Emperor. On the other hand, the Germans failed to comprehend the soul of the British Empire, when they believed that the Boers, and the Hindus, and the Irish, and the Egyptians, would revolt, whereas all but a small fraction of those peoples are as loyal to King George as the Bavarians and Wuerttembergers are to the King of Prussia, who is also Emperor of Germany. Remembering only the rottenness of the Second Empire, the Germans utterly failed to comprehend the wonderful spirit of republican France. Absorbed in exploiting, commercially, the material resources of Russia, the Germans failed to appreciate or understand the spiritual forces of that great country. The Germans misunderstood the spirit of the Belgians and the British, when they thought that "frightfulness"—a military bunder—would inspire fear. An American traveler says:

Perhaps the Germans are mostly responsible for having brought England to a realization of its danger, and raising the necessary enthusiasm to make the war party a success, by the bombardment of the east coast towns and their Zeppelin raids, which, while deplorable, had the good effect of changing the inertia of the English people.

The Germans, further, misunderstood the spirit of the German-Americans, who were expected to force the United States to assume a more than neutral attitude toward Germany.

It is time that the nations should get better acquainted with each other.

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### Beer and Efficiency

**T**HE German government forwards, to the troops at the front, one and one-half million litres of beer, daily. This, although transportation service is severely taxed. A litre is about one and three-fourths of a pint. The French government furnishes its troops light wine, as a necessary article of diet. All the warring governments condemn the use of distilled spirits.

If, as the prohibitionists and scientists claim, beer, even in moderate quantities, lessens efficiency, then the Allies should rejoice that Germans are beer drinkers.

Here is an article on the subject, contributed to the "International," by Dr. Max Stein, who holds the important office of Director of the Association for the Distribution of Beer in Germany:

The average American cannot understand why the German government spends millions of dollars and uses valuable transportation space in carrying what you consider a luxury to the front. But that is just the point. We do not consider beer a luxury, we consider it a necessity, and we believe that the health of our troops would suffer greatly if for any reason the beer supply was cut off.

Before I came to America I could not understand this attitude of the American people. To me it seemed unbelievable that America should send an army into a waste country like Mexico and subject them to the dangers of poisoned water holes and typhoid, when you might so easily transport beer.

But since coming to America I begin to understand. I have visited your drinking places, which are only frequented by men—where men stand up at a bar and one man treats the other in succession, and where drinking is more of a business than a pleasure, and where one never sees a woman or if there is a woman, not of the better class. In Germany it is different. One goes into a German restaurant where the whole German family sits at a table, orders food and drinks beer. The first thing in the morning the Muenich woman drinks her stein of beer, and yet I know that German women do not become slaves to the habit the way the American women become slaves to the cigarette and the cocktail.

You notice that the men who have been foremost in the fighting around Verdun are the Brandenburgers, the Badenens and the Rhinelanders. These men come from provinces where more beer and wine are consumed than probably any other territory in the world. You can draw your own conclusions from this, as to whether the moderate drinking of beer and wine destroys the wholesome strength of the people or breaks down manly virility, as your fanatical prohibitionist says they do.

Another thing not generally known abroad is that the Austrian army was under strict prohibition during the early part of the war. After the battles in the Carpathians, the Austrian army was reorganized, and one of the first reforms was the introduction of beer into the army. Now the Austrians have organized a bureau, such as our German bureau, and the Austrian army gets about the same amount of beer as our own army. Since the reorganization, you know that the morale of the Austrians is 60 per cent. better than it was. I do not mean to imply by this that the improvement is due to beer, but beer evidently played a part, and today the Austrian military chiefs would no more think of sending out an army corps without beer than it would without bread.

On the side of the Allies I want to call your attention to the fact that it is not the prohibition Russian army, nor the rum-drinking English who have made the best showing. The backbone of the Allies is the French army, who drink their wine as we Germans drink our beer.

I am not attempting here to disparage the temperance movement. Only you in America and we on the Continent have an entirely different view of what constitutes temperance. I do not consider that the German who takes his beer with his meals, nor the Frenchman who takes light wine in the same way, is intemperate. I consider the Russian peasant, who used to get drunk every day on vodka, but who, now that Russia has prohibition, has substituted varnish for vodka, intemperate. But I suppose that your American prohibitionists would class all three nations as intemperate, and the only truly temperate nation, Turkey, which drinks neither wine nor beer, nor hard liquors.

My own view of what constitutes temperance agrees pretty much with the French. If you will read the tract sent by the French Medical Society to the soldiers at the front you will see that while the men in the trenches are warned that a nip of brandy is delusive, and strong liquor of every kind habitually taken leads without fail to diseases of the stomach, liver and mind, a distinction is made in regard to fermented liquors, such as wine, beer and cider. Fermented liquors, the French soldier is told, may be safely used in moderation. This is what we, on the Continent, consider real temperance reform.

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The Emperor of Germany once publicly announced that the stability and economic strength of the German Empire is due, almost entirely, to the healthy economic condition of the farmers, and that this condition is due, more than anything else, to the intelligent and far-reaching financial methods that have been provided for their peculiar needs.—Von Engelken, in Harper's Weekly.

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Whatever is morally right for a man to do is morally right for a woman to do; I recognize no rights but human rights.—Angelina Grimke Weld.

### “Made in Germany”

**S**HOULD you notice any falling off in the tone of BRAIN AND BRAWN, you must charge it to the war. Oh, no, not the tone of the articles—you need not fear that—but in the tone of the paper on which they are printed. That will not be a calamity if it tends to make publications “yellow”—white paper is bad for the eyes.

Chemicals used in paper making are becoming scarce, on account of the stoppage of importations from Germany. Almost all chemicals have soared in price. For instance, muriate of potash has risen from \$30 to \$500 a ton; carbolic acid has gone up 1000 per cent.

For six months I was unable to get a pencil, that would make black marks. It was like writing with a wire nail, until I happened to come across one fairly good brand, made in America. The dealers told me that the pencil business was “all shot to pieces by the war.”

The United States Government was forced to modify the color of the two cent stamp, on account of lack of dyes from Germany.

In Canada, the proud British flag assumed a dusky red hue, on account of the lack of German dyes.

For the same reason, our women are threatened with having to dress, like nuns, in white, or gray.

Laundries may have to advance prices, on account of lack of chemicals, from Germany.

Several hundred thousand canaries, “made in Germany,” were imported before the war. Now, they are unobtainable.

So it goes, all along the line. Thousands of articles of necessity and luxury are scarce, on account of the stoppage of German importations.

This is highly complimentary to Germany, while it reflects on our boasted American enterprise and efficiency. However, in Germany, infant industries are nursed by the government. Here, they are neglected, while lusty industries, that can afford to maintain highly paid lobbyists at Washington, inside and outside of Congress, are pampered.

Here are instances of the enterprising and ingenious manner in which the Germans have captured foreign markets. The quotation is from the *New York Times*:

A certain English overcoat known all over the world for its utility and merit, especially the merit of having two sides, one for bad weather and one for good, was made in lots of a thousand dozen at Frankfort-on-the-Main, and nowhere else. They were shipped in bulk to the London jobber, who sold them everywhere, even in Germany.

A traveler in Germany bewailed the fact that his English kit-bag had worn out and he knew not how to replace it in war time. A German leather manufacturer thought it might be duplicated at Offenbach. The traveler said it was impossible. Only the English ever made that kind of bag. There was nothing in the world to match it. But the German took him to Offenbach, where the great leather industry had been in peace time, and out of a vast dust-covered stock selected a beautiful bag.

“Why, that’s the very thing, even to the English label!” exclaimed the traveler.

“Yes,” said the German, “most of the famous English bags were made in Offenbach.”

A rich American woman living in Berlin was heard to bemoan the hardship of being without a certain soft, sheer fabric used in making baby clothes.

“But you can get it here,” she was told.

"No," she said, "I mean the English kind. It is made only in England."

To her amazement she learned that though it had always come from England, it was made in Germany, only a few miles from where she lived. None of it had ever been sold directly in Germany.

Similar conditions prevailed in exports to other countries. There is talk of boycotting German manufactures, after the war. Nonsense! The Europeans cannot do without them. Nor can we.

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### Control of Education

**T**HE development of independent thinking in Germany is hampered by State control of universities. A professor, who preaches doctrines of which the authorities disapprove, has no chance of promotion. Control of the font of learning gives great power. American millionaires are beginning to realize this, and are subsidizing colleges. Capitalistic control of education is as bad, or worse, than government control.

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### Militarism

**I** SHOULD say it was not inconsistent with the traditions of the country that the people should know how to take care of themselves; but it is inconsistent with the traditions of the country that their knowledge of arms should be used by a governmental organization which would make and organize a great army subject to orders, to do what a particular group of men might at the time think it was best to have it do. That is the militarism of Europe, where a few persons can determine what an armed nation is to do. That is what I understand militarism to be. But a nation acquainted with arms is not a militaristic nation, unless there is somebody who can by an order determine what they shall do with that force. I think we ought to be very careful not to let these different things seem as if they were the same.—President Wilson.

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### Claptrap Journalism

**A**MERICAN journalism has appeared at its very worst in connection with the grave issue between the United States and Germany during the past ten days. If our newspapers, broadly speaking, had calculated ways and means to irritate the German government and to embarrass our own, they could not have carried out a more efficient programme. Speculations, presumptions, and conjectures of inflammatory kind have been flung to the country and to the world. There has been a sinister competition in the matter of "scare" lines, each yellow sheet trying to outdo the other in violent interpretation of situations and conditions. Freedom of the press is an old shibboleth and one of worthy import. But what is to be said of a spirit of license, which accepts no restraints either of truth or of prudence, and which makes itself, in every crisis, not a safeguard of liberty and peace, but a menace?—San Francisco Argonaut.

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Be silent, or say something that is better than silence.—German Proverb.

## Apologia Pro Germania

**T**HIS is a paper read by J. O. Koepfli, at the March meeting of the Sunset Club, Los Angeles. Mr. Koepfli is not a German by birth or descent, but is an ardent admirer of the ideals, aims, and achievements of the Fatherland:

“Here I behold the stout and manly prowess of the Germans, disdain-  
ing servitude.”—Milton.

The Romans rendered equal homage to the Germans, contemporaneous with them. Houston Stewart Chamberlain, the English thinker and writer, for years a resident in Germany, declares that, of all nations, the German enjoys the greatest measure of true liberty. The same author points out that a people manifests in its expressions the measure of its success in obtaining its ideals; that in proportion to attainment popular expression on a subject will diminish. By this test, he concludes that Anglo-Saxons are seeking to obtain true liberty, while Germans have, in the main, attained it.

As first and foremost characteristic of the German people I will then name their love of liberty. Just now, it may be easier to agree with me that the German people are thorough, systematic, energetic, persevering; that their adeptness for detail enables them to find the minutest factor, without, however, abridging the breadth or distance of their vision; that they possess unusual capacity of seeing and conceiving large things, without over-looking the smallest; that they are stern, and even hard, in the execution of what they conceive to be their duty; that, however, this firmness does not stop short of themselves, but that readiness to sacrifice is still a characteristic of Germans, as it was when German women slew themselves before the legionaries of Caesar.

That the German is honest and law abiding has been abundantly proven by civil and criminal court statistics, gathered in his own country, and in this.

Despite its long line of philosophic and free thinking teachers and writers, the German people is more deeply imbued with positive religious belief than any other advanced nation. Bismarck is quoted as saying: “The longer I work in politics, the smaller is my belief in human calculation. I look at the affair according to my human understanding, but gratitude for God’s assistance so far raises in me the confidence that the Lord is able to turn our errors to our own good, that I experience daily to my wholesale humiliation.” And the Kaiser’s references to divine aid are neither cant nor egotistical vain-glory, but the same kind of faith which the Israelites bore in their Jehovah. If it is difficult to understand and believe this, it may be well to remember that those whose knowledge of the German people is only superficial are receiving many surprises, at their hands, which are difficult to comprehend.

If not artistic, the Germans are art loving. They have much understanding of and appreciation for all the arts. Their soul is sensitive, and thoroughly responsive to artistic impressions.

With an open disposition and cheerfulness, the Teuton displays a love for doing, and finds actual joy in working.

I fully realize that the subject assigned to me lacks in popularity;

but I wish to come back to my first proposition, to wit, that the leading characteristic of the German is his love of liberty. That this has been an attribute of the German race, since its earliest appearance, is an undisputed fact. That during the 18th, and as late as the first half of the 19th century, the fire of liberty burned fierce and high in what is today the "tone giving" part of Germany, will not be denied. However, within the last sixty to seventy-five years the traditional spirit of this people is supposed to have been crushed, and that, at the very time when they are at last successful in achieving nationality, and creating themselves into a state of unprecedented strength and power. Does this appeal to reason? Is it thinkable, that a race of men, for a score of centuries either free or striving for freedom, should, in the day when it is crushed under the heel of militarism—when manacled in bonds of slavery—achieve such things as this people has achieved, in these same sixty years? Are slaves greater than free men? Is liberty a weakness? Must liberty be smothered, that a people may achieve? I refuse to believe it, and assert that the German people have accomplished their wonders, not as a nation of slaves, but as a nation of free men, in possession of real liberty.

It is true that German liberty differs from that conception of liberty which we have borrowed from the French Revolution, a form of liberty that, absorbed only in the rights of man, has lost all thought of the duties and obligations of man; a conception in which liberty becomes synonymous with license. As its greatest apostle, Rousseau, admits, the ultimate of such liberty is anarchy. Germany was not unaffected by the teaching of French revolutionary thought, and strong was the movement to adopt it as its own, but the German character, in its serious discrimination, caused this people to submit to the guidance of a Bismarck, and accept for its liberty proper limitation and necessary restriction. This liberty, tempered with a sense of respect, and acceptance of authority, permits the employment of scientific method, in the rearing of a structure solidly founded on the development and well-being of each individual, with a due regard for the obligations of each to the other. Thus, German liberty does not merely embody the rights of man, but deals with and insists upon the duties and obligations of man, as well as upon his rights.

German liberty cannot be described as ours has been, as a "refusal of obedience" It is rather analogous with Carlyle's thought, when he says: "Obedience makes free," or as Goethe has said: "Bounded without, but unlimited within."

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### Physical Depravity

**W**HEN you are ill-tempered, and jealous, and suspicious, and generally hateful to those with whom you come in contact, search to discover which of the organs of your body is not working well, and then get it into good order, by ceasing to abuse it. A man with a congested liver, or an inflamed stomach, or a foul colon, cannot be amiable, if he tries, while one whose organs are in good working order feels like saying, with Tiny Tim: "God bless everybody."

Notwithstanding the doctrine of total depravity, few men are naturally bad. Physical depravity is what ails the world, more than anything else.

## Shaw's Sarcasm

**I** AM bound to Germany by the ties that hold my nature most strongly. Not that I like the average German: nobody does, even in his own country. But then, the average man is not popular anywhere; and as no German considers himself an average one, each reader will, as an exceptional man, sympathize with my dislike of the common herd. And if I cannot love the typical modern German, I can at least pity and understand him. His worst fault is that he cannot see that it is possible to have too much of a good thing. Being convinced that duty, industry, education, loyalty, patriotism and respectability are good things (and I am magnanimous enough to admit that they are not altogether bad things, when taken in strict moderation, at the right time, and in the right place), he indulges in them on all occasions, shamelessly and excessively. He commits hideous crimes, when crime is presented to him as part of his duty; his craze for work is more ruinous than the craze for drink; when he can afford secondary education for his sons, you find three out of every five of them with their minds lamed for life, by examinations which only a thoroughly wooden head could go through with impunity; and if a king is patriotic and respectable (few kings are) he puts up statues to him, and exalts him above Charlemagne and Henry the Fowler. And when he meets a man of genius, he instinctively insults him, starves him, and, if possible, imprisons and kills him.

Now, I do not pretend to be perfect, myself. Heaven knows I have to struggle hard enough, every day, with what the Germans call my higher impulses. I know too well the temptation to be moral, to be self-sacrificing, to be loyal and patriotic, to be respectable and well-spoken of. But I wrestle with it and—as far as human frailty will allow—conquer it, whereas the German abandons himself to it, without scruple or reflection, and is actually proud of his pious intemperance and self-indulgence. Nothing will cure him of this mania. It may end in starvation, crushing taxation, suppression of all freedom to try new social experiments and reform obsolete institutions, in snobbery, jobbery, idolatry, and an omnipresent tyranny, in which his doctor and his schoolmaster, his lawyer and his priest, coerce him worse than any official or drill sergeant: no matter: it is respectable, says the German, therefore it must be good, and cannot be carried too far; and everybody who rebels against it must be a rascal.—Bernard Shaw.

## The Ancient Germans

**T**HE Germans differ much from the usages of the Gauls, for they have neither Druids, to preside over sacred offices, nor do they pay great regard to sacrifices. They rank in the number of the gods those alone whom they behold, and by whose instrumentality they are obviously benefited—namely, the sun, fire, and the moon. They have not heard of the other deities, even by report. Their whole life is occupied in hunting and in the pursuits of the military art. From childhood, they devote themselves to fatigue and hardships. Those who have remained chaste, for the longest time, receive the greatest commendation among their people. They think that by this the growth

is promoted, by this the physical powers are increased and the sinews are strengthened. And to have had knowledge of a woman before the twentieth year they reckon among the most disgraceful acts; of which matter there is no concealment, because they bathe promiscuously in the rivers, and only use skins or small cloaks of deer's hides, a large portion of the body being in consequence naked.

They do not pay much attention to agriculture, and a large portion of their food consists in milk, cheese, and flesh. Nor has any one a fixed quantity of land or his own individual limits; but the magistrates and the leading men each year apportion to the tribes and families, who have united together, as much land as, and in the place in which, they think proper, and the year after compel them to remove elsewhere. For this enactment they advance many reasons—lest seduced by long-continued custom, they may exchange their ardor in the waging of war for agriculture. \* \* \*

It is the greatest glory to the several states to have as wide deserts as possible around them, their frontiers having been laid waste. They consider this the real evidence of their prowess, that their neighbors shall be driven out of their lands and abandon them, and that no one dare settle near them. At the same time they think that they shall be on that account the more secure, because they have removed the apprehension of a sudden incursion. When a state either repels war waged against it, or wages it against another, magistrates are chosen to preside over that war, with such authority that they have power of life and death. In peace, there is no common magistrate, but the chiefs of provinces and cantons administer justice and determine controversies among their own people. Robberies which are committed beyond the boundaries of each state bear no infamy, and they avow that these are committed for the purpose of disciplining their youth, and of preventing sloth. \* \* \*

To injure guests they regard as impious; they defend from wrong those who have come to them for any purpose whatever, and esteem them inviolable; to them the houses of all are open and maintenance is freely supplied.—Julius Caesar in *De Bello Gallico*.

### Would Eliminate Feminism

**T**HE real secret of American animosity against Germany is to be sought in the overweening power of women in the United States. It has long been considered the correct thing in America to talk about England as the mother country, of the partisan of women's rights and of "isms" in general.

The men with long hair and the women with short hair felt that their false gods were in danger, and that a victorious Germany, with its manly men and feminine women, would make short work of all these "isms." Where would room be found for feminists, Socialists and pacifists were the world to be ruled in accordance with the laws of thoroughness or order of German discipline, and, above all, were real strength and virility to give the tone to and lay down the laws for nations?—*Rheinisch-Westphalische Zeitung*.

In the street of "Bye-and-bye" you come to the house of "Never."  
—Cervantes.

### Control of Prostitution in Germany

**H**ERE, as elsewhere in the world (or such at least is the deliberate judgment of police officials and police matrons, who should know if anybody can know) most of the women of the underworld—and of the half-world especially—are driven by poverty. Recognizing this is a fact, the German police departments in no way molest a woman who accepts such aid, requiring only that she shall report at intervals for medical inspection. No quarter of any German city is set apart for, or exempted from, occupancy by such women. The German police do not aim to limit the liberty of such women, but only to prevent them, so far as possible, from becoming mediums for the transmission of disease. They recognize, as did Frances Willard in the last year of her life, that the traffic is chiefly economic in its origin, like drunkenness, due mainly to poverty and poverty's legitimate child, ignorance, and they say, therefore, that society, tolerating economic conditions which condemn thousands of the daughters of the poor to sell their bodies for bread and shelter, has already punished them sufficiently, without laying further unnecessary burdens on them.—Frank Putnam, in Dallas News.

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If we put the condition of absolutely savage life out of our calculation, it is probable that a highly developed civilization, while it raises the average of well-being, is accompanied by more extreme misery and acute sufferings than the simpler stages that had preceded it.—Lecky.

### On the Mountains

**B**LACK dress coats and silken stockings,  
 Snowy ruffles, frilled with art,  
 Gentle speeches and embraces—  
 Oh, if they but held a heart!

Held a heart within their bosom,  
 Warmed by love which truly glows;  
 Ah! I'm wearied with their chanting  
 Of imagined lovers' woes!

I will climb upon the mountains,  
 Where the quiet cabin stands,  
 Where the wind blows freely o'er us,  
 Where the heart at ease expands.

I will climb upon the mountains,  
 Where the dark-green fir-trees grow;  
 Brooks are rustling, birds are singing,  
 And the wild clouds headlong go.

Then farewell, ye polished ladies,  
 Polished men and polished hall!  
 I will climb upon the mountain,  
 Smiling down upon you all.—Heinrich Heine.

**Briefs**

Coat tails, worn by students, in London schools, are abbreviated, in the interest of economy, and the royal family is eating pheasants' eggs, instead of plovers' eggs.

The U. S. is shipping two tons of false teeth, monthly, to Europe.

A Los Angeles husband and wife, instead of divorcing, separated for three months, after which they were happily reunited. Good idea.

Comstock's successor is apparently not an improvement. He had an editor arrested, for reproducing works by a German sculptor.

For the first time in a century, Poles were allowed, by Germany, to celebrate their national anniversary.

Germany is said to have 9000 war aeroplanes.

A bill in the Federal Council of Germany, exempts trades unions from the restrictions prescribed for political organizations.

A Harvard graduate will devote his life to breeding blended red, white and blue swine. Noble and patriotic life work.

Local railroads are selling single rate round trips on Sunday. In Europe they have done this, for seventy years or more.

Los Angeles pastors have invited Billy Sunday to come and offset the effects of a girls' bathing suit parade. Setting one vulgarity against another.

The direct expense of the war, to date, would give each family, in the warring nations, \$500.

A California fisherman was bitten by a trout, blood poisoning following. A trout serum is now in order.

Thousands of German-Americans took part in the New York Preparedness Parade, and the leading German-American newspapers indorsed it.

San Francisco police will try to stop the selling of stolen dogs to the University of California, for vivisection.

Of ten decedents, whose ages were given, in a Los Angeles paper, one day last month, the average age was 69.

In the first three months of 1916, 22 were killed, and 126 seriously injured, by auto accidents, in Los Angeles.

Of 1,500,000 workers in the City of London, 20,000 sleep there.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, JUNE, 1916

No. 1

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## Magazines and Menus

**W**ITH this number, BRAIN AND BRAWN enters its fifth year. Four years, in the life of a magazine, is about equivalent to forty years, in the life of a man. By that time, both should have shown their character, their capabilities, their aims, and their aspirations.

In the Publishers' Guide, Chauncey Thomas, a short story writer, and assistant editor of Outdoor Life (Denver) recently said:

Every publication is just like a restaurant, in fact, it is a mental restaurant. The customer is the reader, and gives his order to the waiter, who is the editor. The waiter, or editor, passes the order along to the cook, or to the writer. In each case it is the public demand to which both restaurant and magazine must cater, or go out of business. The cook or writer then produces what is ordered, and the waiter, or editor, passes it around to the customers, or readers.

The cook, or writer, may invent some new dish, or story, and if the public likes it, then he has made a success, but each, at best, is always an experiment. The final decision, in all things, rests with the customers, the readers; and the editor, or waiter, has less to say about it all than any man connected with the establishment. He is only the go-between connecting the customer and the cook, between the reader and the writer. And a writer must write what the reader wants to read. He cannot make the reader read what he, the writer, wants to write.

This, it seems to me, is a low plane, for a publication to assume. The editor of a magazine should be something more than a cook, tickling the palate of his customers, for pay. Rather, should he be a teacher of wholesome eating.

The editor who is constantly asking his readers what they like, earns little respect. I aim to give my readers what I believe is good for them. If some of them do not like it, so much the worse for them. Others will. The editor who tries to please everybody will die in an insane asylum, if he escapes the poor house.

However, I do not expect all my readers to eat this whole monthly meal through, from oyster cocktail to black coffee, although many do, and declare that they enjoy it. As I said, in the April number, BRAIN AND BRAWN offers a mental menu, a la carte. Anyone who finds nothing interesting in it must be suffering from a severe form of mental dyspepsia.

## Mercury and Mars

**M**ANY say they do not know the cause of this war. If you will take a dollar from your pocket, and look at it, you will see the main cause. Greed, selfishness, over-production of articles which millions of the home people cannot afford to purchase, a struggle for foreign markets, backed by the military arm of the government—that is the basic cause of modern wars. Mercury is an “agent provocateur” for Mars. In this case, the struggle happens to be between England and Germany. Neither government is guiltless.

Following is from the Christian Science Monitor:

Professor Schuster recently made a statement to the British Association, in Manchester, England, which, though not original, is distinctly valuable to have emphasized at the moment. He asked if it was not the worship of material success which sowed the seed of those pernicious ambitions reaped in war. So long as this seed is sown, it is useless to talk about the end of war. Something approaching a century and a half ago, the citizens of London solemnly proclaimed the doctrine Professor Schuster denounces, when they cut, on the base of the Chatham Memorial, the declaration that the great statesman had made commerce thrive on war.

And is this wretched condition of affairs to last forever? It will last so long as the people—who do not want war—permit ambitious and selfish men to delude and misguide them, and goad them, under the false cry of “patriotism,” to go forth and slay neighbors, living across an imaginary frontier.

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## Germany

**G**ERMANY holds the center of the world’s stage, at present. If you doubt it, see daily papers.

I have devoted most of the first part of this number to Germany. A residence of five years on the border of the country, with several journeys through it, an acquaintance with the German language and literature, and long association with German relatives and friends, have familiarized me with German thought and character.

As usual, I have tried to be strictly just and impartial, my only object being to elicit the truth.

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Japan has as much right to a “sphere of influence,” in the Orient, as the United States has, in the Western Hemisphere.

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Whittier, Cal., churches, having abolished pool and billiards, now aim to close the movies. In Long Beach, they oppose children’s folk dances. Deprive people of innocent amusements, and they will take to others, that are harmful.

## A National Highway

**C**ONGRESSMAN W. D. STEPHENS, of Los Angeles, has introduced a bill to construct a national highway, circling the United States, 10,000 miles in length, that would give work, at good wages, for many years, to at least 100,000 American citizens, in good times, and to many more that number, in hard times, also greatly adding to our trained reserves for national defense. This is in line with a suggestion made by George H. Maxwell. It is a good idea. Two thousand years ago, the Romans built highways all over western Europe, some of which are used today. The United States is shamefully backward in this respect.

The main objection to this bill will be that it does not involve so much "pork" as the construction of guns, forts and warships.

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## Faith and Works

**I**T will avail you naught to affirm ardently the Good, the True, and the Beautiful, and to deny strenuously Evil and Falsehood and Sin, so long as you continue to break the laws of health. To believe otherwise would be to assume that Nature's laws are fallacious, and that two and two do not always make four. Faith is good, but, as the apostle has truthfully written: "Faith without works is dead." You must "work out your salvation," not necessarily with "fear and trembling," but with confidence and courage—your physical as well as your spiritual salvation.

Obey Nature's laws, then have faith that no disease can touch you. This is the proper attitude to assume. Your faith will then be justified.

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## Brain and Brawn

**W**ITH the beginning of this fifth volume of **BRAIN AND BRAUN**, I venture to ask those who enjoy reading it, from month to month, and who believe it is doing some good, to aid in increasing the circulation—and incidentally its power for good—by sending me at least one subscription, for a friend who is likely to appreciate the magazine. Three subscriptions for two dollars.

Will you not do this? It is little to you, but in the aggregate, it would mean much to me. Were it not that I might appear to be too commercially insistent, and not sufficiently polite, I would even add: Will you do it now?

"Thanks, awfully," as they say, across the sea.

---

Elihu Root is not only a great statesman, but also an able lawyer, of long experience. Over forty years ago, he defended "Boss" Tweed, when that celebrity was on trial, in New York.

## Brooklets

When a country gets too big, it runs into snags.

\* \* \*

If I was enough of a mechanic to drive a nail in straight, I would invent a noiseless grass cutter.

\* \* \*

We are a migratory race. How few Americans, over forty, inhabit the houses they were born in.

\* \* \*

A man who is frank and outspoken is an easy prey to sneaks and tattlers.

\* \* \*

If everyone would make at least one person happy, every day, what a pleasant world this would be.

\* \* \*

Remember that the love of money, not money, is the root of all evil.

\* \* \*

You can become independent, by decreasing your wants, as well as by increasing your wealth.

\* \* \*

Frontier forts and custom houses show that we are still barbarians.

\* \* \*

In Europe, a city is the seat of a bishop; in America, anything from three saloons and a boarding house.

\* \* \*

Civilization means something more than newspapers, telephones and false teeth.

\* \* \*

The foolish things we do today will be "classical", a thousand years hence.

\* \* \*

It is inconsistent to lecture your son on playing poker, and then to order your broker to buy a thousand shares of Wildcat, on a margin.

\* \* \*

Debt is a trap, much easier to get into than out of.

\* \* \*

To be able to write a recipe for peppermint and water in dog Latin, does not make you a doctor.

\* \* \*

You never read of a man embezzling a loaf, or stealing a million dollars.

\* \* \*

Did you ever—or "hardly ever"—see a woman pass a plate glass window, without looking at her reflection?

## Care of the Body

### Artificial Teeth

**A**DENTIST friend estimates that at least half the people of the United States, over forty years of age, wear one or more artificial teeth. This is mainly due to two dietetic errors. First, the feeding of children with foods deficient in lime, second, the eating, by adults, of foods that cause fermentation, and an acid condition of the secretions.

Following advice, on learning to wear artificial teeth, is from an article by D. W. Barker, M. D. S., in *Health Culture*:

Do not expect to acquire facility in the use of artificial teeth at once. That comes only by practice, patience, and time. You cannot learn it in a few days or a few weeks. The dentist may do his part, but this is something that you have to do for yourself; no one can do it for you, and unless you do it your teeth will not be a success.

You should not allow yourself to get into the habit of leaving the teeth out. To do so is to incur a distinct loss, for no one ever learned to use a set of teeth by wearing them in the pocket, or the bureau drawer. You can learn to use them only by using them, just as a child learns to walk by walking, though imperfectly at first.

A good way to overcome the difficulty in talking with new teeth in the mouth, is to practice reading aloud. Do it alone, so there will be none to attract your attention. Read slowly, and make it a point to enunciate distinctly.

Learning to eat with artificial teeth will take you somewhat longer, but the principle is the same. Don't expect to eat your first meal with your new teeth just as you did with your natural teeth, nor just as some one else does who has worn artificial teeth for many years, for you won't do it; no one ever does it.

If you become discouraged and lose confidence in your ability, the teeth will not be the success that they should be. Therefore, I would not advise a beginner to try to do too much at first. If you only eat part of the first meal with them you are doing well. If you attempt to bite upon a hard substance, like an apple or an ear of corn, you will probably trip them, for this is a severe strain upon the suction. It may be accomplished, however, by pressing the apple firmly upward against the teeth at the moment of biting upon it.

"Shall I keep them in at night?" is a question often asked by a beginner. To this I answer, No, not right away, because they would keep you awake. But after you have become accustomed to them you may try it if you think you would be more comfortable.

If you find that your plate makes a sore spot, usually somewhere along the edge, this is not an indication that the plate does not fit, but that there is a little too much pressure at that particular spot which should be relieved by filing. Almost all new plates have to be relieved in this way.

Your artificial teeth should be kept clean. To do this they should be scrubbed with a stiff brush after each meal. A toothbrush is not a good brush for this purpose; a small hand scrub brush is better.

As I mentioned some time ago, I have known people on whom red rubber plates produce a peculiar effect. They could not consume alcohol, in minute quantities—not even a mince pie, or a glass of root beer—without immediately having a swelling of the lips. I have tried, unavailingly, to find out why the mercury in the vermilion coloring used in red rubber plates should have this effect. It may be because some of them are not scientifically compounded. Dr. C. E. Markey, of Pasadena, writes to me:

Vermillion, a mercurial compound, found in red rubber, may come to the surface in poor rubber. It requires a high degree of temperature, and a considerable length of time, to obtain perfect union of sulphur and vermilion, and the makers of cheaper grades of rubber do not spend the necessary time.

Dr. Markey writes further, as follows, on the subject of artificial teeth:

I advise putting the teeth in a glass of water at night, with a pinch of soda. It sweetens the plate, and removes acid fermentation. Some prefer to put their plates to soak in salt solution. Rubber is a poor conductor of thermal changes. Hence, the tissues of the mouth do not receive their normal amount of stimulation, when thus covered. By removing the plates at night, the tissues not only have a chance to rest, but also to return to the normal condition.

The upper plate should restore the rugae, that is, the rough part of the palate, just back of the upper front teeth, as the rugae aid in speech, and also assist the tongue, in placing the food. Starchy food may be dextrinized, by means of the tongue and the roof of the mouth, though requiring a longer time.

Those who wear artificial teeth should be warned that the debilitating effect of swallowing hot drinks may result from the wearing of rubber plates, as the plates protect the tissues of the palate from the heat, and make it, therefore, less noticeable.

Many artificial teeth are broken, while eating bread, as in order to chew bread one must use a lateral, or side to side motion, so that it is not necessarily the resistance from food, but many times it is the fact that, by using the lateral motion, you confine your pressure to a certain tooth, or cusp of the tooth, and this often results in a fracture of the porcelain.

While it has been stated that expert butter tasters use that portion of the palate in the roof of the mouth to obtain the most delicate taste, yet the sense of taste is so distributed in the oral tissues and tongue that wearing plates has little effect upon it, apart from the taste of newness of the plates, and that soon wears away.

Perseverance is all right, but if sore spots develop, due to the plate impinging on muscle tissue, the plate should be relieved.

The registered pressure of normal teeth is 200 to 300 pounds, whereas, a full set of artificial teeth registers about 50 or 60 pounds.

Campho phenique, of full strength, on the finger tips, should be used on sore spots, also for any inflamed spots in the mouth.

Tartar or salivary deposits will form on a plate, as upon natural teeth, and unless soon removed, will soon show as a white, chalky deposit, indicating neglect upon the patient's part, in not keeping the plate clean.

Ordinarily a good brushing of the plates with soap and water suffices, but about once a week it is well to use either a thin creamy solution of whiting, or pumice, in order to keep the teeth clean.

As to taking the plates out at night, here is somewhat of a difference of opinion. Perhaps it would be better to keep the plates in at night, for a week or ten days, until you have begun to become accustomed to them. That is to say, if they do not tire the jaws, as they probably will.

There is one advantage about wearing artificial teeth. It leads to moderation in diet. So long as they are new, the wearer is not likely to over-eat. On the other hand, I have known several persons—women, as well as men—who have been driven to drink by the temporary discomfort of artificial teeth. Such people are sadly lacking in will power, as are so many of us.

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To escape pneumonia, do not hibernate. Ventilate. And do not dissipate.—Healthy Home.

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If we were more sensible about our Sunday dinners, we would have fewer "blue Mondays."—Ladies Home Journal.

## Goat's Milk

I HAVE received No. 3, Vol. 1, of the Goat World, devoted to the upbuilding of the goat industry. It is published at Baldwin Park, near Los Angeles, by F. T. Heintz, who has a goat ranch. The goat, hitherto mainly read about in comic papers, is beginning to attract serious attention in this country. It is time.

In Switzerland, goat's milk is as generally used as cow's milk. It took me some time to become accustomed to the flavor. Then I liked it. Some of the cheese, most favored by epicures, is made of goat's milk. In a New York hospital for tuberculous children, goat's milk is being tried.

Goat's milk has several advantages over cow's milk, as a food for human beings. The goat is nearer in size to man. The goat is much less subject to disease, whereas, a large proportion of cows, kept in captivity under unwholesome conditions, are tuberculous. The goat eats many green things, and is much cheaper to keep than a cow.

Some claim that goat's milk is too rich for children and invalids, but the butter fat of goat's milk is in much smaller globules than in cow's milk, therefore, can be more easily digested.

However, it is quite possible that goat's milk is too rich in butter fat for the average invalid, running about seven per cent., which is two or three per cent. more than the milk of Jersey cows, and that is much richer than the milk of Holstein cows. Woman's milk contains only  $3\frac{1}{2}$  per cent. I believe that goat's milk, and the milk of all cows, except Holsteins, should be skimmed. We feed skim milk to hogs, while poor people starve themselves on tea and white bread.

Children apparently thrive on whole goat's milk; but then, they also apparently thrive on whole Jersey milk, and even on pasteurized milk. The test comes in their power of resistance when attacked by disease.

A bulletin of the U. S. Bureau of Animal Industry recommends boiling all goat's milk, because, in Texas and New Mexico, a disease known as "Malta", "mountain", or "slow typhoid" fever has been noted, and is attributed to goat's milk. Boiled milk is an unwholesome food. Not only are the important organic salts deorganized, but the albumen is coagulated, making it hard to digest. As I have frequently shown, infants fed exclusively on boiled, sterilized, or—to a less degree—on pasteurized milk, develop rickets, constipation, and later, tuberculosis.

In the San Joaquin Valley, California, preparations are being made to condense goat's milk, on a large scale. Another condensed goat's milk factory is to be established in Monterey county. Condensed milk is subject to the same evils above noted, although to a less extent than boiled milk.

The goats most popular in America come from the valley of Toggenburg, in the Swiss canton of St. Gall, where I lived five years. It is said that the Nubian goat lacks the offensive odor of the male goat of other species. In England, an Anglo-Nubian breed has been built up during the past forty years. It is said to have

all the good qualities of the Nubian, with the hardiness of the native goat. For many years these Anglo-Nubians have taken practically all the prizes, at the numerous goat shows in England.

Goats are exceedingly precocious, capable of begetting offspring at the age of three months, while still in the sucking stage. Therefore, they have to be removed from the mothers at an early age.

A goat in the back yard is better than a bottle of pasteurized milk on the front porch.

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### Folly of Feeding the Sick

**ONE** of the follies that has perhaps killed more people than any other is that of putting food into the stomach of a sick person. When a man is sick, his stomach also is sick, and feeble, and unable to do its work. Therefore, any food put into it ferments and rots, and becomes a virulent poison, adding to the "complications," as the doctors are pleased to call the effects of mal-practice. Especially objectionable are those favorite foods, milk and beef juice—the latter about equivalent to urine—for these foods are ideal culture mediums for bacteria. Therefore, you can imagine what happens, when they are put into a sick, feverish stomach.

When a person gets sick, the first thing Nature does is to take away the appetite. The necessary digestive juices are absent. Do you think you know more than Nature? When you are sick, do not eat, mention food, or think of food, until it is demanded by an unmistakable hunger.

There is no question, whatever, that for every person who dies of disease, a thousand are killed by the administration of drugs, and of food that cannot be digested.

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### Consumptives and Climate

**A** THIRD stage consumptive, who has regained his health in a certain climate, should stay there. The lung tissue built up on a Colorado mountain will not long stand the air of New York City. Many cases that come to Arizona, and get "cured," return to other States to live, and after again losing health, come back to Arizona. The "cure" seldom works the second time, never the third.

I say to you, pick out a place where you are satisfied to live, and when you regain your health, you can remain there and retain it.—Charles Sanford Porter, M. D.

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It has been ascertained that, as a rule, persons of light colored hair are less aggressive than persons whose hair is dark colored.—H. Addington Bruce.

As, for instance, red haired Irishmen, or a blond Prussian officer.

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Men in the Arctic regions give special attention to the protection of three parts, the back of the neck, the wrists and the ankles.—Healthy Home.

### Exercise

**G**YMNASTIC exercise is better than no exercise at all, but it does not begin to compare with productive work, or wholesome play in the open air. Following, on this subject is from "Health Culture":

"You cannot eat ahead, except to the extent of one meal, and you cannot exercise ahead, beyond the day's requirements. Bear and snake may hibernate, but we must exercise again tomorrow, and it must be largely in the way our forefathers exercised before us. It must satisfy our minds, as it satisfied theirs, by achieving some useful purpose.

"No machine exercise will do this for long. Play, which is nature's substitute, is well, but it must not overshadow the reality of which it is a counterpart. Playgrounds are not as important as schoolgardens. The agricultural college will displace the foot-ball university, and real life, as a training-field, will outlast them both. \* \* \*

"We hear of people whose heart is in their work, but never of any one whose heart is in his dumb-bells; it would be a very heavy heart indeed. The way to the Garden of Eden does not lie through the gymnasium; you do not have to walk, run, row, climb or swim to get there, much less take a motor or charter a yacht.

"It lies closer than that, and as often as not you have only to dig through a foot of soil or chop through the width of a tree, to arrive. You may wheel it in a barrow or build it into a wall, but it must profit some one beside yourself, and it must not leave that empty feeling in the region of the conscience."

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### Hot Weather Diet

**I**F you heat your room in July, as you do in December, you will suffer. It is the same with the body.

Cut down the amount of your food. Eat only twice a day. Cut out fats, sweets, and white flour. Make one meal of fresh fruit, the other of a salad, with cream cheese, or—if you eat it—lean meat, or dried fish. For beverages, weak black tea, without sugar, claret and water, or fruit juice and water. Do not drink grape juice, undiluted. It is a food, and, as a drink, is less wholesome than claret.

Avoid cream. Use milk only as an addition to a beverage. You can use buttermilk, but if you do, substitute it for a meal. Buttermilk, also is a food, not a drink.

Wear less clothing; expose the skin to the air, as much as possible.

Keep the pores open, by sun baths, bathing and exercise. Keep the bowels open, not by "harmless cathartics", but by exercise and diet.

If you do this, you will be comfortable, while others are complaining of the heat.

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A tract of 1100 acres, in the city limits of Los Angeles, was sold for a citrus fruit grove.

### Bashfulness and Blushing

**A**S in the case of seasickness, a person subject to bashfulness, often accompanied by blushing, is seldom pitied, yet it is a real affliction. It is due to faulty blood circulation, and that again is due to wrong living. The cure lies in a simple, non-stimulating, rational diet, abounding in the organic salts, and open air life, with sun and water baths, and exercise.

Also, there is an important mental side to the question. To this, Mary Emerson alludes as follows, in the *Nautilus*, where she tells how she overcame bashfulness:

"The first step was undertaking a systematic course of good reading, so that I could understand matters of common conversation and participate intelligently.

"Another means which I found to be invaluable in ridding myself of this undesirable characteristic was to become really absorbed in the affairs, plans and interests of the other person, whomever I happened to be with. This led to an attack of self-effacement which proved most beneficial.

"When invited to social functions of various kinds, I learned that directing one's attention to a seemingly neglected person, a child, an aged member of the company, worked like magic in the eradication of my bashfulness.

"Bashfulness is a form of selfishness; to imagine one's self sufficiently important to be the cynosure of all eyes!"

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### "They All Do It"

**T**O oppose yeast as leavening brings the argument that "everybody uses it." To oppose the use of tobacco brings the declaration that most people use it. To proscribe coffee and tea causes surprise, for "everybody uses these table beverages." No one appears to see the warped and distorted appearance of the human race, as it passes on through life. Look upon the people en masse wherever found—one without a blemish is a very rare exception. Isn't this a sorry reflection, if the popular belief; namely, that man is made in the image of his maker—meaning his God—is true? Leave the Deity out of this question, and it is easy to see that people are actually made in the image of their maker. The general tout ensemble of the human race is as one would expect from a mixture of ferments (decomposition), tobacco, alcohol, coffee, tea, drugs, medical suggestions—a type of which is to be found in "Damaged Goods."—J. H. Tilden M. D.

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Dr. Jacques Loeb, of Carnegie's Rockefeller Institute, says he has produced artificial live frogs, that have lived a year, but admits that he can only make male frogs. The females are probably of a higher order.

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It is said that nine-tenths of the presidents of the United States have had Irish blood, and that one of them—Jackson—was born in county Limerick.

### Waste of Effort

**I**T often happens that people who take a fast, or a semi-fast, and get themselves into good condition, again take up gorging, returning like the dog to his vomit. This is foolish and illogical and waste of effort. When you have rid your system of waste, got rid of irritation of the stomach, and acquired a normal, healthy appetite for plain, nourishing food, you have a splendid opportunity to start a right course of living, that will keep you fit. Following item is from the Los Angeles Times:

"When R. T. Lightfoot, prominent local attorney, passed two hours in a local grill consuming great quantities of food, yesterday, his friends were puzzled, until they found out that for the last week Mr. Lightfoot had been existing solely upon bran mash and water, with a single cup of coffee permitted each morning.

"Mr. Lightfoot explained he had been troubled with indigestion, his physician finally ordering the attorney to try the simple food.

"It worked out fine, and I feel like a new man," said Mr. Lightfoot, "but I became so hungry that I finally had to give it up. That is why I consumed \$10 worth of good food at the grill today."

I refuse to undertake the treatment of those who will not promise to use a reasonable amount of self denial. Otherwise, the time is wasted, and discredit is brought upon natural methods of healing.

### Naturopathic Meeting

**T**HE next meeting of the Association of Naturopathic Physicians of California will be held at the Naturopathic Sanatorium, 1319 S. Grand Avenue, Los Angeles, on Tuesday evening, June 13. This will be the last meeting of the year, before the summer vacation. Matters of exceptional interest and importance will come before the meeting, and a full attendance is urged.

Of the 250,000 business corporations in the United States, over 190,000 make less than \$5,000 a year, and more than 100,000 make nothing at all.

In Tibet, there are 500,000 monks, out of a population of 3,500,000.

## VIM AND VIGOR

The Hygienic T. Bandage, worn damp, under dry cover, during the night, 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.

**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.]

### PILES.

G. M.—As I have frequently said, it is impossible to cure piles, or womb troubles, or rupture, so long as there is gas pressure, in the abdomen. This gas pressure is due to wrong eating—to eating wrong food, to over-eating of good food, or to mixing foods that do not agree with each other.

For local relief, there are several things that may be done. Among others, these: Wear a pad as a support, the rectal dilator, letting cold water run in and out of a fountain syringe nozzle, injecting an ounce of cold water at night. The main thing, however, is to avoid eating in a way that causes the formation of gas.

Cutting, of course, does not remove the cause, but leads to further troubles, and often makes life a protracted misery.

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### BALDNESS.

T. L.—Following causes for baldness, are given by a writer:

“High blood pressure, with its attendant obstruction of the blood channels in the scalp, over-eating, and alcohol, as well as smoking, which deprive the scalp of exercise and food, at the expense of the stomach; a closely woven felt hat, which keeps out sunlight, heats and prevents evaporation, are all associated with men. This makes him prone to have the bald and shiny top.”

You should adopt a diet that will not overheat the blood, including plenty of raw green stuff, and fresh fruit, avoiding all fried foods, and eating in great moderation of meat and cereals. Also expose the head to the air and light.

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### TEST FOR ACID URINE.

N. W.—Here is a test for acid urine, given by the late C. S. Carr, M.D.:

“Get two pieces of litmus paper, at the drug store. Cut them up into small strips. Keep them in a dark, dry place. The litmus paper is of two colors—blue and red.

“To ascertain whether urine is acid, dip the end of a strip of the blue paper in the urine, and it will turn red, if it is acid. It will remain blue if it is neutral. It will turn still bluer if it is strongly alkaline.

“Or dip the red litmus paper in the urine. If it is strongly acid, it will turn it still redder. If it is neutral, it will not change the color. But if it is alkaline it will turn it blue.

“It is best to wait until the wet end of the paper gets dry, before deciding whether there has been a change of color. This is very simple. Any one can do it.”

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### CONVULSIONS.

L. J. T.—The convulsions of children—commonly called spasms, or fits—are usually due either to worms or indigestion, unless they occur in the course of some acute disease. Place the child at once in a hot bath, disturbing it as little as possible. It will usually recover, in a few minutes. When sufficiently recovered, administer an enema, to free the bowels, and keep it perfectly quiet. Then be careful how you feed the child.

### 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.

DRUGLESS MEDICINE; Hygeiotherapy; Susanna Way Dodds, M.D.; order through Naturopathic Publishing Co., Chamber of Commerce Building, Los Angeles, 1700 pp., \$10 by mail.

This is a new edition of a big book, printed from new type, on thin Bible paper, making it comparatively light in weight, for a book of that size.

The title of the book is somewhat unfortunate, as "medicine" is associated in the minds of the general public with drugs, although the meaning, as given in Webster's Dictionary, is "the science and art dealing with the prevention, cure, or alleviation of disease."

The frontispiece of the book is a good portrait of Dr. Dodds, who is a pioneer Nature Cure physician. She has a strong, masculine face.

Dr. Dodds was a Quaker by birth. She married Andrew Dodds, a Scotchman, who was a strict vegetarian, and strongly opposed to the use of drugs. He and his wife took up the teachings of Dr. Trall. After her husband's death, she and a sister-in-law, Dr. Mary Dodds, opened a sanatorium in St. Louis, where they had great success in natural healing. Dr. Dodds died at Long Beach, Cal., in January, 1911, in her eighty-first year.

The author gives a brief history of the Nature Cure, in England and Germany, an outline of the principles of drugless healing, and a description of the leading methods. This is followed with detailed treatment of acute and chronic diseases, their causes, symptoms, and cure.

Thirty pages are devoted to diet. About the only criticism I have to make is, that Dr. Dodds fails to forbid the eating of starches and sours together, a combination which later investigations have shown to be harmful to digestion.

This is, perhaps, the only comprehensive work on drugless healing ever published. It covers the whole subject. It should be in the hands of every drugless healer, and of all intelligent people who appreciate the value of health. It would save many times its cost during the year, in drugs and doctors' bills.

THE VICTORIOUS ATTITUDE; Orison Swett Marden; Thomas Y. Crowell, publisher, New York; 358 pp.; price \$1.00, net.

Another of Marden's helpful books. Concise and convincing. Here is an extract: "Our personal appearance is our show window, where we insert what we have for sale, and we are judged by what we put there."

"Chemistry of the Cosmos," by Dr. George W. Carey, will be ready for delivery, in August, 1916, price \$1.00. Cash orders prior to August 1, will be received at 50c. Box 293, Los Angeles.

Vol. I, No. 5, May, 1916, Journal of the American Suggestive Therapeutical Association; published monthly by the Association, 125 S. Cedar St., Nevada, Mo.; price 10 cents, \$1.00 a year.

The Students Art Magazine; "a magazine of art and inspiration, devoted to high thinking and right living;" G. H. Lockwood, editor; Kalamazoo, Mich.; \$1.00 a year, 10 cents per copy. A good publication for young artists.

### 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 and commendation are 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.]

#### GOOD FOR BODY AND SOUL.

Here is my renewal of subscription, with wishes for the best of luck, as BRAIN AND BRAWN is the only monthly publication that I can read and enjoy, after office hours. It is good for the body as well as the soul.—Charles Barnard, Mgr. Ventura Abstract Co., Ventura, Cal.

#### A STORAGE WAREHOUSE.

I remember every word you ever spoke to me. You are a very big man, in my estimation. I think few realize what a wonderful fund of information you have in your head, on the diet and cure question.—Eva Cassell, Chelsea, Mass.

If, as the saying goes, "a man is a fool or a physician at forty," then he deserves little credit for accumulating a quantity of information, by the time he is sixty-seven. The main thing is to have it well assorted, so that you can find what you want.

#### AWAY BEHIND SOCRATES.

People make a mistake by expecting to cure chronic disease of long standing, too quickly and too easily. Really, it's a big, long battle with the appetite. I have stated, somewhere in my literature, that honey is no good to people, unless they get up and do something. If they weren't too lazy to exercise, in the first place, they would not get sick. Your slow and accurate methods remind me of Socrates.—C. W. Dayton, Owensmouth, Cal.

#### "FROM INDIA'S CORAL STRAND."

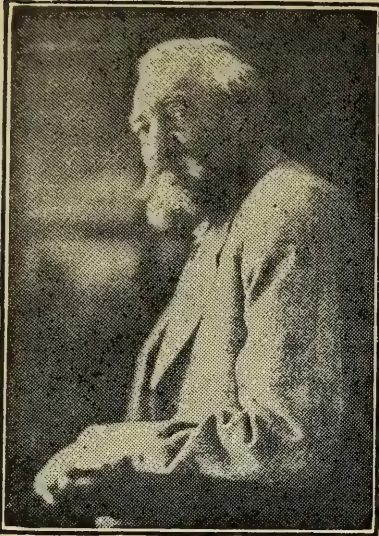
I must give out an outlet to the good feelings in my heart, about what BRAIN AND BRAWN has done for me, but I have no adequate words to do so, and I wish I were a poet, for a minute, so that I could compose a song about it. However, I repeat what I wrote two years ago, that it has saved me from doctors' bills. I have not taken any drugs at all, since three or four years, the time when B. & B. came to me. Otherwise, there was rarely a month in which I did not spend something on drugs, or a doctor. So to say, I had mortgaged my body (instead of my house) to them, and must needs pay the interest. This I write from a sincere heart, and not to flatter you.—Gangaram Parmanand, Karachi, India.

Eating when you are not hungry and then allowing the muscles to wither from non-use—these are the two main causative factors in the increase of fatal diseases after forty.—E. E. Keeler, M.D.

Dr. John N. Mackenzie, professor of laryngology at Johns Hopkins University, classes the operation on the appendix, along with that on the tonsils, as "surgical insanities."

Minnesota has more than 10,000 lakes, platted and named by the State.

# Cure of Chronic Disease



**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., and give, when requested, special advice on pregnancy, children and fasting.

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 M.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### MEDICAL EDUCATION.

My friend, Dr. George H. Kress, of Los Angeles, who was recently honored by election to the presidency of the State Medical Society, sent me an Open Letter, submitted by the Society to the members of the Forty-first California Legislature. It is "A plea for the conservation of the Health and Lives of the People of California." In it is a statement "why every good citizen should be in favor of proper qualifications, for all practitioners of the healing art, who would seek the legal right to practice that art, as competent practitioners in California."

Of this requirement, there can be no reasonable doubt. The question is: What are "proper qualifications?"

Students in "regular" medical colleges are taught many things that drugless healers believe to be not only unnecessary, but misleading. Moreover, what is called "medical science," is constantly changing. Drugs, relied upon for centuries, are now being discarded for animal serums. The "science" of today is the discredited practice of tomorrow.

Drugless healers do not believe in germs, as the cause of disease. They believe that germs no more cause disease than maggots cause meat to rot. Why, then, should they be forced to waste time in studying bacteriology? Their practice is radically different from that of the allopaths. They believe in removing the cause; allopaths merely suppress symptoms, with the result that the patient is not cured. He is only temporarily relieved. A large proportion of those who come to drugless healers, and are cured, have been given up as hopeless, by the "regular" medical fraternity.

The Open Letter refers to diagnosis.

It ill becomes the profession to raise this question, when one of its leading members, Dr. Cabot, recently admitted, that of 3000 cases coming to autopsy, only about 50 per cent. of his diagnoses had proved correct. Nurses can tell some interesting stories on this subject.

It is the drugless, or rational healers, who follow the natural course of aiding Nature to eliminate impurities from the body, an effort called "disease," but only a symptom of the real disease. This they do by means of diet, fasting, air, exercise, water, internally and externally, manipulation of the spine, massage, and mental suggestion, all harmless and strictly logical methods. It is the allopaths who are the "dangerous faddists," with their poisonous drugs "made in Germany," and elsewhere, largely of coal-tar derivatives, their experimental animal serums, and their mostly unnecessary and often fatal, operations.

The Board of Medical Examiners of California consists of five "regulars," two homeopaths, two osteopaths, and one eclectic. Of these, eight believe in drug medication—the homeopaths and

## SUICIDE

Via the Knife and Fork route is too prevalent, because the average diet system is not practical.

**"SIMPLIFIED AND PRACTICAL DIETETICS"** by the famous Dr. R. E. McNamara and Charles Froude, who for years have made a thoro study of all of the best systems of diet, is, perhaps, the most comprehensive, concise and practical system ever devised. It gives proper combinations with menus of all foods for all persons, whether mental or manual workers.

Doctors so value and indorse it and are ordering in lots of from 10 to 500, hence, if you do not believe it to be the best and most practical system ever given the public we will gladly refund your money. Price prepaid, 50c, or \$3 per dozen.

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Eight rooms; garage with concrete floor, driveway, orange and other trees; four minutes' walk to car; pleasant location, on Fletcher Avenue, South Pasadena. Price \$8000; \$3000 cash. Address Owner, care of Brain and Brawn.

eclectics in much milder and less dangerous form—while the osteopaths are taking it up, and promising to be “ethical.” Therefore, the drugless healers have not a single representative on the board. It is like asking an architect to be examined by a committee of brickmakers.

A physician is born, not made. He should have a real sympathy with suffering humanity, and something more in view than the acquisition of a lucrative practice. Besides this, he should have a thorough knowledge of anatomy, of the functioning of the organs of the body, of Nature’s processes, in health and disease, and of how to aid her in restoring health. How many young graduates of medical schools, who have secured a diploma by the “skin of their teeth,” know all this?

Diet—the building of the body by food—is one of the most important questions, in relation to health. At the meeting of the A. M. A., last year, in San Francisco, Dr. Mayo, of Rochester, N. Y., declared that diet is the principal factor in cancer. Yet, in all the leading medical colleges of the United States, only a few hours of a four year course is devoted to diet. Hence: “Eat what you please,” or “Eat what seems to agree with you.”

I fear that the anxiety of the drugging, carving and serum injecting school of medicine, for the “conservation of the health and lives of the people of California,” somewhat resembles that displayed by a plumbers’ union, when it raises its admission fee, to keep out competition.

Let each healer be shown to be thoroughly competent to practice what he teaches, not by a board composed of men who hold other views, but by those who sympathize with, and understand them. Let every man be free to choose his own physician, as he is to choose his own priest. Go after the real quacks, “regular” and “irregular,” including the abortionists and “men’s

## MILK DIET.

BY CHARLES SANFORD PORTER, M. D.

### IV.

**O**F the many places that have started during the past twenty-five years, with the intention of giving an “improved” milk diet treatment, I do not know of any, now in existence, except two or three, established recently.

A daily warm water bath will be required during the cure and the arrangement of the bathing facilities is one of the things that requires careful attention.

In regard to milk, what is required is good, clean milk, as it comes from the cow, without the removal or addition of any substance whatsoever. Boiled, sterilized or pasteurized milk, or milk artificially preserved in any way, cannot be used for this treatment.

In well-managed modern dairies, the handling of milk is so systematized that there is no particular trouble in keeping the milk sweet until used. Dairies that are not cleanly, or have not proper appliances, often use some means of preserving the milk, by stopping the activity of the acid-forming bacteria. These bacteria are not dangerous to health, and the methods of restraining or destroying them are without effect on the bacteria of consumption, typhoid, or other fevers, that might contaminate milk in certain places. Prolonged boiling will destroy any germ, but boiled milk alone will not sustain life in either the infant or the adult. Pasteurizing milk, or heating to 150 F., or less, can have no effect on the pathogenic bacteria, while rendering it unsuitable for human use. Dogs fed on pasteurized milk only are liable to have the mange and other disorders, while others of the same litter thrive on sweet and sour milk.

There are several chemical preservatives, sold to dairymen by manufacturers, who claim they are harmless. They are prohibited by the laws of most states. Some of them, containing borax, are not exactly poisonous, in the amount one would ordinarily get in milk; but they render the milk much less digestible, and in a weak baby or invalid adult might readily be the contributing cause of death. Others, like salicylic acid, or formaldehyde, or formalin, are distinct poisons. There is no harmless preservative of milk; whatever prevents its decomposition will render it more or less indigestible.

specialists' who have "regular" medical licenses. Teach people how to live, to avoid disease. So shall the health and lives of the people of California best be conserved.

#### SERUMANIA.

Physicians of the Johns Hopkins Hospital, Baltimore, claim to have a serum that will restore the dead to life. However, in most of the cases there have been bad after-effects, such as high blood pressure, or hardening of the arteries.

Perhaps you would better stay dead.

#### NATURE CURE COLLEGE.

I received a handsome, illustrated prospectus of the Lindlahr Nature Cure Institutes, Inc., with a portrait of Dr. H. Lindlahr as a frontispiece. Besides the sanatorium work, in Chicago, and Elmhurst, there are three school departments. (a) A three years' college course for training Nature Cure physicians. (b) A four months' course of instruction for laymen. (c) A post-graduate course of eight weeks for physicians.

#### STILL AT IT.

Balked, for the time, in its plan for a National Department of Health, the Medical Trust has now introduced a bill in Congress, to extend the franking privilege to the allopathic school of medicine, by giving it to every State Board of Health.

What a lot of misinformation they could then disseminate, at public expense. When will the people wake up, and realize what is being done to them?

#### MORE BRAIN THAN BRAWN.

All progressive physicians and laymen should read BRAIN AND BRAWN. It is published by Harry Ellington Brook, of Los Angeles, Cal., who wields one of the most versatile pens in this country. We have never seen Mr. Brook, but if he is as brawny as he is brainy he is certainly a giant. To read

## Clean Up, Not Dress Up

**O**NE-HALF a lemon and three heaping teaspoons of red granulated honey stirred up in one and one-half quarts of cool water is about the right amount to use. Go about some kind of active, heavy exercise, without breakfast, and when the sensation of hunger comes, drink one or more glasses of the mixture. If there is the right proportion of lemon and honey used, you can taste the sour of the lemon as clearly as though there was no honey in it, and you can taste the sweet of the honey as clearly as though there was no lemon in it.

It is these two flavorings that stimulate and revive the taste nerves and make the taste natural, so that you will desire the natural flavors of raw foods. It is this sour and sweet that produces balanced cells. One is cold, the other is heat. These two forces make life. This process will cure every ailment, if it is used long enough. The moment we begin to exercise, it sets up a flow of magnetic electricity through the body cells, that changes fats of food into gas. The gas escapes through the skin, and is carried away by atmospheric oxygen.

Those who eat meat, eggs, hot biscuits, fried potatoes, cooked fruits, etc., are great users of tobacco, alcohol, and soda, in order to supply the acid they require, but these are nitro acids, not the vegetable, or hydro acids, that natural digestion requires. When these persons get away from natural foods, and take to the artificial substitutes, they are dead, so far as soil and water are concerned. Natural acids and environments become an enemy to their gross feelings, and they throw their bodies before guns, because their bodies have become a disagreeable place for their distorted minds to dwell in. They try to live on air, without a foundation for their health to stand on. Disease germs and microbes live on the wreckage, which disorganized food leaves in the body, as mice and rats harbor in piles of rubbish.

THE RED RIPE HONEY MAN

Owensmouth, California

BRAIN AND BRAWN means development of mind and body. Subscribe at once!—International Brief.

#### PARAFFIN OIL.

Dr. B. H. Jones, of Pittsburgh, a careful and conscientious student of healing methods, writes to me:

"I have finally decided that white paraffin oil is not what it is claimed to be, by some, as a remedy for constipation. Many cases of bowel trouble have been made worse, and many cases of piles produced. I do not know of a case of good results, from its continued use."

#### POST GRADUATE COURSE.

Dr. George Starr White, of Los Angeles, last month gave a post graduate course, in physical therapeutics, that is most highly spoken of by his enthusiastic pupils. Among local physicians, who took the course, are Dr. George B. Abbott, and Dr. Henry Gross, of Los Angeles, and Dr. J. L. Balzer, of Pasadena.

#### DISUNITED WE FALL.

I am told that a vigorous prosecution of drugless healers, having no State license, is to be undertaken in Southern California. Many of these healers are doing good work.

Most of the drugless healers care little about the principle of the thing. All they think of is a chance to make a living. Consequently, they are disunited, and an easy prey to the Medical Trust. Also, they have failed to educate the people on the importance of this subject, which concerns the people more than it does the physicians, because the health and lives of the people are at stake, whereas the healers risk only their income. When the people demand a change, it will come, not sooner.

I have been putting the truth before the people for many years. In this, I have received little support from drugless healers.

Honest healers should stop hating

## RIGHT EATING

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Send today for your first six months and add to your health. Money back if not satisfied.

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each other for a short time and get together—at least until they are out of the woods. However, judging from past experience, I have no expectation that they will do this.

**SCURVY AMONG CHILDREN.**

Scurvy, formerly confined to sailors, is now common among children. No wonder, when they are fed on white bread, sugar, pasteurized milk, and other starvation foods.

A doctor has made the wonderful discovery that orange juice is good for scurvy. Yes, indeed, and the juices of other fruit, also—and for other ailments.

**AN M.D.'S ADMISSION.**

An M.D. writes as follows, in the International Brief:

“Medical societies are doubtless powerful institutions, but, compared to public opinion, they are weakness itself. Natural healing is gaining more public favor daily, and in consideration of the vast progress made in late years by the various institutions that teach and administer natural (drugless) therapy, it must be admitted, that the science has become a factor which cannot be ignored any longer.”

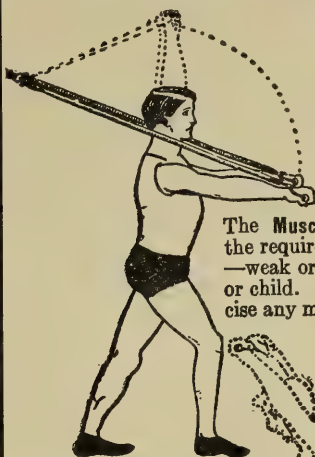
**CHRISTIAN SCIENCE.**

Whatever drugless healers may think about Christian Science, they must admit that it is a great power against the oppressions of the Medical Trust. “Medical Freedom,” a monthly magazine, is largely supported by the Christian Scientists. They are wealthy and powerful, consequently they are viewed with respect by the A. M. A., whereas the drugless healers are poor and weak, wherefore, they are despised.

Were it not for the Christian Science church, in the background, the drugging, carving and serum injecting school of medicine would come near to working its own sweet way on the people of this country.

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to any reader of Brain and Brawn upon receipt of \$1.00—just one-third the regular price. I will also include a complete body-building course of instructions containing 24 selected exercises.

The Muscle Builder will meet the requirements of any person—weak or strong—man, woman or child. Can be used to exercise any muscle in the body.

**A Chest Expander also**

with each outfit, I will give an extra handle, without charge, by which the Muscle Builder can instantly be converted into a most effective Chest Expander to be used for developing the chest and lungs. Take advantage of this opportunity while it lasts. Send your order today.



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**THE GOAT WORLD**

Drawer AF, Baldwin Park, California

## Notes and Personals

Dr. Margaret Goettler, superintendent of the Naturopathic Institute and Sanatorium of California, Los Angeles, is caring for many patients from her old home in Pasadena, proving that she has done effective work in that city.

The Southern California Society for the Advancement of Medical Research has been incorporated, in Los Angeles. More useless torture of animals, while searching for impossible cures of disease, that will never be found.

British surgeons stopped typhus fever, in a German prison camp, by means of sunshine and soap. Simple, cheap, and more effective than all the serums in the world.

Dr. Julius Palotay successfully passed an examination, before the State Board of Medical Examiners, and received his diploma.

Dr. Joseph Lebenstein, of New York, issued a souvenir, to mark the fifteenth anniversary of his association with the late Dr. E. B. Foote, Sr., and his two sons, Dr. E. B. Foote, Jr., and Dr. H. T. Foote.

T. F. Ratledge, chiropractor, of Los Angeles, went to jail for 90 days, for practicing his profession without a license, rather than accept a conditional pardon from the governor of the state.

Hydrotherapy and massage are taught, practically, at the Naturopathic Sanatorium, on Grand Avenue, Los Angeles. Dr. Schultz is a specialist on hydrotherapy.

The Cincinnati Lancet-Clinic warns against the craze for removing tonsils. It points out that enlarged tonsils are not always diseased tonsils.

Blood letting is now coming into fashion again, among the "regulars." The Cleveland Plaindealer asks: "Does the science of medicine move forward in circles?"

In Canada, importation of hog serum into the Dominion was prohibited. Iowa, after suffering extensive losses through its use, passed a law forbidding its further use in the State. The same action has been taken in the State of Wyoming.



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## DIETETIC SUMMARY

Will soon be published, by the author of "Common Sense Diet." Price One Dollar. Orders in advance of publication, 75 cents. Dr. B. H. Jones, author and publisher of Drugless Methods, 3928 Fifth Avenue, Pittsburgh, Pa.

Mention this magazine.

Subscribe for **Brain and Brawn** \$1.00 the year

**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.]

**VACUUM TREATMENT.**

You will find, in this number, an advertisement of Prof. H. N. D. Parker's Vacuum Treatment. Forty years ago, Prof. Parker first publicly announced his system of healing without medicine, in Chicago. He has employed it, in connection with eclectic medicine, since 1868.

**STAMMERING.**

The Lamb School for Stammerers has a number of strong endorsements, from those who have benefited by this treatment. Write for particulars.

**BACK EAST EXCURSIONS.**

The Santa Fe has arranged a series of round trip, low rate excursions to the East, during the summer months, beginning with June. They include stop-over privileges.

**PERCOLATOR.**

The National Percolator Company publishes a letter from C. H. Griffin, M.D., of the Griffin Hershey Laboratories, Los Angeles, certifying that, after three thorough tests, the Percolator removed all the bacteria from water.

**WORMS ATE THE LIVER.**

I am always interested in what you have to say about little Helen, and her sayings. We have a quaint little neighbor girl, who has been nearly doped to death, and her parents often speak in her presence, of her "worms," "disordered liver," etc. One day, before Grace was quite four years old, my mother called there, and asked: "How are you, today, Grace?" Came the reply: "Oh, the worms ate up the liver, and now I am all right."—M. E. B.

**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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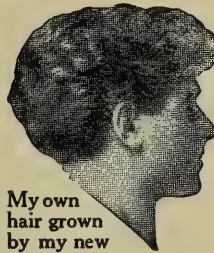
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**News Dealers.** BRAIN AND BRAWN is for sale by all live news dealers. If your dealer does not keep it, ask him why, and notify us.

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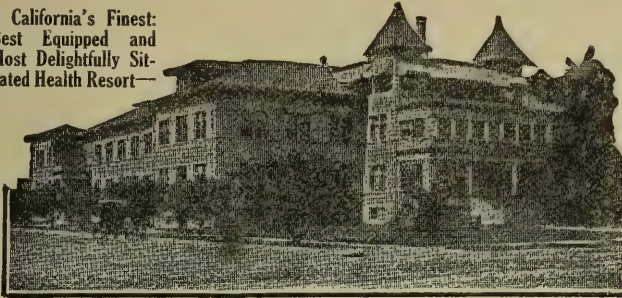
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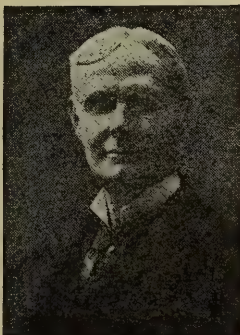


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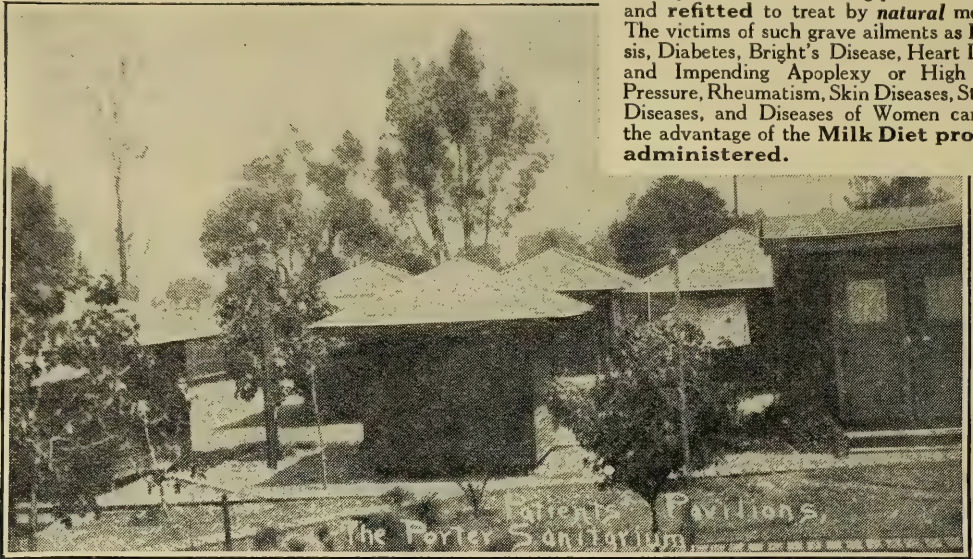
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JULY, 1916

Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager

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Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California, under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
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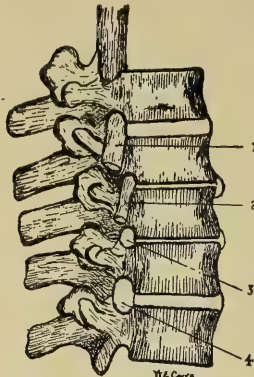
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LOS ANGELES, JULY, 1916

No. 2

## Eating as a Fine Art

**A**BOUT two years ago, when I was laid up with a broken hip, my old friend Auchmuty Richardson, now living at Ocean Park, Cal., gave me a book that I value highly. It was one of the gems of his library, a well-worn early copy of Brillat-Savarin's classical "Physiologie du Gout" (Physiology of Taste), printed in Paris, in 1838. Richardson had picked it up, in the French capital, in 1872, after he had gone through the privations of the siege, and the horrors of the Commune. The writing of the book occupied several years, and it was first published in 1825.

Brillat-Savarin was a French magistrate and legislator, whose reputation as a man of letters rests mainly upon this volume. The Reign of Terror forced him to flee to Switzerland, and join the colony of French refugees at Lausanne, as his biographer says, in the introduction to the volume: "seeking, among a free people, a refuge from a people delirious with liberty. Moderation having become a crime, Brillat-Savarin was necessarily guilty."

While applying for a safe conduct out of the country, he finds time to note the pleasure of an unexpected good dinner, which he enjoyed on the way. From Switzerland he went to the United States, which he always gratefully remembered, as having afforded him "an asylum, employment, and tranquility." For three years he supported himself in New York, giving French lessons, and at night playing in a theater orchestra. "I was so comfortable there," he writes, "that in the moment of emotion which preceded departure, all that I asked of Heaven, was never to know greater sorrow in the Old World than I had known in the New." In his book he gives several interesting sketches of his residence in this country.

Returning to France in 1796, Savarin settled in Paris, and after holding several offices under the Directory, became a judge in the Cour de Cassation, the French court of last resort, where he remained until his death, in 1826. He reached the age of seventy-one, a proof that, although a "bon viveur," he knew how to practice judgment and moderation in eating. His biographer says of him, in the preface to the volume: "Brillat-Savarin was in no respects a glutton. On the contrary, he was extremely sober. He sang the joys of the table as most poets sing the delights of love. He was a gourmand in theory only, because the culinary art lends itself especially to conversation."

Savarin divides his subjects into "Meditations," of which the seventh is consecrated to the "Theory of Frying," and the twenty-first to "Corpulence." Gastronomy he proclaims the chief of all sciences. "It rules life in its entirety, for the tears of the new-born infant summon the breast of its nurse, and the dying man still receives, with

some pleasure, the final potion, which, alas, he is not destined to digest."

The word "gourmand" has no exact equivalent in English. It is better translated as "epicure," than as glutton. There is a wide difference between the two terms. In his book, which is interlarded with a great number of interesting anecdotes and philosophical remarks, Savarin refers to eating as a science, and says that one of his chief objects in writing it was to separate epicurism from gluttony and intemperance. Here is a quotation:

I have consulted the dictionaries, under the word *gourmandise*, and am by no means satisfied with what I find. The love of good living seems to be constantly confounded with gluttony and voracity; whence I infer that our lexicographers, however otherwise estimable, are not to be classed with those good fellows, amongst learned men, who can put away gracefully a wing of partridge, and then, by raising the little finger, wash it down with a glass of Lafitte or Clos-Vougeot.

They have utterly forgot that social love of good eating which combines in one Athenian elegance, Roman luxury, and Parisian refinement. It implies discretion to arrange, skill to prepare; it appreciates energetically, and judges profoundly. It is a precious quality, almost deserving to rank as a virtue, and is very certainly the source of much unqualified enjoyment. \* \* \*

Again, when shared, the love of good living has the most marked influence on the happiness of the conjugal state. A wedded pair, with this taste in common, have once a day, at least, a pleasant opportunity of meeting. For even when they sleep apart (and a great many do so), they at least eat at the same table, they have a subject of conversation which is ever new, they speak not only of what they are eating, but also of what they have eaten or will eat, of dishes which are in vogue, of novelties, etc.

Savarin claims that instead of "good cheer" being injurious to health, gourmands live longer than others, and refers to a paper on the subject, read by a physician, at the Academy of Sciences. He says: "One of the privileges of the human species is to eat without hunger, and to drink without thirst, a privilege which distinguishes them from the beast." This is only true when people know how to indulge in these pleasures with the moderation and judgment shown by the author of the book. A great majority do not, and, therefore, the "pleasures of the table," become like apples of Sodom.

Savarin shows that the sensation of taste, which is mainly in the tongue, is not possessed in the same degree by all people, it being deficient in some people, as is that of sight, smell, and hearing.

Among anecdotes of those that might properly be characterized as gluttons, rather than epicures, the author refers to a Gen. Bisson, who drank, daily, eight bottles of wine, with his "dejeuner." That is to say, with the first meal of the day, or what we call luncheon, the French, then, as now, taking only a cup of coffee and a roll in the morning. He also tells of another wholesale eater, who began his principal meal, almost every day, with a gross of oysters, the average weight of which Savarin discovered to be three pounds.

Of coffee, then a comparatively new beverage, Savarin says: "Coffee is a much stronger liquor than is generally supposed. A sound man may live long, while drinking two bottles of wine daily. The same man could not endure, for the same length of time, a similar amount of coffee. He would become imbecile, or die of consumption."

In the chapter on thirst, the author says that those who are totally deprived of liquid never live more than five days, and refers to one

of the Swiss guards of Louis XVI, who died, in 1787, through having gone only twenty-four hours without drinking. Schroth's "dry diet" had not then been introduced.

As to fasting, Savarin describes it as a voluntary abstinence from food, from a moral or religious purpose. Fasting as a means of promoting health, was then unknown, except to a very few.

In a chapter on the treatment of obesity, the author gives some good advice, warning against the danger of acids, as a means of reducing flesh, and concluding with the truthful statement, that if you want people to follow your advice, you must give them something that is easy, and, if possible, agreeable to them.

Two translations of the book have been published during the past forty years, but, as a commentator says, there is a subtle flavor to the original which defies translation.

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### The Mountains of Southern California

**T**HE Sierra Nevada range of mountains, in California, is comparatively well known, thanks, largely, to the explorations and graphic descriptions of John Muir. The mountains of Southern California—the Sierra Madre, San Bernardino, and San Jacinto ranges—are little known, even to our own people.

A few weeks ago, while making a survey in a canyon, north of Duarte, twenty miles from Los Angeles by electric car, a supervisor of the National Forest Reserve, and a forest ranger, found what they declared to be the finest waterfall in the Southwest. Its existence had never even been suspected, by the men whose business it is to be acquainted with these mountains. The water has a sheer fall of over a hundred feet, from a stony pinnacle, to a grassy canyon beneath. It is surrounded by rugged scenery, and the rangers had to climb almost straight up the side of a great cliff, to reach the top. So far as known, no white man had ever before seen these falls.

We have, in the West and Northwest, scenery equal to anything to be found in Europe. The trouble is that it is not accessible. In the Alps, wherever you go, you find good roads, easy trails, sign boards for the pedestrian, seats and pavilions, wherever there is a good view, and clean, comfortable accommodations, with refreshments, liquid and solid, at easy distances. In America, with few exceptions, when you go into the mountains, you have to rough it.

Even from a material point of view, it would pay us to make these mountains accessible. Then, we could count on a big incursion of nature lovers in summer, as well as winter, just as Switzerland has developed a great business in entertaining travelers for winter sports. A good beginning was proposed in this line, in the shape of a scenic highway, to the top of Mt. Whitney, the highest peak in the United States, outside of Alaska, the road to be constructed by the counties of Los Angeles and Kern. This has been temporarily blocked by opposition on part of the U. S. Forestry Department.

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Efficiency narrows, hardens, is unfair to yourself, unfair to others. It squeezes all the juice out of life. It makes men supermen, but it steals the joy of living. Its triumph is gloom, and its glory a sham.—Cameron Mackenzie.

## Eating Out

THE first time I visited the United States, was in 1873, when I came over for a month, with a friend, a colonel in the Swiss army. We put up, in New York, at the Fifth Avenue Hotel, then the "last cry" in caravanseries, run, as were all other hotels in the country at that time, on the American plan, the price being five dollars a day. The American plan has now happily given way, in the great majority of leading hotels, to the more sensible European plan. I was impressed and astonished at the wasteful abundance of the menu, some of the guests ordering three desserts, and taking only a bite from each. The American plan of eating is responsible for much American dyspepsia. Even on some of the Trans-Atlantic steamships, the European plan is now in vogue.

Of late, restaurants have been largely replaced by cafes, cafeterias, and cabarets. Of cafeterias and cabarets, I wrote as follows, a year ago:

Two or three times I have been beguiled by friends into a cafeteria. Each time I have said: "Never again." I admit that the food is usually palatable and clean, and there is the advantage of seeing, in advance, what one is going to eat, but I am old-fashioned and physically rather lazy, and prefer to sit down like a white man and be waited on, being also quite willing to bestow a reasonable tip for polite service.

The supposed cheapness of the cafeteria is much of a delusion, for those who want to eat a "square meal," as everything is charged for, while in ordinary restaurants, such "trimmings" as bread and butter, potatoes, black coffee and sometimes soup, are free.

Then, at the other extreme, is the cabaret, with its noise and raising of invisible dust, to fall into your food. You often hear people say: "Let us go where we can have a quiet talk." I notice that in London and New York, there has come the inevitable reaction against this sort of thing. Restaurants are being opened that cater to those who wish to eat and converse. There may be soothing strains from an invisible stringed orchestra, a good accompaniment to a meal, with plenty of elbow room, hot plates, courteous waiters, and faultless table service.

Since then, skating rinks have been added to the attractions of the cabaret. Perhaps, before long, they will introduce a circus.

There was, in Los Angeles, thirty years ago, on the site of the Federal Building, a typical French restaurant, run by the late Victor Dol, who retired with a well earned competence. In the center of a court yard, paved with tiles, and adorned by plants in green boxes, was a fountain. The small tables were wide apart. Here you could get an appetizing dinner, with a pint of good wine, for half a dollar. The host made it a point to call at each table, and ask "si monsieur est bien servi?" To find anything of this kind, nowadays, you have to hunt for it—and then you are likely to be unsuccessful.

Finally, there is the "banquet." The chief difference between a "banquet" and a dinner appears to be that at the former there are more flowers, and people talk on their feet, while at the latter there is more grub, and the guests converse sitting down. In one month, recently, in Los Angeles, 50,000 men attended public dinners, or luncheons, where speeches were a feature. More often than not, a banquet is liable to be a bore. It interferes with, rather than, promotes, digestion. The speakers are nervous, thinking about what they are going to say, and the diners are hoping the speeches will not be too

long. A writer in the *World's Work*, referring to the fact that Admiral Togo, on his recent visit to this country, was made sick by American lunches and dinners, said:

Considered from an artistic point of view or from the point of view of a refined hospitality or from the point of view of good character and of common sense, most of our public hospitalities are vulgar barbarisms. A distinguished visitor comes. A luncheon today of seven or eight courses with the thick fumes of tobacco—in its worst form of cigarettes—a dinner tonight of even more courses: three or four hours at the table in the afternoon and four or five hours in the evening spent how? In listening mainly to ill-prepared, cheap-witty speeches, a dozen or so of them. And the guest can seldom say, when his turn comes, any very important thing that he might say; for the tone and atmosphere of the occasion restrict him to an expression merely of his own unbounded pleasure at so hospitable a reception! Then the same program the next day; and so on. These occasions make gluttons and prevaricators of all but the most resolute and self-restrained men—hosts and guests alike.

“Fashion has its tyranny in public entertainments as strong as in millinery; nobody dares do a genuine, unconventional thing. The rule of ‘banquets’ and of speeches by ‘prominent citizens’ is rigid.

“Suppose a public dinner were given at which simple and wholesome food were served in moderate quantities—such a dinner as sensible and healthy men eat every day—and in a dainty and artistic way, without bulk and without profusion; and suppose one man who was a graceful speaker were delegated to prepare a short speech in which he should say all that is necessary with skillful brevity; and suppose the prominent citizens were kept in silence and the company might go from the table after an hour or two instead of four or five hours—that would be real hospitality. The dinner and the speeches could be made works of art; and hosts and guests would go away refreshed and get to bed at their regular hours and feel that they had played parts in both a genuine and happy occasion.

“Even when we have no distinguished visitor, we play havoc with good taste and good digestion at our public dinners. If we wish to reform the tariff or the currency or to further a movement for better tenements, we first fill up with food till we so deaden our sensibilities that we laugh at introductory witticisms as old as the abuse that we’ve meant to abolish.”

At noon day talkfests, in Los Angeles, a rule has been made, limiting the speeches to five or ten minutes. That is a good idea. A further improvement would be to sandwich the speeches at banquets between courses.

As to the food at these formal dinners, there has been a marked improvement during the past decade. There is not nearly so much of it, or of so many different kinds. This is, no doubt, partly due to the great increase in the cost of food, especially flesh food, but also, to the teachings that have gone forth during the past twenty years, in regard to the evils resulting from over-eating. The menu is now usually confined to a cup of bouillon, a few oysters, when in season, a small piece of fish, an entree, a salad, and a dessert. The wise diner, who knows a little about food values, can get away from one of these feeds without much harm to his stomach, if he is judicious, in selecting what he eats. One bad custom, nowadays, is to wind up with ice cream. Ice cream is not so bad, when eaten alone, or with a little fruit, but taken at the end of a full meal, especially when the meal includes flesh foods, it is an outrage on the stomach, and worse than apple or pumpkin pie.

The possibly injurious effects of a banquet may be minimized by missing a meal “before and after taking,” or by confining those meals entirely to fruit.

### Physical Preparedness

THE recent physical inspection of the New Mexico National Guard disclosed the fact that approximately fifty per cent. of the militiamen examined were unfit for service. And this, in a section of country where a majority of the people live the out-door life. It shows the need for thorough physical education of boys, in our schools. This is of much more importance than most of the mental food with which the young are fed, but do not assimilate. A sound body is not only necessary for a long and useful life. It is also a prerequisite to sound thinking.

In this respect, we are not only far behind the ancient Greeks, but also the nations of northern and central Europe, where the training of the body is undertaken thoroughly and systematically. A few weeks ago in Long Beach, Cal., a petition was presented to the Board of Education, asking that more attention be given to writing and arithmetic, and less to athletics and physical exercises. On the other hand, Dr. J. William White, of Philadelphia, recently left a third of his \$1,000,000 fortune for the promotion of physical education and athletics, in a Pennsylvania university.

Physical training of the young does not necessarily imply military training, although it prepares young people for military, as well as for civil life.

Dr. Dudley A. Sargent, director of the Hemenway Gymnasium of Harvard College, does not hesitate to discourage, most emphatically, the attempt to introduce military training into the public schools. Among his reasons, as given in an article published in the Boston Transcript, are: (1) That it is not an adequate means for physical training, being not only limited in its activities, but actually harmful in its effects on boys less than eighteen or twenty years old. (2) The most military nations of the world do not have military drill in their schools. (3) Military drill in the schools cannot teach boys the real art of war, since they are too young to handle the real weapons and undergo the rigors of adequate instruction. "Hence," he says, "it is apt to foster a bombastic military spirit of 'tin-soldierism' and a false sense of patriotism."

Dr. Sargent pleads for a "rational system of physical training in the schools and colleges" for both boys and girls, and insists that whatever military training is to be given should only come after young men have reached maturer years. "Upon the foundation of a healthy and vigorous youth," he affirms, "can be laid the technical training for peace or war which is necessary for the successful nation."

Germany follows this method. Youths are given a thorough course of physical culture, the military training coming later. We need more development of the body, and less cramming of the mind, in our public schools. In a Washington letter to the Los Angeles Times, a neutral diplomat was quoted as saying:

Another inducement for the reduction of militarism in Europe is the discovery by Germany that she has been giving her soldiers an unnecessary amount of training. Our military attaches tell me that some of the best troops in this war have been the new German levies which have not more than one-fourth the training the German soldier usually gets. Some of the best troops in the German assault upon Verdun have had but three months' training. In time of peace the German soldier always has at least two years.

After this war, I look to see Germany cut down her period of training to one year for infantry and two years for artillery and cavalry. If Germany does this, the other European nations will do likewise. After the war, England will have universal training.

Whether our boys learn to shoot, or not, let them be taught to develop their muscles, so that they may have sound minds and sound bodies.

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### Great Writers as Great Eaters

**C**LAUDE BERTON has argued that almost all great writers were great eaters. He cited as examples, among others, Fielding, Dickens, Thackeray, Macaulay, Lessing, Flaubert, and Balzac—particularly Balzac. M. Berton failed to mention that the average age of these seven men, at death, was only fifty-four.

A contemporary writer gives the following as Balzac's normal dinner at the Cafe Very, Paris: "Eight dozen oysters, 12 cutlets, a duckling, a pair of partridges, a sole, and the usual balance of lesser dainties."

To this, it may be added that Balzac continually suffered from ill health, and died at the age of fifty-one. He must have had a strong constitution, to be able to live so long.

A man who drinks too much alcohol may occasionally attain to great age, but no man, who habitually over-eats, ever becomes a centenarian, or anything near it. This is proved by the records of American and Canadian life insurance actuaries. You must choose between moderation and long life, or indulgence and a short life. And, toward the end, your short life will not be a merry one.

That sustained intellectual effort is no bar to longevity, but, on the contrary, favors long life, is shown by the fact that seventy years is the average life of the 1635 men and women mentioned in the second supplement of the Dictionary of National Biography. Nearly 400 of these died after their eightieth year, four of them being centenarians.

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### A Relic of Barbarism

**W**HY should we make most of our social gatherings an occasion for the feeding of the body? It is a relic of barbarism. A little light refreshment, liquid or solid, or both, to encourage the "feast of reason and flow of soul," is permissible, and even desirable, but to make a full meal an indispensable pre-requisite for a gathering of friends and acquaintances is to subordinate the mental to the carnal. Doubtless, the absence of "eats" would tend to keep some guests away, but their absence would not be a serious loss.

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Some people take fiendish delight in spreading detailed accounts of disease, surgical operations, suicides, accidents and crime generally. They are pernicious enemies of good health and should be systematically shunned. The time may come when chronic grumblers, pessimists and gossip-mongers will be segregated, as is now done with the victims of scarlet fever, leprosy and other contagious diseases.—Grenville Kleiser.

## Cheap Meals

**W**HILE many people nowadays are worrying over what they shall eat, so as not to overburden their stomachs, there is another class who are more concerned about getting something to eat that will not overtax their pocketbooks. In large cities, the last refuge of these impecunious individuals, before resorting to the "hand out," is the free lunch, spread by saloon keepers, not from benevolent motives, but to attract custom. The lunch is "free," somewhat after the fashion of those articles advertised in the cheap magazines, in bold capitals, as "Absolutely Free." That is to say, there is a string to it. You are expected to imbibe, at least to the extent of a glass of beer, and to pay for what you drink.

The intricate question of the free lunch has occupied much of the more or less valuable time of our City Solons, and the problem of: "What is a meal?" has threatened to become a serious issue. On one occasion not long ago, the question was actually put up to the voters, who decided by a large majority in favor of the "eats." Recently, a new raid on the popular institution resulted in a decision that cold "wittles" are permissible, while hot "frankfurters" and hash are forbidden, soup alone being excepted. Even the hungry would revolt at cold soup. Now a vexing question has arisen as to how thick soup may be before it becomes stew. Surely, almost as difficult a problem to solve as "When is a merchantman armed for defense only?" The City Prosecutor issued a formal opinion on the subject, and the Police Commission officially defined soup as "something that is not more than one-fourth solid."

The free lunch, with its questionable surroundings, with its human beings and flies wandering in from nearby conveniences, is not inviting to the esthetic, but it has saved many a poor devil from suicide, for where else can you stay your stomach for a nickel? Reformers claim that it leads to drink. On the other hand, drinking on an empty stomach is more harmful than when you take a bite with it. Our German friends invariably nibble a sandwich, or a pretzel, with their lager, drinking it leisurely, and not ice-cold. This is probably one reason why they seldom get drunk.

San Francisco, before the fire, was always noted for the cheapness and variety of its restaurant fare. Perhaps the only city in America that begins to compare with it, in this regard, is New Orleans. In San Francisco, you could find meals to suit every taste, and every pocket, from a free lunch at a German beer saloon, to a \$10 meal at a first-class French restaurant. There were the American and French, and Italian, and Spanish, and German, and Chinese, and vegetarian, and "Kosher," and other kinds of eating places. At the popular "three-for-a-quarter" restaurants one might have his choice of any three dishes on the menu, for a quarter. At some of the cheaper restaurants, one could get, for fifteen cents, a couple of Farallone eggs—eggs of seagulls, from the Farallone Islands, larger than duck's eggs, and of a somewhat similar flavor—with coffee, bread and potatoes, a satisfying meal, even for a hungry man.

Then there were the ubiquitous free lunches, patronized in the middle of the day, by a majority of down-town business men. At the Merchants' Exchange, and other better class saloons, at noon, you

would find a long counter, with a half a dozen carvers, in spotless white garments, and on handsome table ware you would be served a course of soup, roast beef, mashed potatoes and "trimmings," the menu varied from day to day, and all thrown in free, with a drink, or cigar, of any kind, at 15 cents, or two for 25 cents. When competition for this trade waxed warm between the saloons, they went so far as to give quail on toast, and similar delicacies. Then they had to call a halt, and modify their menus. Even at some of the beer halls, where they sold a big schooner of beer or porter for five cents, they had a long free lunch counter, where you had the choice of half a dozen hot dishes, besides an ocean of cold "truck." And then, on top of this, some of these places gave you a ticket, entitling you to a chance in a weekly drawing, for a number of prizes, such as cuckoo clocks, etc.

In the seventies, the free lunch counter was by no means the only resort for the man with a healthy appetite and a depleted pocket. San Francisco, at that time, was a paradise for such people. At the "three for a quarter" restaurants you could, for 25 cents, have your choice of any three dishes on the bill of fare, ample in proportions, well cooked, and well served. At French and Italian restaurants, a course dinner, with a pint of good wine, cost half a dollar, but you could do much better than that. Old time San Francisco Bohemians, of the sixties and seventies, who were "in the know," frequented a wonderful French restaurant on California Street, near old St. Mary's Church, close to Chinatown. It was a big old house, that had been a mansion, in the days of gold. Louis, the proprietor, was a Frenchman of the Pyrenees. The patrons were Frenchmen of the poorer class, or young and poor clerks and journalists. The place had an atmosphere of gaiety as well as cookery, Louis throwing out familiar jokes to right and left as he mixed salads and carried dishes. First on the bill of fare was a good soup. Next, a course of fish—sole, rock cod, flounders or smelt—with a good French sauce. The third course was meat. This came on as a big roast, or boiled joint, with a mustard pot and two big dishes of vegetables. Each guest, in turn, helped himself to his satisfaction. After that, Louis brought on a big bowl of excellent salad, which he himself had mixed. For beverage, there stood by each plate a pint glass filled with new, watered claret. The meal closed with "fruit in season"—all that the guest cared to eat. And the price was—fifteen cents! The olive oil in the salad was pure, California product. The wine was above reproach, for Louis made it himself. Every autumn, he bought tons of cheap Mission grapes, and set up a wine press in his back yard.

How did he do it? As the street gamin says: "You may search me."

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When it becomes the daily aim of employers to see how much they can do for their employees, and the daily aim of employees to see how much they can do for their employers, and the aim of both is directed to seeing how much they can together do for the patrons of the house—then, and only then, will commercial evils cease.—Arthur Frederick Sheldon.

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To hear the music of a country is like hearing a woman think aloud.—Kipling.

### Restriction of Offspring

**M**RS. MARGARET SANGER, who was indicted by the Federal authorities, for promulgating information regarding birth control—the indictment being later dismissed—was recently a luncheon guest of the Friday Morning Club, Los Angeles. She spoke freely and frankly on the subject. This could not have happened twenty, or even ten years ago. She declared that a great majority of scientists and physicians are in accord with her views on the subject.

At the annual meeting of the American Medico-Pharmaceutical League, in New York, Dr. Eugene Eliscu said:

Destruction is not in a woman's heart. When God created that wonderful thing we call mother love, he did not put in a woman's heart the thought of destroying that which she was decreed to love.

Economy has nothing to do with the case. God has never thought in dollars and cents.

The law prohibits suicide and murder. Is it not worse than suicide or murder to destroy that which we ourselves produce?

We are intended to be builders, not destroyers. Unless something is done to put a stop to these terrible practices, all I can say is, God help the women!

To this I reply: God help the overworked mother, who has forced upon her children to whom she is unable to give proper physical, mental and moral training. God help the children, also. To beget children, under such conditions, not to prevent them, is a crime.

Before we forbid prevention of conception, let us end child labor. A boy 2½ years old was recently found, in a dark New York tenement room, holding down a daily job, helping his mother make artificial flowers.

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### The Waiter Earns His Fee

**H**ANS, my boy, you will get over it. I suffered in the same way once—I thought I should never be able to stand it. The steady, determined eating and drinking of persons who have never known either hunger or thirst seemed to me like a madness or a crime. Ah! To be a waiter in a fashionable restaurant involves much self-denial—much endurance! Nobody thinks of this—no one imagines the revolt of our stomachs—the aching of our heads! When we attend upon the greasy gourmet, and watch him stuffing himself till the very sauces he swallows seem to work out in drops through his skin, nobody thinks it possible that we may feel positively ill with disgust and repulsion. Of course there are some waiters who become hardened—who feed their clients as a farmer feeds pigs or turkeys for killing, with no thought about it—but there are others more sensitive—like you and me, Hans—and for such as we are, the constant serving of food to the guzzling gourmands of London is not an appetizing business. We deserve all the tips we can get—and we may take them with an easy conscience, Hans.—Marie Corelli.

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This, indeed, is the truth of passionate love, that it works out its purpose and comes to an end. A day arrives, in every marriage, when the lovers must face each other, disillusioned, stripped of the last shred of excitement—undisguisedly themselves.—H. G. Wells.

### Railroad Speed

**W**E hear much about railroad speed, nowadays. Forty years ago, in the first week of June, 1876, the Jarrett and Palmer theatrical train completed a run across the United States, from Jersey City to Oakland Point, in 83 hours, 32 minutes, 7 seconds, or a little less than 3½ days. This wonderful record, made over the Rocky Mountains and Sierra Nevada, on a rough road bed, with light rails, has only recently been equalled by the "Limited" of the Southern Pacific Railroad.

Melton Pryor, artist in the Illustrated London News, made the trip, and later depicted it in his journal. I called on him at the Palace Hotel, and he gave a graphic description of the manner in which the passengers were thrown about, like peas in a pan.

After that, read this astonishing piece of misinformation, written, a couple of weeks ago, by some young reporter, in a local paper. He is referring to Sir John McConnell, a distinguished visiting Knight Templar:

While attending an exposition in Pittsburg, thirty-five years ago, Sir John heard so much about the attractions of California that he was inspired to visit this state. The means of transportation, however, at that time were not as commodious as they are now, and when informed that he would have to travel about 1,000 miles by ox cart and another 1,000 miles to the ox car, he abandoned his intended visit.

All Sir John need to have done, in 1881, was to take a train from Pittsburg to Chicago, and board a Union Pacific train to Omaha, changing there for Los Angeles, via San Francisco.

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### Vacations

**M**ANY, whose occupation is sedentary, return from a vacation more tired than they started. No wonder. They are up early, and go to bed late. They undertake strenuous physical "stunts." From morning to night, "What next?"

Don't overdo it. Take things easy. Have no set programme. Get plenty of sleep. Loaf. Store up vitality, don't expend it. Be in the open air night and day, as far as possible. Above all, forget business, or you might as well stay at home.

Sun and air baths are good, but blonds should not expose themselves much to the direct rays of a hot sun. Protect the eyes. Also, at the beach, twenty minutes is long enough to stay in the water, with a ten minutes' sun-bath, on the sand.

Get as much change as possible of climate, scenery and surroundings. If you live inland, go to the beach. If you live on the coast, go to the mountains.

Eat plain food, in moderation. Give your much abused stomach a partial rest, also.

If, after returning, you have a "breaking out," don't be alarmed. It is Nature, encouraged by the toning up of the system, doing some much-needed elimination of waste matter. Take no drugs, but adopt a fruit diet, for a week.

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The country's war business amounts to only about 5 per cent. of its total industrial and commercial activity.

### An International Tournament

**F**OLLOWING is an extract from a letter received, a couple of weeks ago, from an old friend:

Now: "On to Mexico!" More bloodshed, more ammunition, more dollars for Wall Street, and then annexation of the three northern states of Mexico, where "Americans" have heavy investments in oil, mines and cattle. What of it, if a hundred thousand young Americans are killed. We must protect American investments.

The Mexican Federation of Labor, numbering 120,000 members, offered to co-operate with the American Federation, in bringing about a peaceful settlement of the dispute between the two nations.

"In this connection," as the country journalist says, Gen. Obregon recently made a proposal that is worthy of consideration. He suggested that equal forces of the United States and Mexico fight out the issue, on a field selected by mutual consent. To this I would add that the combatants should be confined to those who desire war between their respective countries. As in the Middle Age tournaments, fair ladies from the North, and brunette ladies from the South, would bestow laurel wreaths on the victors. To this, as a concession to the materialistic spirit of the age, might be added a purse of gold. For the protection of spectators, weapons should be confined to swords, spears, bayonets, and, perhaps, hand grenades.

Had this idea been adopted in Europe, participants in the tournament being confined to kings, emperors and foreign ministers, what an immense number of lives would have been saved.

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### Religious Revivals a Form of Intoxication

**O**NE of the chief antipathies of the average revivalist is alcohol; its hideous consequences are depicted in colors drawn avowedly from the vivid hues of the traditional hell-fire. But physicians know only too well the serious harm to weak, morbid, and especially susceptible minds which attends the now familiar revival campaign. The damage done by alcohol in any community is, in a measure, paralleled by that incident to such a religious hysteria. There is always a percentage in the population—women preponderating in it—that is on the brink of nervous disturbances which, once precipitated, commonly end in insanity, with religious exaltation as the dominant symptom.—Charles S. Potts, M.D.

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### Youthful Age

**T**HE years may number four-score or more  
 That over your head have rolled;  
 You may hear the wash on the other shore,  
 Of the waves that are dark and cold;  
 While your brain is keen and your soul is strong,  
 And your heart is full of a hopeful song,  
 You still are one of the youthful throng,  
 And years will not make you old.

—Walt Mason, in Los Angeles Times.

## Briefs

Oscar Wilde's play "The Importance of Being Ernest," was given, recently, at the Los Angeles Y.M.C.A.

A woman brought suit against a Los Angeles cafeteria, because she became sick after eating a lunch of sausages, pie, vegetables, bread and coffee. She lost her suit.

The British Government has gone into the liquor traffic, having purchased all the breweries and public houses in and around Carlisle.

Mrs. Theo. M. Levy, of San Francisco, says the secret of marital happiness is separation of husband and wife, once a year.

Larkin, an Irish home ruler, demands a minimum of five dollars a week for all workers. Not an extravagant demand.

London capital is to make a paradise of the Amargosa desert, Death Valley, by irrigation.

The Seventh Day Adventists recently opposed Sunday laws, and endorsed prohibition in California. Inconsistency.

Forty per cent. of the population of Los Angeles are foreign born, or have foreign born parents.

An American has installed candy and chewing gum slot machines in the European trenches.

W. C. Brinson, of Waycross, Ga., weighs 585 pounds. As much as my family of father, mother, two daughters and granddaughter.

The output of automobiles in the United States has grown from \$13,000,000 in 1903, to \$573,000,000 in 1915. The average price has decreased from \$1150 in 1903 to \$814 in 1915.

Seattle has the lowest death rate of any American city, 7.78 per thousand. Los Angeles comes sixth, with 12.47. Los Angeles is a Mecca for invalids.

In West Virginia, two men were convicted and fined for digging potatoes on Sunday.

Vienna has a large, first-class municipal restaurant, where Austrian wines and beers are served, at cost.

California social workers demand that wife deserters be followed and brought back, like other criminals.

For the year ended June 30, 1915, 7,500,000 gallons more whisky were made in the United States than ever before, and 1,500,000 barrels less beer than in 1914. A backward step in temperance.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, JULY, 1916

No. 2

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## Two Good Men

A DISGRUNTLED Republican machine politician described Hughes as "a Wilson with whiskers." In my opinion this is not a reflection on either candidate for the Presidency. Both are good men. Both are gentlemen and scholars. Both are humanitarians, who set human life and happiness above property. Both are progressive. Both are "independent of the trust."

Wilson has made many enemies. That is inevitable. Hughes will make many, if he is elected, and serves out his term. That, however, will not figure in this election. Under our bad patronage system, the worth of a candidate is largely lost sight of, in the greed for office.

There is no material difference in the principles of the two parties. Both are for preparedness. The tariff is an economic, not a political issue. Both parties favor a tariff commission. The Democrats made a tactical blunder, when they failed to pronounce more strongly than the Republicans for Federal woman suffrage. It might have secured them several States. The main issue appears to be in regard to a more vigorous attitude toward foreign countries.

So far, the chances appear to be in favor of Hughes, but the race will not be a walk-over. Sam Blythe, who knows much about American politics, says it will be a "man's job" to defeat Wilson.

Meantime, notwithstanding the flood of oratory we shall have to endure between now and November, whichever man may be chosen, the country will be comparatively safe, as far as a President can make it safe.

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Complaint is made of gross shirking of the income tax, by Americans, who are able to pay it. In Germany a Leipsic distiller was fined thirteen million marks, for tax fraud. And what's more, he will have to pay it.

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The G. O. P. may be an elephant, and Roosevelt a mouse, but elephants are notoriously afraid of mice.

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Motion pictures in the schools are good, if not used as a vehicle for misinformation in regard to germs, as the cause of disease.

## Taxes and Tourists

THE delinquent tax list of Los Angeles county fills a newspaper supplement of 82 pages, or 574 columns. For thirty years, Los Angeles has been undergoing, or preparing for, or getting over, a boom or a slump. It seems to me we have grown too big for such small town business.

Buying land at \$500 an acre, and selling it at \$500 a lot, is not productive business. Yet, the enterprising individuals who do this get more acclaim than the man who makes two blades of grass grow where one grew before. Meantime, prohibitive land prices make profitable agriculture impossible.

Los Angeles is not a manufacturing city, like Pittsburg, and many of us hope it never will be. Our crops of health and pleasure seekers might be greatly increased, but we seem bent on killing, or discouraging that profitable goose, by a constant succession of restrictive personal legislation. This does not mean that we should invite the vulgar vice of Tia Juana and the Barbary Coast. Neither do we want the Blue Laws of Connecticut.

Cannot Americans learn that there is a happy medium between Puritanism and vulgar indecency?

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## Le Quatorze Juillet

ON the fourteenth of this month, Frenchmen, throughout the world, will celebrate their National Day, commemorating the fall of the Bastille, a strike for liberty that later became an orgy of license. This anniversary has replaced the fifteenth of August, reputed birthday of him they call Napoleon the Great, a day that was always celebrated with imperial pomp, during the reign of Napoleon the Little.

During the past two years, an astonished world has seen arise a new France, in place of a people regarded, by those who did not know them, as frivolous. The war has witnessed the re-birth of a nation.

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I believe that, in case of war between the United States and Germany—which Heaven forbid—at least nine-tenths of the “hyphens” would be found squarely on side of their adopted country.

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There would be more chance to end the war, if newspapers of various countries would not continually incite their readers to hatred.

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While Americans are forming peace leagues, the war is prolonged by American ammunition.

## A Repulsive Book

TO those who suspect I may have exaggerated in my article on vivisection in the January number, I recommend—if their nerves are strong—the reading of a recently published book by Dr. George W. Crile, a famous Cleveland surgeon, entitled “Man an Adaptive Mechanism,” (MacMillan) telling of his experiments on animals, to define the centers of most intense pain. In it he relates how he scorched the paws of dogs, crunched the bones of breathing animals, tore their tissues, bruised their nerve trunks, lacerated their nostrils, crushed their livers and kidneys and burned their stomachs and intestines. He also kept rabbits—not anaesthetized—awake until they were exhausted to the point of death, and terrified them for as long as forty minutes at a time, by loosing upon them dogs that had been muzzled, as a preliminary to putting them to death.

I make no comment upon this. Dr. Crile says the animals—except in the cases mentioned—were under anesthetics, but it is absurd to suppose that they were unconscious all the time. And of what possible use is such horrible torture, except to gratify a morbid and degenerate craving?

I pity, while I fail to understand, the nature of a man who can do this sort of thing, and then calmly describe it in a book.

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## Fireworks

BELIEVING that a “sane Fourth” has a depressing effect on youthful patriotism, the City Council of Stockton, Cal., decided to lift the ban on firecrackers. A patriotism that depends on noise is worth as little as the patriotism of the paid Fourth of July orator.

Many thousands of lives and limbs have been saved to children, too young to understand what they are doing, by the enforcement of “sane Fourth” ordinances, while real patriotism has suffered thereby not a whit. Firecrackers come from China—and should stay there. Plenty of fireworks are beautiful, without being dangerous or annoying.

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It is a good sign of awakening social conscience that men are ceasing to vote the Republican or Democratic ticket, merely because their fathers and grandfathers did so.

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As I have heretofore remarked, Socialism will follow Republicanism, as surely as Republicanism has followed Monarchy. Whether or not this will be an improvement, depends, altogether, on what kind of Socialism it is.

## Brooklets

"If thine eye offend thee pluck it out" seems to be the idea of the surgical operators.

\* \* \*

Lovers all seem to think it is the first time such a thing really happened.

\* \* \*

Whisky is neither food nor drink. Fruit is both.

\* \* \*

You might live a year in London, in peace times, without seeing a military officer in uniform.

\* \* \*

About the most inappropriate advertisement I have seen is a group of Greek athletes, advertising a cigarette.

\* \* \*

Charles E. Hughes has a Los Angeles double, in the person of Charles H. Toll, vice-president of the Security Savings Bank.

\* \* \*

If we have compulsory military service, it must include all, whatever their station in life.

\* \* \*

Another "last survivor" of the Balaklava charge died, in McKeesport, Pa. As a French general said: "C'est magnifique, mais ce n'est pas la guerre."

\* \* \*

Thomas Nelson Page, American ambassador to Italy, says: "In the chancelleries of Europe the United States was never as much respected as it is today." Glad to hear that.

\* \* \*

Why do parsons piffle about cards, dancing and theatres, when there are so many great social problems to solve?

\* \* \*

I must save my champagne corks. They are worth \$3 a thousand.

\* \* \*

Many people vote according to the suggestions of the newspapers they happen to read.

\* \* \*

After criticizing women, many years, for wearing trailing skirts and tight collars, they are now denounced for short skirts and bare necks.

\* \* \*

Queer idea that one should be supposed to snub and dislike a man we have known favorably half a lifetime, merely because our government and his have gone to war.

# Care of the Body

## Behind the Scenes

**W**HEN you eat out, it is pleasant and desirable to have clean napery, artistic tableware, a few flowers, plenty of elbow room, hot plates, a little soft music behind the palms, and courteous attendants. All these things aid digestion. It is, however, of much greater importance that the machinery behind the stage should be in order—that the kitchen, and food, and cook should be clean. Too many restaurants are, in this respect, like whited sepulchers—and not alone cheap restaurants. Every employee in New York's 4500 restaurants and hotels, assisting in preparation, and serving of food, was recently notified by the Board of Health that they must secure certificates, stating that they are free from infectious diseases, and that in future they must submit to an annual examination. This is good, as far as it goes, but it does not insure ideal kitchen conditions. Incidentally, however, it has the advantage of furnishing jobs for a good many more impecunious physicians.

The head of the Food Bureau of the Chicago Health Department, after making an inspection of the kitchen of the University Club, where food was prepared for a banquet, given seven months ago to an arch-bishop, when several hundred guests were ptomaine poisoned, reported that he found the culinary department of the club "dusty, dirty, and generally unsanitary."

Of eighty restaurants and hotels, in the shopping district of New York, inspected, last month, by the Board of Health, only one was certified as "clean." The others were rated as "fair" to "bad."

Following report of phenomena, observed behind the scenes in restaurants, by a sanitary "crank," is from the monthly bulletin of the Indiana State Board of Health:

I have seen a waiter wipe his sweaty forehead with the towel he carried on his arm for wiping dishes..

I have seen knives, forks and spoons, and glasses, which had been used a short time before, simply wiped on a not too clean tea-towel, without even dipping them in water.

I have seen knives, forks, spoons and tumblers, after use at table, rinsed in greasy yellowish dishwater, and then wiped with a tea-towel, which was an approach to rubber roofing in color.

I have seen restaurant kitchen help pass hands through their hair, and then handle sliced bread.

I have seen two mice jump out of a bread box, and the sliced bread therein sent to the table, as if nothing had happened to it.

I have seen a waiter pick two flies out of a glass of milk with his fingers, and then place it on a table, to be drunk by a child.

I have seen a cook, at a nickel-bound grill, in a white cap and coat, insert his finger in his mouth to scratch the interior surface, and upon removal immediately pick up a nice porterhouse steak and place it upon the broiler.

I have seen flies proceed direct from a spittoon to a bowl of berries on the counter, which were waiting there to be served when called for.

I have seen a cook change his shoes and socks in his kitchen, and then, without washing his hands, proceed with the handling of food.

I have seen a bowl of sugar spilt upon the floor, then picked up with the hands, and carried directly to the table.

I have seen a basket of lettuce on the floor in a restaurant kitchen, and a dog belonging to the cook—but never mind.

I have already probably seen too much, and will cease with the observation that we eat heaps of microbes without receiving any harm. And then again harm does result.

Some restaurants exhibit their kitchens to the public. It is a good idea, and should spread. It would enlarge the custom of such places, among those who think.

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### Digestive Tablets

“**D**O not diet. Eat what you please, as much as you please, and then some. After each meal take one of Slickem’s Mysteriosa Digestive Tablets. These tablets are a scientific combination of seventeen of the best flesh producing chemicals known to medical science. They will make you strong, healthy and vigorous. If you are thin you will get fat. If you are fat you will get thin.”

Evidently there must be millions of fools who really believe that you may safely outrage Nature, and then escape the consequences by means of a tablet, or else fellows who write such rot couldn’t pay fortunes to newspapers, and keep other fortunes for themselves; nor could Woods Hutchinson sell his articles and lectures.

With a cocktail before a meal, and a tablet after, you may worry along for a few years. Then, if you continue to suppress symptoms of an outraged stomach—to sit on the safety valve and turn a deaf ear to nature’s protests—you will find yourself afflicted with a more serious disease than dyspepsia—perhaps Bright’s disease, or rheumatism, or hardening of the arteries—and even the Nature Cure may not be able to save you from much suffering and premature death.

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### Weight and Age

**F**OLLOWING is an extract from “Keeping Young,” the second lesson, of a course of instruction on the principles of health, by Uriel Buchanan, of Chicago:

“Among those of the younger age who are slightly overweight and the older ages who are distinctly underweight the longest life and best health will be found.

“Overweight is, above 30-odd years, a definite disadvantage to health. It means staleness, lack of elasticity, clogged-up tissues, and lack of power of adaptability to invading germs.”

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### Cause and Effect

**O**NE of my consultants wrote that he suffers from continual headaches, pain in one eye, neuralgia, drowsiness, irritability, “grouchiness”, and nervousness, with a bad taste on arising. This is what he has been eating:

Breakfast: A banana, six prunes, lemon jelly, and cream, large cup of tea. Lunch: Plate of Boston baked beans, a glass of milk. Dinner: Fish salad, with vinegar, two pieces of apple pie, cottage cheese, three cookies, two cups of coffee, with cream and sugar.

Are you surprised that he suffers from headache?

### Raw Green Stuff

**I**N a newspaper article, William S. Sadler, M.D., urges the eating of uncooked green foods, which he declares increase the digestive powers, and make the body more immune to disease. Dr. Sadler is the author of a good book, entitled "The Science of Living." I have been urging the consumption of "raw green stuff" for more than 25 years, not on account of the "vitamines" it contains, as Dr. Sadler says, but because of the important mineral elements in which it abounds, these elements being largely removed, or destroyed, in bolting flour, and cooking food.

Eat a little salad every day, especially in hot weather, substituting lemon juice for vinegar. It is specially important that you do this when you eat meat or fish, regarding the soundness of which you have any doubt. Raw green stuff will, to some extent, eliminate the danger of ptomaine poisoning.

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### Over-doing Athletics

**A**T a meeting of the Medical Society of the State of Pennsylvania, Dr. Robert N. Willson, of Pennsylvania, referred to the many deaths, in recent years, among former athletes. He said there was scarcely any instance of recovery from a major infectious disease in an athlete. The normal heart will not tolerate repeated insults, without loss of recuperative power. Dr. Willson said that he stopped short of advising against active competition, as the Germans had, but trainers should be taught the meaning of such collapses. He believes that some day college authorities must, of necessity, conclude that no form of athletic event was sane, that demands of the participant the semi-conscious state of heart exhaustion at its conclusion.

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### The Cook Book Cure

**A**MAN had passed the crisis of a long illness, but could not be aroused to take an interest in life, when some inspired person put a cook book into his hands. First, he read carelessly. Then he became absorbed, and began to select dishes he would like to have served when able to eat them. Life seemed worth living again.

If it was a rational cook book, like that of Dr. Henry Lindlahr, the invalid would gain therefrom instruction in dietetics, as well as entertainment.

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The money expended in carrying out the present schemes of health boards, hospitals, etc., which in fact are disease-producing, if spent in teaching people how to live—how to help themselves; how to build health instead of, as now, how to build disease—would make disease and discontent give way to health and happiness.—The Philosophy of Health.

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A Boston book publisher divides readers into three groups: Sponge readers, sieve readers, and duck-back readers.

### Coffee

**F**OLLOWING is from "Your Health" a monthly magazine published at Burke, Cal.:

"All health publications that we know of, and most sanatoria, discourage the use of coffee. Yet, with millions of people, a cup of coffee for breakfast does more to start the day right than all the breakfast foods that will ever be made."

This is correct. If you are not satisfied with a glass of cold water in the morning, or a handful of fruit, a cup of coffee, without any food, is less harmful than any kind of "breakfast food." Food, put into a slime covered stomach, in the morning, cannot digest, and upsets digestion for the whole day, or longer.

To drink coffee with meals, two or three times a day, as many Americans do, is a bad habit. If you will take some liquid stimulant with your meals, light wine, with one-third water, as used on the continent of Europe, is less harmful than coffee.

### Fasting

**I** SHOULD like to give a piece of advice to the readers of Good Housekeeping, especially to women in easy circumstances, and those not engaged in physical labor. Unless you are extremely svelte, I should like to see you practice systematic fasting. Whether you are ill or not, and especially if you are not, I believe you will find it extremely advantageous. Begin by dropping one meal. After a time, you will survive the banishment of two. Later on, skilled and experienced in abstinence, you will easily hold out for a day. If the diet-disease is persistent, a longer fast may prove beneficial, but remember not to overeat, after your fast, in a wild effort to catch up.—Dr. Harvey W. Wiley.

### Eating and Sleeping

**W**HEN Harriman, the great railroad king, died, some one said that thinking in bed was the cause of his death, but this is Edison's explanation: "Why did Harriman think in bed? Because he ate too much. I eat one-fourth as much as Harriman did. The result is, that I am asleep thirty seconds after my head hits the pillow. Harriman overate, and by over eating poisoned his lower intestines."—Healthy Home.

It is perfectly safe to suck the wound immediately after one has been bitten by a rattlesnake, for the simple reason that the digestive juices and the intestinal mucous membrane and the liver have a phenomenal power to destroy poison, that will speedily kill, if introduced directly into the blood through the skin.—The Life Boat.

"Medical Science says that, if he can get drinking water, an ordinary man can exist for about thirty days without food."—Newspaper item. "Medical Science" seems to be unaware that hundreds of persons have fasted for more than twice this period, with benefit to their health.

### A Meatless Menu

**C**REAM of Celery Soup: Cut the outer, tough part of 4 stalks of celery into pieces. Cook slowly about an hour in a quart of water. To the strained celery stock add about one cup of finely cut, crisp, white celery, cooked separately in a small quantity of water, until tender. Thicken with flour, blended with butter, and add a pint of rich cream, heated. Boil a few minutes and serve.

Bean Croquettes: Press a quart of baked beans through a vegetable grinder; mix with half a cup of melted butter, 2 well beaten eggs, and a little chopped parsley; shape into croquettes, roll in yellow corn meal, fry in butter, and serve with cream sauce. [In order to avoid frying, which is objectionable, from a health viewpoint, the bean croquettes may be baked in a pan, as a bean loaf.—Ed.]

Sanatorium Salad: Place on individual salad plates a layer of crisp lettuce; in the center a small, partially quartered tomato, surrounded with a wreath of thinly sliced cucumbers. Into the center of each tomato drop a small teaspoonful of finely minced onion, sprinkled with a pinch of chopped parsley. Serve with mayonnaise dressing.

Dates with Cream: Wash and stone the dates, steam until very tender. Cool, and serve with cream, which you may flavor with vanilla.—Dr. Lindlahr's Nature Cure Cook Book.

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### Bathing

**F**IFTEEN Russian gypsies, landing in Havana, were required to bathe. They offered the inspector \$100 apiece, to excuse them, saying they had not bathed for five years. When he refused the bribe, they came on to Colon.

You may draw any conclusions you please from this incident. I merely say that, if I had to put up with one of these Russians, I should insist on a separate bed, if possible a separate room.

Meantime, I shall continue to take a warm bath with soap at least once a week, more often in hot weather, after the bath anointing my body with oil—preferably St. James's Oil, because that does not clog the pores. There is no better soap than imported Castile, from Spain.

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### Dangerous Food Flavors

**A** WOMAN of Porterville, Cal., was poisoned by drinking what she supposed to be vanilla extract. It was found to be made from coal tar products, in imitation of vanilla.

Notwithstanding pure food acts, it is difficult to obtain any absolutely pure food nowadays, except such food as fruits, vegetables, nuts, eggs and meat, in their raw state. Coal tar derivatives, made in Germany, are used, not only to make drugs and dyes, but for flavorings of many kinds. You should be careful what you eat or drink out of packages, and cans, and bottles, and at soda fountains.

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What Americans over-eat would feed all the starving people of the world.

## Sleeping in the Open Air

**W**HILE sleeping in the open may be conducive to health to some extent, its value is very much overestimated by most of its enthusiastic advocates. Extravagant claims are advanced, as to its efficacy, both as a preventative and a cure for human ills.

Some of its devotees go so far as to seek their repose during the most rigorous weather in tents or open porches, buried under immense stacks of heavy covers, which preclude any circulation from the outer air penetrating to the body, thus preventing its excretion and exhalations from escaping. This every one will admit is detrimental to health, but what is worse, in order to prevent their noses from becoming frost-bitten during exceedingly cold weather, they often cover their heads and inhale the contaminated air as well.

Why is it not more consistent to perform our labors in well-ventilated buildings and avail ourselves of every opportunity to exercise in the open air, walking to and from our work, and if our work is such that we do not get sufficient physical exercise, have our necessary gymnastic exercises in the open air, where oxygen is free and abundant. But let us have our hours of slumber in a well-ventilated but protected room, where it is unnecessary to exclude the hygienic circulation of air from the body by mountains of heavy bed coverings.—B. W. Truax, in *Physical Culture*.

When a person has hardened the body, internally and externally—internally, by rational diet, externally, by exposure to sun, air and water—no need is felt for “immense stacks of heavy covers,” even when sleeping in cold air. However, it is not necessary to sleep in the open air when the weather is inclement, nor is it desirable to do so, unless a person is robust, and has developed resistance, by the methods referred to.

While on this subject I again call attention to the fact that there is a great difference between a screen porch and open air.

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### Milk

**A**NSWERING a correspondent in *Physical Culture*, Bernarr McFadden writes:

“If you are only using two to three quarts of milk daily, with acid fruits in the intervals, you are under-nourished. This would have a body-cleansing effect for a time, but you cannot keep up, on such a restricted diet, for several months. Use twice as much milk, or even more, if you wish to make it a permanent diet, and try dates, raisins and figs with it, in addition to fresh fruits.”

Two quarts of milk contain nine ounces of solid food. This is enough for a man doing sedentary work. With two pounds of fresh fruit daily, it is enough for a man doing active work. With a pound of dried fruit daily, it is sufficient for a man doing the hardest kind of physical labor.

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California began boom literature at an early day. “The Prospects of California,” a pamphlet by Dr. Victor J. Fourgad, was printed in an early number of the *California Star*, San Francisco, on April 1, 1848, and a courier was dispatched with 2000 copies for Missouri.

### 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.

TO YOUR DOG AND TO MY DOG; Lincoln Newton Kinnicutt; Houghton, Mifflin Co., publishers, Boston and New York; 160 pp.

This artistically printed book will please lovers of man's faithful friend. On a fly page are printed the lines:

"To him who has never called a dog his friend,  
"The full meaning of pure friendship is unknown."

The extracts have been selected by permission of the authors and publishers. Most of the verses were written within the past twenty-five years.

One of the finest poems in the collection is "The Power of the Dog," from Rudyard Kipling's "Actions and Reactions," published by Doubleday, Page & Co. In it, Kipling asks whether it is worth while to own a dog, and suffer the sorrow of losing a faithful friend after the short span of a dog's life comes to an end. I wrote to the publishers, asking permission to reproduce the poem. They referred me to Kipling's literary agent in London, who courteously replied that he had consulted Mr. Kipling, who "regrets being unable to give permission to reprint the poem in BRAIN AND BRAWN." Therefore, I must content myself with quoting the first verse, suggesting that my readers get the book:

"There is sorrow enough in the natural way  
"From men or women, to fill our day;  
"But when we are certain of sorrow in store,  
"Why do we always arrange for more?  
"Brothers and sisters, I bid you beware  
"Of giving your heart to a dog to tear."

ABOVE THE BATTLE; Romain Rolland; Open Court Pub. Co., Chicago, Ill.; 200 pp.; price \$1.00 net.

In this book, the eminent French author makes an appeal for international Socialism, and the establishment of a moral high court, that would complete and solidify the Hague Court. M. Rolland has been denounced as a traitor by his compatriots, with exception of a few, who have defended him, in the Parisian press.

In these days of heated controversy, it is a pleasure to read a book like this.

CALIFORNIA AS A HEALTH RESORT; F. C. Sanders, M. D.; Published by the Bolte & Braden Co., San Francisco; price \$2.00 postpaid.

This is one of the most artistic California books I have seen—and I have seen many. It contains 76 beautiful full page illustrations of California scenery. The book is not confined to a description of health resorts, but contains also, articles on the topography, resources, and products of the State. The description of Los Angeles is largely quoted (without credit) from the Chamber of Commerce pamphlet "Los Angeles City and County," which I wrote.

The latter part of the book is devoted to the leading mineral springs of

California. Referring to Murietta, in Riverside County, the author mentions that the late Fritz Guenther, of Los Angeles, who founded the resort, made a charitable proviso in his will, whereby accommodations must always be found for the needy sick, who are never to be charged over ten dollars a week.

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JOURNALISM IN CALIFORNIA; John P. Young, Chronicle Publishing Co., San Francisco; 362 pp.

The title of this book is somewhat misleading. It is confined entirely to San Francisco journalism, and most of it to the story of the Chronicle. This is partly explained by the fact that it was first published in the Golden Jubilee and Exposition number of the Chronicle, in 1915. On the other hand, it is much more than a mere history of journalism. It is a graphic and interesting story of the development of San Francisco, from the earliest days.

In 1851 there were 12 daily papers published in San Francisco, but they published little news. In 1856 the paper of greatest circulation boasted only 3,600 copies, and the combined issue of the 12 dailies did not exceed 15,000. The only surviving dailies of pioneer days are the Journal of Commerce, and the Demokrat (German).

An error is made in stating that the Wasp, which I edited in 1880-81, was founded in 1870. It was founded in 1876.

The author has been managing editor of the Chronicle for over 40 years. The book is written in scholarly English. There are two interesting chapters by George Hamlin Fitch and Thomas E. Flynn, of the Chronicle.

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CHRONIC DISEASES; A New and Scientific Treatment; B. Curtis Miller, M. D.; H. N. D. Parker Publishing Co., 710 Bond Bldg., Washington, D. C.; 288 pp.; price \$

This book is written for all classes of people, "laymen" as well as physicians. The author's ideas on diet are in the main, sound. He errs in recommending, for eczema, a diet of bread, butter, rice and milk. Those foods heat the blood. The diet should consist largely of fresh fruit and salads. Referring to operations for appendicitis, he says:

"The removal of the appendix has been recklessly and criminally advised. The appendix, lying as it does, at the lower side of the ascending colon, secretes a very valuable digestive fluid, the purpose of which is to aid in forcing the food up the ascending colon, which is the only place where it has to rise against gravity, thus preventing its decomposition, to the weakening and gradual destruction of the lower intestines."

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Benedict Lust's "Herald of Health"—formerly the "Naturopath"—is now published every second month.

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"The Earth" is a handsome illustrated monthly, published for many years by the Colonization Department of the Atchison, Topeka and Santa Fe Railway, 1715 Railway Exchange, Chicago; price 25 cents a year.

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"Water Facts," an artistic booklet, treating of the various kinds of drinking water. Written and published by G. J. Wiggernhorn, 124 W. 9th St., Los Angeles.

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Train your infant to lie on the abdomen. It will save much suffering.

## 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 and commendation are 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.]

## RAILROAD MEN AND SCHOOL TEACHERS.

In your "Briefs," I noticed the following item: "The average pay of American railroad men is \$1,296, a year, of school teachers, less than \$500." This might lead to false conclusions, on part of those who do not think. How many days a year do railroad men work, and how many hours in the day do they average? Many railroad men are compelled to work sixteen hours, then receive a scant eight hours' rest, when they are called on for another run of sixteen hours. The position of a locomotive engineer is a trying one, with the enormous engine, the tremendous speed, the numerous signals, the numerous orders to remember.

School teachers are under-paid, but many school teachers, in a city like Pittsburg, are paid \$1,200 a year, in the ordinary ward schools. I know school teachers who would be under-paid if they received double this amount, and I know others who would be over-paid at \$600 a year. If teachers came up to the proper standard, a minimum of \$2,500 a year would be too high, considering the importance of their work, which few of them realize. To the majority it is a "job." Most of our teachers are women. They accept this sacred position in the same way they would any other. They do not expect to make a life's work of it. It is a stepping stone to married life. They are not thinkers. They do not reason with the mischievous child. They do not study the child.—C. O. Court, Pittsburg, Pa.

There is much truth in what this correspondent says. At the same time, it should be remembered that the occupation of the school teacher is a most arduous and trying one, if the task is performed in a conscientious manner. Women teachers frequently come home worn out and semi-hysterical. All teachers of boys, beyond the lower grades, should be men.

I submitted this letter to my friend Homer P. Earle, instructor in the Los Angeles High School. He commented, in part, as follows:

"The responsibility for poor teaching should be made to rest upon the school board. In an astonishingly large number of cases, the school-board candidates are not scrutinized as carefully by the electors as are the candidates for tax-collector and clerk, to say nothing of councilmen and mayor. Anybody will do, apparently, for school trustee, since the typical one is so frequently inferior to the other officers. No wonder, then, that the teachers they select are not always good ones. No community may properly complain of the acts of its school board, whose members have merely elected—not selected. A city that is generous with its school money, and really considers the character of candidates before nominating, is sure to have a superior type of teacher. Los Angeles is fortunate in this respect, in spite of the mistakes it has made and is making.

"We are not yet sufficiently interested in public affairs to give the time and money and personal attention necessary to the improvement of our schools, but we are getting there. Socialization follows civilization, though not always as closely as it seems reasonable to expect."

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**HE MAKES ME BLUSH.**

Please enter my name for three subscriptions to your most valuable publication. I can think of nothing that will equal the good derived from BRAIN and BRAWN. Hence, I want three extra subscriptions besides my own, so that I can bestow a gift every month on at least three people, who are sorely in need of brain as well as brawn.

If you compare my letters to you of five years ago you will notice that my feelings towards you have, since then, changed from pity to deep admiration. You, my dear sir, deserve more credit than you will ever get in this world for having brought BRAIN and BRAWN to life and caused it to live. As I have given vent to my feelings publicly, in the International Brief—of which I am ashamed to be the editor and publisher, every time I look at BRAIN and BRAWN—I can not add anything here to glorify you, except to state that you are the champion of all the naturopathic publishers in the world, a title which not even the late departed Dr. Carr could keep from you. May you be spared us until you are appreciated.—Dr. Charles F. Conrad, Editor International Brief, New York.

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**CATERING TO THE FEW.**

BRAIN AND BRAWN is good value for the price, but we are living in a time period when brain is at a discount, and gasoline at a premium, so you are catering to the few, who are not obsessed with speed. Of these I am one. P. H. Dreiser, San Gabriel, Cal.

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**THE END AND THE MEANS.**

I have your copy of BRAIN AND BRAWN of June, 1916, which is of intense interest to me, not only because of the many splendid items on Germany, but also because I note that you print a statement concerning the little leaflet which I recently sent you.

I am, as you know, tremendously, interested in your views on the healing art; and while, of course, it is not to be expected that you and I can agree on many phases thereof, I feel that the particular point wherein we differ is not so much upon the end result of our efforts, as upon the means we individually seek to attain the best of end results.—George H. Kress, M. D., Los Angeles.

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**FROM A CATHOLIC.**

Herewith enclosed is one dollar, for renewal of subscription to your excellent magazine.—Rt. Rev. Msgr. J. L. Reilly, St. John's Church, Schenectady, N. Y.

We have several subscribers among priests of the Catholic Church.

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**BACK NUMBER AND GOOD WISHES.**

I enclose a copy of the back number you advertised for. I want nothing for it, but offer it as a small token of my regard, respect and admiration for you and your teachings. For the sake of humanity, may God protect you and prolong your life.—Edward Newarth, Los Angeles.

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“Unavoidably crowded out for lack of space” is a closely written communication, in pencil, on toilet paper, 35 feet long, from a woman inmate of Patton, Cal., Insane Asylum.

### 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.]

#### DIETETIC CONTRADICTIONS

R. L. J.—Yes, considering the many varied opinions expressed by writers on diet, in regard to almost every kind of food, it is not surprising that readers who are not well grounded in the basic facts relating to the building of the body by food, become confused. I have been studying the subject for more than fifty years, and it is only during the past twenty years that I have begun to emerge from the fog, without stumbling into the ditches of “Eat what you like,” or “Eat what seems to agree with you,” suggestions that furnish little comfort to those who are suffering from the effects of wrong diet, continued through many years.

---

#### CROUP

J. A. W.—If the child can speak aloud, the disease is of the spasmodic variety, and he will probably recover, with a little attention; but if he can only whisper, and the disease has come on somewhat gradually, it is a much more serious variety—true croup.

Should one of your children again have croup, apply, alternately, hot and cold cloths to the throat and neck, for a half hour, then apply cold continuously for half an hour, then foment again. Give a hot bath, and keep the limbs and extremities warm. Give no emetics, expectorants, stimulants, nor anodynes; all are harmful. Give the child an abundance of fresh air. If the case is one of true croup, the inhalation of steam is one of the best remedies.

Then regulate the child's diet so that it will be free from croup and other infant ailments.

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#### IRON.

Replying to your inquiry regarding an advertised iron compound, for which wonderful claims are made, all preparations of iron in inorganic form, as in drugs, are absolutely useless, and are harmful, if persisted in. Animals deprived of organic iron in the food, and fed on inorganic iron preparations, have died within a month. Get your iron from foods that are rich in it, as strawberries, watermelons, spinach, and lettuce.

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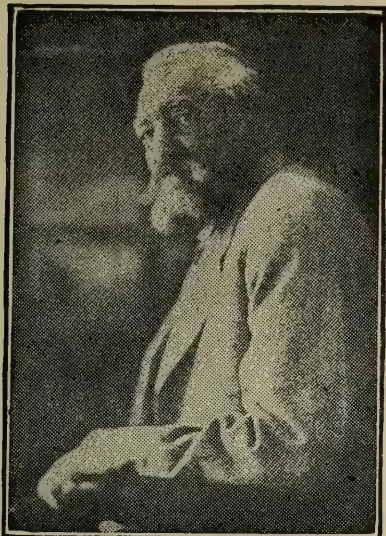
#### MALARIA.

R. L. T. Malaria, as its name implies, is caused by bad air, and is superinduced by an unhealthy condition of the body. In its craze for living disease carriers, the medical profession insists that it is conveyed only by mosquitoes. When swamps are drained, and the rotting vegetation disappears, the malaria goes also. Incidentally the mosquitoes go with it, but they are not the cause of the malaria.

Avoid swampy ground, where there is decayed vegetation, keep your liver active and your colon clean by right eating, and you will not get malaria.

In malaria regions, people are in the habit of consuming large quantities of quinine (pronounced “kee-noon”). Quinine is a dangerous drug. For this, substitute the following: Cut up a pomelo, unpeeled, pour on it a quart of boiling water. Let it soak for several hours. Then pound it up, and take a glass of the liquid, hot or cold, morning and evening, and an hour before each meal.

# Cure of Chronic Disease



**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., and give, when requested, special advice on pregnancy, children and fasting.

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 M.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### SERUMANIA.

The late Prof. Dr. O. Rosenbach, of Berlin, with whom I had the pleasure of corresponding, wrote an exceedingly interesting book, entitled "Physician Versus Bacteriologist," which was translated into English. In it he said:

"The history of medicine teaches us that any and every method of treatment has always been followed by a method based on exactly opposite principles; and it further demonstrates that all these differences have been upheld by fanatic adherents, with the same fervor, under cover of equally good statistics, so that, as a matter of fact, every form of treatment, at least in the opinion of its chief supporters, may justly claim identical value as to efficacy and healing virtues."

Dr. Alexander M. Ross, Fellow of the Royal Society of England, has said:

"I charge that they have encouraged superstition and humbug by the germ theory of disease. I do not question the existence of infinitesimal micro-organisms; but they are the result, not the cause of disease. They are the scavengers; their legitimate work is to clean out the sewers of our bodies. Wherever there is decay, pus or decomposing matter, these little life-savers are doing their work of neutralization, sanitation and purification. They feast upon effete and decaying animal matter. They are beneficial helpers to an important end."

Lieut.-Col. C. E. Woodruff, of the U. S. Army, is author of two notable books on the influence of tropical climates on blond races. He is regarded as a high medical authority. Here are extracts from an article by Col. Woodruff on the "Vaccine Fallacy":

"The whole theory of vaccinations and serums is erroneous, for although by their use we may obtain freedom from one disease it lays us liable to

others, especially tuberculosis. . . .

"Chantmerse informs me that he has seen two cases of rapid tuberculosis develop a few days after anti-typhoid vaccination, and he warns particularly against using it where tuberculosis is suspected.

"It is suspected that the prevalence and increase of cancer and tuberculosis in the human family is largely the result of general vaccination against smallpox.

"If the theory is correct it is clearly the wisest plan to risk an attack of smallpox, typhoid, or whatever disease may threaten in preference to the strain upon the protective glands which is incident to the serum or vaccine treatment as preventives."

The bacteria of tuberculosis do not appear until the disease has been developed for several weeks.

In short, the germ theory of disease is based upon the misconception that these germs are the cause, instead of being an effect of disease.

### INCREASING MORTALITY.

Apparently the most significant result of the various changes in our living habits, is found in our declining power to resist the strain of life on the heart, arteries, kidneys and the nervous and digestive systems. Compared with past decades the increase in mortality from the early breaking down of these organs is very marked. The records of the last census show that the increase continues in the younger as well as the older age groups. This points to the shortening of the valuable productive period of life. These indications are well

## WHY ARE WE HERE?

By Erwin A. Rice

Cloth, 148 pp. Price, \$1 by mail

One of the sanest speculations I know on the Hereafter.—Brain and Brawn.

BRAIN AND BRAWN, Los Angeles

attested. They cannot be disposed of by the easy process of denying the statistics without investigation. Nor can the extraordinary increase in cancer be explained in this convenient way. The early breaking down of these important organs points to a decline in the vitality of our people in the mature and most useful period of their lives, and presents a phase of the problem meriting the most careful study and consideration.

Perhaps the declining power of adults in general to resist the strain of life on the heart, arteries, kidneys and the nervous and digestive systems may also be explained in part by the advertising and distribution by the government of vaccines and serums.—E. E. Rittenhouse in "Science."

#### BRAIN AND BRAWN.

I do not believe that drugless healers appreciate what BRAIN AND BRAWN is doing, for the cause of medical freedom. Legislators will grant that only when the people demand it. Then, they will hurry to obey the popular voice, not before. A magazine, filled with articles on disease and medical freedom, will not be read by the people. A magazine read only by the doctors does you no good. Therefore, I make BRAIN AND BRAWN of general interest. I sugar coat the pills it contains. So, gradually, may we educate the people to demand that they shall have the same right to choose their physicians as they have to choose their priests.

#### VACCINATION.

Dr. Hermann M. Biggs, Medical Officer of New York, said:

"Experience in the recent outbreaks in New York City, contrary to the general opinion, has shown that the majority of the cases occurring here are not in unvaccinated persons, but in those who have been vacci-

#### MILK DIET.

BY CHARLES SANFORD PORTER, M. D.

##### V.

**T**HE manner in which milk is handled makes a great difference in its keeping qualities. Milk which is cooled and aerated immediately after being drawn, will keep for days; while, on the other hand, milk which is left to stand with the animal heat in it, will often be stale within twelve hours, and sour in less than twenty-four hours.

Milk from Holstein cows is the best for the purpose, next that from Durhams or Shorthorns, and last that of the pure Jersey and Guernsey, or Alderneys, as the two latter breeds were formerly called. Milk from Jersey cows may be used, but it should be skimmed after standing two to four hours, to reduce the amount of cream.

So important is this question of the kind of milk to be used in this treatment that I quote from an article by Professor J. Allen Gilbert, printed in the New York Medical Record, October 27, 1906, on "Choice of Cow's Milk:"

"Holstein milk is characterized by fat globules of small and uniform size, separating slowly by the gravity method, churning slowly, and carrying very little color. Set side by side with milk of no richer quality, but of larger fat globules, in a given time less depth of cream will rise. Holstein milk coagulates the most slowly of any, and on account of its small globules and their evenness in size it has a decided advantage in ease of absorption."

Many people, anxious to gain weight, think they should take all the cream possible. This is a mistake, as the fat in the milk does not normally make flesh in the body. The flesh built up on a milk diet is derived almost entirely from the proteins and carbohydrates, namely: casein, albumin, etc., and milk sugar. If the fat of a full milk diet was deposited in the body it would mean a gain of about half a pound of pure fat daily.

Milk contains all the salts necessary for the building up of every part of the body. It has iron, potassium, phosphorus, sodium, lime, magnesium, fluorin, etc., and altogether contains about twenty elements.

Dairy milk, or milk from a herd of cows, gives a more even average of fat and other contents than the milk from one cow. There is no advantage in having one cow set aside for your use.

nated successfully, some years previously."

Honorable John Burns, Minister of Health for England, said, in the House of Commons:

"Just in proportion as, in recent years, exemptions (from vaccination) have gone up from four per cent. to thirty per cent., so deaths from smallpox have declined."

List of Deaths from Smallpox and Vaccination as given in the printed Reports by the Registrar General of England for several years. Population in Area of Registration, in England and Wales, 21,000,000.

Year.	Smallpox.	Vaccination.
1906.....	21 deaths	29 deaths
1907.....	10 deaths	12 deaths
1908.....	12 deaths	13 deaths

#### PAYING THE DOCTOR.

At a conference of the Federation of State Medical Boards of the United States the present system of paying a physician for curing sick people was denounced as illogical and uneconomical, and as promoting the growth and prosperity of a multitude of quacks and charlatans. In place of the present system, a national compulsory sick insurance was suggested, under which the medical man would be paid so much per month per patient for keeping his man well.

This is all right, provided, always, that the people have a right to choose, as well as pay, their own doctor. They should no more be compelled to pay a doctor they do not want, than to pay for a church of which they do not approve.

#### HICCOUGH.

W. A. Turner, N.D., of Portland, Ore., writes:

"I read your article on 'Hiccough' in May BRAIN AND BRAWN. I was recently called to attend a lady who was nearly hysterical, having had hiccough for several hours, and who had been doped by two M.D.'s, in their ef-

## A Simple Remedy

Do you get up with a lame back? Have you rheumatism, kidney, liver or bladder trouble? Pain and dull ache in back is often evidence of kidney trouble. It is Nature's timely warning to show you that the track of health is not clear.

Charles H. Lerrigo, M. D., gives a simple, effective remedy for this sort of ailments in the May 13th issue of the "Country Gentleman." This great medicine is a tasteless, inodorous liquid, H<sub>2</sub>O, present in all organic tissues and in many other substances. It freezes at 32° F. (0°C), and boils at 312° F. (100°C), and is used as a standard of specific gravity and of specific heat. In other words, it is just plain, *good pure water*.

To discourage kidney trouble, rheumatism, hardening of the arteries and premature old age, absolutely *pure water* should be drunk freely at regular intervals.

Some people believe that when they drink spring waters, with euphonious, inviting names—water from those filters and percolators (bacteria incubators), or from the hydrant, they are getting pure water, but positively—you are not. These waters contain harmful mineral and vegetable impurities which are injurious to health—investigate for yourself.

There is only one absolutely pure water and that is water which has been *distilled*. *Distilled Water* is the result of water being turned into steam and condensed back to water. This process eliminates all impurities of every nature.

Quantities of *Distilled Water* should be drunk each day—from two to three quarts. We are told that the time to eat is when hungry, and many persons assume, therefore, that the time to drink is when thirsty, but thirst does not come until the tissues are wasting from lack of water supply. It is no indication whatever of the amount of water needed for our body.

Dr. H. F. Biggar, Sr., in a recent article on Rockefeller's Health Rules states that *distilled water* is absolutely necessary to maintain good health.

forts to cure her. I stopped the paroxysms entirely, within three minutes, by applying manipulation and pressure on the third, fourth and fifth cervical vertebrae.

“I have never failed in any similar case, and nearly always stop hiccough within two minutes, by this method. Of course, it would be too simple for an M.D. to try, but it is safe and reliable, and I suggest its use to all drugless healers.”

#### DIABETES.

The Allen treatment of diabetes is now all the fashion in medical circles. It begins by starving the patient for 48 hours on whisky and black coffee.

Why not fast entirely? Are they afraid the patient would die without “dope” in two days?

#### SYPHILIS.

As a physician, I wish to say that the education given out on the subject of syphilis is not true. Syphilis is largely an imaginative disease. If suggestion—the psychological part—is removed, and drug poisoning avoided, there is so little left that it is scarcely worth noticing by clean, intelligent people. It is a disease of filth, plus drugs, medical hysteria, and medical delusion.—J. H. Tilden, M.D.

#### IF JESUS CAME.

That Jesus would be arrested for practicing medicine without a license, were he to come to New York State today, and begin healing the sick and making the blind see, as he did when he was on earth, was the opinion expressed by Judge Chadsey, in police court recently, in finding George W. Keene, a chiropractor, of State street, guilty of the charge of practicing medicine without a license.—Drugless Review.

#### USELESS EXPERIMENTS.

It may not be deemed entirely out of place to remark that in the United

## Over Their Heads

**R**ED apples ripen in the forenoon. Yellow apples ripen in the afternoon, and green colored apples ripen by twilight. If you produce what you eat you will feel like eating what you produce and you will produce the food that is best and you will twist round and round and finally settle on the red because, red makes muscle and muscles make brains. The cause of sickness, pain, disease and earthly troubles is starvation of the brain. Nobody can fetch brain and drop it down before you. It's the fetching that makes it brainy.

Wisdom is smartness in words but understanding is skill in doing things with the hands. The Germans and French are wise enough to use the acid of beer and wine with their food. Acid makes brains but the acid from beer and wine makes too much brains because they use the top instead of the bottom ferment. Top ferment is atmospheric while the bottom ferment is from the earth. Earth ferment is water and oxygen, but top ferment is gas and nitrogen.

The cause of this European fracas is that they want to use brains more and muscles less. If they used a bottom ferment they would want to use their muscles more and their brains less. The cause is not in the muscles nor in their brains, but over their heads. Birds that build their nests high up are always quarreling, but birds that build nests on the ground do not quarrel. If the brain is not properly fed and sustained by muscular activity it produces intellectual poverty. The top ferment is a whole lot cheaper and easier to get than the bottom ferment.

Nitrogen is oxygen that has been used by animals and cast out as waste. It's the juice of dung in the gaseous form. It builds the woody part of plants, but the animal body it makes fat.

Send for my circular on oxidation of red ripe honey and carry it in your hat. It's nature's panacea for the ills of the nations.

#### THE RED RIPE HONEY MAN

Owensmouth, California

States alone, to go no farther, millions of dollars are being expended annually upon the maintenance of "homes," asylums, sanitariums and various other institutions the purpose of which is to minimize or to remove the effects of experiments, made by physicians of the allopathic and homeopathic schools, with the view of determining the action of drugs upon the human system, and that, for the most part, this vast expenditure is futile.—Christian Science Monitor.

#### TRY IT ON THE DOCTORS.

An Omaha doctor seriously suggested to a medical convention in Iowa that children should be exposed to contagious diseases so that a race of immunes might be built up. Whereupon the Pittsburgh Dispatch pertinently asks: Why not try it first on the grown-ups? Would the doctors try it on their own children?

#### "SUCCESSFUL OPERATIONS."

King Christian was operated on today for an intestinal trouble similar to that which necessitated an operation early in 1915. The King was under an anaesthetic for an hour. The surgeons announced the operation was successful.—Copenhagen dispatch, May 19.

As "successful" as the previous one.

Gen. Gallieni, former French Minister of War, died May 27, following an operation for bladder trouble.

James Hill, builder of the Great Northern Railroad, died last month, following an operation.

#### THE SCIENCE OF HEALING.

The true science of healing is in no way mysterious; it is the adaptation of certain means to an end. Health is lost through the violation of the laws which govern our being. It is restored by rendering strict obedience to physiological requirements. We must help Nature to help herself.

Much harm has been done, by throwing an air of mystery over the whole subject of therapeutics. There is really

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Send today for your first six months and add to your health. Money back if not satisfied.

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no mystery about it. Stripped of unnecessary verbiage, the directions for curing are so simple, that a little child need hardly be led astray. First of all, the causes which have produced the disease, must, if possible, be removed. Then employ those agents and influences, and only those, which will cleanse the system, balance remedial action, and restore every part to its normal condition.—Susanna Dodds, M.D.

**A DRUG STORE MENU.**

Dr. L. K. Hirshberg, in his newspaper syndicate stuff, advises this, for constipation:

“She should take a Bulgaria tablet with her meals and a wine-glassful of olive oil after meals, with six charcoal tablets. Also drink whey, sweet milk, buttermilk and cream.”

Some would prefer constipation to such a drugstore menu. Fancy a wine-glass full of olive oil, after a meal! Why not take it with a salad, or vegetables?

Drinking milk induces constipation. Milk should never be drunk.

**TOO LATE.**

A certain lady in Paris gives periodical dinners at which assemble most of the best-known wits and litterateurs of the day. The rule of the mansion is that while one person discourses no interruption whatever can be permitted. It is said that a famous statesman once attended one of these dinners and, being in excellent vein, talked without a break during the whole repast. Towards the end of a dinner a guest was heard to begin a sentence, but he was instantly silenced by the hostess. After they had left the table, however, she at once informed the extinguished individual that, as the famous one had finished his conversation, she would gladly hear what he had to say. The guest modestly declined. The hostess insisted.

“I am certain it was something of consequence,” she said.

“Alas! madam,” he answered, “it was, indeed; but now it is too late. I should have liked a little more of that iced pudding.”—Tit Bits.

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**SIMPLIFIED DIETETICS**

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A Practical Treatise. Doctors are ordering in quantities, to give their patients.

Price 50c, or \$3.00 per dozen

BRAIN AND BRAWN, Los Angeles

## Notes and Personals

A chiropractic magazine is projected in Los Angeles. "Come in swimming; the water's fine."

Injection of sea water was used on an anemic girl in San Francisco. Why not try foods rich in the organic salts?

A shipment of half a million dollars' worth of salvarsan was received from Germany. Half a million dollars worth of dye stuffs would have been more useful, and less harmful.

The Citizens' Liberty League, with more than fifty members, to wage a campaign for medical freedom in California, has been organized, in Los Angeles. Rev. E. Nelson Allen, a Presbyterian minister, presided at the first meeting.

Wanted, a copy of Dr. Reinhold's "Nature versus Drugs," in good condition. Address BRAIN AND BRAWN, stating price.

An eminent M.D., whose reputation extends over the continent, recently said: "Formerly it was an honor to belong to the American Medical Association; now it is a disgrace."

For the fourth time, within seven years, Mrs. Anna Peters, of Hartford, Ct., underwent a Caesarean operation.

John A. Patten, of Chattanooga, Tenn., under indictment by the government, for the sale and manufacture of a preparation known as "Wine of Cardui," died in a Chicago hospital, following an operation for intestinal trouble.

At the annual meeting of the National Association for the Study and Prevention of Tuberculosis, it was stated that "diagnosis of tuberculosis by x-ray has been universally successful." It was added, however, that "its value depends largely on its use, in connection with other means of diagnosis." Not very encouraging.

The State Board of Medical Examiners is congratulated, by the Pacific Medical Journal, on its alertness, in causing the arrest of an expert demonstrator of arch supporters, in a shoe shop. They don't overlook anything.



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**RAILROAD COLONIZATION.**

The General Colonization Department of the Santa Fe, 1715 Railway Exchange, Chicago, has issued a handsome illustrated booklet, descriptive of the Santa Fe Farmer's Special to California.

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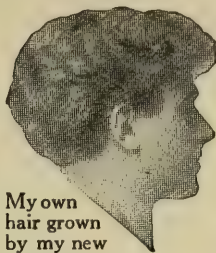
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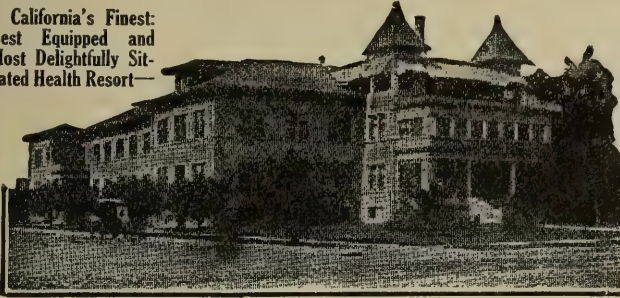
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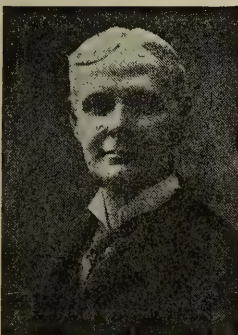


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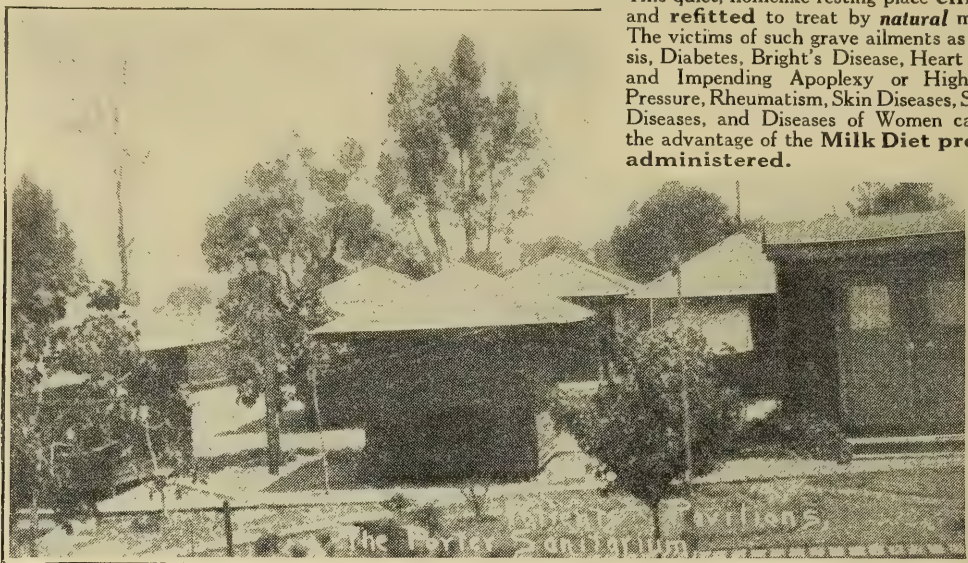
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**AUGUST, 1916**

**Harry Ellington Brook, N. D., Editor. Clara Brook, Business Manager**

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Carl Schultz, N. D., President and Gen. Manager, Geo. B. Abbott, Secy.  
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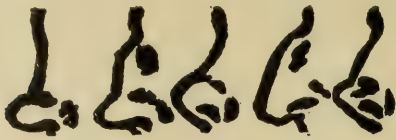
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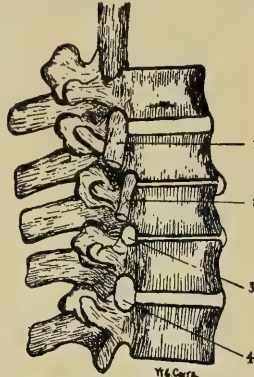
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HARRY ELLINGTON BROOK, N. D., Editor

Ten Cents a Copy

One Dollar a Year

Vol. V

LOS ANGELES, AUGUST, 1916

No. 3

## Civilization

**T**HE savage and horrible world war has torn the mask from what we are pleased to call "western civilization." Orientals may well look upon us with astonishment and disdain.

The mistake we have made has been in supposing that civilization is created by such material things as electric cars, skyscrapers and factories. We may have all these, and many other "modern improvements," yet be savages, beneath a thin veneer. We have neglected the spiritual, in our worship of the material. The fierce struggle for commercial advantage naturally and inevitably leads to war.

Twenty-five centuries ago, before the poison of wealth crept in, Greece and Rome were, in several ways, more truly civilized than are the United States and Europe today. The victor in the national games was then proud of his laurel wreath. Today he sneers at anything less than a fortune in gold. As Macaulay has written: Politicians we have a' plenty, but statesmen are rare.

"Then none was for a party;

"Then all were for the State;

"Then the great man helped the poor,

"And the poor man loved the great:

"Then lands were fairly portioned;

"Then spoils were fairly sold:

"The Romans were like brothers

"In the brave days of old."

Both in war and in peace, the inconsistencies of our civilization are shown. In war, women and children, as well as soldiers, are blown to pieces, or maimed by bombs. On the other hand, wounded captives are carefully nursed, and furnished with artificial limbs.

In peace, men, women and children are worked to the limit of endurance, in factories, and sweat shops, while millions of dollars are contributed for hospitals, fresh air funds, and efforts to "stamp out" tuberculosis, one of the natural consequences of unnatural and unwholesome methods of living. Thus, as usual, do we tinker with effects, instead of seeking to remove the cause. If we would teach people how to live, and insure them decent living conditions, it would go a long way to solve the social problem.

Surely we are paying a high price for what we call "civilization."

An English physician has made a careful study of the way modern high tension methods and occupations are crushing the lives out of the workers. He finds that the great number of accidents that occur in factories where machinery is used are due, not to carelessness as employers generally claim, but to fatigue which is induced by the nervous strain of the work. As the day proceeds workers, becoming tired in body and mind, are less keen, and as a consequence the num-

ber of accidents increase with the hours of toil. As a result of general fatigue the exhausted and overheated workman on leaving the factory is less resistant to the weather, and readily catches cold. Disease and death follow, in many cases directly traceable to overwork or high-tension work. Says this physician:

The pace at which we live and the rate at which the industrial machine is run, create a wear and tear far in excess of anything hitherto known. The pressure pervades all forms of human activity.

Its effects are seen in the infant whose mother has no time to nurse her child, since she must be in the factory. It is felt by the pupil at school, the apprentice, and by the adult well nigh on to the end of the working day of life.

In many occupations men are old at fifty-five.

Rockefeller recently gave a very large sum of money for foreign missionary work, and medical research, by which Orientals may have the privilege of being inoculated with animal virus. This money might far better be expended at home, where millions of unfortunate people are much less happy and comfortable than most of the "heathen" of foreign lands. Why not use at least a portion of this money to lessen child labor, and improve conditions in sweat shops?

We are in the habit of commiserating "savages." When one comes to think about it, much of this pity is thrown away. Civilization has its advantages, but it also has its drawbacks, and not the least of these is a system which makes it necessary for young people, who should be enjoying the springtime of life, to work in close confinement during long hours, often in ill-ventilated premises.

The Arab suffers from homesickness, when he is taken away from his wide, dreary, burning, wastes of sand. If there is any race of people that might be expected to appreciate the advantage of civilization it is the Eskimo, who inhabit the ice-bound regions near the pole. Yet only recently a dispatch from New York told how an Eskimo boy had left his "happy home" in New York, leaving behind him a letter, in which he said in part: "Never mind where I am: I am just working north. I am homesick and disgusted. My own people are more human and kind, and I am going home; your civilization has done nothing but harm for me and my people."

Advices from Japan state that the advancing civilization which that country is enjoying, is bringing increased insanity. Fifty years ago, insanity in Japan was very rare. Thirty years ago, it began to increase, and after the Chinese-Japanese war there was a further increase. The increase was even more marked after the war with Russia. The director of a hospital for the insane at Tokio was recently quoted as saying: "I believe that as civilization advances in Japan, insanity becomes more common, due to the struggle for existence."

The giant inhabitants of Southern Patagonia went stark naked, both men and women. They would row out in their canoes, through a blinding snow storm, to meet an incoming ship, on which the sailors were wearing pea jackets and wool mufflers. The missionaries got hold of them, and induced them to wear clothes. Since then, they have been rapidly dying off from consumption.

In Tahiti, where the natives are of magnificent physique, it is said that since they have begun to abandon their simple dietaries of fruits and coconuts, eating the white man's food, and becoming infected

with the vices of civilization, they are losing their teeth, acquiring syphilis, and deteriorating otherwise.

In 1772, Benjamin Franklin wrote:

Had I never been in the American colonies, but were to form my judgment of civil society by what I have lately seen, I should never advise a nation of savages to admit of civilization, for I assure you that in the possession and enjoyment of the varied comforts of life, compared with these people, every Indian is a gentleman; and the effects of civil society seems to be the depression of multitudes below the savage state, that a few may be raised above it.

A century later, in 1872, Prof. Huxley made this deliberate statement:

Some time after I embarked in a voyage around the world I had the opportunity of seeing savage life, in all conceivable conditions of savage degradation, and in this experience I found nothing more degrading, nothing so hopeless, nothing so intolerably dull and miserable as the life I had left behind me in the East End of London. If the alternative were presented me to choose the life of those people in the East End, or that of a savage, I would distinctly choose the latter.

One more quotation, and I will close. It is from the pen of Prof. D. W. Foerster:

In the midst of our apparently healthy and productive development of economical and technical energy, who cannot perceive on every hand the symptoms of hidden disease? Consider, for example, the increasing brutality with which we pursue an aimless and meaningless struggle for life, the disintegration of will-power, through the ever-increasing multiplication of the demands upon it, the disturbance of nervous equilibrium, as a result of the creation of artificial needs, and the stimulus of more and more urgent claims, the deadening of spiritual power, caused by the breathless pace of our machine-like system of life, in which all the inner needs of man are reckoned as no more than sand in the bearings!

One day we shall come to ourselves and ask: What is the object of all this perpetual strain, all this restless activity; what is the ultimate aim of this soul-destroying haste and competition? Is it so important that men should travel more and more rapidly from St. Petersburg to Paris, or that one nation should outdo another in the manufacture of the best motor-cars? All deeper life, all sacred peace and solemnity, all humanity's higher goods, all quiet love, are sacrificed to the insatiable demands of our ever-increasing material needs. Every section of society is compelled to join in this acceleration of life and this restless multiplication of needs.

What we need is a spiritual awakening, a revival of interest in things higher and more worth while than the muckraking of dross, a realization of the fact that human life and happiness are worth more than property, a little of the high thinking and simple living that animated those who established this great nation. The warring nations of Europe are going through the furnace, and will, I believe, come out purified. Must we, of the United States, go through a similar awful experience, before we discover our souls?

### Food

**S**OME people seem to think that, if a food is good, the more they eat of it the better. This is a grave error. On the contrary, a little bad food is less harmful than a lot of good food. As I have often said, quantity is of more importance than quality. If you eat only just enough to replace waste, and furnish heat and energy, it matters comparatively little what you eat. Please note that I said "comparatively."

Ninety-nine per cent. of our ailments are due to accumulation in the blood of the waste matter of surplus food.

### What's What in Los Angeles

**N**EXT to serving in a submarine, about the last job I should want, would be to superintend the publication of a city directory. Fortunately, for the publishers, it comes out only once a year. But, almost as soon as one number is out, they have to begin work on the next.

The Los Angeles City Directory for 1916, is a volume of 2454 pages. The population of Los Angeles is estimated at 555,363—quite a change from the population of 11,000, when I first went through the city, 35 years ago. As usual, I append a list of the most numerous occupations in the city, compared with the same figures for 1915:

	1915	1916		1915	1916
Apartment Houses .....	912	935	Manufacturers' Agents ...	385	370
Architects .....	170	145	Meat Markets .....	467	415
Artists .....	175	200	Millinery .....	213	180
Attorneys .....	1440	1415	Mines & Mining.....	225	195
Bakeries .....	230	230	Motion Picture Mfrs.....	39	46
Barbers .....	790	770	"Movie" Theaters .....	100	103
Billiard Halls .....	224	200	Newspapers, etc. ....	187	115
Ch. Science Healers.....	190	225	Notaries Public .....	290	210
Cigar Dealers .....	520	360	Nurseries .....	151	110
Confectioners .....	315	310	Nurses .....	1097	990
Contractors .....	1345	1075	Oil Companies .....	336	220
Dentists .....	455	575	Osteopathic Physicians....	223	190
Dressmakers .....	740	835	Painters, House & Sign...	336	210
Druggists .....	260	265	Physicians .....	1273	1055
Dry Goods .....	245	210	Plumbers .....	315	220
Express & Drayage.....	365	355	Printers, Book & Job....	263	245
Furnished Rooms .....	1770	1570	Wholesale Produce .....	195	155
Grocers .....	1660	1595	Real Estate Agents.....	2880	2200
Hotels .....	170	165	Restaurants .....	810	700
Insurance Agents .....	325	280	Saloons .....	195	194
Investments .....	349	350	Schools & Colleges.....	213	180
Jewelers .....	193	250	Shoes .....	512	500
Land & Water Co's. ....	310	170	Steamship Companies ....	65	63
Loans .....	211	165	Tailors .....	737	795
Lumber Dealers .....	163	100	Music Teachers .....	828	830

### A Mexican Invasion Thirty Years Ago

**T**HERE was an American "invasion" of Mexico, thirty years ago, in the summer of 1886. After a large force of the United States army, for a year or more, had been chasing Geronimo and his small band of Apache murderers, on this side of the line, in Arizona and New Mexico, and when Gen. Crook was replaced by Gen. Miles, the governor of Sonora gave the United States permission to cross the border. I was at that time editing the Tombstone Epitaph, and incidentally, acting as "war correspondent" for half a dozen of the leading papers of the country. With the expedition was Lawton, who later distinguished himself in the Philippines, and Leonard Wood, now commanding the Department of the East.

Geronimo, who was as wily and hard to catch as Villa, finally gave himself up, expecting to be sent back to the San Carlos reservation. When he discovered that the programme was different, he escaped. Then he again surrendered, and was sent to Florida.

There are lessons to be learned from that campaign. Notably, the usefulness of Indian scouts, without whose aid it is doubtful whether Geronimo would ever have been cornered. Also, the need of wiry, hardened men and horses, who can emulate the endurance of Indians, on forced marches, over a rough country.

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### A House of Cards

**S**EVERAL of my friends complain that, while they are doing a fair business, they cannot collect their accounts. Modern finance is like a house of cards. Touch one, and the others topple. Take, for instance, a city of half a million population, like Los Angeles. If one leading merchant is unable to collect his debts in Chicago, or New York, he cannot pay what he owes, to local dealers. Those dealers cannot pay others. And so it goes, like a ripple on the surface of the water, when you drop a pebble into it. This is a weak point in our economic system.

There is one man who has an advantage in such times—the farmer, who does not specialize, or who, in addition to specializing, grows what he eats. He can, at least, collect his “grub” from the soil.

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### “Average Mortality”

**M**EDICAL men often say that the average duration of human life has increased, and point to it as a triumph of “medical science.” The statement is true, but misleading. The average length of life has increased, because more weakly infants are saved. Many of them would better have been left to die. On the other hand, deaths of people over forty, from degenerative diseases—cancer, Bright’s disease, etc.—have greatly increased, during the past twenty years. These diseases are directly due to wrong living, especially wrong eating. They cannot be cured by suppressing the symptoms, with drugs or serums. There are many who believe that the increase of cancer is due to the injection of animal filth into the blood.

When the people learn how to live, there will be a great increase of length of life, as well as “average mortality.”

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If any remnant of human wisdom survive the era of murder and hysteria, through which the world is now passing, it will be because, somehow and soon, the ideal of human fraternity is brought to prevail over the outworn creeds of nationalism and industrialism. It must be so, else Socialism, Christianity and the comity of literature, art and science, have become a ghastly jest.—Waldo R. Brown.

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In view of the recent discussion on war pensions it is interesting to recall that the provision a grateful country made for the heroes who fought under Wellington was permission to beg. The old soldier who begged without a permission either from justice of the peace or his commanding officer was liable to be hanged.—London Chronicle.

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We deplore every condition in which we find man lower than he should be, under a free government. We want victories of democracy, that the level of success shall be raised.—Charles Evans Hughes.

## Law and Morals

**F**OLLOWING is from an article on "Law and Morals," by Herbert J. Goudge, Esq., of the Los Angeles bar, in the June number of "Case and Comment":

Law has to do with conduct toward one's fellows, so far as it affects their rights and material well-being. Morals is concerned with duty toward one's self for the conservation and development of character, and affecting the well-being of self. Law regards rights, and strictly is not concerned with duties, except the negative duty of refraining from trespass upon the rights of others; while morals imposes many obligations which have nothing to do with the positive rights of others. The lone castaway upon an uninhabited, uncharted island could not violate any rule of law, but he might commit many offenses against good morals. He might be vicious, but could not be criminal.

\* \* \*

Legislatures continually propose and adopt rules which attempt to regulate private and personal conduct and restrict personal freedom of action, without reference to any trespass upon the rights of others. Lawmakers have no hesitation in prescribing what we shall smoke, what we shall drink, what medicine we may take, what medical advice we may give or receive, and what amusements we may indulge in.

There are, in this country, strong and well-organized religious bodies, whose members believe it to be wrong and demoralizing to indulge in the amusements of card playing, dancing, and theater going. Under the popular idea of the legitimate scope of legislation, if one of these sects should happen to command a majority of one in a legislature, it would be not improper for it to make card playing, dancing, or theater going, felonies. It is only necessary to label any restrictive piece of legislation a "moral issue" to command the almost unanimous support of the members of any legislature. A reputation for virtue and morality cannot be more cheaply and easily acquired than by the vociferous support of "moral legislation."

It seems not to be understood that as soon as legislation attempts to restrict and regulate anything more than civil conduct, it ceases to be law, and becomes an unwarrantable and dangerous interference with personal liberty. \* \* \*

Morals necessarily, to some extent, rests upon opinion and view point, and particular rules of morals may be the subject of difference of opinion. Moral responsibility and moral character cannot exist, unless the individual is left free to decide between right and wrong. Freedom of will and freedom of choice are necessary attributes of a moral being. Law, on the other hand, if it stays within its own proper field of action, does not, and should not, allow for differences of opinion or for freedom of conduct. When our definition speaks of law as a rule of conduct, commanding what is right, and prohibiting what is wrong, the context indicates that it means right and wrong as regards the rights of others. As to the respecting of these rights, the individual can be allowed no freedom of choice. But it is not possible to take from a man the right to govern himself, in matters not affecting the rights of others, without emasculating him as an individual. A person deprived of all his faculties, mental as well as physical,

would be no longer a moral being. It seems to be the aim of some of the most "advanced" of western legislatures to reduce all men to this condition of innocuous desuetude and moral idiocy. The distinction between the legitimate sphere of influence of law and morals is ignored, and any acts or conduct—even in trivial and indifferent matters—which a dominant clique disapprove or want to have the credit of disapproving, are legislated into crimes.

It has been made a crime to sell pieces of tissue paper measuring about one and a half by three inches in size. It is a crime in at least one state to sell cigarettes, while it is not an offense to deal in cigars or tobacco. It was made a crime in New York to manufacture cigars in a tenement house, and, in the same state, it was made a crime to manufacture oleomargarin. In some cities it is a crime to cross the street except in a particular way; in others it is a crime to alight from a street car, except on a designated side. Every large city has hundreds, if not thousands, of penal ordinances, and every denizen therein becomes an habitual criminal, so that violation of so-called laws is regarded with general indifference, and conviction of criminal offenses is treated with levity. Along with a great number of trivial and ridiculous laws there are also constantly being enacted numerous laws which attempt to enforce morality, to make every vice a crime, and the policeman the moral arbiter of every individual conscience.

Of course, when law attempts to invade the field of morals it loses certainty. Law is objective; morals, subjective. Law ought to be, and in its nature must be, definite and certain. Questions of morals have to be resolved by circumstances, and with reference to psychic and spiritual states and conditions. Law is necessarily too clumsy and crude an instrument with which to measure morals. Laws designed to enforce morality necessarily fail of their purpose, and their failure brings discredit on law and disparagement to morals. The confusion of law and morals inevitably brings indifference and disrespect to all rules of conduct, legal and moral. If we would preserve the sanctity of the moral law, and due respect and obedience for the civil law, we must keep the two within their proper fields of action. We must render unto Cæsar the things which are Cæsar's, and unto God the things that are God's.

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### A Jeffersonian Compliment

“**B**RAIN AND BRAWN,” Harry Brook’s useful and bright magazine, devoted to the welfare of humanity and to health in general, is now entering its fifth year. It is a lusty infant and its growth shows that there is a field for such a magazine. Mr. Brook’s motto is “a sound mind in a sound body,” and even old Epictetus could not have uttered an aphorism more sage and, we started to say, more meaty, but the editor is more or less a vegetarian. May the Brook go “on forever”—also the magazine.—The National Jeffersonian.

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Internationalism is as much nobler and more ideal than patriotism, as patriotism is nobler and more ideal than statehood. Internationalism bears the same relation to patriotism as Christianity does to Methodism, or Presbyterianism.—Dr. Frank Crane.

### The Simple Life

WE have heard much of late about the "simple life." Really it is about time. Not long ago T. P. O'Connor, leader of the Irish party, and a member of Parliament for over twenty years, had a pertinent article in the Independent (New York) in which he asserted that the next great movement in the world of spiritual and moral reform will be the gospel of simple life. He said:

We seem in some respects to have reached the stage in our habits and morals which was reached by Rome before the final decadence. Luxury has increased to a gigantic extent; luxury has brought in its train looseness of morals and also some vulgarity of manners, and every day it is becoming more difficult for people of ordinary means to keep up with the expensive life now getting so common.

We all make of ourselves voluntary slaves to custom, and to things which are really not necessary. The tendency is constantly to more work and worry. The "Song of the Shirt" led to the invention of the sewing machine, with the hope that women might be emancipated from the bondage of the needle. What has been the result? As a woman writer recently said:

The sewing machine has increased the number of tucks and ruffles and the number of changes of outer and undergarments. This may be of small account to the wealthy man's wife and daughters, who need only to have the servants sort the soiled linen and send it to the laundry. But among the common people, the elaborate white dresses and skirts worn by the one, two, three, or more young ladies of the family, in the summer often mean little less than slavery to the mother.

This is an age of restlessness—of running around, often without any particular object. People don't care to sit and think, or to sit peaceably and admire the beauties of nature. They are miserable if left alone with their own thoughts, even for half an hour. As a consequence, we find nervous diseases of all kinds, and insanity increasing at a most alarming rate.

Henry D. Thoreau was a man who led the simple life for several years, and more or less, as long as he lived. In some respect Thoreau was rather narrow in his ideas, but he has left us many thoughts that we might well take to heart, in these over-strenuous days. Thoreau was a great walker, and a nature lover. In 1845 he put his philosophy to a test, by building with his own hands a cabin in the woods, by the shore of Walden Lake—or pond, as it is there called—a mile from the town of Concord, in Massachusetts, and the same distance from any neighbor, where he spent over two years. This experience is delightfully described in his book "Walden," the reading of which, in a city, is like a breath of pure fresh air to a man confined in a stuffy room. With the spirit of the true nature lover, Thoreau describes a hundred little features of land, air, water, and of vegetable and animal life, that would entirely escape the notice of an ordinary man, wrapped up in his business, or profession. Here is an extract from the opening chapter:

Most of the luxuries, and many of the so-called comforts of life, are not only not indispensable, but positive hindrances to the elevation of mankind. With respect to luxuries and comforts, the wisest have ever lived a more simple and meagre life than the poor. The ancient philosophers, Chinese, Hindoo, Persian, and Greek, were a class than which none has been poorer in outward riches, none so rich in inward. We know not much about them. It is re-

markable that we know so much of them as we do. The same is true of the more modern reformers and benefactors of their race. None can be an impartial and wise observer of human life but from the vantage ground of what we should call voluntary poverty.

The house built by Thoreau was tightly shingled and plastered, ten feet wide by fifteen feet long, and eight feet posts, with a garret, a closet and a brick fireplace. The exact cost of the house, not counting the work, was \$28.12½ which he gives in great detail, including one cent for a piece of chalk. For the first season expenses for implements, seed, and a little work hired, were \$14.72½, and the gross income \$23.44, leaving net \$8.71½ besides produce consumed and on hand at the time, which he estimates at \$4.50. The next season Thoreau did "better still," as he says, for he spaded up all the land he required—about a third of an acre.

Thoreau's expenses for food for eight months, not including potatoes, a little green corn, and some peas which he had raised, cost him \$8.74. The chief items were rice, molasses, rye meal, and Indian meal. He also consumed during the eight months twenty-two cents' worth of pork, for he was not entirely a vegetarian, although later on in the book he presents good arguments in favor of a vegetarian dietary.

His expenses for "clothing, etc.," during eight months amounted to \$8.40¾—note how exact he is. He says he learned from his two years' experience that it would cost incredibly little trouble to obtain one's necessary foods, even in this latitude, and adds that he found that by working about six weeks in a year he could meet all the expenses of living.

It is not necessary that one should go so far as Thoreau did, nor is it necessary to make of one's self a hermit. It would, however, be an excellent thing if everybody could find out for themselves how foolish it is to make one's self a slave, for the sake of things that are not only unnecessary, but often positively harmful, and discover at the same time how much pleasure there is in the simple life.

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### Chinese Lotteries

**T**HERE are five Chinese lottery companies in Los Angeles, each holding drawings twice daily. They take in about \$5000 a day, and pay out about \$1000. This makes nearly \$1,500,000 a year mostly withdrawn from circulation, and accounts, in some measure, for the prevailing hard times.

The drawings are absolutely "on the square." They can well afford to be, with such a margin in their favor. At Monte Carlo, I believe, the margin in favor of the bank is only two and one-half per cent. More white men and negroes, than Chinamen, play these lotteries. The tickets are peddled by agents, who receive a commission of fifteen per cent.

The lotteries are raided about once a month, when the proprietor is fined \$25, and the assistants \$10 apiece.

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If we expect labor to fight our nation's battles, we must give labor a nation worth fighting for.—John H. Clark, Justice of the U. S. Supreme Court.

## South America

**W**HILE Americans are fairly well informed regarding Europe, it is astonishing how little they know of our neighbors on the southern half of the Western Hemisphere. Occasionally, we read articles on the chances of capturing the trade of South America, but before we can capture trade, we must learn something of the people with whom we expect to deal. John Barrett, who perhaps knows more about South America than any other citizen of the United States, has said: "The greatest problem before the United States today lies, not in its relation to the countries across the Pacific, but in its relation to the countries south of us."

J. Ziegner-Uriburu, a doctor of jurisprudence of Buenos Ayres, for seven years in charge of the consular affairs of the Argentine Republic in the City of Mexico, is now head of the Latin department of the University of Southern California. He is devoting his time to the task of bringing about a better understanding between the United States and the countries of South America. In an interview I had with him he said:

The European war must make the American nations realize that the time is ripe for immediate action on the lines of mutual understanding. When this war is over, whichever nation conquers is going to be the mightiest force ever known in the history of this world, and this continent has to face that force. Whether the Allies or the Central Powers are victors makes no difference. Whichever side wins is going to say that it won in spite of the United States; whichever loses, will say, it lost because of the United States. There will be no love for the United States, on either side. The greatest problem and the greatest opportunity before the United States today is "Pan-Americanism." That means the solidarity—the combined action of the twenty-one nations of the Western Hemisphere. Pan-Americanism means twenty-one independent republics—twenty sister-republics, covering nine millions of square miles, or the area of the United States, three times its own area, with a population of 180,000,000. And the population of Latin America is increasing faster, by reproduction, than is the population of the United States. After the European war is over, and the influence of the Panama Canal at work, Latin-American immigration from Europe will increase faster than that of the United States. Latin America, with the same proportion of population to the area as the United States, will before long have a population of 300,000,000. Every one of these twenty countries gained its independence through the leadership of generals and patriots who, in their biographies, say that they were inspired to make the fight for liberty by George Washington. Every one of these twenty countries has written its constitution upon the Constitution of the United States.

To know each other, we must develop an exchange of travel between representative men of Latin America, and those of the United States. Besides planning trips and excursions from the United States to Buenos Ayres, Montevideo, Rio de Janeiro, Lima, etc., why not invite the men of those cities and their Chambers of Commerce to send delegations to the cities of the United States?

There should be a closer coming together of the men of intellectual leadership of all the American nations and people. There should be a migration to Latin America of our educators, scholars, scientists and students. Not to teach and lead, but to learn and cooperate. Latin-American savants, professors, authors and publicists should be invited to the United States to address our learned societies, scientific institutions and colleges. Students should be exchanged, in increasing numbers, by the universities of North and South America.

Allied to this idea of intellectual and educational relationship is that of the study in the United States of the Spanish language. During the next decade, this language bids fair to be of more practical value to the average

young American than French or German. The more men and women there are in the United States who can speak Spanish fluently, the quicker will that sensitive line of difference between North and South America disappear.

Commercial relations are bound to develop into enormous figures, if a spiritual union among the nations of the Western Hemisphere be established. Interest does not tie nations together; it often separates them. Sympathy and understanding do unite them. Therefore, by seeking a spiritual union, we lay the foundation for a lasting sympathy and good will, which must bring the nations of the Western Hemisphere into closer relations, for mutual benefit.

Regarding the Monroe doctrine, Dr. Uriburu says that the countries of South America fully appreciate the protection it confers on them, but the Spanish race is proud, and they are inclined somewhat to resent the fact that they have not been consulted in the establishment and maintenance of the doctrine.

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### Some Products of Civilization

**B**OY'S fingers when cut off by "punch" machines in the metal-working shops are quoted at \$200 the pair; amputated singly they are worth \$150.

Girls' fingers when crushed by the machines in box factories are not paid for, as the machines are run at the risk of the girls.

"Finger splitters," another box-making machine, splits the fingers of the girls who operate them. To the trade the machine is known as a corner stayer. It glues the corners of the boxes. Split fingers are not paid for.

Blood flows from the hands of young girls and old women, who for from \$3 to \$6 a week pick knots from cloths in woolen mills. At the end of the week the operators' hands are raw.

Women, some gray-haired, stand in the slaughter houses for ten hours daily stripping pork and making sausages. They now stand on boards to keep out of brine and "pickle" on the floor. They used to stand in it.

Women, some young and others old, work at core-making in the steel and iron foundries while they breathe carbon monoxide, a poisonous gas liberated by the ovens in the same room.

Women polish marble with corrosive acids in many of the marble shops. This work would tax the strength of a robust man.

Women, as a rule, work immediately before and two weeks after they give birth to children that they may support the little ones after they come into the world.—New York World.

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### Forgiving Their Enemies

**A** BRITISH army chaplain returning from France today told of stopping at a wayside shrine in Flanders, where Belgian soldiers, kneeling in prayer, were following the chant of their priest until the father started the Paternoster.

At the words, "As we forgive those who trespass against us," there was silence. Not a man replied.

The priest hesitated and started again. Suddenly a steady voice rang out from the back, clearly intoning the words that pledge one to forgive his enemies. It was the voice of Albert, king of the Belgians. His soldiers then repeated after him, word for word.—London press dispatch.

### Modern Paganism

**T**HERE was no free speech, and the mind was in slavery on pain of death, in the days of Jupiter's reign. In our day we affect free speech and mental freedom. We do not kill people for not accepting our dicta—our conventional beliefs—but we do a more cowardly thing: we coerce into silence by starving and ostracising. Those who do not believe as we do we ignore and make as unpopular as possible; and if that does not quench their dominating spirit, we pass laws that inhibit the possibility of contrasting their beliefs with those of established order. This is the refined paganism that has grown up under the mask of Christianity and is today running society. The European war is a legitimate working-out of our paganized Christianity.

As it is my lot to work in the field of health and healing, I know, as few know, how the pagan spirit has grown under the mask of philanthropy in caring for the sick. Today there is no more thought, feeling, or regret at the mutilating of the human body, and the killing of victims, in hospitals and surgical infirmaries ("surgical plants"), than was felt at the horrors of the arena in pagan days. And our refined heathenism is backed by Church and State, the same as it was in Nero's day.

Young women and young men who are thrown much with physicians, hospitals, training schools, and medical colleges are easy marks—ready victims—for surgical insanity, which means a love of blood and torture. Our manner is more refined, but it is paganistic just the same.—J. H. Tilden, M.D.

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### "Savages"

**W**ITH no taxes to pay and no wearisome restrictions to undergo, living in a land so fruitful that a few weeks' labor is enough to supply them with food, home and clothes for a whole year, the Ekoi, natives of extreme southern Nigeria, on the equator, should be and probably are among the happiest people on earth, according to P. A. Talbot, African explorer, of London. "The Ekoi are devoted parents," he writes. "They have curious beliefs as to the advent and death of their babies. One charming superstition forbids all quarreling in a house where there are little children. The latter, so they say, love sweet words, kind looks and gentle voices, and if these are not to be found in the family into which they have been reincarnated they will close their eyes and forsake the earth till a chance offers to return again amid less quarrelsome surroundings."

It is a misnomer to term the child born out of wedlock an "illegitimate child." It is merely the child of an "illegitimate father," and an "illegitimate mother." These expressions, if applied with half the scorn meted out to the illegitimate child, by a smug and complacent public, might lead to a reduction of this evil.—Prentiss Murphy.

There never was, in any country, at any one time, in the history of the world, such a high average standing of painting as there is in the United States, today.—John E. D. Trask.

## Briefs

John D. Rockefeller, on his seventieth birthday, advised: "Don't worry about anything." That is easy for Rockefeller to say.

Los Angeles stores close Saturday afternoons, in July and August. Fifty years ago, in England, stores closed at 2 p.m. Saturdays.

Billy Sunday was operated on for hernia. Pulpit gymnastics.

Some English officers fly over to London and back the same day, for a Turkish bath.

A bill to exclude all Germans from France, forever, has been prepared by the French government. Nonsense.

In Holland, a man is insulted, if you offer to pay for his drink. Men are not so easily insulted, in the U. S. A.

Eighty per cent. of the moving picture films made in the world are produced in Southern California.

Eighty thousand Good Templars, in Germany, have protested against wasting food, in using barley for beer.

In one month, twelve Italian society women gave flesh, from their arms and legs, to save the lives of soldiers.

Several students of the University of Washington live on eight dollars a month, lodging on a house boat.

There were 25 lynchings in the United States during the first half of 1915, eight of them in Georgia.

Forty years ago, Los Angeles had 2614 pupils, between 5 and 17 years of age.

The Krupp works, at Essen, employ 13,000 women.

Two million Armenians are said to have been killed since the war began. They have been killing Armenians since I was a boy. How many are there?

Twenty-three million men are under arms in Europe; as many able-bodied men as there are in the United States.

Well to do Philadelphians do not send their children to public schools. So much the worse for the children.

An Englishwoman, arrested for neglecting her children, gave birth to triplets, in jail. "Race suicide."

An Oregon college includes a course for janitors.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, AUGUST, 1916

No. 3

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## Secret Diplomacy

I HAVE been reading "The European War of 1914" by Prof. John William Burgess, formerly Professor of International Law, in Columbia University, New York. It is an able legal argument, from the German point of view. I have read equally good arguments, from the viewpoint of the Allies. All such arguments, tending to show that one or the other side is right or wrong, are futile, because neither side is altogether right, or altogether wrong.

Far above and beyond all such discussion of petty details, stands out the overshadowing fact that a half dozen foreign ministers, exchanging white papers, and blue papers, and green papers, and red papers, and haggling over real estate and trade, have had it in their power to plunge a continent into the horrors of war, without the knowledge of any of the people concerned, who are then called upon to slay each other, in the name of patriotism. If the people of every warring country had known the full facts before the war, they would have arisen and forbidden it; if necessary by revolution. Only a noisy minority, in each country, approved it. They were given no chance. If they choose to vote for war, let them go at it, but let those who vote "Aye" be the first drafted to fight.

Secret diplomacy must go. Those who die and pay must have a "look in." The game must be played with the cards on the table. Should the war accomplish this, millions of men will not have died in vain.

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## Heart Broken

A CORRESPONDENT on the Mexican border telegraphed that the officers were "heart broken," when they learned there was to be no war with Mexico.

Many mothers would have been heart broken, had we gone to war.

This yearning of professional soldiers for war, with its excitement and promotion, is one of the chief objections to a standing army.

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Send the militiamen on the border fresh fruit and salad plants, instead of candy and cakes. It may save them from disease, and perhaps death.

## A Model Newspaper

THE newspapers have been furnishing their readers a succession of daily horrors. Infantile paralysis scare in New York; man-eating shark scare at the Atlantic beaches; revolutionary scares on the Mexican border; Japanese war scares, the blowing of thousands of human beings into bundles of bloody rags, in Europe, with the regular daily grist of accidents, calamities and crimes, all intensified by exaggerated headlines, make most of the papers unwholesome and painful reading.

What a relief it is, to turn from these flashlight sheets to a serene newspaper, like the Christian Science Monitor, that prints all the news worth reading, while minimizing displays of man's baser nature. Although not a Christian Scientist, I read the Monitor, six days a week, finding therein much interesting information that I fail to discover elsewhere. As a writer and a publisher, I doff my hat to a model newspaper. Why cannot we have more like it?

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## Postmortem Sympathy

A TALENTED musician, poor in purse and depressed in spirit, died in Los Angeles, by his own hand. A mass of beautiful floral tokens covered the expensive casket. The minister's eloquent words brought tears into the eyes of the mourners. The cost of the funeral would have paid the living expenses of the deceased for a year.

Do not wait until a man is dead before you show your sympathy. A small check for the living is worth more than a costly floral tribute to the dead.

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## Crimes

JOHN BRISBEN WALKER is now editor of Physical Culture, with John Brennan as managing editor. In the June number, the editor suggests that it is a crime for parents to fail to subscribe to the magazine. One of my valued subscribers, a man nearing the century mark, yet active, mentally and physically, recently suggested that it is a crime not to read BRAIN AND BRAWN.

Too many people are committing crimes, nowadays.

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Swindlers sold Texas lands, said to be worth more than \$10,000,000, to victims in various parts of the country, including Los Angeles, by means of fraudulent abstracts of title in a bogus company. This could not have happened, had the Torrens system of State land certificates been in operation.

Among the absurd stories printed about President Wilson is one to the effect that he mobilized the militia, in order to have them out of the way, in case of a railroad strike. Wilson's detractors must be hard up for campaign material.

In the effort to prohibit the consumption of alcohol, shootings have occurred in the State of Washington, and in West Virginia, police officers have been ordered to carry rifles, as well as revolvers.

A highway robber is a gentleman, compared with the millionaire packer, who sells rotten meat to the army.

It is a sorry sight to see the Congress of the richest country in the world, led by Southern mill owners, obstructing a child labor bill.

### Cluny

I AM quite sure he thinks that I am God—  
 Since He is God on whom each one depends  
 For life, and all things that His bounty sends—  
 My dear old dog, most constant of all friends;  
 Not quick to mind, but quicker far than I  
 To Him whom God I know and own; his eye  
 Deep brown and liquid, watches for my nod;  
 He is more patient underneath the rod  
 Than I, when God His wise corrections sends  
 He looks love at me, deep as words e'er spake;  
 And from me never crumb or sup will take  
 But he wags thanks with his most vocal tail;  
 And when some crashing noise wakes all his fear  
 He is content and quiet, if I'm near,  
 Secure that my protection will prevail;  
 So, faithful, mindful, thankful, trustful, he  
 Tells me what I unto my God should be.

He had lived out his life, but not his love;  
 Daily up steep and weary stair he came,  
 His big heart bursting with the strain, to prove  
 His loneliness without me. Just the same  
 Old word of greeting beamed in his deep eye,  
 With a new look of wonder in it, asking why  
 "The whole creation groans and travails."

He

And I there faced the mystery of pain.  
 Finding me dumb and helpless, down again  
 He went, unanswered, with the dawn to die,  
 And find the mystery opened with the key,  
 "The creature from corruption's bondage free."

—William Crosswell Doane in Boston Evening Transcript.

## Brooklets

Don't forget that mortgage means "death grip."

\* \* \*

Equality will never exist in this world, except on paper.

\* \* \*

Few follow what Germans call the "goldene Mittelstrasse."

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Everybody is fallible—except the Pope and newspaper editors.

\* \* \*

About the only thing, besides love, money cannot buy, is experience.

\* \* \*

For every thousand who can read and write, there is about one who can think.

\* \* \*

The word "friend" is as much abused as the word "love." How many friends have you?

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A good way to stimulate building would be to pass a law, placing all crazy people in insane asylums.

\* \* \*

Some unpleasant people seem to be made up almost entirely of conventions, traditions and prejudices.

\* \* \*

All man can do with aeroplanes and submarines is to try to imitate the birds and fishes.

\* \* \*

Some people who growl at a jolting car will pay to have their "innards" shaken up in a beach whirligig.

\* \* \*

After you have tried everything, and begin to think life isn't worth living, suppose you try making some one happy every day.

\* \* \*

Woman is rapidly emancipating herself from the tyranny of Man. When will she begin to free herself from the tyranny of Fashion?

\* \* \*

How strange that a man, who would be ashamed of drinking six cocktails before lunch, will boast of eating a dozen buckwheat cakes for breakfast.

\* \* \*

Why do we sell eggs by the dozen, and apples by the pound, and vote the Democratic ticket, and attend a Presbyterian church? Because our fathers and grandfathers did.

# Care of the Body

## Infantile Paralysis

THE "infantile paralysis" scare was much increased, by the fact that physicians were ordered, under severe penalties, to report every case. As few physicians have ever seen a case of this disease, they would naturally report everything suspicious, thus causing much unnecessary alarm and hardship. I have no doubt that more children will have died from serum experimentation than from the disease.

Following communication from me was published in the Los Angeles Times, of July 11:

There is, in New York, an epidemic of what the physicians call "infantile paralysis," a form of spinal meningitis. Cases have also occurred, simultaneously, in twelve widely scattered states, showing that these cases were not due to contagion. One authority tells us that the disease is as contagious as smallpox. It would be more correct to say that it is as contagious as toothache. Yet, quarantines are being rigidly enforced, while doctors go in and out of sick rooms.

Physicians say they have "isolated the germ," but have not succeeded in discovering a cure. I read that "a number of highly trained epidemiologists and laboratory specialists have been rushed to New York, in the hope that they may evolve effective means for preventing the spread of the mysterious malady." Also, that an embargo on monkeys has been raised, and a thousand or more of these interesting animals are to be rushed from foreign countries, for experimentation purposes. One might suppose that, during the four years since the last epidemic, there had been ample time to make these experiments, with the aid of the large funds of the Rockefeller Institute. Four years ago, an eminent medical authority declared the disease was spread by stable flies. Then, another equally eminent authority said it was not due to that cause.

When atmospheric conditions are favorable, certain diseases will attack those whose blood has become so filled with impurities through wrong living, that the system lacks resisting power. In summer it may be diphtheria, or scarlet fever, or "infantile paralysis," in winter it may be grippe, or influenza. When atmospheric conditions are such as to cause rough water, many persons, who are susceptible, simultaneously become seasick. There is, in fact, an epidemic of seasickness. Yet, we never say the passengers "caught" the disease from each other.

Infantile paralysis always develops coincidentally with the appearance in Eastern cities of hot, murky weather, during which children consume great quantities of "ice cream cones," together with the omnipresent "all day suckers" and other cheap candies. These, with the usual surplus of starches and sweets in the diet, over-heat the blood, causing an acid condition, that readily yields to disease. A great uproar is raised about a saloon near a school, yet a saloon is

not nearly so harmful to the children as are the vendors of "penny dainties," who locate around the grounds during school term. Children thus not only poison their blood, but destroy their power of digesting plain food.

In all the medical advice that has been given, I have seen no reference to this important subject. We are told that the disease may be spread by healthy "carriers." Dr. George Nicholas, head of the Federal Bureau of Epidemiology, says: "Keep away, as far as possible, from everybody." Rather difficult advice to follow, although I must admit that if people would altogether keep away from each other, much trouble might be avoided—the present war, for instance.

Four years ago, in Los Angeles, we had, not an epidemic, for there were only a few cases, but a great scare, over infantile paralysis. A shot-gun quarantine was established in the city. In some outside towns passengers from Los Angeles were disinfected, and forced to change their clothes. One case of infantile paralysis proved to be worms, another a dislocated shoulder. Finally, the people demanded that the criminal folly should cease, the quarantine was raised, and the "epidemic" was soon forgotten, but not until it had caused great unnecessary inconvenience, and had done much harm. When I expostulated with one of the State health authorities, he said: "Oh well, you know, we must throw a scare into the people, now and then."

See that your children do not consume cheap ice cream and candies, feed them, during warm weather, a minimum of starches and sweets, let them eat freely of fresh fruits and salad plants, with plain wholesome food, at regular meal times only, give them a warm bath at least twice a week, and they will not get infantile paralysis, or any other infant ailment.

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### Sea Food for the People

**C**ITY COUNCILMAN FRED C. WHEELER, of Los Angeles, recently made a suggestion for the reduction of the high cost of living, by a municipal fish distributing market. With an ocean full of fish at our doors, owing to lack of proper distribution, those who would like to eat fish go without it, or pay a high price for it. Often there is a glut, and tons are thrown overboard, or sent to the fertilizer works. The fishermen work long hours, for small pay. Mr. Wheeler suggests that the city establish a receiving market, on its own property at the harbor, where it could buy, at market rates, all the fish offered, ship to the city, then, from a central point, send to the various municipal markets. Also, establish new markets. At small additional expense, auto delivery services could sell direct to consumers.

The suggestion is not a bad one, and worthy of consideration. Since the war, we are not so much scared at the idea of "paternalism" in government.

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Wanted, a copy of Dr. Reinhold's "Nature versus Drugs," in good condition. Do not send book, but address BRAIN AND BRAWN, stating price.

### The Power of Diet

**A** FAMILY living near me has proved the power of diet, as a means of improving health, and restoring normal conditions of the body. The family consists of a father, aged about sixty, his wife, and a daughter, about twenty-two years of age. The father suffered severely from eczema, and the daughter was growing too fat. The man drank over half a dozen cups of coffee daily, and smoked to excess.

About a year ago he gave up coffee, tobacco and meat, living mainly on vegetables—cooked and raw—and buttermilk. He is now entirely free from eczema, has a good complexion, and is otherwise much improved in health.

A short time ago he ate fish, every day for a week, without eating with it any raw green stuff. He promptly broke out with eczema, which disappeared, after he resumed a rational diet.

At the same time the daughter gave up starches and sweets, living mainly on fruits and vegetables. She has taken off 20 pounds, and is much improved in appearance.

Many will doubtless say that they would rather stay fat and clumsy, than give up candies, and cookies, and cakes and pie, and other palate ticklers of that kind. This is entirely a matter of personal good or bad taste. Also, will power.

The mother in this family, is at present what people call "fairly well." She has not yet been converted to the simple diet. When she becomes really sick, she will probably try it.

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### Good Cheer at the Table

**N**OTHING else will take the place of good cheer and laughter at meals in the home. There is a vital connection between amiability and digestion—between good cheer and assimilation. Laughter is the best friend the liver has, and depression, or melancholia, its worst enemy. Numerous experiments have shown that mirth and cheerfulness stimulate the secretion of the gastric juices, and are powerful aids to digestion. Yet, knowing this, many of us sit as gloomy and absorbed at the table as at a funeral. In many homes scarcely a word is spoken at meals, outside of requests for an article of food.—O. S. Marden.

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Will the contributor of "Some Little Bug Will Find You Some Day" send name and address?

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If we were more sensible about our Sunday dinner, we would have fewer blue Mondays.—Ladies' Home Journal.

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The man who doesn't smoke or drink is a sore trial to the doctors. They don't know what to tell him he will have to give up.—Cleveland Leader.

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When eight bags of cotton arrived in Liverpool, in 1784, the custom house officers seized it, on the ground that so much could not have been raised in America.

## Poison Oak

**M**ANY are deterred from going into the mountains on account of their susceptibility to poison oak. Some are affected if they go within twenty feet of a plant, while others can handle it, with impunity. It depends upon the condition of the blood. It has no effect upon me. Over forty years ago, I grubbed it out with a hoe, in the redwood forests of Santa Cruz county, and would sometimes chew the leaves. I don't know whether I could do that now. I have not tried, and have no intention of doing so.

This form of poisoning depends upon two conditions. First, the vine must be in flower. Second, the wind must be blowing in the direction of the party affected, or he must handle it. Third, his pores must be open, through perspiration, so that the minute spores of the flower can enter.

Every year I have published an absolutely sure preventive of this form of poisoning. Yet, every year a number of old correspondents write for me to repeat it. Why don't you save your clippings, or file your numbers? Here it is:

One level teaspoonful of concentrated lye to a quart of boiling water. Allow to cool, and rub on exposed parts. Have a bottle of this, and carry it with you, where you expect to encounter poison oak. Then use it again in the evening, after returning. If you leave a piece of skin exposed, the size of a dollar, that piece will be affected. The rest will not.

As to a cure, I know of none. About the only thing to do is to "grin and bear it." You may somewhat relieve the pain and itching, by washing the parts with a solution of baking soda. Until cured, live entirely on fruit, and not much of that, to keep the blood cool, and aid elimination. Also wash the bowels out daily.

Now, don't ask me to repeat this, saying you are sorry you have lost it, and sending me a two-cent stamp, to pay for my time and trouble, because I shall not do it—at least not for another year. Cut this out, and file it away for reference, or file the whole number, if you don't care to mutilate it.

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## Flies

**D**O not swat the fly. Flies, like bacteria, are useful scavengers, feeding on refuse. If you could exterminate all the flies, without destroying the filth on which they feed, the human race would be visited by an epidemic, that would wipe it off the earth.

Do not swat the flies, but seek out the filth on which they feed, and remove it.

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The system of prison reform which Thomas Mott Osborne instituted at Sing Sing was in use in Japan as long ago as 1650, prisoners choosing their own officials for the maintenance of order, and vesting them with authority that extended even to questions of life and death.—Indianapolis News.

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When I came to California, in 1876, the population of the State was only a little more than that of Los Angeles City, today.

### Beans

**E**VEN the humble bean, the "stand-by" of the poor man, has felt the upward urge. Warring European nations have bought our beans by the trainload, also the United States for our troops on the border, and the retail price of pink beans in Los Angeles is now 12½ cents a pound, as compared with four cents a pound, a few years ago.

Beans, with a little bacon to grease the pan, are the main reliance of the Southwestern prospector. Without beans and burros, many rich mines would not yet have been discovered.

There are many kinds of beans, ranging in color from white to black. The pink bean, or Mexican "frijole," is the most popular in these parts. It has more flavor than the white bean.

Beans are a food for hard physical workers. Those who sit should eat them only occasionally, and then it is best to hull them. The skins are indigestible. Also, they contain a small amount of xanthin, an equivalent of uric acid. Prospectors who live mainly on beans, and canned foods, develop rheumatism. It is said that Pythagoras, a vegetarian, forbade his followers to eat beans.

As with meat, always eat with beans a salad, when you can get it. It is not necessary to eat pork with them. You can cook them with a few olives, pickled or dried, or add a little olive oil.

In Canada, peas take the place of beans, and in Germany, lentils, a legume that is not so well known in America as it should be.

Dr. Elmer Lee, editor of *Health Culture*, who does his own cooking, boasts of a bean broth. It is simple enough. In *Health Culture* for May, he writes:

A woman of 83 said she did not like my beans. I am not offended. I have one aim, it is to prepare beans that will be acceptable to all, even to Dr. Tilden, and Harry Brook, the editor of *Brain and Brawn*. I have a new way, and it applies to all kinds of beans.

My preference among the dried beans is for Limas. Wash any amount of dried Lima beans, place them in a covered vessel of convenient size, add water enough to cover them and as much more water as beans, or a little more; simmer them or steam in a double boiler for three hours, or till soft, then drain, the water to be seasoned and sipped from a cup as "bean broth" and eat the beans separate.

The beans are good cold or warm; the broth is good cold or warm. The hull is nutritious and soft when cooked till soft. If the broth is too rich thin it with water. The beans are not to be soaked before cooking, or hulled.

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### Italian Spaghetti

**U**T spaghetti into boiling water, without breaking; boil about forty minutes; put into a buttered baking dish, sprinkle with chopped onion and green pepper; cover with seasoned tomato juice; grate Parmesan cheese over the top, and bake.—Dr. Lindlahr's Cook Book.

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Some people do not burn up their fuel readily, and there is a tendency for the fuel to accumulate, just as when a locomotive does not have a good draft and the fireman cannot make the furnace burn the coal up.—Good Health.

## Summer Drinks

**A** NEWSPAPER correspondent complained that the demand for California lemons has been greatly lessened by the giving up of old-fashioned lemonade, for fancy, artificial compounds. Since then the demand for lemons on the Mexican border has boosted the market. Even the lemonade sold on stands is mostly made from manufactured citric acid. You can tell it by the "furry" taste it leaves on your tongue. And this, while hundreds of tons of "cull" lemons are rotting on the ground, within fifty miles of Los Angeles.

Most of these fancy drinks, flavored with essences, largely compounded of coal tar products, are much more injurious to health than light wine or beer. The only safe, sane, and altogether satisfactory drink, from a health point of view, is soft water. To this may be added a little fruit juice. It should be cool, but not ice cold. Hot tea, without sugar, is a more cooling beverage than an iced drink. From the latter there is always a reaction, as from a cold bath.

The two most heating substances in foods, are, first, fat, second, sugar. When, therefore, you take, to cool yourself, a mixture of cream and sugar, and that at an iced temperature, you are acting just about as sensibly as you would be to put on a fur overcoat, and sit before a big fire, on a hot summer day. The tickling of the palate with the sweet cold mixture is only temporary. In reality, it heats you, as much as if you put hot, greasy soup into your stomach.

Grape juice, much lauded by those who adjure the use of alcohol in any form, is, as I have frequently said, less wholesome, as a beverage, than claret. A tumblerful of grape juice contains the juice of two pounds of grapes. Therefore, if you drink it, as you would drink water, it must inevitably cause flatulence, and ultimately dyspepsia. The way to use grape juice, or any other fruit juice, is to take one-third of a glass of the juice, with two-thirds of a glass of pure, soft water, and the juice of half a lemon, beaten up thoroughly, and then sipped very, very slowly, tasting each mouthful. Remember, that grape juice and milk are foods, not drinks, and, therefore, should be eaten, not swallowed, like water. If they are, you will suffer from it. A white Muscat grape juice, put up by Otto Carqué, of Los Angeles, is more appetizing to the palate, and pleasing to the eye, than the red juice. Or, you may make a pleasant, mildly stimulating drink, in the same way, by substituting claret for grape juice. Or you may use the juice of any other fruit.

C. W. Dayton, of Owensmouth, Cal., the red ripe honey man, makes a drink of honey and water, which he calls "aquasun." He will send you a receipt, and the right to use it, for a nominal price.

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James T. Stewart, the ingenious mechanic in the employ of Swigart & Huber, has perfected a machine for using gasoline gas. Mr. Slauson, of the County bank, has purchased one, and thinks it will be a great improvement over all other machines yet invented.—Los Angeles Express, June 26, 1876.

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Men and women are built to earn their living by the sweat of their brow, and if they refuse to sweat they will cease to live. And they will be half dead a long time before they are buried.—Nautilus.

### Prize Babies

**D**ENVER had a baby show last winter. There were hundreds of babies entered, and they were scientifically sized up and scientifically measured. At last, after much deliberation, one perfect child was found. It satisfied the critical eyes of the medical experts, and that child was given the first prize. Then another was found, that was given second prize. The second little one died, after one day's sickness. Only a short time after a clear bill of health, it died of spinal meningitis.—Philosophy of Health.

Dr. Simon Flexner, of the Rockefeller Institute, described as "world leader in the study of infantile paralysis, and the first man to identify the germ," is quoted as saying: "The strongest babies, the healthiest children, are the ones most in danger from the mysterious scourge of infantile paralysis." Nonsense. No human being, child or adult, whose blood is pure, can acquire this, or any other disease. The average physician, like the average layman, does not know how to recognize disease. "Pictures of health" are often loaded with morbid matter, lacking in resisting power, and ready to succumb, like pricked bladders, when conditions for the prevalence of disease are favorable.

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### Don't Give Children Pasteurized Milk

**G**IVE your children raw milk, from a healthy cow, if you have one, or live near one. Otherwise, in a city, get certified milk, which is not pasteurized.

Pasteurizing does not destroy any germs the milk may contain. They can withstand a greater degree of heat. On the other hand, as I have heretofore shown, sterilizing—and to a less extent pasteurizing—largely changes the vital mineral elements of the milk, from the organic to the inorganic form, in which form they cannot be assimilated, or utilized, by man or animal.

Pasteurizing is a slovenly way of covering up the output of dirty dairies. Canned milk may be clean, but it is pasteurized.

When infants are fed exclusively on sterilized or pasteurized milk, they develop, in course of time, constipation, rickets, and ultimately consumption. They are puffy and fat, and are often called "pictures of health," but they fall a ready prey to an epidemic of disease. Healthy blood will easily dispose of any few germs raw milk may contain.

When there is no mother's milk for an infant, get a wet nurse. When this is impossible, feed clean raw milk, diluted. The milk of a Holstein cow is best, because it does not contain so much cream. When you cannot get any raw milk, always add a little fruit juice, to make up for the deficiency of organic salts.

In a few years, no physician will recommend pasteurization. It is a crime to feed infants, exclusively, on pasteurized milk.

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Only 196 passengers were killed, in the United States, last year, in railroad accidents.

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Tens of millions of Chinamen have never seen rice.

### A Small Cause of Big Difficulties

**F**ISSURE is not the simple condition that it might seem to be. The constant irritation has an untoward effect upon the entire nervous system. One justice of the Supreme Court was utterly incapacitated for work by a very small fissure. He had all the symptoms of a nervous breakdown. He gave up his work, and planned a long vacation, for purposes of recuperation. The repair of a tiny fissure started him on the road to health, and it was not many weeks before he was able to resume his labors.

Hemorrhoids and fissure, by the reflex nervous condition produced, are great factors in the business failure of many men. No man can be at his best with a constant irritation, no matter how slight it may be. The constant daily irritation from hemorrhoids, or from fissure, causes more lack of concentration and, therefore, more loss of work, than many a constitutional disease. This condition may be the real cause of many family ruptures, for the man may become so irritable, without apparent cause, that the home life is broken up. In almost all functional nervous disorders there is some slight, constant irritation, that is to blame for the entire disorder.—E. B. Lowry, M. D.

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### Safe Deliveries

**O**NE HUNDRED AND EIGHTY-SEVEN babies were born in the Woman's Alliance Maternity Cottage, on South Utah Street, Los Angeles, during the year ending June 1, last. Not a single death of a mother or baby occurred.

This is a good record, especially when it is considered that probably none of these mothers had taken dietary precautions during pregnancy, so as to insure safe and easy deliveries. No "twilight sleep" was utilized, although ether was administered, in cases where it was considered necessary.

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### To Prepare Pineapple Juice

**F**IRST pare off the skin. You need not take out the "eyes." Grate on a grater as you would nutmeg or cheese. A big four-sided grater costs very little and is handy for preparing fruits and vegetables. The coarsest side can be used for pineapple, the next smallest for carrots, the third for apples, and the smallest for nutmeg. After grating the pineapple, strain it through a square piece of cheesecloth. Keep pressing it by twisting together the four corners until no more juice comes out. When you open the cloth you will find a round ball of pulp that looks like shavings and is almost as hard to digest. Once you see this pulp you never again will eat pineapple without grating it.—Mrs. David Beach.

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American dentists lead the world. The dentist of the Emperor of Germany is an American.

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It is less harmful to under-eat of bad food, than to over-eat of good food.

### Vox 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 and commendation are 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.]

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#### "BLOOD AND IRON."

I read, with interest, your article, "Blood and Iron," in the June number. Greusel, the biographer you quote, no doubt has an intimate knowledge of Prussian history, from 1840 to 1880, and on the whole, I think he has drawn a correct picture of Bismarck. Still, after reading, I have the feeling that he is not a big enough man to do justice to the giant.

Although a mere boy, I was right in the midst of the great conflict of 1860-66, when Bismarck made his strong fight for a greater army. My father had been one of the leaders in the Dresden revolution of 1849. Condemned to death, he finally got off with serving five and a half years in the state prison, at Waldheim, Saxony. He was a "red" Democrat, and a deadly enemy of monarchism, in close touch with all the leaders of Democracy, and remained to the last day of his life (1907) "unregenerated," although he admired Bismarck's splendid courage and wonderful statesmanship.

In those days, I read nearly all the speeches of Bismarck and his antagonists, in the Prussian Landtag, also most of what was written for or against Bismarck. Of course he was a great actor—one of the kind who dominate the stage, the moment they appear—but he was more than the coarse, gluttony Prussian Junker, which Greusel makes of him.

My criticism of Greusel's book (which I return) would be that the portrait is not given in strong, bold lines, but in a sort of groping, hesitating way, with a predominating fear of overdrawing and making a demigod of this superman.

If only any one of the warring nations had a Bismarck now, to put a stop to the awful murder of millions of good men! As I see it, there is no really great man to be found, on either side of this great struggle. Lloyd George comes nearest to it, but even he seems to be more of an organizer, than a man who can think and act the really big thing.

Bismarck was possessed of unbounded faith in his mission, was ready to fight the devil or angels, willing to die for his belief, and his aims, and he had that big vision which is necessary to accomplish the big thing, whether it be considered right or wrong. He had everybody against him, with the exception of his king. The court, the bureaucracy, the people, the church, all were his enemies, and he not only kept them all at bay, but conquered. We must not look for sentiment in a man of blood and iron, the man who defiantly said: "Nach Canossa gehen wir nicht!"—Alfred Dolge, Covina, Cal.

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#### A CLASSY MAGAZINE.

BRAIN AND BRAUN is certainly a classy publication, and seems to be improving month by month. It is absolutely the best health magazine on the market today, as I have read them all. BRAIN AND BRAUN has more good common sense on one page than the majority of other publications in the same line have in their entire magazine. Here's best wishes for your continued success.—John P. Foy, Roanoke, Virginia.

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**THEY DON'T GIVE IT MUCH.**

Accept my best wishes for the further success of your magazine, which deserves all the encouragement that the practitioners of natural therapeutics can give it.—William F. Havard, N.D., Lindlahr College of Nature Cure, Chicago.

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**ONE OF MANY.**

Inclosed find check for the balance of your fee. I am very much improved in health, though not entirely well yet, but I am sure that if I continue the treatment, I shall get perfectly well in a few months.—Susie C. Uren, Keeler, Calif.

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**FROM THE LAND OF THE MAPLE.**

Kindly send along your magazine for another year. Wife and I get more real good from your magazine than from any other we take, and we take some good ones, too. Here's more power to your elbow, and may you never die. Your work never will.—N. R. Lewendon and wife, Vancouver, B. C.

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**I HOPE HE APPRECIATES IT.**

Your magazine is a common sense gem. It is always interesting. When re-read, I send it to a friend, a prominent physician of New York.—G. Major Taber, age 84, 4511 Collita Street, Los Angeles.

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**LIKES BEING JAGGED.**

Your comments in **BRAIN AND BRAWN** are admirable. I enjoy the magazine, from the first page to the last, not because I agree with you in all things. I like to be "jagged," now and then. It does one good.—C. O. Court, Pittsburg, Pa.

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**AT THE MINERAL SPRINGS.**

What a place this is for human misery. How many people here are under the delusion that hot baths will remove the ills of the flesh, brought on mostly by improper living. There is nothing in it. The road to health does not lie through a mud bath, or a sulphur bath. No matter what the ailment, every one is found rushing for the table three times a day, to get what pleasure the palate can give. One would think the loss of a meal meant starvation. So people on crutches, and others pushed to the table in wheel chairs, vie with those able to move more rapidly, in getting there.

What need there is, for a magazine like yours, to instruct those who never read or think on rational common sense lines, and how hard it is to get people interested in new and better ideas. The average individual is intellectually stationary, and too dull to work his mental machinery for his own benefit.

It is hard to get what one should eat here, for it is meat in various forms that confronts you. And talk about salt—everything is salted to the limit, even the oatmeal mush. The stomach rebels against it, in vain. I have been here only one week, and though I have eaten lightly, I am pickled in salt.

I have talked with a man who has been here three months for rheumatism. He has taken over a hundred mud baths, with no perceptible benefit. He now thinks he will return to Los Angeles, and try a twenty-day fast.—Channing Severance.

### 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.]

#### CANCER.

I have a woman friend, who has been operated on twice for cancer. The first time they removed the left breast, the second time, a piece under the left arm. Now, the cancer is returning on the collar bone, on the left side. Do you think you could do her any good?—D. O. T.

Several medical authorities admit that only one in 200 operations for cancer is permanently successful—and then it was perhaps not really a cancer. Also, they admit that after the operation, the cancer returns with increased virulence. This is natural, because in cutting it out, they do not remove the cause.

At the annual meeting of the American Medical Association in San Francisco, last year, Dr. Mayo, now president of the Association, who is one of the leading operators in the United States, declared that diet is the chief factor in cancer, a statement to which many of the members agreed.

#### RUBBING THE BODY.

The Danish athlete, Lieut. Mueller, strongly recommends rubbing of the body, as a means of muscular development. He adds: "If the skin be inclined to chafe, it is a good plan to rub a little vasoline, lanoline, or other emollient on the sensitive parts, to begin with, until the skin and hair roots have become stronger." Do you approve of that?—R. J. L.

I recommend, as an important aid in the care of the body, thorough oiling, every day, especially after a warm bath. For this practice I have found St. James' oil the best. I have used it for several years, with excellent results. The practice of oiling the body is as old as history. It is recommended by the apostle James. It is strange that this valuable practice has so much been lost sight of.

#### SUPPRESSING FEVERS.

Referring to a new serum called "emetine," a writer in the Medical Record says: "In only six cases in a series of eighty-two treated by injections of emetine, did the fever run longer than four days after the treatment was begun, and none of these six extended over a period of more than six days." How about this?—George S.

To suppress a fever is a bad and dangerous thing. Fever is an effort of nature to burn up waste matter, and restore health. One eminent physician has said: "Give me a fever and I will cure any case of sickness." Let no food enter the stomach. To quench thirst let the patient sip cool—not iced—water with a little unsweetened fruit juice—give fresh air and open the bowels if necessary by an enema. Nature will do the rest.

"More Money"; Vol 2. No. 3, March-April, 1916. Outside cover printed by a new process, shiny and trying to the eyes. Chauncey M'Govern, Examiner Bldg., San Francisco; 10 cents a copy, \$1.00 a year.

A writer refers to Siberia as "the richest country one can imagine, with three cities of over 130,000 inhabitants, where people go to the theatre in evening dress."

## A Pioneer Subdivider

By HARRY BROOK.

I FIRST became acquainted with L. M. Grider about 25 years ago, when he was engaged in the subdivision of tracts to furnish homes for the rapidly increasing population of Los Angeles. He was the pioneer subdivider of Southern California. His idea was always to sell large lots—an acre, if possible—on which people could establish real homes. I found him a master of his business, with a remarkable power of framing attractive advertisements. Not only that, but he had “the goods” to back them up. Of the 57 subdivisions he laid out, all were successful. In every case, the buyers made money.

Grider knows almost every piece of property in Los Angeles county, and all the old timers. To take a drive with him, around the outskirts of Los Angeles, is a liberal education in the history of the development of the city from a Mexican pueblo. He can tell you a story about every old house, and about many old trees.

Grider is a native son of California. He began to deal in real estate at Downey—then called Gallatin—in Los Angeles county, in 1879, his office being “under his hat,” selling land at \$10 an acre, on easy terms.

In 1881 Grider opened an office in Los Angeles, on the southwest corner of Main and First Streets. In 1886 he removed to 110 West First Street, taking as a partner Col. Maholm, of Belle Plains, Iowa, a banker, who built the first brick building in Downey, and started the Los Nietos Valley Bank there. One of the first tracts laid out by Grider, during the celebrated real estate boom of 1886-87, was the Beck tract, at the corner of San Pedro and Seventh Streets.

About 1891 Grider went into partnership with Wilbur O. Dow, at 109 South Broadway. They laid out several tracts. The office was then removed to 129 South Broadway. The Kincaid tract, at the corner of Pico and Figueroa Streets, started the second boom. This was sold, without advertising, in one day. The lot at the corner of Pico and Figueroa was sold for \$1,500. Now, with a substantial building, it is leased at \$15,000 a year.

After that, in rapid succession, there were placed on the market half a dozen tracts, including the Briswalter tract, of 200 acres, on Central Avenue, at that time called Wolfskill Lane. Streets were opened for a mile, and adorned with shade trees.

In January, 1902, the firm of Grider and Hamilton was formed, with offices at 225 West Second Street. They laid off a number of tracts, several of which were sold out on a Sunday. By this time, Grider had got the selling of subdivisions down fine. All he had to do was to announce a sale, and, presto, the lots were sold—or most of them. His last tract was Floral Park, northeast of Los Angeles. While preparing to subdivide this tract, he sold 590 acres in a block.

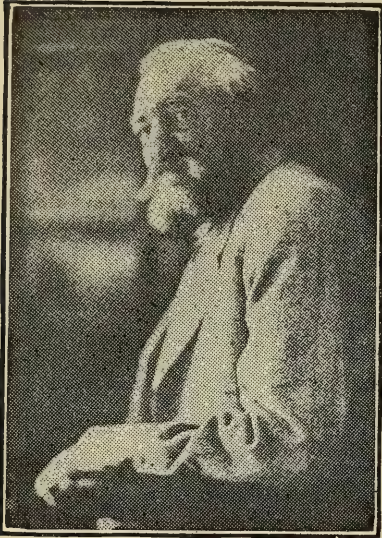
The firm then became the Grider-Hamilton-Oswald Company. Manchester Heights, on Vermont Avenue, was laid out, attracting a big crowd, and the Hollywood tract, near Colegrove.

Amid all these real estate activities, Grider found time to serve a term in the City Council, which he did with credit.

About 1908, when the second boom in real estate was at its height, Grider came to the conclusion that prices had reached too high a level, and that it was time to take in sail. He ceased laying out new subdivisions, and devoted himself to winding up the business on hand. After a pleasure trip to Alaska, he began preparations for the establishment of “Birdland,” a unique enterprise, that was opened in 1910; at his home place, on the corner of Central Avenue and Pico Street, in the Philbin Tract, a lot he had picked out for himself, when that tract was subdivided. The firm of Grider and Hamilton still exists.

Of “Birdland” I shall tell you something next month.

# Cure of Chronic Disease



**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., and give, when requested, special advice on preg-  
 nancy, children and fasting.

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 M.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### POISONING THE SOLDIERS.

It is rough on our soldier boys, that, in addition to the dangers and hardships they may encounter in Mexico, they should be filled, before they start, with poison, in the shape of serums, and are further poisoned, after they get there, by rotten food. A recent dispatch from the front stated that forty militiamen of the Ninetieth Massachusetts Infantry were stricken with ptomaine poisoning, and removed to a hospital, in consequence of eating canned salmon. The same old story, of commercial greed, furnishing rotten food to the troops, as during the Spanish war.

Following is from a Sacramento, Cal., dispatch, describing preparations of the California militia to start for the Mexican border, in the last days of June:

"Troop D of Los Angeles was sore last night from injection for typhoid fever; it is irritable and wholly out of humor tonight as every left arm in the troop was scraped this morning for the injection of smallpox vaccine. The troopers protest that they would not mind wounds if received in an open fight, but they object to attacks of the medical squad. The troop is fortunate, however, as not one of the troopers is in the hospital.

"This morning's rations were distributed to the regiment and the men prepared for an extra breakfast to make up for the dinner they missed Monday night. But there was a slight hitch; the rations were uncooked and the stoves for the regiment were delayed somewhere en route. Part of the men were permitted to go downtown for breakfast, but three-fourths of the regiment breakfasted on uncooked food. The result was that nine members of the regiment were in the hospital at 5 o'clock this afternoon."

If missing one hot breakfast sent nine members of a regiment to the hospital, what might be expected after a month's march through the deserts of Sonora?

A militiaman, on the frontier, who saw his comrade die after inoculation, deserted, to escape a similar fate. He was captured and it is said will be "mildly treated."

Following is from the Philadelphia Ledger:

"The statistics brought forward in the weekly reports of the United States Public Health Service with regard to sickness in the army are not reassuring. For the calendar year 1914 the average daily number of disabled persons per thousand in the army, by the reports of the surgeon-general, was 23.7. Figures collected from about 200 labor unions in a bulletin of the New York department of labor give 12.05 working days of those in industrial employment. The discrepancy is especially perturbing in view of the fact that the men in the army are carefully selected for their physical condition and those who are persistently unwell are excluded. To the ubiquitous official investigator a new field of research apparently suggests itself through the comparative tabulation."

That soldiers are more subject to sickness than civilians, despite the fact that they are picked men, is undoubtedly due, in great measure, to the fact that they are forced to submit to inoculation with animal filth, in the shape of serums, for the supposed prevention of smallpox, typhoid, and other diseases. This poisoning of the blood lays the foundation for cancer, tuberculosis, and other deadly ailments.

When to this blood poisoning is added starvation food, in the shape of "canned roast beef," that has been first used for soup, and white flour, deprived of most of the mineral elements—used in no other army—is it any wonder that our soldiers get sick?

## SERUM SUPERSTITION.

After poisoning people for centuries with deadly drugs, the medical fraternity has now admitted that they are failures, and has evolved the fashion of injecting animal filth into the blood, which is worse than drugs. This practice is based on the false pre-nise that germs are the cause of disease. Germs are no more the cause of disease than maggots are the cause of rotting meat. Not many years ago Dr. Alexander M. Ross, an eminent physician, with a string of titles half as long as your arm, said:

I charge that they have encouraged superstition and humbug by the germ theory of disease. I do not question the existence of infinitesimal micro-organisms; but they are the result, not the cause of disease. They are the scavengers; their legitimate work is to clean out the sewers of our bodies. Wherever there is decay, pus or decomposing matter, these little life-savers are doing their work of neutralization, sanitation and purification. They feast upon effete and decaying animal matter. They are beneficial helpers to an important end.

Almost weekly a new and wonderful serum is added to the list. One of the latest is a serum for whooping cough. The Research Laboratory of the Department of Health, of New York, asserts its belief that this vaccine "acts as a preventive when given in proper doses." When given in improper doses it probably kills the child. The Department also says that this vaccine "seems" to have shortened the duration and severity of the disease. If children are fed right, they will not develop whooping cough, or any other infantile disease.

Another wonderful discovery, telegraphed from Paris, is a serum, that "insures complete recovery of men who are terribly mutilated." Serum factories have been unable to make enough of this stuff to supply the firing line, where it is proposed to use it preventively. And what do you suppose this serum is? "A combination of a number of serums against

different varieties of bacteria." A sort of almagoozelum.

If they pump the blood of the soldiers full of a few more serums, they will not be able to fight, which might conduce to the ending of the war.

When is this criminal foolishness to end? As I have often said, the great increase of cancer, and other diseases, may be largely traced to this wholesale poisoning of the blood. The people are only now beginning to show the effects.

Lieut.-Col. C. E. Woodruff, of the U. S. Army, is author of two notable books on the influence of tropical climates on blond races. He is regarded as a high medical authority. Here are extracts from an article by Col. Woodruff on the "Vaccine Fallacy":

The whole theory of vaccinations and serums is erroneous, for although by their use we may obtain freedom from one disease it lays us liable to others, especially tuberculosis. . . .

Chantmerse informs me that he has seen two cases of rapid tuberculosis develop a few days after anti-typhoid vaccination, and he warns particularly against using it where tuberculosis is suspected.

It is suspected that the prevalence and increase of cancer and tuberculosis in the human family is largely the result of general vaccination against smallpox.

If the theory is correct it is clearly the wisest plan to risk an attack of smallpox, typhoid, or whatever disease may threaten in preference to the strain upon the protective glands which is incident to the serum or vaccine treatment as preventives.

It appears as if members of the Medical Trust may do anything they please, in the way of experimenting on the bodies of the people, by risky operations and dangerous serums; whereas, if a good man seeks to aid nature to remove impurities from the blood, by diet, wet packs, air baths, manipulations of the spine, and other simple and harmless, but effective measures, he is prosecuted and persecuted.

How long are the American people going to "stand for" this condition of affairs? It is their business, not mine.

## A SECRET OF VITALITY.

What is called medical "science" seeks to cure by suppressing symptoms, and driving poisonous matter back into the interior of the body, by physical means. I aim to remove the cause, by fasting, when the body cleans itself. Or I withdraw all those food substances which encumber the body, and build disease.

I prescribe to the sick foods that contain little mucus-forming material, or an entire fruit diet, according to the condition of the patient. Such foods, containing a minimum of cellulose, are easily digested, because they contain no encumbering lime material.

Such a diet is the most natural. It frees the body from impurities, driving them out, sweetens the blood, through its alkaline material, and regenerates the entire system. The organism begins, for the first time since infancy, to work freely, like a filthy machine which has been cleaned thoroughly for the first time. The finest capillaries are filled with clean blood, nerves and brain are stimulated by electricity and ozone, as furnished by the sun energy of fruits, in place of a clogging material furnished by the modern kitchen.

Breathing is life, but you cannot cleanse the body by breathing, so long as you continually fill it with filth.

A German specialist in fasting has declared that fasting increases the vitality. I know this, and I have proved it. After a nine days' fast, I made a march of fifty-six hours, without sleep or rest, over two hours of this in a trot. (See "Rational Fasting"). My observations of hundreds of patients, who made fasting cures, confirms this truth. A slightly sick vegetarian, suffering from inflammation of the eyes, walked seventy-two kilometers, on the twenty-fourth day of his fast.

The surplus of what we eat absorbs so much of our strength, for the process of throwing out the waste,

## MILK DIET.

BY CHARLES SANFORD PORTER, M. D.

## VI.

**I**N severe cases of illness, the success of the milk cure depends on the faithfulness with which the details are followed. Some of these details often seem unimportant, to those who know little of the treatment, but in any case, where a successful result has not been obtained, it has always been easy to point to faults of commission or omission.

It is true that many people have derived great benefit from a milk diet, taken otherwise than as I advise, or only partially following my instructions, but I believe that my plan is one that is always successful, enabling the patient to take the proper amount of milk, and secure the desired results, without any danger.

Before commencing the milk diet, it is usually advisable, and often necessary, to take a fast from ordinary foods. For the ordinary case, where the digestion is more or less impaired, and particularly where constipation is present, the fast should continue at least thirty-six hours, but the patient is allowed to eat ripe fresh and dried fruits (except bananas) in such quantities as may be eaten with relish, and as much water may be taken as possible with comfort. Diabetics should fast for five days, not even eating fruit.

While I have often started patients on milk, only five or six hours after their last meal, sometimes I have regretted it, and thought that a day's fast would have saved time. If there is a class of patients who can do without the fast, it is the thin, weak, anemic people, such as consumptives, neurasthenics, etc., especially those whose bowels are in the habit of moving freely every day. Such patients take milk greedily; they soak it up like a sponge, there is no initial constipation or nausea, and the rapid increase in circulation causes a quick elimination of the impurities in the blood and bowels.

On the other hand, those who are stout, plethoric, rheumatic, gouty, dropsical, constipated, or who have had skin or blood disease, diabetes, headaches, coated tongue, prolapsed or dilated stomach, or any displaced organ, should take at least one day's fast, and many people will be benefited, and gain time in the end, by extending the fast over several days.

that the machine often stops, and the man dies, not because he has eaten too little, but because he has eaten too much, and has eaten wrong.

ARNOLD EHRET.

Canyonville, Ore.

### THEY IGNORE DIET.

Few physicians in the United States are reliable guides in food problems, as affecting health, because they have never been taught the facts at college. No medical school or university in the United States now devotes a fraction of the time it should devote to teaching the tremendously important and far-reaching subject of dietetics.

Two years ago I prepared a schedule from the catalogs of the 22 leading medical colleges in the United States—the best according to the judgment of The American Medical Association and of Prof. Graham Lusk of Cornell, who published the list in "Science" of Oct. 10, 1913. My schedule—published in three journals devoted to health subjects—showed that of the 22 colleges, 8 were then giving no course under the heading "Dietetics"; 2 devoted 11 hours during the whole 4 years of the course; 3 gave 16 hours; 1, (the University of Texas,) 26 hours. Our two California universities then devoted 16 hours in 4 years to this subject. Is not this significant?—Charles Flammer; San Francisco.

### DOCTORS AND DISEASE.

Before the American Medical Association, in Detroit, Dr. Mayo, the new president, said:

"We have nearly put disease under our feet.

"All that is necessary for the public health of a community now is for that community to be intelligent enough to demand of the government that all of the discoveries of medical

## Avoid Invitation to Disease

You should be very careful now about the water you drink.

Recent discoveries by health officials in various cities have brought to light that much of the spring water comes from springs situated in unsanitary surroundings which contaminate the water and fill it with typhoid and other germs.

Most of the spring waters are brought into the cities in tanks, then bottled and sent out to the public.

There are many mistaken opinions about the value of mineral spring waters with their euphonious, inviting names. They are thought by some people to be beneficial. Occasionally you will hear a remark when in conversation regarding drinking waters that our bodies must be supplied with minerals—and there were never truer words spoken. But when you are carrying the thoughts in your mind that you receive these necessary minerals through the water you drink, you are laboring under a very great misapprehension, for minerals contained in water are in an inorganic state and cannot be utilized by the body. The only form in which minerals are beneficial to the body is when in the organic form which is found plentifully in fruits and green stuffs.

Therefore minerals are supplied the body through the food we eat, and positively not through the water we drink.

The habitual use of mineral waters is a very prolific source of gastric intestinal catarrh and indigestion.

Health is your biggest asset. Therefore, be on the safe side.

There is only one real health-giving water and that is Distilled Water. Through the process of distillation, it has been relieved of all those mineral and vegetable impurities which make other waters dangerous.

Heed the advice of doctors and health authorities who will tell you that Distilled Water is the purest and healthiest water to drink.

science be put to work in behalf of the community.

"Business interests get four times as much from the government for care and protection of hogs and cattle as the public health service gets for the care of human health. We should have skilled men at work everywhere and each worker should receive a salary equal to the economic value of just one human life. That is \$5,000."

This is a vain and unfounded boast. "Medical science" has increased mortality, after the age of forty, by pumping the human race full of poisonous animal serums, and in the same way it has sacrificed hundreds of thousands of animals. The false and absurd serum superstition is a menace to the human race.

Should Dr. Mayo's suggestion be carried out, the country would soon be financially, as well as physically bankrupted.

#### A BIRTHDAY GUEST.

My grandson Bobbie, aged 6, had a birthday party, last month. There was room for one more guest, and his mother asked whom he would like to invite.

"I'd like to invite Queenie—No, I won't invite Queenie."

"Why, isn't Queenie a nice little girl?"

"Aw! Queenie ain't a girl. Queenie's a dog."

#### NO BRIGAND.

Congressman Hull, of Iowa, sent free seeds to a constituent in a franked envelope, on the corner of which were the usual words, "Penalty for private use, \$300." A few days later he received a letter which read:

"I don't know what to do about those garden seeds you sent me. I notice it is \$300 fine for private use. I don't want to use them for the public. I want to plant them in my private garden. I can't afford to pay \$300 for the privilege. Won't you see if you can't fix it so I can use them privately? I am a law-abiding citizen, and do not want to commit any crime."—Christian Register.

## Red vs. White

**A**LMOST any sort of a bee man could take out dead bees, flies, ants, bits of comb or other dirt and seal the honey up in tin cans, but I take out that portion of the honey that microbes live on. It requires one or two years to get this out. After this is out it becomes a remedy for diseases because microbes are the cause of diseases.

When the microbe food is out honey becomes red in color and the wax nearly coal black. Black absorbs all of the rays of sunlight. Red absorbs red, but white absorbs none. Red is produced by the sun's rays coming downward toward the earth, but white is produced when the sun's rays are reflected upward from the earth.

Even in "holy writ" it mentions the garden that was planted toward the east (morning sun) in Eden. Honey that is white readily combines with sulphurous gases, but red requires a special form of ferment furnished by the saliva or red fruits, red in their pulp, or almost black.

Honey that has been sealed up in cans is unfit for food. Red ripe honey might keep in order for one or two months, but white honey becomes nitrous in one or two days so as to work contrary to digestion which produces fats. Honey should be judged by the muscular action and clearness of brain it produces. Removing microbes with drugs is like destroying skunks with strychnine—they are likely to leave their dead and decaying carcasses in some inaccessible place where they cannot be removed. Red ripe honey stops their breeding by cutting down the food microbes live on.

#### THE RED RIPE HONEY MAN

Owensmouth, California

## Notes and Personals

A medical "authority" tells us that "starve a fever" is now changed to "feed a fever." So much the worse for the patient.

"Count that day as lost, whose low descending sun

"Views from thy hand no cancer cure begun."—Life.

Prof. Elie Metchnikoff, the famous bacteriologist and inventor of the sour milk cure for old age, died last month, at the age of 71.

The Prohibition National Convention adopted a resolution, favoring freedom in the practice of Christian Science and Chiropractic healing.

Another new "specific" for tuberculosis is announced, from Chicago. There is not nor ever will be a "specific" for this, or for any other disease.

T. F. Rattledge, chiropractor, who served ninety days in the Los Angeles jail, to defend his principles, was given a banquet, on coming out. He will resume practice, in Santa Barbara.

A Los Angeles woman, who was operated upon by Mayo, of Rochester, N. Y., is now told that she must go on the operating table again, and she lacks the means to pay for the operation. There are many in this fix.

Otto Carqué was 50, on June 11. A strict vegetarian, and hard worker, physically as well as mentally, his good health, great strength, and tireless endurance have not diminished since he was an "einjahrige freiwilliger," in the German army.

A grand jury, which recently met in Duluth, Minn., charged that the hospital authorities are contributing to the cause of malpractice, by permitting any person, who represents himself as a surgeon, to enter the hospitals, and perform serious major operations.

The coal tars have not been exhibited without a certain percentage of danger, deaths having been reported subsequent to their use. Every one of them is, to a greater or less extent, a cardiac depressant, as well as a depressor of the circulation generally, and therein no doubt lies their danger.—George L. Servoss, M.D., in The Medical World.

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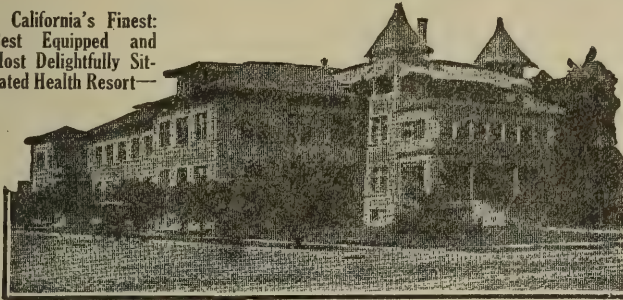
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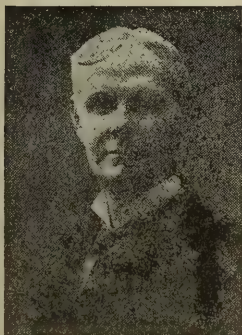


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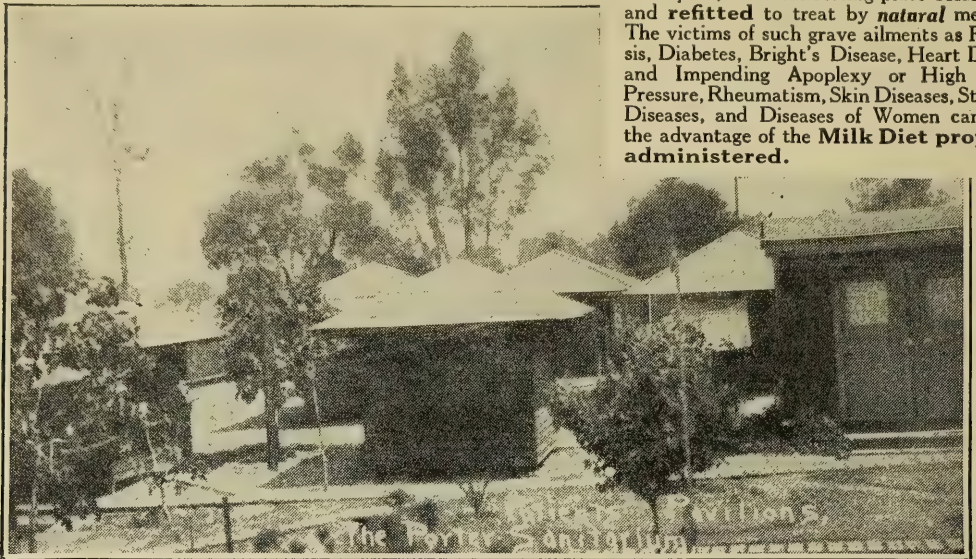
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# Brain and Brawn

SEPTEMBER, 1916

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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California, under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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## FOR THOSE WHO THINK

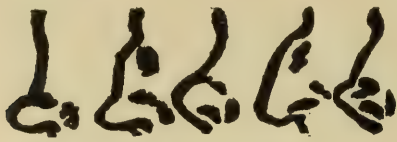
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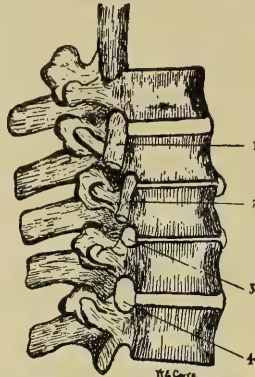
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Ten Cents a Copy

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Vol. V

LOS ANGELES, SEPTEMBER, 1916

No. 4

## The Mystery of Sleep

Sleep, that knits up the ravell'd sleeve of care,  
The death of each day's life, sore labour's bath,  
Balm of hurt minds, great nature's second course,  
Chief nourisher in life's feast.—Shakespeare.

**L**IKE its big brother, Death, Sleep is one of the insolvable mysteries, although about one-third of our life is spent in sleep. We do not know what causes it, or what happens to us when we go to sleep, any more than we know what happens to us when we die.

Sleep, like Death, is also the Great Equalizer. It is one of the few things that money cannot buy. Many a millionaire would give half his fortune for the sound sleep of a woodman. As Sancho Panza says:

Now, blessings light on him that first invented sleep! It covers a man all over, thoughts and all, like a cloak; it is meat for the hungry, drink for the thirsty, heat for the cold, and cold for the hot. It is the current coin, that purchases all the pleasures of the world cheap, and the balance that sets the king and the shepherd, the fool and the wise man, even.

There is a wide difference between the effects of sleep and of rest. A few minutes' sleep will invigorate you more than an hour's perfect rest.

One of the most popular explanations of sleep is that it is due to an accumulation of "fatigue poisons." If this is true, why do infants and old people sleep so much?

There are those who maintain that strength and energy are not derived from food—that we need only a little protein, to repair waste—but from some mysterious outer force, during sleep. Among these is Dr. Rabagliati, of England. T. B. Terry, in "How to Keep Well and Live Long," writes:

When I consider the very small amount of food I eat in a day, and the work of head and hand that I do, I am simply forced to conclude that strength does not come from food. No human machine could by any possibility develop the strength I use up in a day from ten times the food I eat. So I must say to you that, in some way, strength, vitality, whatever you please to call it, flows into us directly from the Infinite, while we sleep. We do not generate it; it is simply impossible. It comes into us. As we breathe deeper and more fully when asleep, I feel that in some way our increased strength comes through the air we breathe. Hence the vital importance of having it fresh and pure, in our bed rooms.

Certainly, there is an excuse for the entertainment of such a theory. Take, for instance, this example: A man goes out early in the morning, on a hunting trip, carrying no lunch. He loses his way, walks many miles, and comes home so tired that he has no inclination for eating, and is almost unwilling to go to the trouble of taking off his clothes. After sleeping soundly eight or ten hours, he awakes in the morning, bright, fresh and strong. Whence does his strength come?

Although I firmly believe that we all eat, from habit, far more than is necessary, I do not find it necessary to entertain the theory of this "mysterious outer force." My guess is that, while digestion may be diminished during sleep, assimilation of food is greatly expedited, and more complete, and that this, together with perfect relaxation, is the secret of our strength, when we awake.

Not only is there much dispute as to what is the cause of sleep, but as to how much sleep we need. This varies greatly. It depends upon the constitution of a person, on the occupation, on his physical and mental condition, on the climate. Many say that brain workers need less sleep than manual laborers. I do not agree with them. It is not a natural theory. I find that I need more sleep, after hard mental work, than I do after I have been working hard with my body. The larger the brain, and the more work it is given, the more sleep it requires. Webster always demanded eight hours' sleep, and Gen. Grant said, during his campaign: "I can do nothing without nine hours' sleep." On the other hand, Napoleon is said to have been satisfied with three or four hours' sleep. He died prematurely. Edison is another, who is often quoted as being able to get along with only three or four hours' sleep. I noticed, however, that he recently slept for fifteen hours, at a stretch.

Here, again, comes in the question of diet, as it affects sleep. Edison eats remarkably little. He and his father, and grandfather, have followed Cornaro's theory, of extreme moderation in diet. As the less you eat, the less exercise you need, to work off the effects of the surplus food, so, in the same way, the less you eat, the less sleep you need.

I advise you to take all the sleep you require. It is dangerous to curtail your sleep. An Englishwoman, at a meeting of the British Association for the Advancement of Science, described a long series of tests, with a machine she had invented. She deprived herself of sleep, and greatly curtailed the hours of sleep. The result was that sight, touch, and mind improved in force and nicety, but the after-results were lamentable. It took fifteen days to recover from the loss of fifteen hours of sleep.

Some persons, with large brains, have the faculty of sleeping at will. Napoleon would throw himself on the ground, and go to sleep within two minutes. Pitt, the English statesman, was a sound sleeper, and slept, night after night, in the House of Commons, while his colleagues watched the debate, and aroused him, when it was necessary for him to speak.

When a person sleeps over-long, it is not always a healthy sleep. When there is over-gorging with food, sleep becomes a stupor. Cut down the amount of your food, and you will find you need less sleep. Stupor sleep does not recuperate, but deadens the faculties. Thus, by moderation in diet, you not only save health and money, but time, also.

As to the time of sleep, it is unquestionably true that, as the old proverb goes, the best sleep is obtained before midnight. An hour before midnight is worth more than two after, so that, if you retire at ten and rise at five, you do yourself more good than if you retire at twelve and rise at nine. Our absurd modern habit of turning night into day is bad, in more ways than one, ruining the eyes, and the nerves. In London, they are now trying the experiment of raising

the curtain, in theaters, at 5:30 p.m. Two hundred years ago, the curtain arose at four o'clock. In Queen Elizabeth's time, dinner was eaten at about eleven a.m. Now, fashionable people eat it at eight, or eight thirty. Perhaps, before long, we shall be eating dinner at midnight, and going to bed when the cocks begin to crow. A crazy world, my masters.

In warm climates, especially, it is a good idea to take a short nap, after lunch. The siesta is the rule, in all tropical countries. Occidentals, who think they can improve on such lazy habits, soon have to go home invalidated.

See that you have a comfortable bed. The mattress should be firm and smooth. Some claim that the head should be to the north. I have never yet found any material difference, in the position of the bed.

Always sleep, as far as possible, in fresh air. This is especially important to those who have to breathe foul air, during a greater part of the day. There is a great difference between the air inside of a screen porch, and fresh air. If you doubt this, notice the difference, when you walk out of a sleeping porch into the open air, in the morning. A screen is almost as bad as the tent superstition. Besides, dirt collects on the screen, and you breathe, all night, air that has passed over this dirt. A room, with two windows and a door open, is better ventilated than a screen porch. Only moving air is pure. There should be a draft in the room, but you need not sleep in the draft.

Darkness and quiet are of much importance. Darkness you may usually secure, but quiet is hard to get, nowadays.

See that the bedding is not heavy. That is debilitating, and prevents easy sleep. The covering need not be heavy, to be warm. An eider-down quilt will keep you as warm as a blanket. Some advise that you should jump out of bed immediately, on awakening. I do not agree with this. All animals stretch and yawn before they arise. You can safely follow their example. Also, take a few simple stretching exercises.

You will, of course, always change your clothing, when you go to bed. Wear as little clothing as possible. Sleeping naked is a good practice. It airs and hardens the body. In the middle ages, every one slept naked, as you may see by pictures of contemporary kings and queens, in bed.

You should sleep alone. Sleeping with another person not only disturbs sleep, but is unsanitary. This does not mean that married people need occupy separate rooms. They should have single beds, side by side, as they do in Germany, and in some other countries, a habit that is now becoming general, in all countries, among well-to-do people.

Regarding position in sleep, insomnia, and dreams, I have something to say on other pages.

---

A gentleman is a man who is clean, both outside and in; who neither looks up to the rich nor down to the poor; who can lose without squealing and win without bragging; who is considerate of women, children and old people; who is too brave to lie, too generous to cheat, and who takes his share of the world and lets other people have theirs.—Unidentified.

### Building the Body

**A** CONTRACTOR studies the material of which he builds a house; a mechanic carefully inspects the metal with which he repairs an engine; a tailor scrutinizes the cloth of which he makes a suit, but how many men or women know, or care, anything about the food with which they build their bodies—the “temples of their souls”—except that it “tastes good?” Consequently, sickness abounds, and perfect health is the exception, while not one in a thousand dies a natural death.

As I have heretofore said, it is not necessary that you should become a food crank, analyzing the condition and sensations of your stomach. Learn what and how to eat, to produce health and efficiency, and then “forget it.” It is not an occasional debauch that will hurt you, but a steady, day after day breaking of dietetic rules, that gradually undermines the digestive functions and opens the door to disease.

---

### Socialism

**O**N August 7, the National Council of French Socialists voted to sever international relations with the German Socialists. This action will have an important bearing on European Socialism, since 1870 dominated by Germany—by the Socialism of Marx. It will also, undoubtedly, affect Socialism in the United States.

In an interview, given about a month earlier, to a representative of the Christian Science Monitor, Gustave Hervé showed that the chief plank in the platform of the Internationale is the German conception of Socialism, namely, warfare between labor and capital, that is between the working classes and the rich. French Socialism, which Hervé says will now replace German Socialism, must, he declares, have nothing to do with class warfare. On the contrary, it must recognize the value and necessity of co-operation. The working classes must no longer be used merely as machines. By training and co-operation, they will, in time, become capable of directing affairs of state.

M. Hervé declares that French Internationalism has for its ultimate object the United States of Europe, as a preliminary to the United States of the World. Hervé is a great man, who can rise above narrow surroundings. He is more than a patriot. He is a humanitarian.

Under this new conception, Socialism will undoubtedly win millions of recruits, among those who believe in the Brotherhood of Man, but have been repelled by the hard, cold and cruel theories of Karl Marx.

---

There is nothing more odious than the majority: it consists of a few powerful men to lead the way; of accommodating rascals and submissive weaklings; and of a mass of men who trot after them without in the least knowing their own mind.—Goethe.

---

Lying to others is much less serious than lying to yourself. The former is often an innocent game, satisfying one's amour propre; while lying to one's self is always a deformation of the truth, a disavowal of life's exigencies.—Tolstoi.

### Dreamland

**L**IKE sleep and death, dreams are a mystery, that science has not solved. Science deals only with material things.

Dreams are due to a disturbed condition of the body, or the mind, or both. A natural, refreshing sleep is dreamless—or, at least, if we have dreamed, we are unconscious of it. Some dreams are so vivid, that we recollect them for days, or even years. Others are forgotten, soon after we awake.

It is said that the longest dream lasts only a second. Some claim that if a dream lasted longer, we should die. There is an old story of a man who dreamed a wonderful dream, in which he traveled all over the world. The details of the dream would have filled a book. Just before he went to sleep, he blew out his candle. When he awoke, after the dream, the wick of the candle was still smoldering.

Others claim that we do not dream, when asleep, but only in the fraction of time when we are “ ’twixt sleep and waking.”

A writer says:

Dreams are nothing but distorted ideas and images, passing through the drowsy mind, and, being no more than extraordinary variations of things that have happened, or of things that we have thought or read in our waking moments, they can have no possible association with our future.

This is doubtless true, as a rule, although I believe that, in sleep, the subjective mind, through clairvoyance, may sometimes perceive distant happenings, and there are even many well authenticated cases, not easy to explain, where warnings of impending disaster have been received, during sleep.

One thing I have observed in dreams, to which I have seen no reference, in all the many writings on the subject I have read. It is this: Whenever I sleep at night, I have never had a dream in which the scenes occurred in bright daylight. This seems to show that the dream is directly influenced by the surroundings. Perhaps some of my readers may have had experiences that counteract this theory.

“There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.”

---

### A Good Enough Climate

**I**N July, when hundreds throughout the East were dying from the moist heat, people in Southern California, who work sitting, were complaining—as they had been all the summer—of cool, cloudy weather. One day, I made a fire in my room, so that I might write comfortably. For several weeks, the Pacific Coast was almost the only part of the United States where one could live in climatic comfort.

Those who complain about the climate of California should go to Heaven. Even there, they would doubtless complain about draughts, or something of the kind. As Izaak Walton said of the strawberry, doubtless, God could have made a better climate than that of California, but doubtless He did not.

---

It is much easier to govern great masses of men through their imagination than through their reason.—Lecky.

### Legalized White Slavery

**A** WOMAN in New York shot her husband, a wealthy merchant, because he broke into her room, and insisted in forcing his embraces on her, when they were unwelcome. In nine years, she had borne him seven children.

The most important right that women can claim—and will claim—is the right to control their own bodies—to say when they shall bear children. Theirs is the burden, theirs should be the choice.

Too often, marriage is little more than legalized prostitution. Sad stories of suffering and brutality are told, in divorce courts, and doctors' offices. Many men seem to suppose that a marriage license justifies any kind of excess, whereas Nature knows nothing of man-made laws. Thus are the seeds of disgust and dislike sown, in the hearts of many women, who hoped to be happy wives.

The white slavery of the wife, with a brutal or inconsiderate husband—especially one who eats or drinks to excess—is, in some respects, worse than that of the victim of commercialized vice, for the law comes to the protection of the latter, while it gives no support to the abused wife. A man may no longer legally beat his wife, with a stick no thicker than his middle finger, but he may go the limit in other abuse, that is far worse. Not long ago, the Ohio Supreme Court affirmed the judgment of a lower court, granting a divorce to a man, because his wife, having borne him ten children, refused to have more.

Society also suffers from this injustice, for children born under such conditions are likely to be physically, mentally, or morally deficient, and often become public charges.

As a step toward this emancipation of woman, she demands—and will get—the right to the free dissemination of information regarding birth control.

### Eating, Sleeping and Longevity

**C**HAUNCEY DEPEW, eighty-two years old last April, is quoted as saying:

"I am busy from ten o'clock until midnight. It is work that counts. Eating and sleeping have little to do with health and longevity. Eight hours' sleep is enough for most people, and, as for food, half of my friends have dug their graves with their teeth."

This statement is inconsistent. First, Depew says: "Eating and sleeping have little to do with health and longevity." Then, he adds: "Half of my friends have dug their graves with their teeth."

Eating and sleeping have everything to do with health and longevity. If people would cut their food in half, and add a quarter to their sleep, there would be more centenarians.

There are standards and standards of measurement. One way in which the champions of woman's causes prove that they are having an effect on man and on a man's world is by showing that, whereas in 1771 a work of reference had this entry: "Woman—the female of man. See Homo," in its latest edition it has a 11,000-word article on woman.—Christian Science Monitor.

## Fruit

**F**RUIT is not a luxury, but a most valuable and necessary food. It was undoubtedly the original food of man, as it is today of the anthropoid apes, from a branch of which family man is descended. To many millions of human beings, fruit is still the chief article of diet—dates, figs, bread fruit, bananas, and other products of tropical climes.

Fruit must be eaten intelligently. Acid or sub-acid fruits should never be eaten with starch foods, or they will interfere with digestion, and produce gastric troubles. Fruit should be eaten alone, as a meal, or with nuts, or cottage cheese.

In cities, it is difficult to secure fruit that is neither unripe or beginning to decay. This is especially true of such fruit as apricots, peaches, plums, berries and pears, except Bartlett pears, which are ripened off the tree. Unripe fruit is indigestible, and decaying fruit is, of course, not wholesome. Dealers are not altogether to blame for this, as they cannot afford to have fruit rot on their hands. In a large city, it would pay a dealer to make a specialty of ripe fruit, charging a little more than the regular price. Also, it would pay those who have orchards of mixed fruits to provide tents, or tent houses, and let boarders pick the ripe fruit from the trees, or vines, thus saving the cost of picking, packing and marketing.

---

## Teaching the Young to Grow Things

**A** GOOD move is the Agricultural Center, being developed at a Los Angeles public school on East Thirty-fifth Street. This is to be a focus for the gardening departments of the grammar schools, of which Los Angeles has about a hundred. Over fifty teachers are giving part of their time to this line of educational work, and twenty-five devote their entire time to it. Thousands of children are receiving practical instruction in gardening. A love of nature is being deeply implanted in their minds, and home gardens are showing an improvement, as a consequence. It is expected that the Agricultural Center will soon begin to pay for itself, in furnishing materials for the beautifying of school grounds.

Anything that brings young people nearer to the soil is highly commendable. The farmer is the only citizen whose occupation is absolutely indispensable. The man who, in any small degree, succeeds in relieving the congestion of our large cities, and adding to the ranks of those who produce what they consume, should be regarded as a public benefactor.

---

An actual Christian is one who, in individual concerns, sincerely tries to practice the Christian ideal, and in common affairs sincerely tries to convert to the Christian ideal the social organism of which he is a part.—Louis F. Post.

---

Appetites are built up by the seeking of emotions not in themselves abnormal, and the most terrible of passions are manifestations of energy which may be controlled and directed into other channels of desire.—Warren E. Lloyd.

### The Tariff a Local Problem

**T**HIRTY-SIX years ago, when Gen. Hancock ran for president, he said to a reporter, in reply to a question: "The tariff is a local issue." This caused much merriment, on part of those who do not think, but the truth of the statement is now generally admitted. For instance, Southern California producers want a duty on lemons, while Eastern consumers want them admitted free—or almost free—and so forth. Not long ago Long Beach, Cal., established a prohibitive tariff against Los Angeles bakers.

There is no more reason for making the tariff a party issue, than there is for making "preparedness" a party issue. It is an economical, not a political question, and should be arranged, from year to year, by an impartial commission of experts.

Real "infant industries" should be highly protected, because they need such protection. As it is, they are mostly over-looked in the scramble, because they cannot afford to maintain well paid agents at Washington, in and out of Congress, while infants, grown to giant size, get all—and more—than they ask. Carnegie and Schwab both testified before a committee, that the American steel industry does not need a tariff. On the other hand, Congress recently refused to consider a high duty on dye stuffs, although, more recently, a tax for five years, on these products was agreed to by a committee. That is not much encouragement, for those who are trying to compete with German efficiency.

The tariff is supposed to aid the poor man. Yet, in the steel industry, we see hundreds of thousands of foreigners, many of whom cannot speak English, working, under sordid conditions, long hours, for low pay. A tariff on foreign labor would benefit the workingman more than a tariff on foreign products. Following is from an article by Ray Stannard Baker, in the American Magazine:

The effect of the high tariff, which wool manufacturers in alliance with wool growers have been able for half a century to force upon Congress, is just this: While it prevents goods from coming into the country, it irresistibly sucks in foreign workmen to make those goods. Protection upon goods and free trade in labor can have no other result. And the more men drawn into the country by overstimulated industry the fiercer the competition between those men for work—and the lower the wages. Protection does not of itself keep up wages. The chief influence in keeping up wages in America has been the ever-present outlet to new country—the liberty to go elsewhere.

On the other hand, by excluding the competition of foreign goods, the high tariff has made it easier for manufacturers to build up huge plants, tending more and more toward monopoly.

A prophetic foreign observer, no less a man than Bismarck, long ago saw this condition developing for America. Carl Schurz, in his memoirs, reports him as saying that the real test of our democratic institutions would come "when, after the disappearance of the exceptional opportunities springing from your wonderful natural resources, which are in a sense common property, your political struggles become, as they surely will become, struggles between the poor and the rich, between the few who have and the many who want."

---

There are fathers who have forgotten all their youthful escapades, remembering only how good they were. There are few men who did not lie and steal when boys. The very good die young, and no one wants to die young.—J. H. Tilden, M.D.

### Uncle Sam; Real Estate Dealer

**U**NCLE SAM is going to buy more real estate, if the sellers agree. The three Danish West Indian islands are mere specks, on the map, but of great strategic importance. The price is \$25,000,000 for the islands, with 27,000 inhabitants, nearly all negroes. This is about what able-bodied negroes were worth, in the United States, before the Civil War.

Uncle Sam paid \$15,000,000 for Louisiana; \$10,000,000 for the Gadsden purchase; \$18,000,000 for the first cession of Mexican lands; \$7,200,000 for Alaska, and \$20,000,000 for the Philippines. All these were bargains, except the Philippines, which will cost a lot of money to defend, if ever we get into a foreign war. The Philippines are a source of weakness, the Danish West Indies would be a source of strength.

Uncle Sam should not buy any more real estate, except little pieces of strategical value, near home, like these Danish West Indies. His home farm, on the mainland, including Alaska, contains 3,600,000 square miles, quite as much as he can care for and develop, for many years to come.

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### Poultry in the Wrong Place

**I**N Long Beach, Cal., tourists recently threatened to leave, unless the crowing of cocks, at unseemly hours, was stopped.

The Mayor of Santa Monica, Cal., says: "If we are to be a real city, we must abolish roosters." Los Angeles is not a "real city," in this respect.

About a year ago, a Los Angeles Councilwoman introduced an ordinance, forbidding roosters in the city limits. It was opposed by the poultry keepers, and jeered at by the general public. As a compromise, health officers were empowered to act on complaints. That gets nowhere. Few care to make complaint against their neighbors. Chickens, dogs and children cause nine-tenths of neighbor quarrels. They all can and should be controlled.

Chickens do not belong in a city, any more than hogs, or cows. If they must be kept, it is not necessary to keep male birds, except for breeding purposes. Or, if you do, the crow can easily be eliminated, by a simple device—merely placing a board above the roost, of such a height that the rooster cannot raise himself to more than half his crowing reach. The City Council of Atlanta, Ga., proposes to make such provision obligatory.

Hens that cackle for five minutes, every time they lay an egg, are almost as bad as roosters. To many, of healthy bodies and sound nerves, these objections may seem puerile, or absurd, but the nuisance is a source of real suffering to invalids, with over-wrought nerves, especially to those who cannot sleep well.

There are enough unavoidable noises in a city, without adding to them those of the farm yard. If you want to talk war join the army. If you want to raise live stock, go into the country.

---

I believe in protection for the farmers, as well as for the workers in the factories.—Charles Evans Hughes.

### When We Awake

**T**HE amount of vitality and strength we feel in the morning, upon first waking, and before the body has begun its activities, of thought or motion—before, in short, it has begun to be stimulated—is the amount of vitality and strength we actually possess. All else is false strength, stimulation. This is the true gauge of our vitality, and the degree of actual strength we possess at that particular time. The increasing strength we perceive as the day progresses is, in reality, due merely to the increased stimulation; i.e., waste of vital force—being perceived by us, as force only in this process of expenditure. We really becoming constantly weaker, instead of stronger, as the day progresses. But our real strength—the amount we actually possess—is, in reality, just what we feel it to be in the morning upon awakening, whether it be much or little. If much, and we wake up feeling strong, active and alert physically; bright and clear mentally, then we are in good health, and have an abundance of vital power to expend during the day, without drawing upon our vital stock or capital. If, on the other hand, we awake feeling depressed, weak and sluggish, physically, and torpid mentally, we may be assured that that is our true physical condition—so far as our vital energy goes—and that all the strength we perceive during the day, over and above this amount, is due merely to stimulation, and is the result of our drawing upon our vital capital, instead of merely spending the interest, as we should. Instead of continuing to draw upon this capital, we should take such steps as will replenish it; instead of which—merely because we feel stronger as the day progresses—we believe that we are increasing our stock of vital force, while we are, in reality, wasting it more and more.—Hereward Carrington.

### Sloppy Sisters

**A** GIRL met a man in a Los Angeles café, and accepted his invitation to go to the beach, where they spent the evening, in a dancing cabaret, returning late at night, in a taxicab. On the way home, he attempted to kiss her, whereupon she raised an outcry. He was arrested and jailed.

In my opinion, justice would have been better served, had the man been reprimanded, and the girl sent to a reformatory.

Nowadays there are too many girls floating around, who are "neither fish, flesh nor fowl." They are a sort of connecting link between respectability and "Mrs. Warren's Profession." They claim to be "virtuous," which they decidedly are not. They accept favors from men, and allow familiarities, without paying the final price. They are more despicable than women who frankly sell their favors.

What kind of home training have these girls had? And then, when something happens, the mothers often express great surprise.

To insist that, because a certain country has borne and nourished you, you must indorse all its quarrels, is the same as saying you must stand by your parents, even when they commit murder. This is a doctrine worthy of criminals and pirates, not patriots.—Arthur Macdonald.

### A Snake Story

**N**O animal will attack a man, unless provoked. The only exception to this is the "female of the species," when she is with her young. Then, mother love leads her to attack any suspicious danger that may menace her offspring.

Even the much maligned rattlesnake is a gentleman, and almost always gives warning, before he seeks to get out of the way of the intruder, unless, of course, he is suddenly trodden upon, when he will naturally defend himself. Stories like the following, told in a dispatch from Marysville, Cal., are not infrequent:

Dorothy Hamilton, three and one-half years old, daughter of C. H. Hamilton of San Francisco, played with a rattlesnake for several hours today at Tobin. The snake and Dorothy became fine friends and the little girl fondled it, petted it, wrapped it around her neck and even hugged it without any resentment on the part of the snake. But when the girl's father appeared the snake became angry at once and coiled and rattled and prepared to strike him. It was only after much coaxing that the girl was induced to leave the snake. Hamilton, who is camping here with his family, then killed the snake. It was forty-four inches long and had twelve rattles and a button.

Young children are devoid of fear. Animals instinctively recognize fear, in human beings. However, I do not advise you to let your children play with rattlesnakes.

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### An Oasis in the City

**I**N the heart of the city of Los Angeles, shut in, by a high fence, from the roar and bustle of traffic, a dry goods store has established a little park, for the benefit of its clerks. It was laid out by a landscape gardener. At their request, the girl employees will care for the trees, plants and flowers.

This is a good example, that might well be imitated. There are many waste places, in this and other cities, that might be transformed into beauty spots. While seeking material gain, let us not entirely overlook the esthetic. Life is something more than dollars and cents.

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### Bridging the Chasm

**T**HERE has been formed, in Los Angeles, a trans-Pacific Society, with the commendable object of undoing some of the harm that has been worked by foolish or selfish attempts to stir up ill feeling between America and Japan, in the same way that some "undesirable citizens" have been constantly working to involve the United States in war with Mexico. Newspapers that disseminate suspicion and hate are indirectly responsible for war.

The president of this society is Dr. Norman Bridge, of Los Angeles; vice-president, Dr. James A. B. Scherer, of Pasadena; Herbert J. Goudge, treasurer, and W. J. Ghent, secretary, with office at 1016 Security Bldg., Los Angeles.

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A nation is not made great by the fact that it creates a great army and defeats its neighbors; it is made truly great by setting high aims before itself, and those alone are truly great deeds which are accomplished in striving to attain those aims.—Prof. Frantz.

### Cost of the War

**A**N official estimate of the cost of the war, up to June 30, places it at fifty billions of dollars. That is to say, American billions. A European billion is a thousand times as much. And the cost is constantly increasing. It is now fifty per cent more than the average of the first two years. Therefore, should the war last another year, as Kitchener predicted, and as many believe, the money cost will have reached the appalling and incomprehensible total of eighty-seven billions of dollars, or about \$250 for every family on earth, white, black and yellow. Nor does this take into account the millions of men killed and wounded, the thousands of ships sunk, and the incalculable destruction of buildings and other property.

What good might have been done with this money, had it been applied to constructive, instead of destructive purposes. The waste places of the world might have been reclaimed, and millions of families established on small, productive farms.

We talk about the "crime of the century." Surely, this war is the Crime of the Ages.

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### The World Needs Sleep

**W**ERE I to adopt a pet idea, as so many people do, and fondle it in my embraces, to the exclusion of all others, it would be that the great want which mankind labors under, at this present period, is sleep.

The world should recline its vast head on the first convenient pillow, and take an age-long nap. It has gone distracted through a morbid activity, and, while preternaturally wide-awake, is nevertheless tormented by visions that seem real to it now, but would assume their true aspect and character, were all things once set right, by an interval of sound repose.—Nathaniel Hawthorne.

If this was true sixty years ago, how much more is it true today.

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### German-Americans

**I**F all foreign-born citizens adopted the following dignified attitude we should hear less of "hyphenates." It is from a statement by L. Schwiers, of the German-American League of California:

We are neither pro-German nor anti-British in judging about the European war, but pro-right and anti-wrong, taking the principle of equal and inalienable human rights as our true guide in regard to the question of responsibility for the hideous slaughter of human beings, off whose shoulders Abraham Lincoln longed so fervently to lift the burden.

Standing on the basis of this principle, we put justice above national sympathy or antipathy and look at the political situation in Europe as if there were just as many Americans in England, Germany, France, Austria-Hungary, Russia, Turkey, etc., as there are now English, German, French, etc., people living there.

We desire an unbiased, cool, deliberate and sincere sifting of all facts and documents referring to the situation, and hope to see that party condemned that has been the first to violate the Golden Rule of Mankind as it is laid down forever in the Declaration of Independence.

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The instant a smile becomes fixed it becomes odious.—Clara E. Laughlin.

**Briefs**

Amy Winship, 85, is a student at Berkeley.

American newspapers eat up, daily, 3800 acres of forest.

Twelve Prussian cities have bought 75,000 Swiss goats.

Norway has a compulsory arbitration law, that works well.

The Union Oil Co. of California will share profits with employees.

So far, this year, there have been more divorces than marriages in Los Angeles.

Modern fighting is exemplified by the reported capture of a forest, "except one acre."

Amy Winship, 85, is a student at Berkeley, and Theodore Steinmann, a boy of 14.

An Indiana boy, 14, raises guinea pigs, for vivisection. I would rather sweep the streets.

One of the English war munition plants is nine miles long, and from three to four miles wide.

On June 30, it was 110 degrees at Yuma, Ariz., and there was a snowstorm at Williams, in the same State.

Women are advancing as swimmers. "Babe" Wright, 15, swam the difficult Carquinez Straits, 2½ miles, in 58 minutes.

The California State Tax Commission recommends an excess tax on large unimproved tracts. A step toward the Single Tax.

The Southern Pacific has fitted up an old passenger coach, as a school for children of section hands. The world do move.

The Mexican government is beginning the building of 1200 miles of railroad, furnishing employment for thousands of men.

Mrs. L. H. Sharpless, of Whittier, Cal., celebrated her 106th birthday, on August 22. She is bright, cheerful and optimistic.

William Samuel Chapman, 70, walked from Baltimore to San Francisco, dropping three young men, who could not keep up the pace.

Excepting agriculture, the leading industries of the United States, in order named, are: Railroads, clothing, iron and steel, oil, picture films.

German papers have been reviving stories about the Georgian kings of England. It happens that the four Georges were Germans, of Hanover, and the first three could only speak broken English.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, SEPTEMBER, 1916

No. 4

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## The Government and the Railroads

**A**N editorial writer, arguing for military intervention, to keep the railroads open to traffic, says: "Without the railroads, the country would be split up into sections, and thrown back economically a hundred years. The wreckage that a month of striking on the railroads would cause to commerce is incomputable."

This seems to me to be a strong argument for government control.

The people have a right to demand reasonable rates of fare and freight, not based on watered stock; the railroad stockholders have a right to earn fair dividends on the capital actually invested; the employees have a right to reasonable hours of labor, fair pay, and protection to life and limb. All these things can best be secured by government control.

The railroads would probably prefer uniform Federal control to variegated, constantly changing, and often demagogic State laws. Such control would, of course, involve wages as well as rates.

Incidentally, prolonged railroad strikes will henceforth give a big boost to motor transportation.

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## To Abolish Poverty

**S**OME good may result from this horrible war. Among other things, lessons of economy, of temperance in eating and drinking, of the power of co-operation, under guidance of the State, and a "back to the land" movement.

In England, the government is considering measures which aim at the abolition, after the war, of what sociologists call "preventable poverty." Prominent men favor ways and means to bring about a system of state control, or guidance, of the distribution of wealth. Already large excess profits are taxed 77 per cent.

The war may hasten many reforms, but at what an awful price.

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A Los Angeles paper refuses political advertisements. When I edited the San Francisco Wasp, during the Garfield-Hancock campaign, we ran, at the head of the editorial columns, in bold black letters, the standing notice: "No political or other immoral advertisements inserted."

## Gambling in Grain

**Y**OU may soon have to pay ten cents for a five-cent loaf of bread, made of white, bleached flour, robbed of most of the mineral elements, and consequently a starvation food.

Bakers say that the high price of flour is largely due to wheat speculation. Also, the crop is short this year. In North Dakota, farmers have launched a nation-wide fight against gambling in grain and other farm products.

Gambling in necessities of life should be forbidden by law.

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## The Ins and the Outs

**O**UR quadrennial political upheaval is mainly an effort of the "outs" to crawl into "them orifices," and of the "ins" to keep them out.

Take away political patronage, and take the tariff out of politics—where it does not belong—and you would scarcely be able to get a corporal's guard of patriots to march in a political procession, unless you paid them a dollar an hour.

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## Bathing Costumes

**A**MERICAN bathing costumes remind me of those worn at French bathing places, forty years ago, although they are not yet quite so daring. A costume that frankly displays a beautiful body is not indecent, except to the mind that harbors impure thoughts. Men's bathing costumes are more offensive than those of women, when the wearers are scrawny. When women parade around, in suggestive costumes, without going into the water, that is bad taste.

As I have heretofore said, costume is not a question of morals, but of period, and time and place. A costume that is considered proper in a ball room is regarded as shocking, at the beach, and vice versa.

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Horace Greeley said: "Nothing so unfits a man for the ordinary vocation of life as a college education." This is less true today than it was fifty years ago, but there is still room for improvement.

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It seems to me that Washington's warning against the danger of "entangling alliances" includes the ownership of far-distant lands, difficult to protect and defend. Is this country not large enough?

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A fund of \$2,500,000 has been raised to pension Episcopal ministers. Carnegie pensions college professors. How about authors and artists?

## Plowing versus Subdividing

**L**OS ANGELES receives about 2000 tons of food supplies daily from the East, or 730,000 tons a year. A disgraceful showing, in a land where sun and water make crops possible, all the year round.

At least half of the money sent East for food should be kept at home. Then, there would be fewer men hunting jobs.

Southern California needs less cutting up of tracts into town lots, and more turning up of the soil with a plow.

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In fifty years, there will be three great nations—the United States, Russia, and the British Empire.

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Stuff has to be exceptionally good, to be reprinted in **BRAIN AND BRAWN**. Authors may regard it as a roll of honor.

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Chicago is to become the battleground for the first fight, in a national campaign, to disseminate information regarding birth control.

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The war will not have been altogether in vain, if it has taught millions of Europeans that they can do well on less and simpler food.

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The price of beer, in Germany, is said to be rising, notwithstanding efforts of the government to keep it down. Simultaneously come peace rumors from that country.

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Another altogether despicable character is the employment agent, who takes the last dollar from a man, and sends him out on the desert, after a job that does not exist.

### Sleeplessness

**A** FLOCK of sheep that leisurely pass by  
 One after one; the sound of rain, and bees  
 Murmuring; the fall of rivers, winds and seas,  
 Smooth fields, white sheets of water, and pure sky;  
 I've thought of all by turns, and still I lie  
 Sleepless; and soon the small birds' melodies  
 Must hear, first uttered from my orchard-trees,  
 And the first cuckoo's melancholy cry.

Even thus last night, and two nights more, I lay,  
 And could not win thee, Sleep, by any stealth,  
 So do not let me wear to-night away;  
 Without thee what is all the morning's wealth?  
 Come, blessed barrier between day and day,  
 Dear mother of fresh thoughts and joyous health.

Wordsworth.

## Brooklets

Good listeners are always in demand.

\* \* \*

The most abject slave is he who serves Habit.

\* \* \*

Fame consists in getting your name into print.

\* \* \*

It is hard for a hero to live up to his reputation.

\* \* \*

Be more lenient to others, and more severe to yourself.

\* \* \*

Few are big and brave enough to admit they are wrong.

\* \* \*

Easy to get rich quick, if you can choke your conscience.

\* \* \*

Some homes are like beehives, others like vinegar factories.

\* \* \*

Many, who spend dollars for fun, begrudge a dime for wisdom.

\* \* \*

If a man saves you from drowning, you should at least say  
"Thank you!"

\* \* \*

If only one in a thousand thinks, that gives 100,000 thinkers, in  
the United States.

\* \* \*

Bad news for some of you. Incomes of over \$2,000,000 are to  
pay a sur-tax of 13 per cent.

\* \* \*

The best thing a parent can do for his son is to teach him a trade,  
and make him live within his means.

\* \* \*

I know some Christians who should have easy chairs in Heaven  
and others who do not deserve even camp stools.

\* \* \*

In the newspapers, all men who belong to a club are "club men,"  
and all women who wear good clothes "society women."

\* \* \*

A Saloniki dispatch says the Bulgarians occupied Kastoria. If  
Castoria had occupied the Bulgarians, results might have been serious.

\* \* \*

Hughes is a Savior, and Wilson an Undesirable Citizen, or vice  
versa, according to which paper you read. Rather silly. Both, being  
human, are liable to err.

## Care of the Body

### Insomnia

**S**LEEP is quite as important as food, or even more so. Many have gone without food, with benefit, for six weeks or more, whereas you cannot go more than about a week without sleep—that is, without any sleep whatever. In the Orient, they have a cruel custom of keeping criminals awake. Under such circumstances, I believe five days is about the limit of time, before death mercifully ends the sufferings of the victim.

Many will tell you that they have gone a long time without sleep, but they are deluded. They get a few moments of unconsciousness, without their knowledge. Two and a half years ago, when I had a broken hip set, and took ether, I did not sleep, so far as I am aware, for eighteen days, but I know that I must have dropped off occasionally, for a few minutes, or perhaps even for a longer period.

Deprivation of sleep, when long continued, may lead to insanity, or suicide.

There are as many suggestions for promoting sleep, as there are for avoiding seasickness, and they are about equally effective. They do not go to the root of the matter. Insomnia, like nightmare, is due to disturbed conditions of the body, or of the mind, or of both. The sleep of healthy persons is sound and sweet. The leading cause of insomnia, as of other ailments, is wrong eating, resulting in inflammation of the stomach, foulness of the colon, and formation of gas, which presses in all directions, upon the organs, and nerve centers. It is absolutely impossible to sleep, so long as you are thus troubled with high gas pressure. As soon as you have got rid of it, sleep usually comes.

When you are troubled with insomnia, flush the bowels, take a short fast, and a good sweat; then adopt a rational, moderate, dry diet. Make the last meal of the day especially light and simple.

Never try to go to sleep. That is fatal. If you try, you will drive sleep away. Say to yourself that you do not care whether you sleep or not, that you are, at least, resting.

Try, as hard as possible, to avoid thinking about business, or unpleasant things. They are often synonymous. Do no active brain work within an hour or two of sleep time. Read a pleasant book, containing no unwholesome thrills. Pressure with the fingers on the perceptive organs, between the eyes, will aid to avert thinking.

Sleep is impossible, when the feet are cold. Sleep begins in the feet, and works up toward the brain. If you suffer from cold feet, go barefoot as much as possible. Take an alternate hot and cold foot bath at night, or, if you have no hot water, a cold bath. Then, rub the feet thoroughly. If this fails, take a foot warmer to bed. "Slumber slippers" are good, in such cases.

If you are thin blooded and the room is cold, the bed should be warmed. It is a pity that the old-fashioned warming pans have gone out of fashion.

Here are a few more suggestions:

Some recommend insulation of the bed, by glass castors. I am not prepared to say whether there is anything in this, or not. It seems to me that we should get nearer to the earth, rather than farther away. Civilized man comes too little in contact with Mother Earth. Go barefoot, and sleep on the ground, whenever you have a chance. I find such contact soothing to the nerves.

Take, in the evening, a "neutral bath"—a bath at about the temperature of the blood—and stay in it for an hour or more, letting hot water run in, from time to time.

Make the principal meal at noon, and eat a light, easily digested evening meal. When the digestion is very weak, the evening meal should be nominal. These things may be suggested: A few crackers or a glass of hot milk, or a small bowl of hot vegetable or oyster soup, or a small bowl of hot milk, with a couple of crackers, or bread crust. Onions and lettuce are sleep producers. A few boiled onions, with warm milk over them—the milk not boiled—is a good supper for dyspeptic insomniacs. A glass of stout, or ale, may be taken occasionally, if you permit yourself to use any mild alcoholic beverages.

Coffee and tea must absolutely be avoided by those who suffer from insomnia. They are sleep destroyers.

An air bath is good. If sleepless, rise, throw open the bed clothes so as to give the bed an airing, and walk about the room naked, for a few minutes, rubbing the skin with the hands. Then jump into bed again.

Try keeping the eyes closed, as though looking down, and it will often produce composure and sleep.

I have found a sea climate conducive to sleep, especially when you can get a room within sound of the breakers. A sea voyage is still better. Mountain air is also sleep producing—especially when you tramp.

Bathe the eyes in cold water, before retiring, or use an eye cup.

A Los Angeles physician recommends to gently stroke the hands with a metal comb. If that is not sufficient, then comb the legs, from the toes to the knees. In cases of extreme insomnia, gently stroke the abdomen. This, he says, always cures insomnia. A friend of mine, afflicted with severe insomnia, tried it, and it did not work. However, it might work with you. In any case, it will not harm you.

Whatever you do, avoid narcotics of all kinds. If you once become addicted to them, you are a "goner."

Failing all these things, I should do as follows: Give up all thought of sleep, don't go to bed, go about your usual work, get active exercise in the open air as much as possible. Take long rides, on the dummies of street cars, or in an automobile. Also walk, until you are moderately fatigued. In the evening go to a show. A long sermon, or lecture, would help. You become self hypnotized, after a time, by looking at the speaker. Morning and evening, undress, give yourself a thorough rub with coarse friction gloves, or brush, then dress again. If this does not bring you sleep, within two or three days—after you have taken the hygienic steps above described—then I shall only say, with all reverence: May God help you. I cannot.

### Miss a Meal

**T**HERE is a simple dietetic rule, the observance of which goes far to insure health. It is this: Never eat, when you are not hungry. Miss a meal, or two, or a dozen meals, taking, instead of food, a glass of water, sipped slowly. To it you may add a little lemon, or other fruit juice, without sweetening.

Hunger and appetite are as different as fasting and starvation. A sinking and gnawing at the "pit of the stomach" is not hunger. That is inflammation of the lining of the stomach. The cure is oxygen, not food, that ferments and rots. Food will temporarily relieve your symptoms, at such times, but you must pay for it later, in chronic dyspepsia, and other ailments.

You are hungry, when your mouth waters for a piece of dry, stale bread—when the whole system cries for nourishment. Many "civilized" people never know what real hunger is. You may say: "I should never eat, if I waited until I was as hungry as that." Oh yes, you would. Earn healthy hunger, by fasting and exercise. Then eat right, and you may begin life anew.

### Hard Water

**A** NEWSPAPER writer tells us:

"Physicians have discovered that much so-called hard water, which for many years was shunned, as the suspected cause of goitre and kindred ailments, is, in reality, very beneficial to the human system.

"All the chemicals in the water are required to be absorbed in the human system in our food, and if present in our water in reasonably small amount, they supplement many of our modern foods, which are robbed, in manufacture, of their valuable chemical contents."

So, the physicians have discovered another thing that is not so, have they? As students of diet understand, these important mineral elements must be taken into the system in the organic state, as found in foods. In water, they are in the inorganic state, as in drugs. Therefore, when taken in this form, they tend to produce hardening of the arteries, and to bring on premature old age.

Get your water pure, and get your mineral matter in the organic state, from foods, especially such foods as fruits and raw green stuff, containing these organic salts in large quantities.

It is estimated that American motorists spend \$730,000,000 annually, for running expenses.

In a Los Angeles park, I saw a man carrying a boy with a paralyzed leg, while a little brother trotted behind, sucking an ice cream cone. He will probably be the next to succumb to a "mysterious dispensation of Providence."

A thoroughly vitalized organism digests almost any combination of foods without fermentation. When there is not enough nerve force the best food combinations ferment and decay in the stomach and intestines.—Walter De Voe.

### Position in Sleep

**W**E hear much about correct position during our waking hours, but little about correct position in sleep, although we spend about a third of our lives "in the arms of Murphy."

Man is the only animal that sleeps on the back, an unnatural position, pressing on the nerve centers at the spine, and so disturbing the bodily functions that bad dreams and other unpleasant manifestations, result, especially when there is undigested food in the stomach. Following is from "Good Health:"

In cases in which the abdominal muscles are much relaxed and the whole colon dilated, it is well to lie upon the face, so that the weight of the body may by constant pressure upon the abdominal contents aid the progress of the feces along the crippled colon. Thin persons may often adopt with advantage the practice of sleeping on the face with a pillow beneath the abdomen. Backache, and various discomforts in the abdomen, especially in cases of colitis, may be relieved by this simple procedure. Persons whose stomach and intestines are much relaxed and sluggish in consequence are greatly benefited by lying upon the face for half an hour or an hour after each meal. This not only aids the passage of liquids from the stomach, but helps the colon, and prevents the excessive congestion of the viscera which naturally results from the excitement of digestion when the intra-abdominal pressure is very low. The nervousness from which many dyspeptic and constipated persons suffer, after eating, may be relieved and prevented, indeed, by half an hour's rest lying upon the face after meals. It should be observed that it is not well to sleep at this time.

Learn to sleep on your abdomen—or as near to it as possible, lying over on the right side, with the left leg drawn up.

Another bad thing, in sleep, is to have a high pillow. Not only does one thus become round shouldered, but the delicate nerves of the neck, and the circulation there, are interfered with. The proper way is to sleep without a pillow. Gradually decrease the size of the pillow, until you can conveniently do without one. You can have two pillows, and snuggle down between them. Especially, when lying on the back, is a pillow injurious. When lying on the side, a small pillow is needed, to make up for the head being narrower than the shoulders.

I do not mean that you should sleep all night in one position. You can change occasionally, but as a rule, the sleeping should be done on the abdomen, or mainly so. It is a good plan to lie, until you are sleepy, in a position different from that in which you sleep, and then turn over.

If the food is all out of the stomach—as it should be—it makes comparatively little difference on which side you lie, unless your heart is very weak, when lying on the left side should be avoided, as much as possible.

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Food tables are targets at which "food scientists" talk over the heads of unsuspecting, plain people, mostly idle talk, but the basis of "prating" by food lecturers and diet books.—Dr. Elmer Lee in *Health Culture*.

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Mrs. Betsey Storry Clark of Carmi, Ill., 103 years old, celebrated her birthday with a quiet smoke, and receiving her friends. Mrs. Clark has never ridden on a railroad train, nor has she ever worn a corset.

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If your lungs are weak, shun the city, as you would a plague spot.

### Infantile Paralysis

AS I said last month, there have doubtless been more deaths from serum experimentation, in infantile paralysis cases, than from the disease itself. As one M.D. recently said, the disease is less dangerous than scarlatina or measles, except that it usually leaves more permanent results. The doctors, being all at sea, are experimenting with all kinds of fantastical, and often dangerous serum compounds. Here is one of the experimental methods used, as reported by the City Health Commissioner, in a New York paper:

"It consists of using the fluid withdrawn by spinal puncture and reinjected subcutaneously or intramuscularly into the same patient. Another method is spinal injections of blood serum derived from persons who have recovered from the disease.

"The first treatment, described by the commissioner as one of (active immunization,) is based on the assumption that the spinal fluid taken from the patient contains the virus of the disease, which, when injected subcutaneously or intramuscularly, will stimulate the production of anti-bodies, which will aid in overcoming the infection."

During the infantile paralysis scare, in Los Angeles, a few years ago, a child died, in agony, following the injection of a serum, in this way.

Yet we look, with contempt, on the absurd medical practices of the Chinese. If those are almost as foolish, they, at least, have the advantage of not being so dangerous.

Writing in the New York Globe, Alfred McCann says: "In the infantile paralysis epidemic now scourging New York, many medical men have been amazed by the tendency of those in charge to disregard all therapeutical measures except serum treatment."

As to what the doctors call "infantile paralysis"—although it sometimes affects adults—Dr. Thomas Darlington, formerly president of the New York Board of Health, was quoted in the New York Herald as saying: "This disease is always present with us in New York, but it becomes at times prevalent rather than epidemic. I believe that expert investigation will prove that one-half of the number of cases reported to the Board of Health are not genuine."

In China, they have a special name for the weather condition, favoring this disease, that has been known there for centuries.

Remarks on rational treatment of infant paralysis will be found in the "Healing Art" department.

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J. H. Presho, of 134 North Hill Street, Los Angeles, 85 years of age, an old reader of BRAIN AND BRAWN, who follows its advice, walks from 30 to 60 blocks every day.

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It is suggested that a two-and-one-half cent piece be coined. It would be appreciated on the Pacific Coast, where people now have to pay 15 cents for a 12½-cent article.

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We will give a six months' subscription (or renewal) for a copy of BRAIN AND BRAWN for August, 1913, if received before September 30.

### Sleeping on the Ground

**J.** T. RICE, M.D., of Excelsior Springs, Mo., writing in the Medical World, tells how he showed a man how to cure himself, after he had been given up by his physicians as a hopeless case. He told him to eat coarse food, go bare foot, and sleep on the ground—to dig up fresh earth, throw down a blanket on it, and sleep there. After two months, he says, the invalid came back a strong, vigorous man, full of vim and vitality, so changed that the physician did not know him.

I have found sleeping on the ground most soothing to the nerves. Some tell us that we should avoid the ground, because the earth is negative, and draws magnetism from us. They even advise us to insulate our feet and our beds, from earth currents. It may be that the relief undoubtedly secured by coming in contact with Mother Earth shows that most of us have too much magnetism.

I advise you, whenever you have a chance, to go bare foot, and lie on the ground, if you do not sleep on it. Pastor Kneipp's bare foot walking, in wet grass, was based on good, sound logic. Also the new fad, of wading in wet sand, at the beach. They are fine for the nerves. If you are nervous, and worry about trifles, try it.

Surprise yourself, by getting next to Mother Earth, once in a while. We seldom have a chance to touch her, in cities. We lead unnatural lives—and suffer accordingly.

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### Milk

**T**HE City Health Department issues, every four months, a report on Los Angeles dairies. There are four classes. One of the dairies is in the certified, four in the special, 18 in the pasteurized and 116 in the raw class. The grading of these dairies runs from 57 to 95, the maximum grade being 100. Of the 18 in the pasteurized class, there is only one over 90, while six fall below 75. Of the 116 in the raw class, 54 run over 90, while only 16 are under 75. The lowest in the raw class is 62.40, while four in the pasteurized class run under that figure.

This proves what I have said, that not only does pasteurization not kill germs, while it lessens the nourishing qualities of the milk, by changing the organic salts, but that it is also a lazy way of covering up the imperfections of dirty dairies.

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A physician writes: "Meat once a day is enough for sedentary workers." I know many manual workers who do not eat meat at all.

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Raucous motor horns are one of the nerve wrecking disturbances of modern life. Why not tone them down?

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Do not allow cut flowers to remain for several days in a living room. Nature knows no difference between a decaying flower and a decaying cabbage leaf.

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Contrary to a popular impression, the greenish eye goes with fineness of nature, and a heart capable of selfless love.—Current Opinion.

### Sleeping in the Daytime

**E**VERY man, woman and child ought to learn to sleep in the day time. I do not mean lie abed in the morning, but to take an hour of rest and sleep at any time when tired or ailing. Sleep is not only Nature's sweet restorer, when sickness comes, but in no other way in times of special stress, vigils or overwork or worry, can nature so well be renewed and sickness, nervous prostration or permanent infirmity be avoided as by occasional or regular periods of rest and sleep during the day.

At such times always have plenty of fresh air, but darken the room as much as possible, for darkness is conducive to sleep, both during the day and at night. The pulse beats slower in the darkness than in the light. If a person is sleeping in a dark room, and a lighted candle is brought into the room, the pulse is immediately accelerated a number of beats per minute. This is why many nervously organized people cannot sleep after dawn, and only with difficulty during the day. The art of sleeping during the day, however, can be acquired, and is highly important.—Dr. Sylvanus Stall.

### Hot Weather Diet

**F**OLLOWING is from a newspaper article, by Marion Harland, on "What to Eat in Hot Weather." She is describing the menu for the first of three meals:

"A saucer of stewed or fresh fruit, a portion of some light cereal other than oatmeal, which is likely to be too heating in warm weather; a slice of crisply broiled or fried bacon, a boiled or poached or scrambled egg, a piece of toast or brown or whole wheat bread and butter with a cup of coffee or tea or a glass of milk will make a sufficient breakfast for all except those who are to perform severe manual labor which will work off the heavy food they eat."

I wonder what her menu would be for a working man, in hot weather.

### Typhoid Vaccination

**T**HE editor of the Medical Times recently made some significant statements, as follows:

"We do not share the enthusiasm of certain of our health authorities regarding general vaccination against typhoid fever. \* \* \* We are heartily in favor of special applications, as in our military establishments and among hospital physicians and nurses. There are two great objections against general vaccination. For one thing, latent tuberculosis, so common among civilians, many of whom barely succeed in holding the spectre at bay, is likely to be fanned into activity by typhoid vaccination."

Turkish armies have been cutting down, for fuel, hundreds of thousands of olive trees, in Syria.

At a recent meeting of a weekly dinner club to which I belong, of the sixteen present, none ordered meat. A sign of the times.

### “War Bread”

**M**Y wife made some “war bread,” and we all liked it, especially the grandchild. Germans need no sympathy for having to eat this bread. It is much more nourishing than white bread, although I don’t suppose that, in Germany, they permit flour to be bleached, as well as deprived of a large part of the most valuable elements. Here is the receipt, as my wife gave it to me:

“Three cups each rye meal and whole wheat flour, three large potatoes, boiled in skins, peeled, cooled and grated. Half ounce cake of yeast, dissolved in tepid water. Make a sponge, with half the flour, add yeast, let rise to double volume, add grated potato and remaining flour, also a tablespoonful of caraway seed (if you like it) and a pinch of salt (if you use it); make a stiff dough, raise it again, work it down into shape of a loaf, then let it rise once more to double volume. Bake one hour in a hot oven.”

Not being able, at the time, to get whole meal rye flour, as used in “pumpernickel,” the sifted rye was substituted, from which ordinary rye bread is made. Thus, the German bread would be coarser.

An advantage of the potatoes is that they furnish a potassium salt, to counteract the phosphate, or acid forming salt, of cereals, that over stimulates the nervous system, when taken in large quantities. A drawback of the potatoes is that the bread will not become crisp and dry, or toast. It improves, however, in this respect, when kept from four to five days, as all bread should be kept.

Some will object to the yeast, but without it this bread would be impossible—as heavy as lead, and indigestible.

“War bread” is, on the whole, better adapted to those with strong stomachs, than to those with feeble digestions.

From the viewpoint of health, there is no saving in this bread, here. Potatoes cost more today in Los Angeles than they do in Berlin, and rye flour is much dearer than wheat flour.

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Dogs and chickens are both scavengers, when fed on garbage. They need not be fed on garbage.

---

Many hotel chefs in America are vegetarians. I suppose they get sick of the sight of flesh food.

### 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 half a dozen friends. In that case you may present each with a year’s subscription for five dollars. We will tell them the name of the donor.

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.]

#### NO SPECIFIC FOODS.

M. C.—Yes, tomatoes are “good for you,” but they will not cure you. Nor will any other single food cure you. There is no “specific” food, any more than a specific drug, for the cure of disease. A cure can only come by thoroughly regulating the general diet, and other habits.

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#### ADVICE TO VEGETARIANS.

S. G.—You say you never eat meat, and seem to think that is all that is necessary to insure good health. Far from it, my dear sir. As I have often said, the average vegetarian dietary is less wholesome than a simple meal of meat and salad, containing, as it usually does, a surplus of sickly, sloppy starches and sweets. Writing on this subject, in the *Healthy Life*, London, Edgar J. Saxon says:

“Replace the sloppy milk puddings, mushy porridge, mashed potatoes, watery boiled greens, sugary tinned and stewed fruit, new bread, soft, sticky sweets, etc., with the same or similar foods in a crisp or drier condition. For example, oatcakes are a great improvement on porridge, lettuce, watercress and other green salads are a great improvement on boiled greens, a moderate amount of ripe apples or other fresh fruit is much better than double the quantity of syrupy stewed or tinned fruit, and toast is much better than new bread. And note this: the mere fact of choosing the crisper foods will go far to ensure moderation as to the quantity consumed; you can, for example, swallow two or three times the amount of cooked spinach compared with tender, young spinach leaves in salad form.”

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#### BOILS.

R. L. T.—You ask whether boils are due to impurities in the blood, or are the result of a germ. I cannot do better than quote following extract from a letter written to me recently by my colleague, J. H. Tilden, M.D., of Denver:

“About seven years ago, a New York man took up treatment with me for boils. He had crop after crop. He had been going to his physician, who had split them and scraped them and disinfected them, and his hide has been tanned thoroughly with disinfectants, but all the same, month after month he had his fresh crop, and he was worn out from the torture of the treatments he took.

“I stopped his eating, except for fruit twice a day, and a very small amount of meat, with a combination salad, for the third meal. His drink was the juice of a half a lemon in a glass of water, without sugar, one or two glasses after each meal.

“I certainly cured these boils, by what I put inside of him, for I ordered absolutely nothing on the outside, except thorough cleanliness. Had they run their course? Well it is strange that they had run on for six months, without any disposition whatever to let up, and then take a sudden notion to stop, within a week to ten days after I got my patient to follow a prescribed diet.”

---

Inhabitants of the United States consume annually, on an average, 60 dishes of ice cream.

## 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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**CULTURE AND WAR;** Simon N. Patten; 62 pp.; B. W. Huebsch, publisher, New York; price 60c net.

The author believes the present world conflict is not so much a clash of arms, as a clash of ideals. Nations should seek to understand each other better. The German's guiding principles are Dienst, Ordnung and Kraft. "The Germans think themselves to be on the defensive, in this and previous wars, because of their past suffering from invasion, and because present Germany is less than historic Germany. . . . Two-fifths of the German people are, in thoughts, antagonistic to the military policy, and its emphasis on war as a purging process."

**THE DOUBLE STANDARD OF CONDUCT FOR MEN AND WOMEN;** Viola Mizell Kimmel; booklet; 225 W. 39th St., New York, price 50 cents.

This is a clever and interesting treatise. The author shows the bad moral, mental and physical results of sexual excesses, in and out of marriage. She only incidentally refers to the main cause, when she says: "One of the chief causes of sexual slavery and sexual perversion is wrong eating and wrong drinking."

This is true, yet it is seldom mentioned, by writers on the subject. To feed a child, or grown person, a surplus of phosphate foods, that over-stimulate the nervous system, especially the sexual organs, and then to expect chastity, is as unreasonable as it would be to place a man on a hot stove, and expect him not to be burned, or to touch a lighted match to gunpowder, and expect it not to explode.

"Chiropractic Health" is a new 16-page monthly, published at P.O. Box 1111, Los Angeles.

"Brochemistry versus the Germ Theory of Disease" is a booklet, by Dr. Geo. W. Carey. Published by the author, P.O. Box 293, Los Angeles.

## **THREE REASONS**

### **Why You Should Advertise in Brain and Brawn**

1. It is read by thrifty people who think.
2. It is read carefully, from cover to cover, including the advertisements, and preserved, or sent to a friend.
3. Regular readers know that advertisements are carefully censored, thus giving them extra value.

Why not take a three months' trial trip? Rates on request.

## 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 and commendation are 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.]

## "STRICT QUARANTINE"—ONE DOLLAR.

A friend of mine has just had a striking example of the farcical enforcement of certain regulations in connection with this infantile paralysis epidemic. Residing at Newark, and wishing to come to Boston by automobile, it was necessary for him to secure from the local physician a clean bill of health for his family in order to pass the quarantine maintained in New York City and Connecticut. His wife called on the doctor, stated her need, and the doctor simply looked at her, gave her a certificate, took her dollar and sent her on her way rejoicing. This "scrap of paper" passed the entire family through to Boston, without question.—Charles E. Jarvis, 105 Falmouth St., Boston.

## THEY GET WHAT THEY DESERVE.

I read your article on "Infantile Paralysis" in the August number. Of course you are right. There is no exception that I can take to anything you have said in the article. In fact, I endorse it. But, my dear doctor, the medical profession, known as the allopathic profession, is in the saddle, and I doubt if there is enough power on earth to unhorse it. Laws will become more and more binding, more stringent. The fool people are unable to protect themselves, and while they may clamor, and make a noise about what they want, they never go after it. They will permit themselves to be bucked and gagged, and that will be the only time they are not kicking against the pricks.—J. H. Tilden, M.D., Denver, Colo.

## FROM A LONELY STATION.

Pardon my delay in renewing my subscription. I cannot always get it to you on time, because of isolated locality. Never stop sending it, because if anything happened to me, my wife will be sure to continue the subscription to BRAIN AND BRAWN. Thanking you for having already sent me two months over time, I remain, your subscriber from the first number, A. C. E. Hamblett, Guantanamo Bay, c/o U. S. Naval Station, Cuba.

## FROM WYOMING.

I enclose two dollars, for extension of my subscription. I appreciate the great work you are doing, and wish I had the means to give you greater support.—Mrs. E. S. Masters, Carpenter, Wyoming.

## FROM A SEPTUAGENARIAN.

Enclosed find check for the balance of your fee. I am glad to say that I am feeling much better, since I have followed your dietetic instructions.—James M. Crespo, 131 South Grand Oaks Avenue, Pasadena.

## EDUCATION IN THE HOME.

I consider BRAIN AND BRAWN the best thing of its kind that I have ever read. It is an education needed in the home, and is worth its weight in diamonds—and then some.—Dr. S. F. Grover, Portland, Ore.

## Birdland

By HARRY BROOK.

**A**S I mentioned last month, when L. M. Grider saw that prices of real estate in Los Angeles were, for the time, too high, he wound up his real estate business, and started a unique enterprise, which he entitled Birdland. The site was on his home place, at the corner of Central Avenue and Pico Street, Los Angeles.

Grider has always been a lover of nature, of flowers and birds. Finding it difficult to obtain in Los Angeles birds of varieties that he wanted, there being no first-class bird store in Southern California, he came to the conclusion that an establishment of that kind would be a profitable undertaking. The result has proved that he was right.

Birdland was opened on May 1, 1910. The next year, a down-town branch was started, at 216 Mercantile Place, in the heart of Los Angeles. Two years later, an enlargement was necessary.

There are thousands of birds of many species, from all parts of the world, housed under conditions as nearly as possibly approximating those of nature. Wherever possible, palms, and other trees have been enclosed under wire. In these trees are many nests. You have to look closely, to detect some of the birds, whose plumage is not brilliant. For the accommodation of ground-nesting birds, a brush hatchery is provided. Here may be seen several varieties of quail, from many parts of the world. In the center of the main aviary is an electric lighted fountain, where fresh running water is supplied, for drinking and bathing purposes.

It would take a page to enumerate the varieties of the feathered inhabitants of Birdland. Among others are doves, love birds, parakeets, gold finches, linnets, Asiatic sparrows, robins, thrushes, canaries, larks, orioles, parrots and macaws.

With his usual enterprise, Grider recently imported, through New York, via Germany, from the Aru Islands, of Southeastern Asia, a pair of Birds of Paradise. They cost him about \$1000. They are not yet in plumage. When they are, they will attract visitors from all parts of the Southwest. These are said to be the only Birds of Paradise in the United States, except one pair in an Eastern zoological garden. They are very hard to capture, and keep alive.

In addition to birds, there are, at Birdland, and in the down-town branch, dogs of various kinds, monkeys, rabbits, guinea pigs, white mice, rats, squirrels, gold fish, and other "live stock." Also cages, foods and supplies of all kinds.

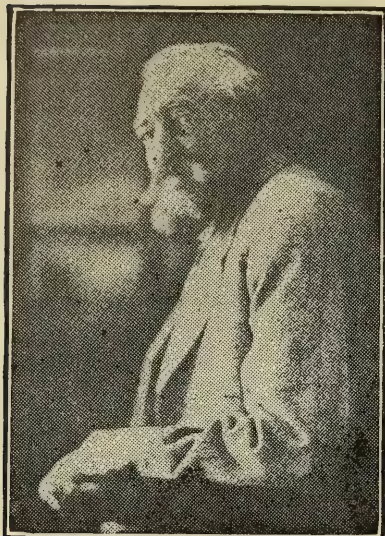
From the beginning, Mr. Grider has been fortunate in having the services of James C. Edwards, as manager of Birdland. Mr. Edwards has traveled widely over the world, and is regarded as one of the foremost living experts on birds.

In June last, Birdland was incorporated, Grider retaining a majority of the stock. His chief purpose in incorporating, was to perpetuate, after his death, this enterprise, into which he has put so much thought and care.

Birdland is open to the public, from 10 A.M. until evening.

Orders are received at Birdland from wealthy people in all parts of the United States. Some have standing orders, for any rare birds that can be obtained. The war interfered with the supply of birds from Europe, and thousands of dollars, remitted from New York and elsewhere, had to be returned. Mr. Grider then advertised widely throughout Southern California, and now has hundreds of persons raising birds for him in this section, in their back yards. This is the beginning of a new and promising industry for Southern California. Birdland has a market for all they can raise. It is estimated that before the war 500,000 birds were imported annually.

# Cure of Chronic Disease



**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., and give, when requested, special advice on pregnancy, children and fasting.

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.

In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brook N.D.*

The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

INFANTILE PARALYSIS.

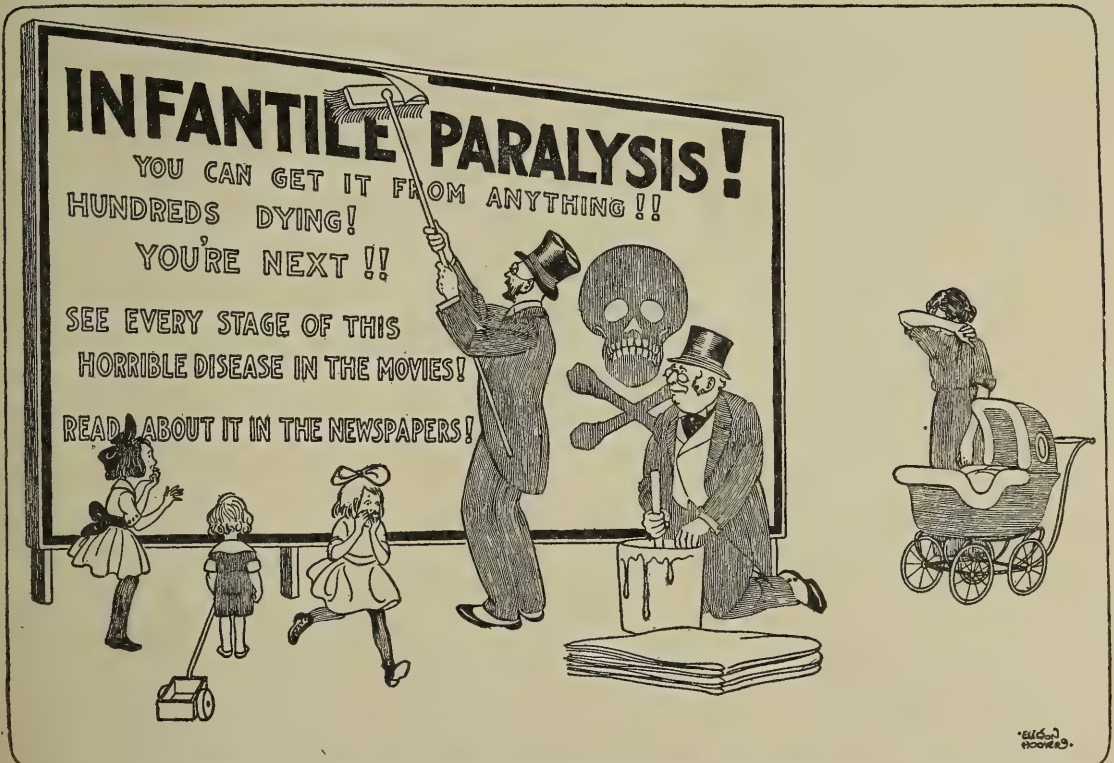
AS I said last month, "infantile paralysis" is mainly caused by wrong diet—by the eating, in hot weather, of too much one-sided heat producing food, as cereals, white bread, and sugar, with ice cream cones and cheap candy in between. This produces an acid condition of the blood, and lessens the resisting power of the system. Then, when atmospheric conditions prevail that favor this particular disease, it attacks those in such condition, the attack varying in severity, according to the amount of impurities in the body and consequently lessened resisting power of the patient.

In an address, delivered before the Osteopathic Convention, at Kansas City, Dr. Henry W. Forbes, President of the College of Osteopathic Physi-

cians and Surgeons, of Los Angeles, gave some interesting and valuable suggestions on the treatment of this disease. He showed that it is usually painless, which is really unfortunate, as no warning is given of the harm done by letting the child lie on the back. If children were kept on the abdomen and not handled, few cases would develop and few of those would be permanently crippled. The patient should lie on a soft pillow. Under such treatment, Dr. Forbes claims that, within a week or ten days, the child will begin to recover. At the end of the second week, it is safe to handle the child more freely, but care should be exercised to avoid any considerable bending movement of the back, until the sixth week. This is sensible advice. I have often recommended that children be trained to lie on the abdomen. In this way, they would escape many ailments. Man is the only animal that lies on the back—and he suffers for it.

Following account of a case, suc-

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"We Really Cannot Give Too Much Publicity to this Frightful Disease, Doctor, in Order to Allay the Children's Fears and Prevent a Possible Panic."  
(Courtesy of Life)

cessfully treated by rational methods, is from an article by Elmer Lee, M.D., in the August Health Culture:

"It has not been possible to decide with even reasonable probability where children caught the disease; the truth is they did not catch it, they generated it within themselves. In no instance has any Department of Health been able to say that a child caught the infection from such and such another child or from an adult who had been in contact with a case of the disease.

"I have a little boy patient of 4½ who had been sick one week and had for his treatment medicines from the drug store, forced feeding of beef tea, raw eggs, and milk, no washings either internally or externally, no action of the bowels for four days, no passing of urine for two days, and when I saw him he was in high fever, helpless, paralyzed in all extremities, and unable even to turn his head or body, and lay like a dead child.

"That is what one week of improper treatment accomplished and that passes as acceptable and current medical treatment and is such as thousands of children receive every day. I found the child smeared with camphorated oil and rolled in a quilt, his abdomen bloated and tender, sense of perception dulled, and the father and mother in agonizing fear, supposing there was no help for their child.

"I improvised a treatment table, laid the boy on it and washed him inside and outside, assisted by his father, his mother, and aunt. It opened their eyes to see the filth from the child's bowels, also the dark, foul urine that followed the treatment. The case was precarious, so the treatments were repeated many times a day for the first few days; at the end of a week the child was free from fever, alert, eating well, and recovering from his paralysis."

"Twilight Sleep" has been abandoned at Johns Hopkins Hospital as too dangerous to the child.

#### "STAMPING OUT" DISEASE.

THE United States health authorities have been asking the government to appropriate several hundred thousand dollars, for the purpose of "stamping out" hydrophobia among coyotes in the West, the states to appropriate as much more. The United States has already spent, and is spending, other hundreds of thousands of dollars to "stamp out" bubonic rats and squirrels. An appropriation of nearly half a million was recently made by Congress, to pay for valuable cattle, slain in the attempt to "stamp out" the foot and mouth disease. Millions are spent every year in attempting to "stamp out" tuberculosis and pellagra, and other ailments, due entirely to wrong living, mainly wrong eating. At this rate, the cost of "stamping out" diseases may easily, before many years, exceed the cost of "preparedness."

We hear much about "stamping out disease," by medical science. During an epidemic, the political doctors frequently report that the disease is "under control." Boards of Health quarantine human beings, and kill live stock, agricultural commissioners burn infected orchards, and then proudly declare that they have "stamped out" disease. This is like cutting out a cancer, and asserting that the patient is cured.

An epidemic runs its course, like a forest fire. When atmospheric conditions change, it dies out, of its own accord. This we often see, in the case of an epidemic of grippe, or influenza, or "colds," during raw weather. Other atmospheric conditions favor the development of other diseases, in those whose blood is filled with impurities, due mainly to wrong diet. Dr. M. J. Rodermund has written:

Smallpox epidemics are almost as easy to predict as is a great storm. Smallpox usually starts in the east, and travels westward. Whoever heard of smallpox starting in the west, and traveling eastward? Before an epidemic comes on, we find a season prevailing in eastern winds that are

changeable, raw and damp, accompanied by cloudy weather, at times stagnant, with very little sunlight, or thunder and lightning. I have myself, in several instances, predicted an epidemic of smallpox, two and three months in advance.

Infantile paralysis occurs in hot, humid weather, among those whose blood has been rendered acid, and non-resistant, by unwholesome diet. The disease has been known for thousands of years in China, where the natives have a special name for the weather that favors it.

Cleaning up the surroundings is good, but that may be done by able-bodied laymen—or women—with brushes, brooms, shovels, water and soap. More important, far, is inner cleansing of the body. Of that we hear nothing.

Giving drugs, injecting into the blood animal filth, in the shape of serums, and keeping children confined in sweaty tenements, is like spraying oil on a conflagration. To attempt to quarantine microscopic germs, while doctors go in and out of a house, and windows are, at least, partly open, is on a par with the action of the Chinese, in beating tom-toms, to scare away the dragon, that is going to swallow the moon, during an eclipse.

Teach people how to live right—especially how to eat right—and there will be no epidemics. Their blood being pure, they will be able to withstand any adverse atmospheric conditions.

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Next month I shall have an article on "Dry Diet."

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There were 21 cases of "infantile paralysis" in Los Angeles, during the year ended June 30, 1916. Of these, only two were fatal.

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"Dangerous Calomel is Seldom Used Now," reads a patent medicine advertisement. Not until mercury has slain its millions.

---

Dr. J. B. Murphy, who was largely responsible for the craze for the cutting out of the appendix, died on August 10, at the age of 58.

#### A RADICAL PHYSICIAN.

**T**HOMAS POWELL, M.D., of Los Angeles, who died last month at the age of 79, demonstrated the leading fallacies of "medical science," yet he was esteemed and honored throughout the world, for he was a scientist, a scholar and a gentleman. His leading work was, "The Fundamentals and Requirements of Health and Disease." I published an extract from the book in BRAIN AND BRAWN for November, 1915.

Dr. Powell's teachings were published in Germany, and attracted the attention of the German government, in connection with the German universities. He was honored by honorary membership in the leading medical society of Great Britain.

Dr. Powell advocated and practiced a very low protein dietary. He told me that his daily intake of protein did not average more than three-fourths of an ounce. Until recently, "authorities" have taught that five ounces are necessary to "repair waste." Prof. Chittenden's experiments brought that down to an ounce and a half. Powell went Chittenden fifty per cent better. I am inclined to think that he carried this reduction a little too far.

Following article on Dr. Powell is from the Los Angeles Times, August 19:

"Dr. Thomas Powell, known to medical fame as the 'germ eater' and as a revolutionary assailant of the bacillus theory of disease, is dead at his home, No. 1413 Girard street, still a victor over every known kind of pernicious microscopic 'bug.' Nervous collapse, it was announced, brought death at the age of 79 years, apparently after the physician had literally burned out his vital fires with excess of work.

"Years ago Dr. Powell announced he had discovered a single cause of all disease, and that he had found how to guard against it. By submitting about twelve years ago to the most

remarkable tests, perhaps, in the history of medicine, he apparently demonstrated his immunity to every human ill.

"He challenged the vicious micrococci to do their worst and issued a blanket invitation to bacteriologists and recognized physicians to round up their most-dreaded germs and inoculate him with them in any way and quantity they might choose. They took him at his word; they fed him enough bacilli to wipe out an army corps. They gave him potions alive with germs of Asiatic cholera and malignant pustule; they scarified his throat and painted the raw surface with fresh diphtheria culture; they had him inhale the dried sputum of a dying tubercular patient and administered other cultures of frightful character—injected them subcutaneously, let him gargle them and permitted him to swallow them bodily.

"Dr. Powell was watched with scientific care, and never developed a symptom of one of the diseases. But guinea pigs, given the same treatment at the same time, promptly died of the various diseases.

"Dr. Powell's hypothesis was that all disease is essentially the same—varying forms are different manifestations of the harmful effects of poorly digested and badly assimilated food. To this imperfectly digested food substance he gave the name 'pathogen,' and he blamed it for every human ill.

"In our ignorance of the truth, he said, we are continually loading up with an excess of food, with disastrous effects. According to his theory, food, to reach the muscle cells, must be so digested it becomes a thoroughly peptonized liquid so perfect as to pass readily through the walls of the digestive tract and through the walls of the much finer body cells themselves. When the food, on the other hand, he said, is so poorly digested that coarse particles are rejected by the cells, this material is

## MILK DIET.

BY CHARLES SANFORD PORTER, M. D.

### VII.

THOSE who are not accustomed to fasting periods are usually agreeably surprised to find there is no particular inconvenience to this part of the programme, and when the time comes to start in drinking milk, it goes down with a relish; the stomach makes no objection, and the bowels move naturally. Another important consideration is the fact that the organs of digestion are, so to speak, caught at low tide, at their minimum bulk and activity, and building up rapidly in size and function, as they do on the milk diet, while the mind and body are in a state of as complete rest as possible, there is a natural tendency to make good cells, good tissues, and healthy organs, and to overcome any abnormal habit or loss of natural function that may have been contracted by any organ.

During the short fast, it is not necessary to take rest, or refrain from the usual work or habits; in fact I think most patients are benefited by active exercise, the day before commencing the milk.

A few months ago I received a letter from a young lady magazine writer, who had taken a course of milk diet, after a fifteen days' fast. She wished me to tell her of some way to prevent "decay of the teeth," while on the milk diet. She claimed that cavities had formed in the teeth, not only in her own case, but also in the cases of a well known author, and his family, who had all taken the milk diet, after long fasts.

I was glad to be able to inform the lady that whatever deterioration of the teeth she had experienced, was entirely due to the fasting period, and not in the slightest degree to a milk diet. Some of her friends had fasted several weeks, until they were extremely emaciated, and, I believe, they had taken the milk rather irregularly, and usually started on only three or four quarts per day.

In all my experience I never knew of anyone suffering the slightest damage to their teeth, during, or soon after, taking a milk diet. Milk has all the elements necessary to build teeth with, and, in fact, it is on an exclusive milk diet that babies grow teeth more rapidly, and more perfectly, than they ever do afterward, on any diet.

thrown back into the blood, which it clogs. And it is this clogging substance he called 'pathogen.'

"Moreover, he declared, the white corpuscles of the blood—accepted by medical science as the guardians of health, the little soldiers that war against every sort of vicious germ—are really only particles of 'pathogen,' and therefore pernicious.

"Accumulations of 'pathogen' at various centers Dr. Powell pronounced the direct cause of disease. Lungs, heart, kidneys, liver or joints might be so attacked, resulting in tuberculosis, heart troubles, Bright's disease, cirrhosis, rheumatism. His hypothesis left no known ill uncovered.

"Included was a system of therapeutics, designed to prevent the formation of the pernicious 'pathogen.' That the system was both practical and sound, Dr. Powell maintained, was proved by the tests to which he submitted. Incidentally, in challenging the members of the medical fraternity to break down his immunity, he asked them to go to the limit of awfulness, and include inoculations with germs of such ills as yellow fever, bubonic plague, leprosy, lock-jaw, rabies and glanders.

"Another theory Dr. Powell assailed—taking issue with such authorities as Von Mohl, Schwam and Virchow—is that the body sustains its energy by burning up and replacing its own working parts to keep going. Food, declared Dr. Powell, does not replace tissue, but merely supplies carbon to the muscle cells.

"The courage and confidence with which he faced the germ tests were based on Dr. Powell's expressed conviction that by application of his system of therapeutics he had entirely rid his body of 'pathogen.' Old age, according to his hypothesis, is merely the result of gradual accumulation of 'pathogen' throughout the system, causing a general breaking down of functions."

## Health and Happiness

**T**O live and enjoy to the fullest extent the real meaning of these two wonderful words—Health and Happiness—is a pleasure many do not know. There is a reason for it, of course. One reason, and probably the most important, is your drinking water. A peep into this important subject will convince you.

The condition of your health dictates much of your happiness, and your health is governed, to a great extent, by the quality of water you drink. Can you afford to constantly eliminate this important matter from your mind, and drink any water that is set before you? You cannot.

Good health will not permit the use of impure water for drinking. You have noticed how quickly the public health of a community is impaired, when impure water is drunk.

You should be most careful in selecting your drinking water. Keep this thought in mind—the only pure water is Distilled Water—purchased from a reliable concern using every precaution to see that the water reaches you absolutely pure, which can be done only by thorough cleansing of bottles, and carefully corking and sealing after filling.

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Beware of spring waters, filters, and percolators which are constantly being exploited. You might better save your money, and drink ordinary hydrant water, rather than to purchase such sort of fluid.

Take care of your health. Be happy. Drink two quarts of Distilled Water daily.

### "SUCCESSFUL OPERATIONS."

John Gregg Nichols, Jr., said to be the first child born in Los Angeles of American parents, died recently in a hospital, at Guadalajara, Mex., following an operation.

Geo. Considine, prominent in sporting affairs, died in New York, last month, following an operation for appendicitis.

Alvin Daniels, millionaire of Coronado Beach, Cal., was rushed to Chicago, in a special train, to be re-operated on, after a "minor operation" in Los Angeles, which affected his legs.

### CONSTRUCTIVE OPERATIONS.

A San Francisco woman, 63 years of age, blind from birth, was restored to sight, by an operation. This is a constructive operation, and is as praiseworthy as destructive operations are condemnable. For every constructive operation, hundreds of unnecessary and harmful destructive operations are performed.

### Notes and Personals

John Pitcairn, for many years president of the Anti-Vaccination League of America, died July 22, at his home, near Philadelphia. He gave much of his time and money to the cause.

As a rule, I give dietetic advice by mail only. In special cases, personal interviews may be arranged. Write to Harry Brook, P.O. Box 612, or telephone (Sunset) Wilshire 3548.

It has been found that coal tar products produce wartlike ulcers, in workers. Most of the latest fashionable drugs are coal tar products, made in Germany.

Physicians at Johns Hopkins Hospital are experimenting with a serum, for the revival of drowned persons, several hours after life is apparently extinct. The drawback, so far, is that in a majority of cases there follows high blood pressure, or hardening of the arteries. Perhaps you would better stay drowned.

### Water, the "Whole Cheese"

**T**HE only reason for using red ripe honey is that it enables you to assimilate water. When it comes to curing or preventing disease or ill health, water is the "whole cheese." Water cannot be assimilated with greasy, fat foods, and cooked foods are rendered fat, except starches. Cooking changes starches into sugar. Sugar combines with water and is assimilable.

There are two kinds of sugar. One forms cells, like an apple or a tomato, while the other forms lumps, like pieces of brick. The sugar that is in the form of the apple is from the earth, and is magnetic, and the sugar that is like pieces of brick is from the air, and is electrical. These two forces work alternately.

Magnetism is the force of electricity confined in cells and ready to be turned loose into water. Then the water becomes assimilable, by having its cells or globules segregated or separated. Before honey or fruits are ripe they are fat, and cannot split up cells of water. Fats divide up water and the water escapes into the air, but hydrate produces cells that condense and hold water.

After the cells are taken into the blood the cells are broken open and the electricity produces activity and reorganization of the cells of the body. Reorganization of the cells takes place every day. When food produces gas, there are no cells to be reorganized. It is this reorganizing property that utilizes all of the food, and leaves nothing for disease to propagate on or in.

Honey sugars or granulates, because it is composed of this brick-like form of sugar. When we eat granulated honey it excites the flow of saliva and the saliva germs change it from crystal form into cells of globular structure. Then it is able to contain and carry the magnetic and living forces. The drug doctors have a craze for cooking and brewing everything. This artificial heating of food is an abominable humbug and the persons who eat of it are humbugs, as our rotten civilization clearly indicates. "As a man eateth so is he."

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**ARTISTIC OFFICES.**

The Santa Fe ticket office has been moved into most artistic offices, in the Consolidated Realty Building, corner of Hill and Sixth Streets. E. McGee, whom I knew nearly 25 years ago, as Santa Fe ticket agent, in the old Phillips Block, on North Spring Street, is still "boss of the works."

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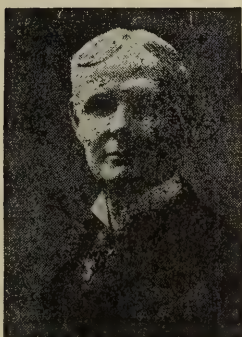


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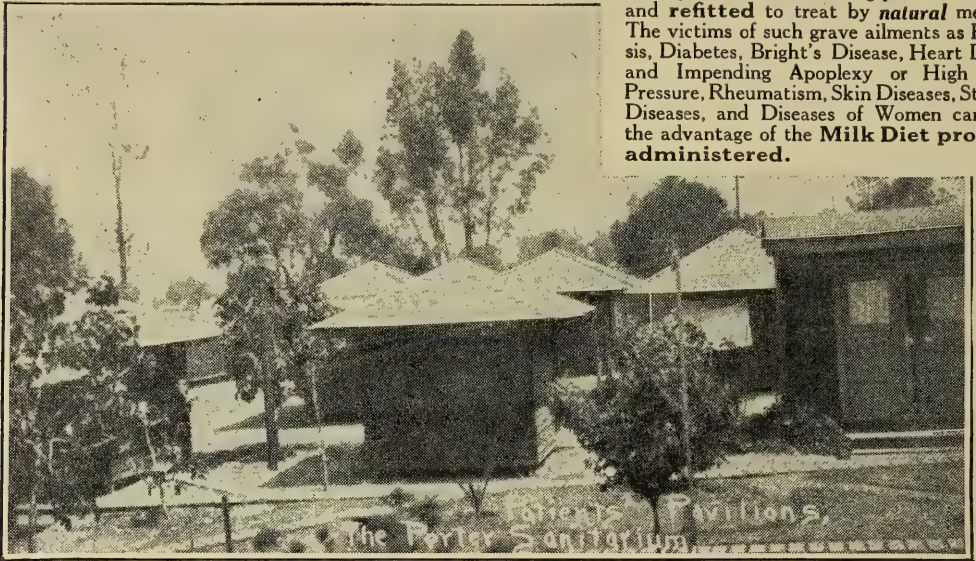
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# Brain and Brawn

OCTOBER, 1916

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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California, under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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## FOR THOSE WHO THINK

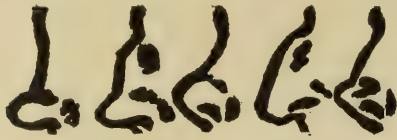
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HARRY ELLINGTON BROOK, N. D., Editor

Ten Cents a Copy

One Dollar a Year

Vol. V

LOS ANGELES, OCTOBER, 1916

No. 5

## Alcohol

**A**LCOHOL is burned in lamps, in stoves, and in the human body. It is literally, a burning question. In this country, it is a cause of heated discussions. It agitates families, perplexes legislators, divides communities, produces perpetual strife, hatred, and hypocrisy. Much of the time of legislators is devoted to an everlasting discussion of methods of consuming alcoholic beverages, and to hearing charges of illicit vending.

This is a heavy indictment. Surely, in this respect, alcohol is a disturber and a curse.

In the shape of wine and beer, alcoholic beverages are as old as history. Noah planted a vineyard, and got drunk, and beer was known in ancient Egypt. Distilled spirits are of comparatively recent invention. Like many other things that have harmed humanity, distilled alcohol was first introduced by the medical profession, in the Middle Ages, and was highly lauded as an "elixir of life."

Alcohol is a deceiver. It is not a stimulant, but a depressant, as nicotine is not a sedative, but a stimulant. The courage derived from alcohol is "Dutch courage," the energy is artificial, and unnatural, as that of a mad man.

Yet, in this strenuous age of unwholesome stress and competition, men and women will take some stimulant. The thing to do is to endeavor to lead them to choose those that are the least harmful. All use stimulants of some kind. As I have shown elsewhere, alcohol is formed in the blood of total abstainers, who eat indiscreetly, as many of them do.

Prof. Atwater, of the U. S. Department of Agriculture, did much harm, when he declared that alcohol is a food. It is just about as much of a food as is a whip, when applied to the back of a tired horse. Beer contains a slight percentage of food value, but there is more real food in a soda cracker than in a quart of beer. Whisky and wines contain no food whatever. Therefore, they should be regarded and discussed purely as stimulants, like tea and coffee, although in cases of debility, in elderly people, a moderate amount of light wine or beer is useful.

That the intemperate use of alcohol is a great and crying evil, no rational person will attempt to deny. So is the intemperate use of all stimulants, and of foods. The evil effects of such forms of intemperance are not so immediately apparent, yet, they are just as sure. The abuse of coffee, tea, condiments, flesh foods and starch, as of alcohol, causes congestion of the liver, and produces diseases in other organs, lessening efficiency, shortening life, and creating bad temper, thus leading to vicious actions. It has been said that the massacre of St. Bartholomew would not have occurred, had the French king

not suffered from chronic constipation, with the auto-intoxication that always accompanies it.

Among other economic questions, stirred up by the war, has been that of alcoholism. In Russia, vodka, in France absinthe, have been prohibited, and in England tentative efforts have been made to restrict or stop the consumption of distilled liquors, but these efforts have been rendered abortive, by the objection of distillers. In Berlin, the sale of distilled liquors has been greatly restricted. Throughout France, no liquor may be sold before noon. In London, treating has been forbidden. It is said that this has decreased drinking eighty per cent. It should be noted that none of these countries have gone to the extreme of our prohibitionists, in attempting to abolish beer and light wines. In Germany, beer, and in France, light wine, are regarded by the governments of those countries as necessary to the health of the soldiers. In Sweden, under the Gothenburg system, beer, containing about the same percentage of alcohol as American lager beer, is classed as a temperance beverage. In the wine-drinking countries of Europe, where wine is used as we use water, drunkenness is as rare as it is common in countries where distilled spirits are largely indulged in.

Louis Cornaro, who gave to the world a beautiful book on the "Joys of Temperance," was a wreck in middle age, given up by his physicians as hopeless. Yet, by adopting a most abstemious dietary, he lived to be a centenarian. He included in his diet, with his principal meal, fourteen ounces, or a little less than a quart of light wine of the country, which he refers to as the "milk of old age."

At the closing lecture of a college course, in an eastern state, a professor said he wished to speak a few words to his students on the subject of alcohol. What he said was this: "A man is a fool to drink alcohol before he is forty. He is a greater fool not to 'take a little wine for his stomach's sake,' after forty." This is an extreme statement. I should modify it by saying that, if a man after forty feels the need of a stimulant, he might better take a little pure light wine, or beer, or whisky and water, than to depend for stimulation on tea or coffee. When he does not feel the need for stimulants, he should avoid them, and will be better for it.

A great change has come over public opinion during the past century, and especially during the past fifty years, in regard to drunkenness. You need but read one of Dickens's novels, to realize this. In Ireland, in the middle of the last century, a host was considered inhospitable, if he did not drink his guests under the table. Nearly fifty years ago, in the library of Belvoir Castle, the Duke of Rutland's place, in England, I picked up a copy of the Gentleman's Magazine, published in the eighteenth century. It contained an article on "The Advantage of Occasionally Getting Drunk," telling how it should be done on good wines, in good company, and so forth. Such an article would not be possible, nowadays, in any reputable publication.

Two years ago, in October, 1914, discussing this subject, I said:

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. \* \* \*

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.

I also quoted two statements on this subject, the first by Dr. Washington Gladden, an eminent divine, of Columbus, O., in an article contributed to the *Century Magazine*. He 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.

The second was a statement by Dr. Sidney Hillier, 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.

The American saloon as at present conducted, devoted as it is mainly to the sale of distilled spirits, to men who drink hastily in a standing position, not for the flavor but for the effects of the drink, is an undoubted evil and an encouragement to drunkenness. There must be offered a satisfactory substitute for the saloon. You have no right to close the poor man's club, without giving him something equally attractive in place of it. A gloomy "temperance coffee house," with placards on the wall reading: "Prepare to Meet thy God," and "No Smoking," will not do, at all. The reformed saloon must offer everything the present saloon affords, except distilled liquors, and some additional attractions. There should be bright lights, good ventilation, comfortable tables and chairs, reading matter, billiards, cards, and other games (without gambling), a phonograph, and refreshments, including sandwiches, light wines, containing not over 12 per cent. of alcohol, beer, tea and coffee. In short, all that is found in a rich man's club, with less expensive furnishings.

At a recent convention, Albert J. Nock, of the *American Magazine*, said:

The ideal end to work for seems to be the reabsorption of the various social-service functions which now go so far to keep the saloon in its place, by letting them go into the hands of other agencies that can operate them on a sound economic basis, and make the saloon in America a place of "reason-

able refreshment" like the Italian cafe, the German bierhalle, or the Corner House in London.

There should be a much lighter tax on places that sell only light wines and beer, than on those that sell distilled spirits. Under prohibition, it is much easier to smuggle whisky than the more bulky wine and beer. Liquor ordinances tend to encourage people to swallow distilled liquors rapidly, on their feet, instead of sitting down and drinking light wine or beer, with food. It would be a good thing should distilled spirits be classed with other habit forming drugs, and forbidden altogether. In that case, some of our leading temperance workers, who take spirits for "medicinal purposes" and give testimonials to the merits of "Murphy's Malt Whisky," would suffer, with others.

Prohibition laws, like medical practice, deal with effects, and fail to touch the cause. You cannot make all men sober merely by shutting up the saloons. It often causes men to go from bad to worse. We should seek out the cause of the craving for alcohol.

Over-eating has a much worse effect on health than over-drinking. Yet "temperance reformers," as a rule, are inclined to gorge, and to top off their meals with a stimulant, in the shape of strong coffee. A strange sight. A meal of beer, cheese and lettuce is more wholesome than one of cake and coffee. This vital phase of the question is strangely ignored by most writers on the subject. No man who is addicted to over consumption of alcohol can possibly be permanently cured, so long as he makes a fermenting vat of his stomach, by wrong eating—over-eating, eating habitually of wrong food, or wrong combinations of food. The alcohol thus formed in the stomach creates a constant craving for more, and there is a steady poisoning of the blood from auto-intoxication. It is like trying to put out a fire in front of a building, while gasoline is being poured on it from the rear. A man does not crave alcohol with a meal of grapes or peaches, but with a banquet—if addicted to its use—he must have it. A mild, natural, non-stimulating diet, with thorough cleansing of the colon, mental suggestion, and pleasant conditions of work, is the only natural and effective method of curing dipsomania.

What are known as "soft drinks" are more harmful to health than light wine and beer. Fortified sweet wines are worse than whisky.

It is time that we should recognize alcoholism as a disease, to be studied and treated scientifically, not by frantic denunciation of the "rum fiend," or futile legislation, that keeps communities in constant turmoil.

---

### Health

**W**ITH health, everything is a source of pleasure. Without it, nothing else, whatever it may be, is enjoyable. Even the other personal blessings—a great mind, a happy temperament—are degraded and dwarfed, for want of it. It follows, from all this, that the greatest of all follies is to sacrifice health for any other kind of happiness, whether it be for gain, advancement, learning, or fame. Everything should rather be made secondary to health.—Schopenhauer.

## "Pictures of Health"

A CORRESPONDENT who received instructions for a course of dietetic home treatment wrote:

I have read your instructions, but how do the strongest and healthiest looking men live? Look at the butcher, who lives on meat, and the drivers of beer wagons, who drink much beer. Exceptionally healthy, strong men they appear to me, though I do not believe beer has any food value, or coffee, either. How do they do it?

Like so many others, this man mistakes a well-rounded body and muscular strength, for health. Those men are not healthy. On the contrary, they are very unhealthy. In Munich, the center of the southern German beer industry, brewers' assistants do not expect to live over forty. A German physician told me that there is not a man in southern Germany, over forty, with sound kidneys, who drinks beer, except in moderation. When I was a boy, in London, the brewers' big draymen, who tossed kegs of beer around as if they were baseballs, got blood poisoning, if they were scratched with a pin.

A few weeks ago, a Los Angeles paper stated that Jim Jeffries, another "picture of health," and champion heavy weight boxer of the world, might have to lose the strong right arm that knocked out Bob Fitzsimmons and Corbett. While sharpening a knife, he cut a finger, whereupon his arm became swollen, and his right hand puffed out of all proportion, blood poisoning ensuing, with great pain. In the case of a person whose blood was pure, through careful and abstemious diet, such a cut would not have caused any inconvenience.

Again, the editor of a health department of a Los Angeles paper writes:

Hygienists assert that the person who keeps himself in good physical condition is likely to live longer than one who does not; but the epidemiologists declare that this condition is no protection against contagious diseases.

It all depends what "epidemiologists" call "good physical condition." A man may have big bunches of muscles, with a foul colon, and impure blood. One whose blood is pure can no more "catch" disease than you can grow grain on a cement sidewalk.

In other words, these "pictures of health," who over-eat, or over-drink, are encumbered with disease matter. They are liable to go off, like a shot, in case of an epidemic, or to die suddenly of apoplexy. They have no resisting power. The average person—and this includes the average physician—does not know what a really healthy person is like, because there are so few of them. Actuaries of insurance companies, in convention, recently admitted that all tables of weight are ten per cent. too high. I say fifteen per cent.

---

There has been little discussion of the liquor problem, except from the propagandist standpoint, and new studies of a general nature have not been undertaken. Evidence against alcohol is diligently sought, not to enrich our knowledge, but to prove an assumption. As a result, liquor legislation has degenerated into an ardent political issue, subject to the influence of politicians and political intrigue.—John Koren, in "Alcohol and Society."

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I will proclaim that I believe to be true today, though it contradicts what I have advocated all my life.—Emerson.

## Food Drunkards

**E**VEN under normal conditions, some alcohol is formed in the stomach, in the process of digestion. When starch food—especially fermented bread—is freely eaten, and more especially, when starch foods are mixed with sugar, or when fruit juice is drunk, like water, the amount of alcohol formed is much larger. Those who so indulge, become, after a time, perambulating distilleries. They have alcohol in their blood, although they never consume a drop of liquor. This is worse for the health than the consumption of a moderate amount of alcohol. Some of these abstainers from alcohol have red bulbous noses, like those often seen in chronic “soaks.” A medical writer says:

Dr. P. Lieben of Germany and other laboratory students of chemistry have discovered that the muscles, brain, blood and livers of human beings who never knew the taste of beer, whisky, rum or wine, always contain newly made amounts of alcohol.

Whenever there is an excess of some kinds of food, such as sugars, sweets and starches in the digestive tube, whenever you overeat or engorge your gastric machinery, it has been observed that the alcohol begins to appear in the blood in larger quantities than before.

Speaking against a proposition to make the District of Columbia “dry,” Senator Martine declared that “all the most nutritious fruits and grains are rich in that stimulant.” This, of course, is an absurdly erroneous statement. It is, however, true, as I have said, that the body manufactures alcohol from food mixtures. H. Lindlahr, M.D., writes:

Alcohol is produced by the action of yeast germs on sugar, in the intestinal tract. The oxidation of food materials and of waste matter is in many other instances accompanied by the formation of alcohol. This product is, therefore, in small quantities, congenial to the system, and plays a useful part in the vital activities. Like uric acid and other systemic waste matter and poisons it becomes dangerous to health and life only when present in excessive quantities.

Yet many, who thus manufacture alcohol in their bodies every day, are horrified when a person occasionally takes a glass of light wine or beer. Food drunkenness is worse than alcohol drunkenness. It is less harmful to take a little alcoholic beverage than to turn your stomach into a fermenting vat, with its accompanying gas, that irritates the whole system, paralyzes the brain, beclouds the judgment, and reduces efficiency. Of course, you need not do either.

The above remarks explain why food drunkards find it so hard to give up starch. They miss the alcoholic stimulus of the starch fermentation. You can get a “jag” on sweet cake and grape juice, or on mush, mixed with cream and sugar.

To some, who regard it as a crime to touch alcohol, these facts will be as great a shock as was a glance through a microscope to the Brahmin, whose religion forbids him to take life. When an Englishman showed him the swarm of microscopic beings in a glass of drinking water, he committed suicide.

---

If you say to me that I ought not to drink, perhaps I would agree with you. But if you tell me I must not drink, I will drink, because I have a natural right to do so—to drink what I please.—Henry Ward Beecher.

## Liquor Regulation in Sweden

**T**HE Swedish government investigated the liquor question in this country, and the committee reported that "United States prohibition experiments were valueless, as a guide for other countries."

The "Stockholm system," of allowing each citizen only a fixed quantity of spirituous drink, which was put in practice just after the war started, now applies to the whole of Sweden. A writer in an Eastern magazine says:

The system allows every citizen in good standing to buy one litre, and no more, of spirituous liquor, every five days. To make this plan feasible, each person is provided with a small book, resembling a commutation railroad ticket, from which a coupon is torn every time the consumer buys his litre of whisky, brandy, cognac, punch, schnapps, or whatever kind of alcoholic beverage he fancies. At the same time, his book is stamped with the date of the purchase. Without showing his book, no citizen of Stockholm has the remotest chance of obtaining a bottle of liquor, anywhere in the city. The regulation is rigidly enforced.

It is true that in some cases, exceptions are made. If one can persuade the authorities that, on account of his social position and the demands of constant entertainment, one litre every five days is totally inadequate, and if the authorities are convinced that such a person can be trusted with more liquor, without abusing the privilege conferred upon him, he may then obtain a special license to purchase two, three or more litres, according to the circumstances. On the other hand, if the person is a notorious drunkard, has a police record, or has in any other way incurred the displeasure of the authorities, he is allowed to buy no liquor at all.

Inasmuch as all liquor dealers are practically salaried employees of the Government, all their profits above a certain fixed amount being impounded, they have no incentive to evade the regulations, which are moreover enforced by rigid inspection.

Every effort is made to encourage the use of light drinks, and to discourage the use of spirits. Beer is classed with temperance beverages. Under this system, drunkenness has decreased over 50 per cent. and crime nearly as much.

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## Drugs

**D**RUGS are never necessary, and always harmful. Nothing except food and drink should be put into the stomach. All the medicine you require—the twelve organic salts found in the body—exist in natural foods, especially in fruits and vegetables. Only in the organic form, as found in foods, can these mineral elements be assimilated and utilized. Otherwise, they are recognized by the system as interlopers, and thrown out, at expense to the depurating organs. Drugs suppress symptoms, complicate disease, and delay cure.

After using drugs for centuries, the medical fraternity is abandoning them, for serums, made of animal filth. An injection of serum, at \$25, is more profitable than a drug prescription, for two dollars. In turn, this medical fad will give way to some other unnatural process.

Meantime, poor humanity suffers, and dies prematurely, while the road to health is so plain.

---

I will awake, O Christ, when thou callest me, but let me sleep awhile, for I am very weary.—Epitaph in a German churchyard.

### “Sport”

**D**URING the last week of August, deer were so tame in the foothills of Southern California, that they had to be driven from gardens. On the first of September, men began to shoot them.

With many, “sport” means only the killing of animals, birds or fish. A Frenchman has said that when an Englishman arises in the morning, he says: “What a fine day. Let’s go and kill something.”

This is not done from cruelty, but because of custom—because men unthinkingly do what others have done, without considering whether it is right or wrong. The most kind-hearted man, a tender husband and loving father, thinks nothing of breaking the leg of an animal, and leaving it to crawl into the woods, and die in slow agony of feverish thirst and pain, or to cut the throat of a dying deer.

Much of this is based on the theory that the flesh of animals is necessary for our sustenance. This theory, we now know, is absolutely false.

A “sportsman” in Africa told how he shot a young monkey, which then fell from a tree. The mother, overcoming her fear, descended to the ground, and advanced to the hunter, holding out her arms for the body of her baby, with such a pleading look in her eyes, that the man swore he would never shoot another monkey. Quite similar was the experience of Edward A. Salisbury, who recently described his travels in Central and South America, in the *Los Angeles Mercury*. He wrote:

From Balboa we made a southern trip to Guayaquil, Ecuador, and visited the Quito Indians, in the interior. Coming up from Guayaquil, we stopped at the Byano River, where I saw a fine specimen of monkey, which I knew would be wanted by the American Museum of Natural History. With my rifle I shot her through the body. She was about 70 feet from the ground. As she fell, she threw out one of her arms and grabbed a limb about 25 feet down. With her free hand, she reached over her shoulder and lifted a little monkey that was clinging to her back, and placed it on the limb. Then, she released her hold, and fell dead at my feet. This experience cured me for all time of killing monkeys.

Shooting with a camera is a more humane, enduring pleasure than shooting with a gun. It often involves more “thrills” and danger.

### Flesh Food More Harmful than Alcohol

**W**HAT? Animal flesh, taken into the body, poisons the system. It fills the blood with a toxin as potent as any poison. Moreover, it is not easily eliminated. If you drink wine overmuch in the evening, generally the alcohol is eliminated by the following morning. In the heat of excitement caused by alcohol men are driven to rash acts. But the effect of alcohol is brief. On the other hand, the intoxication of animal meat is constant and chronic, because of continued consumption. The poison of the steak consumed at dinner is not eliminated by the time you wake in the morning. It continues to ferment in the blood and is always renewed. It arouses all the primal savagery in a man’s nature and makes him choleric, excitable, violent, ruthless, cruel and brutal.—Prince Paul Tronbetzkoy.

When half the men become fond of doing a thing, the other half prohibit it by law.—Ed Howe.

### Uniforms for School Children

**T**HE Kansas City Board of Education has been requested to provide uniforms for school girls. It is urged that rivalry in dress has an unwholesome effect on the girls. Two of them recently refused to attend school, because they could not dress as well as others.

I have often urged this step. Boys and girls, in public schools, should wear neat, inexpensive uniforms. This would not be "militaristic," but democratic, and it would obviate much heart-burning jealousy and mortification, on part of many school girls.

If all mothers had sense and good taste, this reform would be unnecessary. Unfortunately, they haven't.

---

### The Kaiser as a Prophet

**F**OLLOWING is an extract from a conversation between Kaiser Wilhelm and a French duke, on board the Emperor's yacht, at Kiel, shortly before the war. It is reported by Ferdinand Bac, in *La Revue*:

What reasonable man would today think of forming a European coalition against us, without making himself ridiculous? For such a Utopian idea to be possible, it would be necessary for Germany to have incurred the hatred of all nations.

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### Absinthe

**A** NEWSPAPER writer recently stated that Switzerland enjoys the unenviable distinction of having a larger percentage of lunatics than any other country. This may be partly due to the fact that the Swiss have been the greatest consumers of absinthe of any people in the world.

For absinthe—as for so many other poisons—we have to thank the medical fraternity. This concoction was first introduced by medical men in the hospitals of Algeria, when chloroform was not to be had. The French soldiers grew to like it, and carried the habit back with them to France. Marie Corelli, in her novel "Wormwood," has graphically described the horrors that follow over-indulgence in this drug. There are many worse drugs than alcohol.

Of late, the sale of absinthe has been forbidden in France, and other European countries, and in the United States.

---

At the very beginning of married life the foundation of the home and all future happiness are seriously menaced by the pernicious education of young wives who have been allowed to develop the idea that they must not become mothers during the first year of their married lives.—Albert A. Ogle.

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All the world cries, "Where is the man who will save us? We want a man?" Don't look so far for this man. You have him at hand. This man—it is you, it is I, it is each one of us! How to constitute oneself a man? Nothing harder, if one knows not how to will it; nothing easier, if one wills it.—Alexander Dumas.

## Evolution of a Drunkard

**F**OLLOWING is from "The No Breakfast Plan, and the Fasting Cure," by the late Edward Hooker Dewey, M.D.:

The evolution of the drunkard is a process of culture, and involves something of a constitutional tendency, as in other diseases. I conceive that there is an alcoholic temperament or a temperament in which the inability to bear with patience the various mental and physical woes of life is marked even from childhood. Indigestion and every cause that lowers vital power only add to the importance of such a nervous system.

The first step in the evolution of the drunkard is the first untimely meal drawn from the breast of the mother. By irregular nursings, and the nursings merely to stop crying, the nervous system is continually overtaxed. There are the untimely meals to invite gluttony; there are the between-meal lunches to incite nervousness, irritability, a feeling of unrest that nothing seems to satisfy.

This goes on year after year, until the time comes when that first drink has power to soothe many discordant voices, and the die is cast. Other drinks follow, with each to lessen the power of the dynamo and to disable the machine. At first, drink is indulged not without a sense of wrong-doing, but with that feeling of power in reserve to keep within the limits of safety.

The gradual corrosion of the stomach, adding to the labors of the brain in the matter of food mass decomposition, as well as digestion, marks the decline of power to abstain, and the degradation of every sense that makes life worth living. Now add to the corrosion of the membrane and the paralysis of the brain centers from alcoholics the other inciting causes in the culture of disease, and you have the evolution of the drunkard.

How is he to be cured? Only through a fast that shall let that diseased stomach become new from regeneration, that will let the brain accumulate rest in reserve. For a time you will need to have him under bonds, for his will power is abolished. Put him where there will be deaf ears to the cries of morbid nature, for there is to be a conflict at first; but long before hunger will come the storm will subside; and finally, when food will be really desired, there will be a new stomach and a new brain, to which alcohol will be no temptation.

This is no figure of speech, because there is such a continual change of life and death going on in the soft tissues of the body that in a month or more of fasting it may be assumed that much of the tissues which is left has undergone reconstruction, and both brain and stomach act as if they are new, when the time comes to restore the lost pounds.

The ways of the kitchen and dining-room are the ways of disease and death, ways whose ends are prisons, asylums, scaffolds, to a far larger extent than is dreamed of by the fathers and mothers of the land. A new crusade against intemperance, the intemperance of the dining-room, is the only one that will ever settle this so-called liquor question. The rum-seller will only pull down his sign through the starvation of his business.

With brains and stomachs kept in the highest order, alcohol has

only the least power of the beguiling kind; it is rather a dose whose effects do not invite repetition. But for all who have the drink disease seemingly beyond hope, a fast of a month, or two months if necessary, will cure any stomach or brain, no matter how pickled they are with alcohol. Even within a week, the hardest of the fighting should be over, when the fast is made absolute.

### Kidneys

“**K**IDNEY SAUTE”—with an accent over the final “e”—translated literally, means “jumped kidneys.” They are esteemed as a great delicacy by epicures. “Deviled” kidney is another “delicacy.” A devilish dish indeed. A clean feeder would about as soon sip urine. However, a vast majority of people never give this subject a thought, or they would shudder at the idea of eating organs that secrete the urine, with the urine that they contain, when the animal is killed.

It is not, however, of animal kidneys, as a table delicacy, to which reference is here made, but to the human kidney. Fashions in surgery come and go, as do fashions in female hats. During the past few years the appendix and the ovaries have been the rage, among the licensed medical carvers. Appendicitis is still quite common, but ovariectomy is said to be somewhat less popular. A medical friend informs me that kidneys will not be much worn during the coming season. “Floating kidney” is to be a prevailing surgical fad, during the next year or two. The kidneys must go. 'Raus mit 'em!

Strange, is it not, what a bungle nature made of it, when she stuffed our bodies with so many superfluous organs? She was surely not “on to her job.” Perhaps, however, she was thinking of furnishing lucrative jobs for the surgeons. If this business keeps up, before long, a considerable proportion of the human family will be like empty bags, and will have to be stuffed with antiseptic cotton, so that they do not collapse, when you poke them in the ribs.

Hold on to your kidneys, whether they are floating, swimming or sinking. You need them in your business.

### Democracy or Autocracy

**T**HE startling capacity shown by the semi-autocratic government of Germany has been a shock and a challenge to more easy-going nations, laboring with democratic machinery. A bureaucratic government, like that of Germany, can pursue long-time policies farsightedly and tenaciously. It can exert its full force at pivotal points. It can prepare, gradually, secretly, and without democratic intervention or responsibility. What Germany has been able to accomplish before the war and during the war raises the question as to whether our more negligent and sometimes distracted electorate can run a country at all, the question whether the average voter is up to his job. It is a question of supreme moment, for if democracy is crassly inefficient it will not permanently endure.—*Century Magazine*.

Switzerland, with the best government in the world, has endured, as a republic, over 500 years.

### Wine in France

**A**LTHOUGH France is the most famous of wine-growing nations, it is a fact that they are a most temperate people. Drunkenness is quite rare, even in Paris, where it is confined to a comparatively small class of the population. One reason for this is probably because light wines are such an ordinary every-day drink with them. They are served on saints' days and holidays to the children in the convent and have a place at every household meal, much as we drink coffee. It is to them a common liquid refreshment, not a sinful form of celebration. They would as soon think of drinking too much lemonade or tea. Wine is surrounded by no surreptitious glamour, imbued with no seductive, devilish charms, as with us. Their drinks are light and good, not concentrated and fierce like our insidious cocktails. "Vin ordinaire," the daily dinner beverage, is a mild and harmless drink, unless one elects to drown in it. And it does not seem to have impaired the efficiency of the French nation—not exactly.—Los Angeles Times.

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### Mazdaznan

**A**MONG the church notices, in a recent issue of a San Francisco paper, was an announcement of a Mazdaznan service. The subjects were: "God's Plan of Salvation;" "Social Regeneration;" "Breath Culture," and "Egyptian Postures." Salvation and Egyptian postures is certainly a queer mixture. The Mazdaznans have some good ideas—also some queer ones.

A rather pathetic thing is that the candidate never seems to realize that he could say substantially the same things about his own party that he does about the other, and have them just as truthful.—Columbus, Ohio, State Journal.

You will find, as you look back upon your life, that the moments that stand out, the moments when you have really lived, are the moments when you have done things in a spirit of love.—Henry Drummond.

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### Nursing Trouble

**T**HERE is many a trouble  
 Would break like a bubble,  
 And into the waters of Lethe depart,  
 Did we not rehearse it  
 And tenderly nurse it,  
 And give it a permanent place in the heart.  
 There's many a sorrow  
 Would vanish to-morrow  
 Were we but willing to furnish the wings;  
 But, sadly intruding,  
 And quietly brooding,  
 It hatches out all sorts of horrible things.

Phillips Brooks.

## Briefs

Long Beach may build a new high school, for girls. Good idea.

The Child Labor Law will free 750,000 children from industrial slavery.

Iowa leads in autos, with one for  $12\frac{1}{2}$  persons; California second, with one for 13.

The price of Bibles has doubled, and it is likely to advance still further, because of the war.

One hundred and seventy-four persons in the United States swear to an income of over \$500,000.

Fifty-five per cent. of the arable land of the United States is, for one reason or another, held out of use.

A motion picture company, to produce child pictures, has been formed in Glendale, Cal. Good idea.

New York food dealers, who gambled on the expected railroad strike, lost much money. Served them right.

The stone vessel is here. A ship, constructed entirely of concrete, except the steel ribs, has been launched in Norway.

The United Master Butchers' Association of America plans a "quiet, thorough-going fight against vegetarianism."

Two junk dealers, in Long Beach, Cal., battled for the crop of 3000 beer and whisky bottles, collected there weekly.

As I predicted, destruction of kelp beds, on the California coast, is driving away fish. One cannot safely interfere with nature.

A "beauty squad," of Chicago policewomen, are to "be shy, flirt back if flirted with, and then arrest." "Agents provocateurs."

The new Japanese factory law provides that no child under 12 can be employed for more than 12 hours a day, seven days a week.

An institutional church, to be built in Los Angeles, will give spiritual, industrial, educational and social training to Latin-Americans.

Thirty-five thousand California club women will aid the Federal Government to put employment of working women on a sound basis.

Miners on the "Mother Lode," California, struck for an increase of 25 cents a day in wages. Sixty years ago, "two bits" was the smallest coin in circulation there.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, OCTOBER, 1916

No. 5

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## Temperance

ONE of the most abused words in the American language is Temperance. To millions of people in this country, "temperance" means simply a total abstention from the consumption of alcoholic beverages, in every form, including light wine and beer; while many of these people are grossly intemperate in the use of other stimulants, as coffee, tea and condiments, and habitually over-eat of stimulating food.

Strange, is it not?

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## Mayors

IT seems strange that American cities seldom succeed in getting representative men as mayors. A mayor is to a city what the President is to the nation. He should be something more than honest and efficient. That goes without saying. His office is not only useful, but ornamental. He has to receive distinguished visitors. He should be a gentleman, a scholar, and a diplomat. Of the seventeen occupants of the mayor's chair, since I have lived in Los Angeles, I cannot recall more than two, or possibly three, who have measured up to this standard.

In Europe, it is the height of a man's ambition to crown his career by becoming mayor of his native town. Here, it seems to be a sort of "free for all" race. Our present mayor has lived in Los Angeles only ten years. I do not say this to his disparagement, but to show how lightly the high office is esteemed by our citizens.

Perhaps, after all, it is not so strange, that gentlemen should hesitate about undergoing the ordeal awaiting those who seek public office in the U. S. A.

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The American Manufacturers' Export Association has urged Secretary Lansing to "take steps" to meet the demands of Japan on China. Trade rivalry leads to war.

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Galileo was persecuted because he declared that the earth moves. Those who oppose the follies and failures of "medical science" cannot expect any better fate.

## Subscribers

FOLLOWING is from an editorial in the first number of the Illustrated Review, a good-looking monthly, published at Atascadero, Cal., at the astonishing price of ten cents a year:

A Simon-pure subscriber, one who of his own accord and without solicitation, promise of award, premiums, prizes, contests, or the hypnotic influence of a book agent, subscribes for a publication, stepping right up and paying for it with his own money, and then at the expiration of his paid subscription, as voluntarily renews, is almost an extinct species, if he ever really existed, in any number.

Please include BRAIN AND BRAUN in the small minority of publications honored by such subscribers. Two-thirds of our subscribers renew, voluntarily, although we have never offered premiums, prizes, or other extra inducements, of any kind whatsoever.

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## Paying the Freight

SOME newspapers, opposing demands for increased wages, put forth, as if it was a convincing argument, that the people will have to pay the cost.

Of course they will, unless profits are exorbitant, when the cost should be borne by those who reap such profits. The ultimate consumer always has to pay the freight. No right-thinking person will object, if the increase sought is just.

Let us try to get away from the sordid idea that property is of more value than human life and happiness.

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## A Costly Lesson

AS I recently said, this horrible war will teach people many useful lessons. Among others, that you can eliminate meat, and eat much less food of all kinds, with advantage to your pocket, and your health. This statement is confirmed by one of the leading papers of Germany, the Cologne Gazette, which says: "The German people are enjoying better health than ever. With less weight, they have more energy, and more resistance to disease. Maybe the Germans will yet thank the English for the blockade."

If men really had the intelligence of those they contemptuously call the "lower animals," a bloody war would not be necessary, to teach this simple lesson.

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The Marquis de Polignac, who visited Los Angeles recently, said: "People talk about the regeneration of France, but can a nation be regenerated in one month?" "Rediscovered" would be more correct.

## Piffle

**A**NOTHER of our periodical municipal house-cleanings was started, in Los Angeles, last month. As the young reporter might write: "A great wave of moral reform swept over the city." Here is what the wave carried on its crest:

1. Women forbidden to smoke in cafes.
2. No drinks to be served in cafes without a "bona fide meal," costing at least fifteen cents. (You need not eat it.)
3. Being too weak-kneed to decide the question, the City Council orders a special election, costing over \$20,000, to say whether dancing in cafes shall be permitted.
4. Chinese lotteries will again be closed. (Perhaps.)
5. Policemen are ordered to shine their shoes, and be polite.

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## Judges of Whisky

**T**HE manufacturers of a well known brand of whisky say they have on file in their offices, letters from 37,814 registered and licensed practitioners of medicine, endorsing the "purity, uniformity and wholesomeness" of this particular brand of booze.

What "ethical" reason could these 37,814 doctors offer for thus giving their written endorsement to a brand of liquor, which is presumably not the only one in the United States free from adulteration?

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## Pathfinders

**T**HE man who dares to think for himself, and to say what he thinks; who refuses to follow the broad highway, but breaks a path for himself and others, is a dangerous man, who should be discouraged and suppressed.

Then, after he is dead, you may, if you like, erect a monument to him. That will do no harm.

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Perhaps there are, in the United States, 5000 "idle rich," and 50,000 criminals, including "malefactors of great wealth." That is only half of one per cent. of the population. To read the papers, one might think that half the population belonged to those classes.

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Orientalists have holy wars to force their religion on others. Occidentals also have holy wars, but our religion is called Trade.

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A newspaper headline reads: "Mr. Hughes Says he is Friend of Workingmen." All politicians are, just now.

## Brooklets

Times are hard, but banks are breaking records.

\* \* \*

Whiskers and silence do not necessarily imply wisdom.

\* \* \*

It is poor finance for society to let men be driven to crime, by lack of work.

\* \* \*

Many men spend more on alcohol and nicotine, than their wives spend on clothes.

\* \* \*

Some men and women, who crowd the jitneys, must enjoy squeezing, or being squeezed.

\* \* \*

Too many make a living by tempting others to buy what they don't need and can't afford.

\* \* \*

Be not afraid of an idea because it is new; nor adopt one, because it happens to be the fashion.

\* \* \*

Women who dress in the height of fashion usually look physically and mentally uncomfortable.

\* \* \*

Solomon said: "All men are liars." Sometimes, I begin to think he was not so very far wrong.

\* \* \*

Women are to have pockets. Then, they will only need trousers, to be on an equality with men.

\* \* \*

Before you can begin to think straight, you must overcome Precedent, Convention and Tradition.

\* \* \*

A newspaper department offers "Advice to Hearts in Trouble." I give advice to stomachs in trouble.

\* \* \*

People who work up "booms" are public enemies, because there always comes the inevitable reaction.

\* \* \*

You have to read a newspaper article carefully, to be sure it is not a "movie" or an "auto" advertisement.

\* \* \*

Another advantage of the war is that the price of paper will restrict publication of things not worth while.

# Care of the Body

## Diet and Alcohol

**F**OLLOWING is from "The Development of English Thought," by Prof. Simon N. Patten:

Liquor is necessary with plain food, especially when a large use is made of vegetables. Such food would be unpalatable but for a free use of pepper, salt, vinegar and other condiments. It is pleasant only when some liquor is used as a complement. The old diet was thus essentially a liquor diet, the liquor being its main source of pleasure. . . . The cheapness of sugar now enables a satisfactory diet to be obtained without the use of alcohol. The sweet dishes are essential parts of each meal, and about them the other foods are arranged just as in earlier days they were co-ordinated with alcoholic beverages.

This change has already gone so far that a large portion of society has adjusted itself to it. So long as a liquor diet was essential, people put up with the many evils incident to it without much complaint; but when it was no longer necessary to health a reaction against its evils was inevitable. The drinking man is no longer the cheap man in production. A sugar diet is less costly than a liquor diet, and he who lives on it has an advantage in many branches of production.

That is to say, instead of drinking alcohol, they use sugar, mixed with other foods, to produce alcohol in the stomach, a much greater evil, from a health viewpoint. This explains the craving for candy, of those who abandon the use of alcohol.

## Sulphured Fruit

**F**OLLOWING is a letter addressed to Otto Carqué by Prof. H. W. Wiley, formerly Chief Chemist U. S. Department of Agriculture:

"Mr. K. is in great error in maintaining that sulphur applied to fruits before drying is evaporated during the process. The sulphur enters the fruits and is held with great power. Even boiling for a long time fails to dislodge it. It therefore happens that when the fruits from the fields are resulphured, they get a double dose, which, in my opinion, renders them highly injurious.

"The use of sulphured fruits, sulphured molasses and other sulphured products is, in my opinion, highly deleterious, and should be prohibited by law. A fair looking article of unsulphured fruits can be manufactured, and the flavor and character of them are superior to the common article. To my taste, the flavor and character of dried fruits are ruined by this excessive sulphuring. I sincerely hope that you may succeed in placing commercial quantities of unsulphured fruits on the market."

The captain of the U. S. Albatross, for many years engaged in deep sea soundings, reports that the temperature of deep water, between California and Catalina Island, is twenty degrees lower than he has ever found it before. This may partly explain the remarkably cool summer in California.

### Breakfast

**D**R. ANTON J. CARLSON, associate professor of physiology at the University of Chicago, who, we are told, in the last three years has made himself "one of the world's leading authorities on the subject of hunger," is quoted as saying:

"If you get up in the morning with a headache, don't tell Norah that you don't want any breakfast. A rasher of ham and eggs or a thick, succulent steak is the panacea you need, for the chances are you are hungry."

This is about as rotten dietetic advice as it would be possible to give. When you awake with a headache, it is a sign that your stomach is coated with phlegm, and your colon filled with impurities. By taking food in, you may temporarily deaden the symptoms, as you could also, by taking a glass of whisky, or a cup of strong coffee, but in doing so, you invite chronic disease.

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### A Relaxation Exercise

**I**N Boston a doctor is curing a woman of heart disease. For years, this woman has been unable to lie down flat in bed, at night.

The first thing the doctor did was to lay her down flat across the bed, with her head and shoulders hanging down over the edge, and only her hips and legs resting on the bed. Every day she is required to lie in this position for five minutes. She and her family thought it would kill her, but it is making her well, along with the diet and other exercises, which the doctor prescribed, to put her internal organs back in their proper places.

This relaxation exercise certainly tends to straighten the backbone, as well as to throw the internal organs into place, and strengthen the abdominal muscles. It is good to correct the disarrangements that come from sitting all day over a desk, or a sewing machine, or a bridge table.—Elizabeth Towne, in *The Nautilus*.

This exercise is especially good for pelvic troubles, from which so many women suffer. Of great importance is, also, right eating, so that food will not ferment, and gas accumulate, to press down on the parts.

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### Starch as a Stimulant

**F**EW recognize starch as a stimulant, but the fact is that all foods are stimulating, and when starch is taken in excess and in wrong combinations, acetous fermentation takes place, and this greatly stimulates. All people recognize the evil that comes from the daily use of stimulating drugs; they should know the evil coming from overstimulation by food. Then it will be easy to teach those of average intelligence what to expect from food-poisoning, and what the cure must be.—J. H. Tilden, M.D.

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A peach tree, grown from a seed, planted eight years ago, in Segeberg, Schleswig, birthplace of my wife's mother, bore a thousand pounds of fruit this year. Segeberg is in the latitude of Sitka, Alaska.

### Olive Oil

**O**LIVE oil is little known to Americans. In Southern Europe, it takes the place of butter and lard, than which it is much more wholesome.

Until recently, when the Pure Food Law went into effect, many of our people supposed they were using olive oil, when they bought "salad oil." This was usually composed of a mixture of the dregs of olive oil refining, with cotton seed, and sometimes even hog fat.

Writers on diet sometimes recommend people to take a spoonful of olive oil before a meal, as if it was medicine. Why do this? You can take it in moderation, not only with your salads, but with your vegetables.

Those who have been accustomed to cotton seed oil, may not like olive oil, at first. However, one soon begins to like it. A good way to take olive oil, is to beat it up in a mayonnaise. Anyone will like it that way. It is also more digestible and wholesome when thus emulsified.

Oil of any kind should be used more moderately in summer than in winter, because it is heating.

For cooking, cotton seed oil may be used, as olive oil burns at a lower temperature.

Satisfy yourself that the oil you use is pure olive oil, not doctored. Samples recently examined by the New York Board of Health showed adulteration, not only with cotton seed and lard, but also with odorless petroleum.

Olive oil is sensitive, and must be kept from light and warmth.

### Coffee Dram Drunkards

**T**O those individuals who claim they could do nothing without their morning coffee, I have merely this to say: that their craving for that stimulant is precisely on a par with the dram-drinker, who can "do nothing" before his glass of gin, and the appetite is, in my estimation, equally abnormal and depraved in both cases. Stimulation is the thing sought, and, while one intoxicates and the other does not, that difference is purely accidental. The disastrous effects on the nervous system are finally apparent in both cases. For both, too, the cure is the same—a removal of the cause of the desire for the drink.—Hereward Carrington in "Vitality, Fasting and Nutrition."

Muscularly expand and contract the chest and abdomen, not with the breath. This will speedily remove gas from the stomach, and relieve a full feeling, after a hearty meal. Sometimes, when constipation is not confirmed, it will move the bowels, if persisted in, at intervals.—O. V. Roe, in Good Health Clinic.

A Los Angeles fire horse died of a "broken heart," when his master went for a vacation.

A prohibitionist suggests that wine "must" might be exported to Europe. Queer idea.

### Cutting Out the Tonsils

**A**N increasing number of thinking physicians are beginning to denounce the craze for the cutting out of necessary organs, including the tonsils, an operation that is always followed by injurious results, if, as is sometimes the case, it does not result fatally. Thus, in a lengthy article by G. Hudson Makuen, M.D., in the *New York Medical Journal*, of March 11, he says:

It is easier to remove a tonsil than it is to know whether or not it should be removed. The very simplicity of the operation, and its apparent freedom from untoward results, make the temptation all the greater to do it, rather than resort to the more difficult but less radical and probably better methods.

Yet, notwithstanding this, we read that the West Philadelphia Medical Association has started a movement for a law giving surgeons the right to remove diseased tonsils from children, when parents oppose such an operation. Also, I read in the *Chicago Medical Reporter*: "Better slaughter a hundred innocent-looking tonsils than run the risk of sickness and premature death by harboring one that is guilty."

What do you think of that?

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### Causes of Indigestion

**W**HOLESONE food, eaten with a keen relish, but disagreeing with one, does not mean at all that any of the food in itself should not have been eaten. Too large a quantity of the right food will cause indigestion; so will the right quantity of the right food, eaten too fast, or eaten when one is tired, or eaten when one must work or exercise immediately after the meal. Anger, hatred, envy, grief, fear, doubt, anxiety, are all deadly foes to the digestion of the most hygienic meal ever eaten. Even an ecstasy of delight, or love, drives hunger away, and robs the digestive organs of the blood and energy needed for their work.—Viola Mizell Kimmel.

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### Edison on Alcohol

**M**AN is not perfect yet, and you can't take alcohol away from him all at once. Beer has 4 per cent. alcohol. Cut down the percentage to 2 or  $1\frac{3}{4}$ , then to 1 per cent. Cut out whisky and strong drinks at once.

The theory is this: Every man's stomach is about the same size. Beer with 2 per cent. alcohol will never make the average man drunk, because he can't get enough into his stomach. Cut down the alcohol until he can get merry, but not ugly.—Thomas A. Edison.

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Eastern women practice birth control, western women practice and advocate it publicly. Five hundred Los Angeles women permitted me to use their names.—Margaret Sanger.

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Among substitutes for vodka, used in Russia, often with fatal results, are denatured alcohol, with pepper, tobacco and henbane, eau de Cologne, varnish, furniture polish, ether, wood spirit and benzine.

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The president of an English prize court decided that coffee is a food. It is not a food, any more than whisky is a food.

### “Liquor Habit Cures”

**D**OCTORS who profess to cure the liquor habit usually do so by converting drunkards into drug fiends, which is far worse.

Writing on this subject, the editor of the *Medical World* says:

There is no treatment for the liquor habit that can be administered without the knowledge of the patient that is of any avail whatever. For a satisfactory cure of inebriety, it is necessary that the victim be willing and anxious to be cured. He must not only have his system toned up, but he must also have his moral powers revived, so that he will be able to decline or flee from temptation to drink later. Nothing will compel a man to quit the use of alcohol against his will. One may squirt apomorphin into him till his stomach will not retain liquor, and tell him he is “cured,” but as soon as he can get alcohol without the apomorphin, and is able to retain it, he knows that he is NOT cured, and his last condition is worse than his first.

If a man really desires to be freed from his habits, and has not the moral strength to abstain, he may be incarcerated, with or without treatment, till he is free from alcohol. Then, if he be toned up vigorously, and keeps away from temptation, and has the moral stamina to resist it if thrust upon him, he is as much cured as anyone ever is.

As I have said elsewhere, the best of all methods of overcoming a liquor or drug habit is to give the much abused stomach a rest, in the shape of a “fruit fast” with thorough cleansing of the colon and sweat baths. Eat absolutely nothing but fresh fruit in season, say about a pound three times a day, carefully rejecting all pith and skin. This gives a man a chance to pull himself together, whereas it is almost impossible to do so as long as the stomach is irritated by stimulating foods and condiments. Smokers all know how they have little craving for a smoke after a glass of milk or an apple, whereas after a banquet the craving is so strong that it is hard to resist.

Try a fruit fast, when you want to overcome a liquor or drug habit.

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### One Way to Take Milk

**T**HERE is a way to take milk, for one or two meals of the day, that will not cause trouble, either with the stomach, or bowels, even if you have to use Jersey, or other rich milk. Fill a glass half full of the milk, and add hot water, of a temperature that will bring the mixture to about 110 degrees. By using a pint of milk this way, or even a pint and a half, for breakfast, you have a very satisfactory meal, and it will not interfere with your noon meal, but you must not take any other food with it, especially starches or eggs. The only thing that can be taken sometimes, is a raw apple, or other rather acid fruit.—Charles Sanford Porter, M.D.

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Two thousand rice-fed Japanese soldiers marched and manoeuvred for 12 days, with the mercury as high as 130 degrees, and there were only three cases of sun stroke. American soldiers could not do this, on canned meat and white bread.

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Constant movement is in itself a sign of weakness in the higher centers. A baby is always in motion. As we grow older, we get quieter, and the man with the strong brain only moves for a definite purpose. Repose, not movement, is a sign of brain power.—Dr. A. T. Schofield.

### Honey a Substitute for Cane Sugar

**C**ONSIDERING that milk and honey are the only articles Nature makes for food alone, is it not reasonable that more of these products should be used in the daily menu?

If a child is given honey, or maple sugar, pure from the kettle under the tree, he will be entirely free from the appetite for the "doctored" sweets in the candy shop.

Honey and cream or milk on the breakfast food is far more wholesome and appetizing than cane sugar.

Honey comes fresh from Nature's refinery, and is correspondingly easier to be absorbed as food.

Devotees of uncooked food methods know how delicious is a dish of uncooked rolled oats, well mixed with honey and cream.

Honey melted, and with a little butter, beaten into an uncooked egg, makes a delicate pudding sauce.

Beat the white of an egg very stiff, add the yolk and beat creamy, mix in a generous tablespoonful of honey, and twice as much cream, if liked, and there will be a tonic which will do far better work for an invalid than the old-fashioned "egg nogg," good as that has always been thought to be.

Cream and honey, mixed, is excellent food for a person tubercularly inclined.

For tonsilitis, or other sore throat, two tablespoonfuls of honey, stirred into a glass of hot water, is a tonic and curative drink, and there is no danger of overdoing the remedy.

Honey and lemon juice is a grandmother remedy for hoarseness. The lemon cuts the secretions, and the honey heals and strengthens the weak throat.

Honey, used on any fruit, where one ordinarily uses sugar, improves the flavor, and is good with or without cream.

Slice one large onion in a granite pan, add three tablespoonfuls of honey, simmer in a warm oven, until the onion is soft. This is better than the old way of using sugar, to make onion syrup, for croup or cold, for the honey possesses healing qualities lacking in the sugar.—O. V. Roe, in *Good Health Clinic*.

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### Cow Sense

**J.** B. WILLSEA, of Fruita, Col., sends this to *Good Health*:

"The cow refuses water while chewing her cud, even though she has been some time without. Sensible Bossie! If the water is cold, she takes only a few swallows, but refuses to be led away from the pond; then after awhile she takes a few swallows more, very leisurely. If some of us had four legs and horns, we would be more judicious as to our manner of drinking."

To this I may add that my St. Bernard dog will only drink by licking the drippings of a faucet, in the yard, except when she is very thirsty.

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The population of Los Angeles is estimated at 35,000—*Los Angeles Express*, August 26, 1876. [The population of Los Angeles, by the U. S. Census, in 1880, was 11,093.—Ed.]

### Diet and Sexuality

**P**ARENTS should know enough to give their daughters the protection of a correct life. So-called moral teaching is powerless before the cyclonic influence of a reproductive urge, fanned into flames by the poison absorbed from putrefaction in the lower bowels.

All life is a resurrection. No germ takes on activity until stimulated by the influence of the heat of decomposition. Young people are forced into premature reproductive activity by food combinations that favor decomposition in the large intestines. Sugar and proteids fill bawdy-houses with many of the sweetest human flowers that bloom. The prescriptions of church and state fail and will fail. Only a first-class dietician can save these should-be mothers of the human race.—Philosophy of Health.

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### Bran

**B**RAN contains a large part of the mineral elements of nutrition of the wheat, a perfect food, which is more easily assimilated without cooking; and a powerful starch digestant is made from the inner coat of bran. It also contains a large part of the important "vitamines" of the wheat, which are largely destroyed by the excessive dry heat sometimes used in cooking and by the action of baking soda—which partly explains the greater prevalence of pellagra in the South, where biscuit is used so largely, with polished rice, and bolted corn, all deficient in vitamins. The indigestible fiber, of which wheat bran chiefly consists, prevents the massing of white bread and rice and by furnishing bulk, aids in preventing constipation. Bran should not be used by those whose stomachs are inflamed.—Health.

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### Alcoholism in a "Temperance Worker"

**O**NE of the most serious cases of hob-nailed liver that the writer has ever seen was a victim of Peruna in the days when Peruna contained at least forty per cent of alcohol. The case was that of a woman—a temperance worker of considerable prominence. She had taken Peruna for a number of years, in ever-increasing doses; she was a chronic alcoholic; but due to her work for temperance, her symptoms were wholly misunderstood by her family and friends. She finally died of chronic alcoholism, yet no drop of alcoholic beverage, with exception of Peruna, ever passed her lips. Post-mortem examination revealed the real cause of her death, which had puzzled the medical staff of one of our largest hospitals, where she spent the last few days of her life. This was a plain case of ignorance, which led to the patent medicine habit being established in the first place, and continued to the end.—J. H. Kellogg, M.D.

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In one year, the British Government spent \$10,000,000 for jam, for the army.

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Sarah Denny, of Washington, Ind., smoked a clay pipe on her 100th birthday. She has used tobacco since she was 10, and believes it is what "kept her alive." Sarah is mistaken.

### Digestion of Cereals

**T**O get full nourishment out of cereals they must be thoroughly masticated, and mixed with the saliva and fluids of the mouth, before the stomach can digest them, and send them properly prepared to the small intestine, where they are assimilated, and the refuse matter pushed on to the colon, or large intestine. This waste should leave the body every day, otherwise the system will use its power to reabsorb the impurities of the refuse matter. This, in turn, poisons the blood, irritates the nerves, and creates disease, by attacking the weakest organ. The fermentation of refuse matter creates gases, which are not always passed. This is one of the causes of constipation. It weakens the nerves by pressure, often creating sexual perversion and epilepsy.—Dr. Margaret Goettler.

### Temperate Use of Alcohol

**T**ORNARO lived a life of temperance. He used alcohol—a very light wine—as long as he lived, but in a very temperate manner. Some of those who comment on his life regret very much that he had wine as one of his little habits, as you might call it. I am very glad, from my point of view, that he should prove to people that a man could live to be over one hundred and use a little wine. Wine is not foreign to the body. We make alcohol in our bodies; hence it is not a foreign subject. But if you are going to get any benefit from alcoholics, you certainly will have to take them in such quantities as the system would make them; and that, you understand, would not be very great. The trouble with humanity too often is that leave means license. A correct dietary is one that takes in everything. An exclusive diet is not desirable; it amounts to nothing. Man is cosmopolitan in his nature, and he can get elements that his system requires from everything, from everywhere; but what man needs more than all else is the sense of temperance instilled in him. It is intemperance in everything that causes the world of sickness.—J. H. Tilden, M.D.

“Dry” campaigners held a ten course banquet, in Los Angeles, beginning with soup, and ending with grape juice. They manufactured much alcohol in their stomachs.

### 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 half a dozen friends. In that case you may present each with a year's subscription for five dollars. We will tell them the name of the donor.

Chamber of Commerce Building, Los Angeles, Cal.

### Difficult to Avoid Alcohol

**W**HEN yeast is added to any sugar-containing material and subjected to favorable conditions of temperature and moisture it immediately begins to grow and develop carbon dioxide and alcohol.

Even in bread-making, where yeast is used, alcohol is present to an appreciable extent in the earlier stages of manufacture, and from 0.2 to 0.4 per cent. has been detected in a freshly baked loaf of bread.

\* \* \*

The unfermented grape-juice of the market always contains small amounts of alcohol, ranging from 0.05 per cent. up to 0.5 per cent., the higher amount being found in the carelessly prepared article.

It is very difficult, indeed, to get away from alcohol entirely. A rotting apple or other juicy fruit is likely to contain minute amounts; vinegar sometimes contains several per cent.; preserves or canned fruits which have started to "work" and have been re-sterilized contain it, and there are numerous other products which unavoidably and necessarily contain it.

In making some home-brewed root beer recently I suspected, from the physiological effect upon a person who drank a glass of it and who is very susceptible to alcohol, that more alcohol was present than is commonly supposed.—*American Journal of Pharmacy.*

### Cheese Toast

**B**EAT an egg into a cup of sweet milk, add a tablespoonful of butter, a dash of cayenne pepper, quarter of a pound of grated cheese. Heat the mixture in a double boiler, stir until smooth, and pour over slices of toasted whole wheat bread, arranged on a heated platter.—*Dr. Lindlahr's Nature Cure Cook Book.*

Some raw green stuff should always be eaten with this dish.

If Hughes is elected, beards will be in fashion. There is no more sense in shaving the face than in shaving the head.

Los Angeles has a municipal swimming pool, near one of the parks. There should be many of them.

## VIM AND VIGOR

The Hygienic T. Bandage, worn damp, under dry cover, during the night, 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.

**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.]

## TOO MUCH PHOSPHATES.

I ask your advice. I am of excellent heredity. Bowels natural and regular. Good lung capacity. Have for years breathed deeply diaphragmatically. Have had nasal catarrh since childhood. Slightly deaf in both ears the past year. Never used liquor or tobacco. Sleep 7 to 8 hours, but the sleep is light and broken. Cannot take cold baths. Am wretched afterward. No reaction.

At 5 I sold newspapers. At 12 I delivered papers, early and late, and attended day school and night school. At 16 I was a wreck. Old story—medicos, medicine, money. Neurasthenic for 12 years; "innocuous desuetude."

A few years ago I engaged in a small business requiring manual labor in the open air, working two hours. Then I increased my work to 14 hours.

After long study and experiment, I had found the greatest strength and endurance in hot chocolate and wholewheat bread, mornings, milk and bread evenings. I grew strong. I got "hard as nails," invulnerable. I spent long hours daily at laborious work.

I had read that Napoleon and Edison slept 5 hours, that action creates force, that worry, not work, kills. I thought if I ate, slept, felt well, I was safe. After years of idleness, I enjoyed my busy life like a wild animal.

With little warning I collapsed. After weeks of rest, I gradually built up. I walked a block, 2 blocks, 10 blocks, a mile, 5 miles. I had strength for a 7 hours' desultory work day. But when I tried consecutive hours' work I lasted but a few days.

Three months later I tried again, and failed. Now, many months later, I am back where I started.

I am strong muscularly, but have no ability for sustained effort. Always tired, standing, unless moving about, and sitting, unless leaning against a support. Always, when at rest, my body throbs, and my heart action is very manifest, probably intensified by a recent attack of grippe. My feelings are no criterion of my strength. I can work 2 or 3 hours under pressure, feeling fine from it, but again, under identical conditions, expending only one-third of the same energy, being prostrated for a day or two. Thus, I am unable to know what is best to do. I am continually unstrung, but force myself to a calm.

I look like an athlete. I have practiced the auto-suggestion, positive thought teachings, persistently, but there are physical limitations.

Medical men have told me I have no organic disease. A competent osteopath tells me the same, and that only time will help me, that I ought to take a year's treatment, for the catarrhal condition. But I must work.

I would like to take your course of dietetic home treatment. Will you please outline, for me, a daily, detailed routine, rigidly following which, I may get back to an eight hour working day?—R. L. S.

I have printed this long letter because this man's is one of many similar cases, that come to me.

This man attributes his trouble to over-work. That is only a small part of the cause. The chief cause is his unnatural and unwholesome diet, containing too much of the nerve stimulating phosphates, with chocolate, an over-heating, bilious catarrhal food, and altogether too concentrated.

I advised him among other things to substitute foods rich in potassium salts, as raw green stuff and fruit, cut out the chocolate, and go slow on milk.

### 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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STUDIES IN THE PSYCHOLOGY OF INTEMPERANCE; G. E. Partridge; published by Sturgis & Walton Co., New York; 275 pp.; price \$1.10, by mail.

The author seeks to investigate the subject of drunkenness from a scientific viewpoint. He asks why men get drunk, why drunkards go for years without touching a drop, and then fall off the "water wagon," and risk life in order to learn the habit all over again. He is a temperance advocate, but he is not satisfied with the usual arguments. He studied inebriates of all kinds. The big thing that drives people to drink, he says, is the big thing without which man would not be driven to some of his greatest attainments. Alcohol has been the world's great socializer. It was one of the things that led men out of savagery, and made it possible for tribes and clans to come together. Women do not drink as much as men, because it is not in their nature to do so. These impulses, like "love dances" among animals and birds, belong to the male temperament. Mental conditions, in which energies are raised to a high tension, to be forcibly expended, are masculine.

Alcohol, says Dr. Partridge, is not primarily a stimulant, to either body or brain. It is a psychic stimulant, an emotional stimulant. Man had originally no taste for liquor. He drank as a religious duty. In primitive religions, excitement was induced by intoxicants, and otherwise, as an essential part of religious feeling.

Men, after being apparently "cured" of the appetite for liquor, so often return, because the cure was physiological, and not social. The craving was taken away, but the impulse to drink was not removed. When a Bowery bum is converted from drink, the change is often morbid—a shifting from alcoholic to religious intoxication. Children seldom drink, because the craving for the social interests which accompanies drinking is not awakened until the period of adolescence. The alcohol habit usually begins between the ages of seventeen to twenty-five, the period when all the social instincts are keenest, and the craving for an abundant life the strongest. It is easier to cure or convert a drunkard at forty-five or fifty years of age, than at thirty-five or thirty, because the former is the period of lessening, both in men and women, of the temperament based on the procreative life. Sex impulses need not disappear, but their dynamic power wanes. They no longer create force to drive the enthusiasms.

Men drink to acquire a feeling of freedom and expansion. The author believes that ultimately the saloon must go, but is not in favor of prohibition. That, he maintains, is an attempt to repress, forcibly, passions, to legislate human nature into a particular mould.

Coffee and soft drinks, also, cannot take the place of alcohol. They do not satisfy the psychic motive for drinking. Nothing but a quickening of the social life of the people can do that.

The author offers no specific, but puts his hope in the organization of the recreational life of the people, in which alcohol may still play a part to be reckoned with.

## 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 and commendation are 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.]

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## ROUGHING IT IN FLORIDA.

I enclose \$3.00, for your special offer of five yearly subscriptions. Names appended. I am writing this from my shack, on a homestead, in a pine forest. A wasting cough is being put to sleep by roughing it daily, as far as my emaciated frame permits. I am 64 years of age. I wish I had the means to spend my last days in California. This is a border land pure and simple. I rarely see a train, or a post office. I long for the advantages of a small California town, under Italian skies, with these infernal Florida "skeeters" absent.

I trust that BRAIN AND BRAWN may grow steadily, and that you may, in consequence, wake up some morning, and find yourself a capitalist.—J. B. Nolle, Woodward P. O., Lee Co., Florida.

I fear that my chances of becoming a capitalist are no greater than those of my Florida friend.

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## A CONSULTANT WITH A CONSCIENCE.

Three years ago I sent you a remittance, and received therefor your advice and instructions. After three months, I was to remit you the balance. Within a month I went back to Mexico, and have been there most of the time since.

I did not follow your directions as closely as I should, yet sufficiently to effect a decided cure. The benefit derived was worth many times your fee, and it certainly seems the height of ingratitude that I have so long neglected to express myself, and to remit the balance due you. I hope you won't think too ill of me, for my delay.—A. L. Lewis, 241 S. Kenwood St., Glendale, Cal.

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## FROM A GERMAN-AMERICAN.

Yours received, informing me that my subscription to BRAIN AND BRAWN had expired. I gladly enclose check for one dollar, in renewal, for I feel that I should lose a good friend, if I failed to receive BRAIN AND BRAWN.

I cannot commend this wonderful magazine too highly. I believe it the most instructive as well as the most interesting magazine in circulation. I believe it should be in the home of every person who is particular about that supreme thing of things—Health. As for me, I would sooner miss a meal than miss a single issue of BRAIN AND BRAWN.

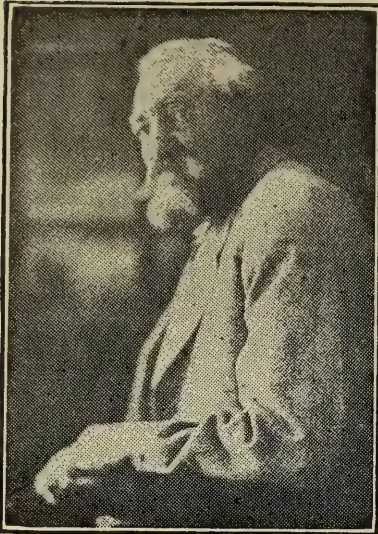
I hope you may be enabled to pursue the good work of instructing mankind in this all-important subject for many, many years to come.—Herman Taussig, 219 Dearborn St., Chicago, Ill.

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## FROM THE HONEY MAN.

I will get a new ad ready, after I can study it out. BRAIN AND BRAWN is certainly as good a puller for the advertiser of health food as can be found.—C. W. Dayton, Owensmouth, Cal.

# Cure of Chronic Disease



**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., and give, when requested, special advice on pregnancy, children and fasting.

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.

In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brook M.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### “DRY DIET” CURE.

**M**ANY health teachers insist on drinking a large amount of water. Usually, the amount is two quarts. Why it should be two quarts, I do not know. Of course, it must depend greatly on various circumstances, as the climate and the kind of food consumed. If your diet is largely of fruits and vegetables, containing from eighty to over ninety per cent. of pure distilled water, you need drink very little. In fact, I know fruitarians who never drink any water, or other liquid, except, of course, when they are undergoing powerful perspiration, in hot weather.

At the other extreme from the water drinking theory, is the dry diet cure that is now again attracting attention in Europe and America. It was first introduced about a century ago, by Johann Schroth, a German farmer, who later took up the Nature Cure. He had noted the ill effects of free water drinking, upon his horses and cattle. This often causes the accumulation of gas in the stomach and bowels, especially when it is taken with food. The idea that fluids flush the kidneys and wash impurities from the system, is all wrong.

A dried animal body will not putrify, but in time will become a mass of parchment, if the water is extracted, before fermentative processes have begun. No organic chemical process can take place without water.

In 1849 Schroth effected a remarkable cure of Prince Wilhelm of Wurtemberg, captain in an Austrian regiment, who had been wounded in the knee cap, and given up as incurable by his physicians. The case attracted attention all over Germany. Some medical men established an institution for its practice and teaching in Dresden, but the idea was too simple to be approved of by the medical fraternity,

and the treatment gradually died out. If Schroth had been a medical “authority,” instead of a peasant, his treatment would doubtless have become widely popular. There are few, now, who practice it. Among these is Dr. Wm. Weber, formerly of Oakland, Cal., now of Los Angeles. He has modified and improved the Schroth system. Dr. Weber was recently invited, by a Nebraska physician, to connect himself with a flourishing institute of that state, and transform it into a “dry diet” cure sanatorium, but the doctor’s advanced age would not permit him to accept the offer. It is suggested that a body of recognized scientists should receive and examine the records of Dr. Weber’s cases, that he has treated during the past fifty years, and put them into shape, for the information of the world. In such case, it would be only just that he should be adequately compensated for the services he has rendered to humanity.

The Schroth cure is one in which thirst is used as a leverage, to eradicate disease. For this reason, it has been called the “regenerative cure.” The object is to eliminate foreign waste matter from the body. This Schroth did, by starving the body of liquid. The urine becomes muddy. When it clears, the cure is complete.

Schroth confined the patient mainly to dry white rolls. Every second or third day was a “drink day,” when a pint of pure, light, white, dry wine was allowed. This, he claimed, aided in strengthening and eliminating, giving the patient a chance to recuperate. Probably it also aided the mild fever, which the “dry diet” produces. An eminent physician has said: “Give me a fever, and I will cure any case.” For those who conscientiously object to anything containing alcohol, the wine may be omitted. The small amount of alcohol it contains—about twelve per cent.—has no evil effects, being quickly oxidized in the body, owing to the increased metabolism.

The desire for wine disappears, when the cure is completed. There is even repugnance to it, and many dypsomaniacs have been cured by the Schroth system. Raisin juice—not grape juice—may be substituted for wine.

Modern followers of Schroth use rice, sago, tapioca, potatoes and other starchy foods, in conjunction with rolls, or French bread. The lack of proteids, fats and organic salts apparently compels the bodily tissues to break down partially, and so yield up their clogging wastes.

Each case must be treated more or less individually, but there are three points of the treatment, as improved by Dr. Weber, that are applicable to all cases, namely:

1. In the selection of the diet the patient's digestive ability must be consulted.
2. Foods containing the least amount of fluid should be preferred.
3. In the preparation of such foods, as require preparation, the smallest possible quantity of fluid should be used.

In some cases, entire abstinence from food is indicated, when the patient is disinclined to partake of food.

An essential part of the treatment is wet packs, applied to the trunk of the body, below the arm pits—"three quarter packs." For these, cabinet steam baths might be substituted, although they are not quite so effective. The body must be kept warm.

Non-action of the bowels during the early part of the treatment Dr. Weber regards as a favorable symptom.

Von Noorden has published a monograph on the dry diet cure, under the title "Drink Restriction." However, he gives no details in regard to treatment, merely calling attention to the subject.

Dr. R. J. Ebbard, an Englishman, has introduced another modification of the dry diet cure. He has written a book entitled "The Schroth-Ebbard Treatment." He permits liquids during the hours of four and eight P.M.

During the rest of the day, he prescribes not only liquids, but foods containing a large amount of water, as green vegetables, fruit, etc. Only if the thirst is very great, he allows at other times a small glass of white wine. As there is always an inclination to take liquid, or liquid food, in the morning, after sleep, I suggest that the hours might be changed correspondingly. Or the one meal a day plan might be adopted, drinking only at that meal.

Much of the success of the dry diet is undoubtedly due to the fact that starch food is thoroughly insalivated, and thus prepared for digestion. I always advise my consultants to take only between meals, such liquid as they may use. This modified dry diet—drinking nothing at meals—may be kept up, after the cure is finished.

The Schroth cure is a severe one, and should be taken only under the direction of one who has studied the method. Marvelous results have been attained, in expulsion of tumors, and other abnormal growths, by those who have conscientiously followed the treatment. Marvelous results have also been attained by absolute fasting, which, after all, is the most effective means of securing elimination, especially when combined with wet packs and sun baths. However, there are many who will not undertake a complete fast. Sometimes the "fruit fast" is indicated. It is the opposite of the dry diet. I have seen remarkable results from all these dietetic systems, especially when combined with methods that produce activity of the skin, as sun baths, wet packs, etc.

Perhaps, when the medical fraternity has grown tired of the prevalent serum superstition, it will turn to diet, as a means of restoring health.

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Albert Turner, publisher of Health Culture, died peacefully, on the first of September, at his home, in Passaic, N. J., aged 74. The publication will be continued by his son, Harold Turner, hitherto business manager.

## MEDICAL CLINICS.

**A** MEDICAL friend was recently enlarging on the philanthropy and benevolence of the medical fraternity, as compared with the legal profession. He referred to the many poor people treated free, in medical clinics.

Clinics are necessary, for experiment and practice, to the drugging, carving, and serum injecting school of medicine. Medical colleges advertise the educational advantages of their clinics, as hotels advertise their rooms with private baths, at so much per day "and up." There is not enough "material" to be had, among guinea pigs, dogs and hospital patients. Hence, free clinics. If patients did not come, for nothing, they would be paid to come.

It is true that there are a few good physicians, who help the poor, by advice and treatment. There are also, unfortunately, many who recommend unnecessary operations, and peddle their cases around to surgeons.

## MEDICAL PERSECUTION.

**J.** H. GILKERSON, chiropractor, of Los Angeles, was found guilty of practicing without a license. He was sentenced to a fine of \$100, and a suspended jail sentence of 108 days, with probation for three years, on condition that he give up his practice.

Gilkinson is a good man, a student of his profession, and gives helpful spinal treatments. I know this, because he is a neighbor, and I have taken treatments from him.

In thus persecuting worthy men, the "regulars" are riding for a fall.

## NATUROPATHIC MEETING.

**T**HE first meeting after the vacation of the Association of Naturopathic Physicians of California, will be held on Tuesday, October 10, at 7:30 p.m. at the Naturopathic Institute, 1319 S. Grand Avenue, Los Angeles. This will be the annual meeting, for the election of officers,

and several important questions are to be discussed. A full attendance of members is requested.

## FEE SPLITTING.

**I**N the Metropolitan magazine for September, Burton J. Hendrick had a long and interesting article entitled "The Purchase and Sale of Sick People," in which he discussed the subject of fee splitting between physicians and surgeons, a practice that has become so common as to be the rule, rather than the exception. Mr. Hendrick says:

Fee-splitting is shockingly prevalent. It is unquestionably the sorest spot in the medical profession today. The great evils of modern medicine are bad surgery, unnecessary operations and extortionate charges. Fee-splitting explains practically all of them. The practice simply amounts to putting sick people on the auction block, and selling them to the highest bidder.

The general practitioner, although he doesn't practice the surgeon's art, performs an important function in the healing of the sick. He makes the diagnosis, something which requires the highest medical skill, and he takes the heavy responsibility of deciding that an operation is required. It is then his duty to pick out the one man best qualified to do that particular job, something which demands an extensive acquaintance with the reputation and personnel of surgeons. The physician is entitled to a good sized fee for this work. The fact that the public does not recognize this, as something entitled to liberal compensation, largely explains these irregular practices.

Clearly, a doctor cannot perform his duty to his patient, if, instead of looking for the surgeon best fitted to do the work, he is looking for the one who will give him the largest commission. Only rarely will this exceptional surgeon rebate part of his fee. The physician looking for a "squeeze," therefore, betrays his patient, by handing him over to some second or third-rate man, who not infrequently botches the case. The patient is not only robbed but very likely maimed.

Reputable surgeons have organized the American College of Surgeons, with the object of combating this great evil. The states have also

taken up legislation on the subject. Five states have already acted—North Dakota, Wisconsin, Kansas, Iowa, and Ohio. Under the Wisconsin law, any medical man, who splits fees secretly, becomes guilty of a criminal fraud, and makes himself subject to a fine of one hundred dollars, or a sentence of six months in jail. Conviction of such an offense automatically annuls his license to practice medicine.

New York and California are said to hold the unenviable record of being leaders in this demoralizing practice.

#### ANOTHER "DRINK CURE."

**A** FREE trial package of Golden Treatment for the drink habit was examined, which preparation is put out by Dr. J. W. Haines Co., Cincinnati, O., Our Lab. No. 9055. Examination of this product showed as follows:

Weight of powder, grains	11.00
Reducing sugar, (lactose)	
per cent .....	75.00
Ash, per cent.....	1.17
Water insoluble, per cent	20.20
Alkaloids .....	questionable
Ipecac .....	present
Capsicum .....	present
Cascara Segrada .....	present
Wheat starch .....	15%-20%

The powder consists essentially of 75% of milk sugar, 15% to 20% of starch, a very small amount of vegetable drug, including ipecac, capsicum and cascara segrada, and the mineral matter is chiefly lime. In other words, this preparation consists of milk sugar and starch, to which has been added a small amount of ipecac, red pepper and a laxative.—Bulletin Agricultural Experiment Station, Fargo, N. D.

#### HYPOCRISY.

Teacher—"Johnny, can you tell me what a hypocrite is?"

Johnny—"Yes, ma'am. It's a boy what comes to school with a smile on his face."—Brooklyn Citizen.

## MILK DIET.

BY CHARLES SANFORD PORTER, M. D.

### VIII

**I**N regard to the amount of milk to be taken, I make the following statement: The average adult, when consuming daily two to four quarts of milk, containing four per cent of butter fat and nine per cent of other solids, will not lose flesh. With another quart or two he will gain weight, and with a still further increase of a pint or two he will secure the necessary energy and stimulation to throw off disease.

Several arbitrary rules are given as to the quantity necessary, such as taking an ounce and a half of milk for each pound of the normal weight or the highest weight in health, or, taking a quart of milk for every foot in height, but none of these will fit all cases. They are, however, a useful guide, especially in estimating the amount to be given children, when the first rule can be safely followed.

The last thousand cases that I have had under observation have averaged about six quarts of milk daily, containing about two per cent of butter fat, and nine per cent of solids, not fat. Males usually go over that amount, the average female patient will take slightly less.

Lord Bacon, in his "Aphorisms" says, "Many persons declare that they cannot take milk as a food. The reason is that they do not take enough." Dr. Stephen Smith, of New York, in the Dietetic and Hygienic Gazette, says his childhood experience at the farm house gave him a clew to the solution of Bacon's unexplained maxim. Noticing that in making cheese the operator weighed first the milk, then the "rennet," and recorded the result, he was led to inquire why so much accuracy. He was informed if there was too much "rennet" for the milk, the curd would be so hard that it could not be pressed into a cheese, and that if there was too much milk for the "rennet," the curd would be so soft that it could not be pressed into a cheese.

A very soft curd is necessary for digestion, while a hard curd prevents the penetration of the digestive fluids.

## Notes and Personals

"Medical Freedom" has suspended publication.

"Regular" physicians in Idaho are seeking election to the legislature, in order to combat medical freedom.

California voters, who believe in medical freedom, should question legislative candidates on the subject.

Dr. Benedict Lust of Butler, N. J., is compiling a Naturopathic directory. If you are interested, write for a circular.

A. Einerson conducts an institute of Naturopathy, with massage and Swedish gymnastics, at 165 Post St., San Francisco.

About a year ago, Prince Albert, son of King George, was operated upon for appendicitis. He has now been operated upon again, for an abdominal abscess.

When great men go on a speaking tour nowadays they carry a "throat specialist," with their baggage. In former times they took a yard of flannel and a bottle of liniment.

The fifth annual convention of the American Association for the Study of Spondylotherapy was held in Chicago, September 18-20.

The infantile paralysis epidemic ran itself out, as soon as atmospheric conditions changed, just as epidemics always do. The only influence medical "science" had on the epidemic, was to cause the deaths of thousands of children, by injecting animal filth into their blood.

J. M. Benjamin, who cures rupture, is a candidate for State Assemblyman, on the Socialist ticket, in the 63rd, not the 62nd district, as I stated last month. Mr. Benjamin has moved his office to the Columbia Trust Bldg., 313 W. 3rd St., Los Angeles.

Dr. Margaret Goettler is now established at Atascadero, in San Luis Obispo County, Cal., where she has a commodious house, that she is transforming into a Rest Home, where people of limited means may take a profitable vacation, with or without naturopathic treatments.

## Doctored Water

A million people in California are drinking chlorinated water, according to the California State Board of Health, and the 500,000 population of Los Angeles is included in this million.

What does this mean?—simply that the natural or raw waters are unfit and unsafe for human consumption, and have to be treated with chlorine in order to lessen the danger due to the presence of typhoid and like germs. But who wants to drink chlorine in their water?

And even with this doctoring, the water is not rendered pure. This treatment does not remove the animal and vegetable matter, nor does it eliminate mineral impurities. Therefore, danger still exists.

The solids in natural or raw water are composed of mineral salts and earthen matter. This material—absolutely worthless, is largely taken into the body in the water we drink. This waste matter settles in the arteries, veins, and capillaries, closing them up, and reducing the blood supply to various parts of the system. This answers the question—"Why are men and women half the time feeling nervous, despondent, worried, sometimes headachy, dull, and unstrung?" There is not enough red blood rushing through their veins.

This drinking water question is indeed very important, and receives too little attention. Good health requires that you should drink from one to two quarts of pure water daily.

There is only one pure water, and that is Distilled Water. Distilled Water is steam condensed back into water. As steam, it carries absolutely no waste matter. Therefore, when it is condensed, it is entirely free from all impurities.

Remember—Disease prevention is far safer than cure. Drink plenty of Distilled Water daily.

"Twilight Sleep" has been abandoned in all American hospitals except one.

Dr. Robert D. Emery, Los Angeles, has returned from his studies in Eastern surgical clinics, and resumed practice.

The annual convention of the American Suggestive Therapeutical Association was held, August 14-17, at Nevada, Mo.

At San Benito, Tex., the entire First Regiment of the National Guard was quarantined, on account of a case of measles.

Cancer is never cured by an operation, but always returns in a more malignant form. Dr. Mayo, president of the American Medical Association, has said that diet is the leading factor in cancer.

I know of no disease that is so slightly founded as syphilis—no disease that has such a monstrous body for so small a personality. No disease is so easily cured—when taken in time, before modern medical science has complicated it with mania.—J. H. Tilden, M.D.

Dr. Richard Cabot has brought a medical storm around his head, by his recent article in the American Magazine, in which, among other charges, he accused the medical profession of excessive fees, encouraging unnecessary medication, and delaying recovery of patients. Telling tales out of school.

At the annual convention of the American Pharmaceutical Association, in Atlantic City, speakers condemned the readiness with which many physicians resort to the "needle," to alleviate pain. I know several physicians who absolutely refuse to give morphine injections. There should be more of them.

Thomas L. Johnson left on September 19 for Washington, D. C., to appear as attorney for the defense in the argument before the United States Supreme Court of the appeals growing out of the decisions in the California medical cases. The appeals involve the constitutionality of the State medical and optometry laws.



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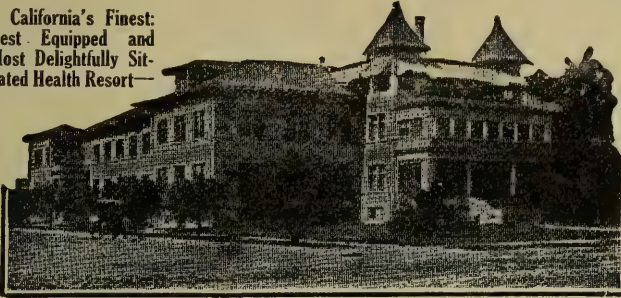
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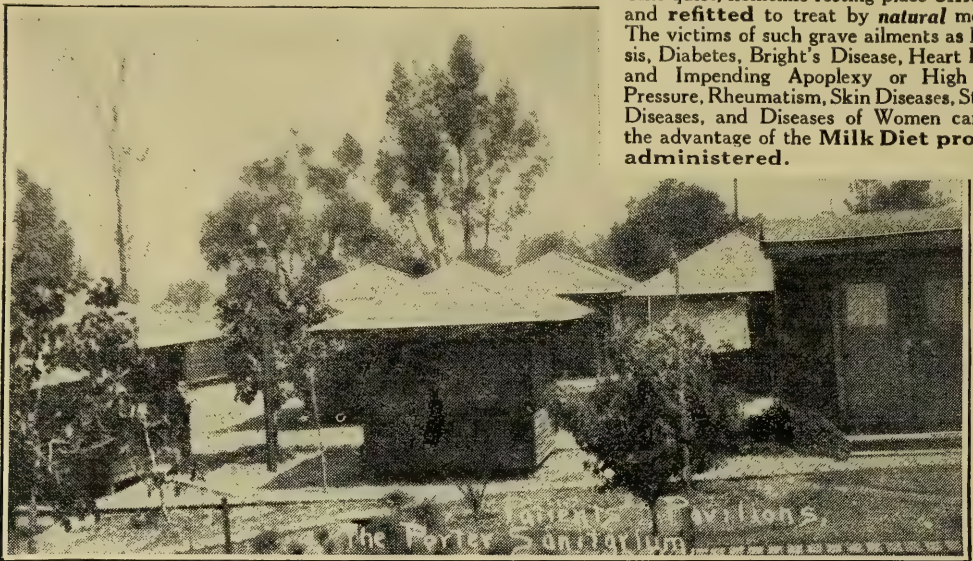
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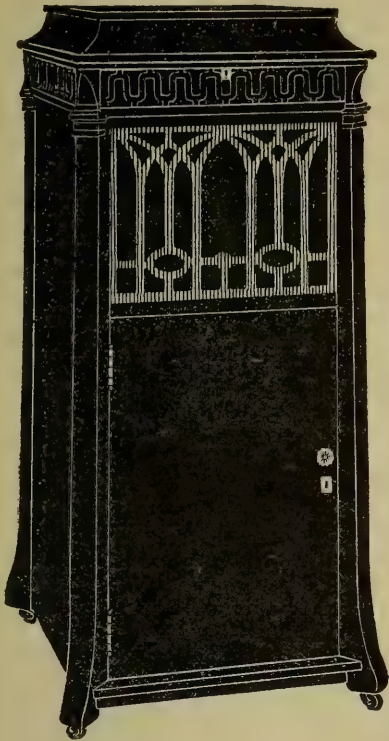
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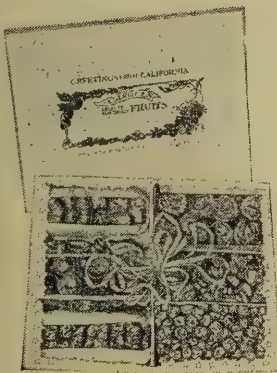
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# Brain and Brawn

**NOVEMBER, 1916**

**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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California, under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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## FOR THOSE WHO THINK

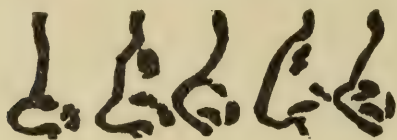
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HARRY ELLINGTON BROOK, N. D., Editor

Ten Cents a Copy

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Vol. V

LOS ANGELES, NOVEMBER, 1916

No. 6

## Too Much Law

**A** LEGAL friend, a judge on the bench, of whom I solicited an opinion on the subject of American law practice, wrote:

To almost any person except yourself, I would be inclined to say that the thing most needed, just now, in America, with respect to that subject, is for amateurs to cease discussing it. I class, as amateurs, professors in law colleges, and in universities, who have had no experience in actual practice, as well as all lay readers in the newspapers and magazines. Knowing that you desire to treat the question seriously, and do so intelligently, I give you a serious answer.

As I am thus authorized, by a judge, to give my non-legal opinion on this legal subject, and furthermore, as I have been, for over fifty years, a somewhat close student of men and affairs, I proceed to venture a few "cursory" remarks, on the subject of the law's frequent uncertainties, delays, and occasional injustice. It must be admitted that this subject interests "laymen," even more than it does lawyers, because, as in the case of medical practice, it is the layman who has to suffer. Again, there is an old saying: "The onlooker sees most of the game." Insiders are liable to become so absorbed in technicalities, that they "cannot see the forest for the trees." The average physician would rather a patient should die "ethically," than that he should be saved by irregular methods. A parson gets to think more of doctrine than of spirituality. Therefore, it is not surprising that many lawyers become forgetful of the fact that Law is merely a means to an end, that end being Justice.

The chief criticisms of American law, by intelligent outsiders, are these:

(1) There are too many laws, ground out by legislative bodies, municipal, county, state and Federal. Many of these laws, not being reasonable, are not approved by a majority, and, therefore, are not strictly enforced, thus bringing law into contempt. Ex-President Taft recently said:

Nothing is more foolish, nothing more utterly at variance with sound public policy than to enact a law which, by reason of the conditions surrounding the community in which it is declared to be law, is incapable of enforcement.

In five years, we have passed, in our national and state bodies, more than 62,000 laws. In ten years the British Parliament passed only 1500 laws.

(2) There are too many technicalities, giving opportunity for endless delays, so that a poor litigant is often deprived of justice. It is said that, in California, four or five years are usually consumed in getting a decision on a case that must be carried to the State Supreme Court. In England, where judges and barristers still wear wigs, they have cut loose from many of these middle-age obstacles to speedy justice. Yet, we boast of our democracy and efficiency.

Commenting on the speech of Ex-President Taft, above referred to, delivered before the American Bar Association of Montreal, in which speech he criticised some features of the American judicial system, the London Times said:

Just as Americans have over-elaborated machinery for politics till the democracy at times seems almost bound and helpless in its toils, so they have magnified the procedure and mere technicalities of law until justice is in danger of being thrust backward and lost sight of. What the United States needs more than anything else is a reformer of the Jeremy Bentham type to restore common-sense to its codes and simplicity to their administration.

In criminal procedure especially America's today is very much as ours was in the time of the Stuarts. It is hopelessly enmeshed in technicalities, and neglects justice and perspective in the chase after impossible infallibility of form.

It is this fetish of the worship of forms and rules that has made judicial procedure in America a handicap to justice and a comfort to criminals, and too many decisions of State courts on social, industrial and constitutional issues seem to have been formed with the same quibbling spirit. They have lost touch with life; they have grown petrified in pettifogging abstractions, and no problem that confronts the American people is more urgent or cuts deeper than the problem of how to lead them back to reality and common-sense.

The efforts of the California Bar Association to simplify the practice, which may mean doing away, wholly or in part, with the code of civil procedure, has been recognized by the State Assembly. At the recent extra session was adopted a concurrent resolution, calling upon the justices of the Supreme Court and the county bar associations to submit to the Legislature, at its next regular session "such recommendations as they may consider necessary, in order to avoid, as far as possible, the dilatory practices and delays" that hamper legislation. The committee has unanimously agreed that a radical change in procedure is demanded, and favors the substitution of rules of court instead of the code of civil procedure.

The committee recommends that there be created a board of statutory consolidation by the next Legislature. It advises that this should consist of five members, who shall be attorneys-at-law, and who shall direct and control the revision, simplification, arrangement and consolidation of the statutes of the state, relating to civil and probate procedure. It further recommends that the board shall prepare short forms of pleadings, and other legal papers, and do away with the voluminous petitions, complaints, demurrers and answers which the records indicate are indulged in with frequency.

There are over 1400 attorneys in this city, of half a million inhabitants. That is more than there are in Paris, or in London. Like the physician, these "limbs of the law" have to live—or, at least, they seem to think so. A struggle for a living, by a lawyer or a physician, is a strong temptation to make the most of a case. Elihu Root, in his presidential address before the American Bar Association, in Chicago, recently declared, that of the 114,000 lawyers in the United States, a very considerable number are not needed for the due administration of justice. He said:

We at the bar are not producers. We perform indeed a necessary service for the community; and to the extent of that necessary service we contribute towards the production of all wealth and the effectiveness of all energy in the community, and we take toll, rightly, from all the property and business in the community for the service.

Superfluous lawyers, however, beyond the number necessary to do the law business of the country, are mere pensioners and drags upon the community, and upon all sound economic principles ought to be set to some other useful work. There is plenty of work for them to do on the farms of the country.

Instances of absurd technicalities, unworthy of a practical people, occur daily. For instance; a few weeks ago, in a Los Angeles court, a police judge sustained a demurrer to a complaint, charging two men with reckless driving. The section under which they were charged, is held to be without effect, because it does not contain the phrase: "It shall be unlawful."

In some respects, we have not advanced in the administration of law since the days of Hammurabi, the wise Babylonian king, who died in the year 2185 B.C. The Supreme Court of Missouri recently reversed a decision of a lower court, basing its reversal on a law of Hammurabi, that the child of an adopted child has no rights as an heir, after the death of the adopted child.

Among suggestions made, on other pages, by lawyers and judges, whom I have asked for expressions of opinion on this subject of law reform, are: Simplification of pleadings, uniform legislation, competent and efficient judges, more efficiency in attorneys, more flexible rules of procedure, and fewer laws. Also, a judge on the bench recommends courts of equity or arbitration, to sift out cases. This last suggestion is, I consider, a most important one. Not one case in ten, that comes before the courts, involves a point of law. Also, litigants, like warriors, are hot and excited, when they first clash. By giving them time to cool off, many law suits might be avoided. This is in accordance with a rapidly growing disposition of lawyers to encourage settlements out of court. In this way they avoid much work, and often earn as much, or sometimes more, than in trying a case.

### Poor Paul

**A**FTER hearing a sermon on St. Paul, John D. Rockefeller said to a newspaper reporter:

Paul would have been a great success as a business man. All he would have needed is capital and a man like him would have had no trouble getting credit. He was persistent and persistency is the thing that gets you somewhere in modern days.

What a leader he would have made for a big combine. His natural abilities would soon have lifted him out of the ruck and placed him among the topmost captains of industry.

Too bad, is it not, that Paul missed his opportunity to become a big business man, and was merely a miserable apostle. What a lot of "corners" he might have worked up, and what a lot of money he might have accumulated, instead of wasting his time, trying to convert the Hebrews and the heathen. Poor Paul!

The Christian Science Monitor thus comments, sarcastically, on this episode:

Mr. Rockefeller's remark, touching a reference made by the minister of his church, in Cleveland, last Sunday morning, to the power of one of the great apostles, that "Paul was persistent, and he would have made a successful man in business or industry today," because, "it's persistency that gets things these days," contains a cheerful promise for those who are persistent in demanding a reasonable price for gasoline.

### The Mother and the Law

**A** GIRL in Madison, Wisconsin, confessed that she had smothered her child, by holding her hand over its mouth. She told how, for a week, she had kept the body in her room, while she went daily to her work as a stenographer, unable to bring herself to say good-bye, even to the corpse. She was arraigned on a charge of first degree murder, while the man she accused—the son of her employer—was arrested on a technical charge of immorality. She said:

I couldn't face my friends with my baby. I loved him—God, how I loved him—but I couldn't keep him. People wouldn't understand. I could never tell my mother.

Such stories, with variations, are heard almost daily. They were current long before Goethe wrote "Faust." Sometimes, the unhappy girl kills herself, instead of her babe.

Why should woman, who has to bear all the pangs of maternity, also bear all the blame that our man-made laws attach to motherhood, without sanction of church or judge? Largely, I regret to say, because women are so hard on their wayward sisters. This girl did not dare to tell her own mother. The attitude is comprehensible and excusable, because for ages man has taught woman there is only one unpardonable sin she can commit.

Possibly, good may come of this pitiful tragedy. District Attorney Sauthoff will ask the coming Wisconsin Legislature for a new law, to deal with such cases. He says:

Every girl who becomes a mother is entitled to a husband. A law should be passed which will consider the mother and father of a child married, from the instant the child was born, whether there be any ceremony or not.

The Illinois Equal Suffrage Association has endorsed a similar law. I do not say that such a law would be altogether satisfactory. One objection to it is that the man, sometimes, is already married, and another, that it is not always desirable for the parties to marry. I do, however, say, emphatically, that something should be done to place upon the man a part of the burden of contumely, now borne entirely by the mother and her child.

A brighter and pleasanter story comes from Chicago. A farmer, in Western Canada, wrote to the Salvation Army, offering to marry a girl who has "gone wrong," if she is willing to live with him, on his farm. He says he makes this offer in memory of his sister, who ended her life, at the age of fourteen, because she had been seduced.

Perhaps, some day, it will not be considered remarkable when a woman offers to marry a "fallen" man.

I fear that any laws to correct this great injustice of modern society must come from men. Married women, and those who hope to be, are jealous of interference with what they regard as their rights, and demand protection from "scabs" of all kinds.

One need not be a Socialist in order to recognize the fact that Allan L. Benson, the Socialist candidate for the presidency, is saying some things about militarism and tendencies toward militarism, in the United States, that somebody having, as he has, the attention of a considerable body of the electorate, should say.—Christian Science Monitor.

### Prohibition in Russia

**A**N American, who has lived seven years in Russia, gave a correspondent a report on the effects of prohibition in that country. He said it has not banished drunkenness. Russians are drinking wood alcohol, and the results are many deaths, lamings, cases of blindness, etc. Continuing, he said:

It was a great mistake to abolish vodka at one blow without giving the vodka-drinking classes something to take its place. Light wines and beers would have prevented the present conditions. The Moscow beer saloon was in peace times one of the most orderly resorts in the world. One rarely or never saw a drunken man there, and there were no quarrels or disturbances of any kind. It was a pity to try to change all this at once.

### Selfishness and Tariff

**T**HERE is another proof of the truth of what I said last month, to the effect that the tariff is a local question.

If any industry deserves protection, it is the dye industry. It is really an infant, that has to compete—or will have to compete, after the war—with a perfect system, built up during a generation, by expert German chemists, whose employers are subsidized by the German government. Yet, it is announced that American textile manufacturers object to a high tariff on dyes, for the protection of domestic dye makers.

I repeat, that the tariff is strictly a local question. If it was really used to promote young and struggling industries, to increase the wages of American men and women, and help farmers to raise new crops, no right-thinking American would, for a moment, oppose it.

### Edison Studying Diet

**T**HOMAS A. EDISON has become a convert to a form of vegetarianism. He went to his Southern home at Fort Myers, Florida, to recuperate from the serious operations for mastoiditis performed in this city some weeks ago, and there he took up the study of dieting. He says:

I have come to the conclusion that nearly all the serious diseases of the stomach are the result of overloading the digestive organs. We are afflicted with them because we do not exercise enough care in the matter of foods, and proper diet is the solution of good health in many respects.

In the diet that he has adopted for his own case, Mr. Edison has almost entirely eliminated meat. He has all the enthusiasm of a new convert in living up to the theory of dieting, and in teaching its advantages.—New York American.

The purpose of all law is to make it hard to do wrong, and easy to do right.—Gladstone.

The idea that a child's head is a little cavern to be stuffed full of facts, rules and formulas has produced a tremendous waste in educational effort. That sort of education has produced a crop of men and women who shirk responsibility for wrong thinking.—Los Angeles Tribune.

### Legal Opinions

**I** ASKED a few of my legal friends and acquaintances, on and off the bench—all, but one, of Los Angeles—to answer this question: “What, in your opinion, is the most urgently needed reform in American law practice?” Following are replies received:

Louis W. Meyers, Judge Superior Court: In my opinion, a reform urgently needed is the making of our law of procedure more flexible. This may be accomplished, in large measure, by removing all of our adjective law from the statutes, and embodying it in rules of court.

Our substantive law, that great body of the law which defines the respective rights, duties and obligations of individuals, and the remedies provided for their protection and enforcement, is necessarily inflexible, to a great degree. This law must be stable, in order that a man may know today what he may do with safety and propriety tomorrow, but no such quality necessarily inheres in our adjective law—that which embodies the rules of procedure, governing the courts in their administration of the law—which too many lawyers, and judges also, have come to regard as the “rules of the game.” If a man can know, with certainty, what his rights and obligations are today, next month and next year, it is not necessary that he know also, in advance, the precise method of operation of the machinery by which those rights and obligations are to be protected and enforced.

The devising of rules of procedure, to govern the courts in their operation, is a highly specialized branch of the science (or art) of the law. Judges are presumed to be fitted by training and experience for expert service in this work. Legislators are not. Legislative enactment is at best a slow and unwieldy method. Rules of court are easily and quickly adopted, amended or repealed, and should, therefore, keep pace with the advancement of knowledge, in the light of human experience, instead of lagging behind, as the law must always inevitably do.

Lucien Shaw, Associate Justice, Supreme Court of California, San Francisco: The man who believes that any single defect is responsible for the preventable injustice that occurs, does not understand the subject. It is perhaps the most complex question with which the human mind has to deal. Any scheme of human origin must prove defective, when tested by actual practice.

If I were asked to state the greatest cause of such defective administration of justice as there is in America, the source of the greatest number of failures, (not admitting, however, that America falls below other countries in this respect), I should answer that it is the lack of competent and efficient judges. For this, there is no absolute remedy. The best men will make mistakes. All that could be done is to endeavor to find some way to improve the quality. This, at best, would only palliate the evil.

Whether an appointed rather than an elected judiciary would help, is not an easy question. My opinion is that the appointive system would help but little, unless some mode were provided whereby appointments would be determined by merit, and could not be used for political advantage. If that could be accomplished, I believe it would help amazingly, especially if it were tried long enough to prove itself. But I have no faith that such a plan will be adopted.

Edgar W. Camp: I believe that it is most important to put more power and responsibility into the hands of the judges, so that they may more effectively control proceedings, and guide juries.

Lewis A. Groff: In my opinion, at the present time, there is no “urgently needed reform in American law practice,” but is it not desirable that fewer laws be made? A wise man long ago said that the world never was governed too little. The Legislature of California has for many years been proceeding on the theory that it should enact laws on every conceivable subject, relating to human affairs.

While everybody is presumed to know the law, it is quite impossible, under present conditions, for even well-trained lawyers to become familiar with the many new statutes enacted by the legislature, before they are amended or repealed, and, if repealed, new and different ones passed, to take their place.

It is axiomatic that even a good law, if not understood and enforced, is worse than no law, on the subject to which it relates, because if not understood and enforced, all law is thereby brought into disrepute.

Therefore laws, especially substantive laws, should be enacted only when public opinion demands them, and will compel their enforcement.

Herbert J. Goudge: The one reform that is most urgently needed in American law practice, is, in my opinion, the reform of letting it alone for a while. One of the most serious mischiefs in our modern legal institutions arises from the fact that they are not fixed and stable. It seems not to be appreciated that certainty and stability in legal rules is more important than the absolute justice and perfection of those rules.

The Romans had a saying: "Miserable is the condition of the slave where the law is uncertain." They were more impressed with the misery caused by uncertainty, than with the hardships resulting from harshness. We are making the mistake of expecting to accomplish, by multitudinous statutory enactments, changed and repealed every year, the results that can only be reached, and have in the past only been achieved, through the logical evolution of precedent.

If your question is addressed to the reform of the administration of the law, rather than reform of the substantive law, then I would venture to express the opinion that the most urgently needed reform in administration is the establishment and maintenance of higher and better standards of efficiency and competence, for judges, jurors and lawyers.

Much criticism has been directed against the judiciary, by critics who neglect their own duty, as citizens. Upon the whole, the community gets from its representatives and servants the kind of service it is entitled to. How many of your readers, before voting for candidates for judicial office, are in the habit of taking the trouble of canvassing the legal qualifications of the candidates, by inquiring from the men who are likely to know most about these qualifications, before deciding for whom they shall vote? What portion of voters vote for judicial candidates upon consideration of qualifications alone? How does it happen that election to judicial office is not universally regarded as the public endorsement and reward of a long, successful, distinguished and honorable career at the bar? How does it happen that miscarriages of justice, by reason of the indifference of jurors to rules of law, and their disregard of judicial instructions, in cases submitted to them, go unrebuked by the people? Why is it that the unscrupulous or uneducated lawyer often flourishes like a green bay tree? It is, I think, because so large a number of our citizens are indifferent to and neglectful of their political and social obligations.

Oscar C. Mueller: My answer unhesitatingly is, the adoption of uniform legislation. For twenty-five years the American Bar Association has been working for this. Fifteen uniform acts have been prepared. They are as follows: Negotiable Instruments; Sales; Warehouse Receipts; Marriage and Divorce; Bills of Lading; Stock Transfer; Desertion and Non Support; Execution of Wills; Marriage Licenses; Child Labor; Marriages to Evade Laws of State of Domicile; Acknowledgment of Deeds and Other Instruments; Partnership; Cold Storage; Workmen's Compensations. The State of Pennsylvania, which we in California are apt to look upon as old-fashioned, and slow to adopt new methods, has passed seven of these uniform acts. With much chagrin we must admit that California has only passed one of them. (Warehouse Receipts Act.)

Take, for instance, the Uniform Negotiable Instruments Act, so beneficial to financial institutions and merchants. It has been placed upon the statute books of every state and territory save California, Georgia, Maine and Texas. The Negotiable Instruments Act codifies the rules of law upon bills, notes and checks, after the courts have decided 20,000 cases. These uniform acts are not drawn by inexperienced men, who happen to be elected to a State Legislature, but are the result of the labors of the highest legal talent in the United States. Uniform bills of lading have been adopted in twelve states, and a Federal Act received the unanimous vote of the United States Senate. Now, bills of lading will be safe as the warehouseman's receipt. The bill of lading, as an instrument of credit, is of vast importance. It is estimated that the banks of the United States lend more than five billion dollars a year on these bills. A uniform law of this kind will reduce to the minimum the risks

run by a purchaser, and they will be used with greater facilities to secure credit from bankers.

Different laws mean varied decisions. If we have uniform laws, we shall have uniform decisions. Conflict of laws causes litigation and delays. As far as I can ascertain, the uniform acts have been upheld by the courts, without exception. I could quote the opinions of learned jurists, showing their approval of these acts, and the practical effect of them, in simplifying legal procedure.

No good argument can be advanced why the states should not have uniform legislation, at least on all matters affecting commerce. Numerous reasons might be given why uniform legislation should be adopted throughout the country. Let us have "not more law, but more uniform law."

Joseph Scott: It is difficult to designate the most urgently needed reform, there are so many of them. We need a battle axe applied to the archaic and cumbersome pleadings and preliminary hearings before the trial of cases. For the trial itself, we need juries representing the intelligence and integrity and activity of the community, not mere indolent citizens. Trial by jury is an inalienable right, and is so essential to human justice and liberty, that it should be safeguarded from every abuse, one of the most flagrant of which is the outrageous inquisition to which prospective jurors are subjected, by impertinent lawyers.

Much reformation is needed at the fountain-head of practice—in the Federal and State legislatures, whence ill digested laws and cumbersome methods of procedure emanate.

There needs to be, in short, a quickening of the common conscience and intelligence, to place men in our law-making bodies who are alive to these needs, and who, if not lawyers, can at least advise with reputable and far-seeing members of the legal profession, and thus accomplish the desired purpose.

G. Harold Janeway: It has seemed to me that the greatest evil and source of justifiable criticism in the administration of justice in this country is the great delay incident thereto. If such be true, then, certainly, the most urgently-needed reform is that calculated to reduce the much deplored "delays of the law," which oftentimes result in either denying justice to the victor, or reducing the fruits of his victory to a minimum. I hesitate to suggest any one reform as "the most urgent," for it has appeared to me that this delay is the result of several contributing causes, not all of which are attributable to defects of the "practice" itself.

Most of us will agree that neither the average jurist nor the average lawyer of this country is the able, experienced and efficient judge or attorney that he should be. Much of the delay complained of is, in my opinion, due to the inefficiency of both judges and attorneys, whether that inefficiency be due to lack of sufficient technical education, experience, preparation, or natural ability. At any rate, I believe desirable reforms are: (1) A higher standard of legal education, as a prerequisite to the right to practice law; (2) Inducements to our ablest lawyers to become jurists, such as (a) life tenure of office, (b) appointment rather than election of judges, (c) much higher salaries, etc.; (3) I believe there should be specialization among the various departments of the trial courts, to as high a degree as possible, in the administration of the work of the courts, so as to enable certain judges to master the problems continually involved in a particular class of cases assigned to them; (4) Simplification of pleadings is to be desired, but is too extensive a field for discussion here.

Nathaniel P. Conrey, Presiding Justice, Second District Court of Appeal: The most urgently needed reform in American law practice, is reform in the attempts to reform. Codes of procedure have been extended to unnecessary minuteness of detail. The customary method of reform is that of adding more sections to the code. All of this has been done for the professed purpose of making everything plain and simple, so that anybody (who may be a nobody) can just "tend the machine" and grind out perfect justice. Legal procedure will not be made right until the work is restored to competent hands, and secured beyond interference by the incompetent. This the people seem unwilling to do, lest they lose some prerogative. "The height charms us, the steps to it do not." Aggregate self-denial is as necessary to an estab-

lishment of good government, as individual self-denial is necessary to personal high success.

If higher standards of education were established and required for admission to the bar; if years of experience, accompanied by demonstration of superior talent, were marked by the lawyer's advancement to membership in a separately distinguished class, from which class all judges must be selected; and if the rules of legal procedure were committed to the control of the judges, aided by committees of lawyers wisely selected; the subject of reforms in American law practice would no longer attract much public attention, because the essential reforms would be accomplished.

Victor E. Shaw, Associate Justice, District Court of Appeal: A great difficulty in making changes in the administration of the law is that such changes are viewed with distrust, if not with disapproval, by the Bar, and to some extent by the Bench.

California, and some other states, now have workmen's compensation acts, which take from the courts the work of determining questions pertaining to the right of employes to recover compensation for personal injuries, arising out of and in the course of their employment. In this state these cases are tried by a commission, composed of three members. While the purpose of the trials, like those in cases of actions at law tried by the courts, is to ascertain the facts and apply the law, the procedure provided therefor is of a summary nature, in which technical rules as to pleadings, practice, and admission of evidence are largely eliminated. In this manner the commission in this state disposes of some fifteen hundred cases yearly, a comparatively small number of which the appellate courts are called upon to review, upon questions of law only.

It seems to me that a procedure similar in principle might, with benefit to the people, be adopted, under which the judges of the Superior Courts might likewise try a large class of cases involving money only, and perhaps others, with a like right of review by the appellate courts, confining such review solely to the questions, first, as to whether there was any substantial evidence to support the findings of fact made, and, second, as to whether such facts, so found, justify the conclusion of the judge trying the case.

To thus extend the scope of the principle would, of course, require a constitutional amendment, as indeed would any substantial change in the present mode of disposing of differences, arising among citizens of the state. It is a fact well recognized, both by the Bench and by members of the Bar, that a large part of the time of both the superior courts and appellate courts is taken up with the consideration of technical questions as to pleadings, procedure, and admission of evidence, which in truth, and as a matter of fact, do not affect the merits of the controversy. The purpose in litigation should be to ascertain the facts. Provided a correct determination of the facts be made, it should matter little how such end be reached, provided it be an expeditious means of accomplishing such end.

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### Desert Signs

**A**FTER much delay, Congress has appropriated \$10,000, for the erection and maintenance of sign posts on the deserts, indicating location of water holes. This is a small sum to grant, for the saving of life, when so many millions are recklessly expended in means for the destruction of life. However, it will help.

The passage of this bill is largely due to the indefatigable efforts of George H. Parsons, of Los Angeles, who has, himself, experienced the dangers of waterless deserts.

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It is rather a striking fact in the history of the human race, that when there are men pre-eminently great, the issue, if any, generally soon becomes extinct; Chaucer, Sidney, Shakespeare, Milton, Dryden, Pope, Bacon, Locke, Newton, have no one left to claim them as ancestors.—Joseph Hunter.

### Friday, the Thirteenth

**T**HE thirteenth of October fell on a Friday, as thirteenth of the month sometimes do. I noticed that several friends, who would indignantly disclaim superstition, displayed hesitancy about undertaking ventures, on that day.

They tell of a ship whose keel was laid on a Friday. She was launched on a Friday, named Friday, and sailed on a Friday. Unfortunately, she was wrecked on a Friday, so the lesson was lost.

It is strange how inherited or acquired superstitions linger. Sixty years ago, when I was a big boy of seven and a half, I remember that some of my old female relatives still believed in witches, and in the power of the "King's touch," to cure scrofula. Even at that early day, I had begun to think for myself, and such "old wives tales" found no lodgment in my youthful mind.

How many superstitions prevail, such as the power of doctors and drugs to cure disease, the divinity of priests and kings, the existence of a real devil, with hoofs and horns, the respectability of black clothes, and so forth, simply because people take their childhood teachings for granted, and do not think for themselves.

Take down your beliefs from the shelf, look them over calmly and dispassionately, and judge for yourself whether they are right or wrong. It will be like the letting of a current of fresh air into a stuffy room.

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### Rights of the Individual

**M**AN, in his natural state, has a right to do whatever he chooses, and has the power to do. When he becomes a member of organized society, under governmental regulation, he surrenders, of necessity, all of his natural right, the exercise of which is, or may be, injurious to his fellow-citizens. This is the price that he pays for governmental protection, but it is not within the competency of a free government to invade the sanctity of the absolute rights of the citizen, any further than the direct protection of society requires. Therefore, the question of what a man will drink, or eat, or own, provided the rights of others are not invaded, is one which addresses itself alone to the will of the citizen. It is not within the competency of government to invade the privacy of a citizen's life and to regulate his conduct in matters in which he alone is concerned, or to prohibit him any liberty, the exercise of which will not directly injure society.—Supreme Court of Kentucky.

Our modest ancestors confessed their inability to find the merits of the cause at law, and so relegated the whole affair to the intervention of supernatural agencies. The main difference is that we are less modest. Instead of the ordeal of battle or the old key-and-Bible test or the "sieve witch," we have the defendant play a game of trip-the-court. If he can catch the judge putting an i dot over an e he wins, and is pronounced innocent.—Saturday Evening Post.

Never again, and nowhere, must a class of men arise who shall suck profit from the dripping veins of soldiers.—Maximilian Harden.

## Taking the Veil

THE custom of retiring to a monastery, or a convent, is not so common, even in Roman Catholic countries, as it was in earlier times. The age is too materialistic.

Last month a young woman took the veil of the Carmelite order, in Los Angeles. A newspaper reporter described the affair as going off "with all the joy of a wedding," as the "bride of heaven" took the vows, in shimmering silken robes, which she later exchanged for the brown robe of the order. During six months of the year she will eat but one meal a day, and during the remaining months, no meat is eaten. Seven hours a day are passed in prayer, beginning at a quarter to five o'clock. One hour, daily, is devoted to recreation, and from eight o'clock, in the evening, until nine o'clock the next morning, the nuns are compelled to be silent.

In olden days, ascetics, who were canonized by the church as saints, went to great extremes, in mortifying the flesh. Among other things, some of them cut their hair only once a year, wore their clothes until they fell to pieces, exposed their naked bodies to the stings of venomous flies, carried about heavy weights of iron, ate only corn that had become rotten, and never washed their feet. These early monks were taught by the church that it was pleasing to God to abandon their wives and children, even when they were entirely dependent upon them. The Puritanism of later days, which teaches that the body is a disgraceful thing, and that everything giving pleasure is wrong, is a modified revival of this spirit.

I suppose that most of us, when worried by the cares of a strenuous age, have yearned to retire to a cabin in the mountains, or in "some vast wilderness," away from the haunts of men. This is, however, a form of selfishness. It is easier to live in a cell, than bravely to face the battle of life, which all of us must fight. More merit is due to the weary mother, in spite of difficulties, hardships, and discomforts, raising a family of healthy, moral children, than to the "bride of heaven," who mortifies the flesh, in a cell. There are so many in the world who need help and encouragement. Sisters of Charity do much good work, yet, when I see them, sweating in heavy black garments, under a California sun, I am inclined to regard them rather as "sisters of misery."

To deny one's self the legitimate joys of life, is as much an unnatural and unwholesome extreme as it is to fritter away the time in shallow pleasures.

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Do we know ourselves, or what good or evil circumstances may bring from us? Did Cain know, as he and his younger brother played round their mother's knee, that the little hand which caressed Abel should one day grow larger, and seize a brand to slay him? Thrice fortunate he, to whom circumstance is made easy: whom fate visits with gentle trial, and kindly Heaven keeps out of temptation.—Thackeray.

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He who defends the claims of the individual, or of a class, against the rights of the human race, is a criminal.—Blatchford.

### Where There's a Will There's a Way

**C**HARLES DE FOREST, a French peasant, who earns his living by pushing a tamale wagon through the streets of Los Angeles, pursued his study of law, while at work. He bought a second hand copy of Blackstone, and then other law books, which he read in intervals of business. Two years ago, at the end of three years, he had saved enough to enter the night class of the law department of the University of Southern California. He will soon take his examination, and it is said to be certain that he will be admitted to the bar, as he has been a hard-working student, and has advanced rapidly. Besides English, he speaks French and Italian.

This man will probably make a better lawyer than some of those who have had every advantage, in preparing themselves for the bar.

### Our National Law Makers

**T**HEY are not interested in national policies or national legislation. They have only one thought, which is to be re-elected. From the minute a Congressman is sworn in he has but one real idea, which is to hold his job through another session. The whole organization of his office force and the arrangement of his time and effort is directed wholly to making himself strong with his district.

It is an accurate estimate that four-fifths of every man's time in Congress is given up to answering petty letters of complaint, commendation and inquiry, and to dashing around the departments, doing messenger boy work demanded by his constituents.

It is to a Congress, made up to a lamentable extent of such petty swill lickens, that America is looking for great policies at the most critical point in our history.—Harry Carr, in Los Angeles Times.

There are honorable exceptions. Otherwise a commission form would be demanded. This, indeed, has already been suggested.

### Worth Makes the Man

**H**ONOR and shame from no condition rise:  
 Act well your part,—there all the honor lies.  
 Fortune in men has some small difference made,—  
 One flaunts in rags, one flutters in brocade;  
 The cobbler aproned, and the parson gowned,  
 The friar hooded, and the monarch crowned.  
 "What differ more" (you cry) "than crown and cowl?"  
 I'll tell you, friend,—a wise man and a fool.  
 You'll find, if once the monarch acts the monk,  
 Or, cobbler-like, the parson will be drunk,  
 Worth makes the man, and want of it the fellow:  
 The rest is all but leather, or prunello.

—Alexander Pope.

When we do not want assistance, everyone is ready to obtrude it on us, as if it were advice. If we do, they shun us instantly.—William Hazlitt.

## Briefs

Carranza has prohibited bull fighting, throughout Mexico.

English troops occasionally "dribble" a foot ball when they charge.

A strike of grave diggers, in New York, resulted in a victory for the strikers.

For the first time in history, the United States is importing wheat, from the Argentine.

It is proposed, six years hence, to forbid horse trucks, on the streets of New York.

More than 500 Australian prize fighters have enlisted in the Allied army, since the war began.

The population of Ireland increased 9,400 last year, the greatest increase since the famine of 1848.

Los Angeles schools are the most expensive in the United States. The average cost per pupil, in all grades, is \$84.

Another "last survivor" of the Charge of the Light Brigade, aged 94, recently married in Colorado Springs, Colo.

At Bayonne, N. J., the Standard Oil has a miniature navy, armored, and carrying machine guns. "Imperium in imperio."

The United States Episcopal Church will probably substitute "condemned" for "damned" in the ritual and prayer book. The meaning is identical.

"Friends" of a newly married Los Angeles man stretched a wire across the road, catching him in the neck, and narrowly missing the bride. What a jolly joke.

The Visalia House, Visalia, Cal., built 57 years ago, is being replaced by a modern hotel. It was visited by Gen. Grant, Bill Nye, Bret Harte, Mark Twain, and other famous men.

Endicott & Johnson, largest shoe manufacturers in the world, of Binghamton, N. Y., employing more than 12,000 men, have established an eight hour day, with ten hours' pay.

The Supreme Court of California has decided that cities cannot compel corporations to lay mains before paving begins. Then we should admit that Law and Reason are not identical.

The Protestant Episcopal Convention declared marriage and divorce conditions in the United States to be "scandalous, iniquitous, damnable, and ruinous." Strong language, but appropriate.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, NOVEMBER, 1916

No. 6

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## Prohibition

**I**F I believed it to be wise or just to attempt to regulate, by law, the eating and drinking habits of men and women, I would proceed with prohibition about as follows:

First, flesh foods, over-consumption of which is now admitted to be a leading cause of cancer and other diseases. Next, in the order named, distilled spirits; coffee; condiments; cane sugar; tea; wine, containing over ten per cent. alcohol; beer, containing over four per cent. alcohol; all alcoholic beverages. Also, don't overlook tobacco.

I would allow five years to elapse, between each prohibition, so as to permit people gradually to become accustomed to the deprivation of stimulants.

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## After the War

**F**OLLOWING the war, there will be, in all civilized countries, great changes in laws relating to the distribution of wealth. Men, returning from the Titanic struggle, whether exulting in victory, or embittered by defeat, will have little patience with conventions, traditions, or "vested interests." These relics of the ante-Armageddon age will be swept away, like chaff before the wind.

A Los Angeles man, seventy years of age, prominent for over a generation, as an attorney of clear vision and exceptional ability, declared recently that he foresaw a wide extension of democracy, with the abolition of inheritance, and of land ownership, except for actual use. He has advised his children to have their daughters taught useful occupations, and they are following his advice.

You may deplore these changes, you may oppose them, but you cannot prevent them, any more than you can check the rising tide. The wise man will put his house in order, and prepare for the inevitable change. It may not come suddenly, but it will come. Let us pray that it may not be accompanied by further bloodshed.

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A Los Angeles paper publishes a dispatch from St. Paul, in which Jim McNulty predicts the election of Hughes, and \$3 wheat. Many would rather have Wilson and \$1 wheat.

## Land Taxation

**W**HATEVER may be thought of the Single Tax, justice demands that large tracts of unproductive land should be taxed at a higher rate than small farms, made productive, for the use of man. At present the opposite is done. Thus we encourage speculators and discourage industry and enterprise.

Says the Christian Science Monitor:

The rule, from time immemorial, has been to penalize the property improver. Everything he did to increase the value of his holding increased the value of other holdings in his neighborhood, but while a vacant farm, or a vacant lot next door, took on value from his effort, the owner of the vacant farm, or vacant lot, escaped the increased tax levy due to land improvement. A law which makes it unprofitable to hold land for speculative purposes is not only wise but just, in any community, new or old.

Henry Miller, of the firm of Miller and Lux, died last month, in San Francisco. Several years ago, experts estimated that he and his partner owned or controlled 14,539,200 acres, or 22,700 square miles, in California, Nevada, and Oregon. This is twice the area of Belgium. All of this immense territory was devoted to cattle grazing. Divided into small tracts of land, intensely cultivated, under irrigation, this land would support, directly and indirectly, at least 10,000,000 men, women and children.

However, like the Prohibitionists, the Single Taxers are trying to do too much, all at once.

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## How You May Help

**I**F you think this magazine is doing good, and wish to help in the good work, there are several ways in which you may do so. As for instance:

1. If an advertiser, you might patronize the advertising columns. They pay those who have something worth while to offer. Or suggest it to friends who advertise.

2. You may subscribe for a friend, or for several friends. Six subscriptions for five dollars.

3. You may subscribe for an extra copy, and mail the duplicate copy, each month, to a different address. Two subscriptions, to one address, a dollar and a half.

4. If your newsdealer does not keep the magazine, ask him: Why?

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Addressing a business man's association, Willis H. Booth, of Los Angeles, said: "Our problem is not how to attract people to Southern California, but how to take care of them, when they come."

## The Farmer's Vote

IN four northwestern states, farmers have formed state non-partisan leagues. It is about time that the farmer should demand recognition—not only during a campaign, but throughout the year. The farmer is the only really indispensable man, yet he usually gets the worst of it, financially and politically. Then, to cap the climax, he is called a “hayseed.”

In former years, farmers have formed national organizations, that have not endured. Perhaps they will do better, this time.

We should have more clear headed farmers and business men in the legislatures. At present, sixty per cent. of the members of Congress are lawyers, and only three per cent. farmers, although thirty per cent. of the inhabitants of the country are cultivators of the soil, and only one-half of one per cent. of gainfully employed males are lawyers.

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## Women as Iconoclasts

WITHIN the past few years, machine politics have been badly battered in the United States. Also, within the past few years, woman suffrage has been greatly extended. It may be that this is merely a coincidence. However, we know that English suffragettes have proved themselves adepts at smashing windows and other things. They are ruthless image breakers, having little or no respect for political conventions, traditions and superstitions.

Such being the case, it is not surprising that political bosses “view with alarm” the prospect of national woman suffrage.

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## Endless Chains

THE cost of necessaries rises; wages have to rise, accordingly, thus further increasing the cost of necessaries, and causing a further rise of wages.

Women have to go out in the world and work, because their men folk cannot earn enough to support their families. Thus, more men are thrown out of employment, and cannot afford to marry, so more women have to go to work.

What's the answer? Get an acre of land, and live on it—if you can.

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The Russian Duma has adopted a bill according to peasants full civil rights. Watch the Colossus of the North.

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The government should forbid American passenger ships to carry contraband of war.

## Brooklets

There is bigotry in doubt, as well as in belief.

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The majority is always wrong, because the majority does not think.

\* \* \*

A newspaper says the Allies have been coaxing Greece. I should call it clubbing.

\* \* \*

To own stock in a parallel mining claim, is about as valuable as to look into a jeweler's window.

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One easy way to get rid of bill boards would be for the people to boycott those who patronize them.

\* \* \*

If prices continue to advance, newspapers will have to be printed on paper that comes in smaller rolls.

\* \* \*

This is a good time for Americans to pick up ancient castles, ancestral homes, and other European bargains.

\* \* \*

I lived five years in Switzerland, but I never saw there anything like some of the "Swiss chalets" built hereabouts.

\* \* \*

The difference between a politician and a statesman is this: One works for partisan advantage, the other for principle.

\* \* \*

A "smokeless smoker" was given by the Los Angeles Y.M.C.A. A "foodless dinner" will, perhaps, be the next thing.

\* \* \*

The chief causes of war are race hatred and greed. One masquerades as "patriotism," the other as "trade expansion."

\* \* \*

We shall never get the best in Art, Literature and Drama, until they are subsidized. Not necessarily by the State, but by citizens of taste and wealth.

\* \* \*

A Mexican peon walks as if apologizing for being on the earth, an American as if the earth owed him a living, and a Britisher as if he owned the earth.

\* \* \*

A writer says: "The reading public will forgive anything, so long as it is not made to think for itself." I fear I have committed the unpardonable sin.

# Care of the Body

## Obesity and Diet

**O**BESITY is now recognized as a disease. The justice, "in fair round belly with good capon lined," is no longer proud of it.

A little book, entitled "Eat and Grow Thin," by Vance Thompson, has had quite a vogue, of late. Over 30,000 copies have been sold, since it was published, three and a half years ago. Many overweight persons, here and elsewhere, have been following Mr. Thompson's advice. It appeals to easy-going persons, because it allows liberal menus. There are millions, in the United States, who would like to be able to afford to diet in this way. Yet, it is not so easy. All fats and carbohydrates are excluded, including, of course, all starches and sweets. This, at first, gives an "all-gone" sensation, because, as I showed last month, a mixture of starches and sweets causes the formation of alcohol, which gives a comfortable feeling. Its sudden withdrawal is like the taking away of the whisky bottle from a chronic drinker.

The book is clever and interesting. The principle is correct, from the standpoint of chemistry. By following the advice, you will get thin, but you will, also, get sick, if you keep it up for any length of time, and sick with something worse than obesity. Here is a sample menu for a day:

Lunch: Steamed oysters, cold turkey with cranberry sauce, stewed peaches. Dinner: Clams, fish, roast turkey, cranberry sauce, puree of cauliflower, sliced tongue, tomato salad, fruit.

This is a great surplus of animal protein, and would soon fill the system with uric acid. I know that the uric acid theory is no longer fashionable, in medical circles. The truth is always unfashionable, but it cannot safely be ignored. Apart from the question of uric acid, a surplus of protein is one of the main causes of most of the serious chronic diseases, as I showed in the article "Protein Poisoning," in the December 1915 number.

Another article on the bill of fare is sweetbread, which contains more uric acid to the pound than any other food, commonly eaten.

The Banting cure for obesity, popular in England fifty or sixty years ago, and the Salisbury diet, still practiced, to some extent, consists of half-cooked meat and hot water. That will get you thin, all right, but it will, also, inevitably make you sick, if persisted in.

The author of the book referred to adds plenty of salads and fruits, which is a good thing, and tends, to some extent, to counteract the ill-effects of the surplus of animal protein.

The consequences of a dietary like this, kept up for six months or more, would be kidney disease, or rheumatism, and eventually cancer, if there is a tendency in that direction.

It is true, the author says it is not necessary to eat every dish given in the menu, for the day. Sure enough! It matters little what food you eat, if you eat too much of it. Quantity is of the greatest

importance. If you cut down your food to a point where you eat only sufficient to furnish heat and strength, and repair the small waste of the body—if, in other words, there are no clinkers left in your furnace—you can eat a moderate amount of starch food, and still get down to your normal weight—that is, provided you take a sufficient amount of exercise, to absorb enough oxygen to burn up the food. Elimination is quite as important as alimentation. Many, who eat little, continue to grow fat, because they do not eliminate. Elimination comes only by promoting a thorough action of the depurating organs—the bowels, kidneys, lungs and skin. This may best be done by exercise that causes deep, natural breathing, by sun and air baths, and, occasionally, sweat baths, but artificial sweating is of minor importance, and may easily be overdone.

To get thin is as easy as to cut a slice off a piece of cheese—if you have the will power. Please note that little word, “if.” Any experienced dietitian can give you a menu that will enable you to get thin—and not to get sick, at the same time.

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### Bread

**T**HERE is much complaint about the high cost of bread. Perhaps some women will be induced to bake their own bread, as their mothers did. Also, perhaps, a few may decide to bake nourishing bread.

The white bread of commerce is a starvation food. The grain is not only refined, but the flour is often bleached, to cater to the absurd American idea of eating with the eyes. The grain is thus deprived of most of the valuable organic salts, that lie just beneath the outer covering. We feed the best part of the grain to pigs, and starve our children. When a variety of other food is eaten with the bread, it does not matter so much; but when people live largely on white bread, tea, sugar and such starvation foods, the results are lamentable, and account for many prevailing ailments.

If you cannot get good whole meal flour, mix with a good white flour, bran, in the proportion of one part of bran to six parts of flour. That will make a nourishing bread.

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### Cheap Living

**T**HESE times of periodical slump, following the periodical boom, have taught Los Angeles people the value of the penny. A dance hall, in a good part of town, advertises a penny dance, with chop suey free.

Two blocks from the Chamber of Commerce Building, where BRAIN AND BRAWN has its home, I saw, in front of a restaurant, a sign reading: “Two eggs, any style, with bread, potatoes, butter and drink, 10 cents.” How do they do it, with eggs at 55 cents a dozen?

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Florence Dutcher, founder of the Public Library at Toledo, O., died there, aged 52, having been paralyzed, totally blind, and almost deaf, and for 35 years unable to eat anything except liquid food, through a broken front tooth.

### Spoiling Milk

**F**OLLOWING is an item from a Los Angeles newspaper:

A series of experiments were recently conducted by Dr. G. H. Hart, city veterinarian of Los Angeles, working with Dr. Traum, assistant professor of veterinary science of the University of California, to determine if milk from tubercular cows is contagious after it has been pasteurized.

It was declared by the two experts that human beings are immune from contagion from milk of tubercular cows, providing that the milk has been properly pasteurized.

After many scientists had disagreed on the point, a Los Angeles man, Dr. Hart, and Dr. Traum, the university scientist, were selected to carry out the series of tests. The result of their investigation was a positive declaration that the process of pasteurization amply protects milk users from contagion.

The new California State law, forbidding the sale of milk from tubercular cows, unless it has first been pasteurized, became effective October 1. So much the worse for babies who drink the milk. As I have said, pasteurizing is simply a lazy way of covering up dirty milk. If you like boiled "bugs," then, as Lincoln said "that is probably the kind of thing you like." Tastes differ.

Pasteurization does not destroy the germs in milk, but as I have often pointed out, it does destroy, or greatly lessen, the food value of the milk. Pasteurization or sterilization of milk is a delusion. Dr. E. M. Hill, New York, says:

It has been my fortune for a number of years to oversee the feeding of many hundred babies on pasteurized milk, and after numerous and careful experiments, I am forced to believe that in the vast majority of cases it produces rickets and scurvy, or kindred diseases, if given continuously, these diseases being cured by the use of raw milk, with no other treatment. Several years ago, when there was so much talk of the virtue of pasteurized milk for babies, I examined several hundred babies so fed, and found that 97 per cent. of them showed signs of rickets, scurvy and scrofulosis. It was only after these careful observations that the fallacy of heated milk in infant feeding was made known to me.

- Pasteurization of milk so changes its organism and ingredients that it is no longer food fit for the proper nourishment of an infant. That commercially pasteurized milk is more unsafe than ordinary milk is abundantly proved by the investigations of Pennington and McClintock of Philadelphia, as well as those of other cities. Experiments on the germicidal action of cow's milk have shown that the relative increase of bacteria in milk is more pronounced if heated to 167 degrees to 210 degrees, than in raw milk or milk heated to 132 degrees, proving that the heating of milk destroys or greatly impairs its germicidal action. Even at a temperature of 125 degrees there appears to begin chemical disorganization of the milk which impairs its nutritive value. No other food is so quickly affected by a temperature above the normal blood heat as milk. Another factor to be considered is that as soon as milk is exposed to the air and heating it loses its animal magnetism, which also plays an important part in nutrition. The quality of the milk cannot be determined by chemical analysis and microscopical investigation alone. Pasteurization always detracts from its quality, even though the milk comes from perfectly healthy cows.

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Eggs have been selling at five cents a piece in Los Angeles. Eggs are a luxury, and may easily be dispensed with.

### Condiments

**R**EFERRING to Margaret Edwards, a well known dancer and actress, of Los Angeles, the theatrical writer of the Los Angeles Tribune wrote:

Miss Edwards is declared to be physically the most perfect girl in the world by a committee which selected her out of 20,000 girls from every country on the face of the earth. Her physique is absolutely devoid of defects and her every measurement meets the correct requirements and standard. And she has never in her whole life tasted tea or coffee, nor has she eaten more than a pound of butter in her entire sixteen years of existence! And not even on rare occasions does she deviate from her habit of eating all foods without one atom of seasoning. She declared it is all because she does not want it and because her physical being does not call for it, owing to the faultless health she enjoys.

"The more persons feel possessed by an appetite for highly seasoned food, the more imperative it is that they should see a physician, or, better still, the more important it is that they should begin at once to gain a physical education, which deserves as careful attention as the mental education," says Miss Edwards. "There is no demand within the healthy body for added ingredients to any edible. If your physical system is in perfect order you will eat your morning eggs and your dinner meat without adding any salt, pepper or sauce whatever. Your own organs supply you with ample relish."

You understand, of course, that these are Miss Edwards' own views, and not the press agent's.

Well, the press agent need not be ashamed of these views, for they are eminently sound. You may develop a first class "gin liver," by using pepper and mustard freely.

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### How to Feed the Baby

**I**HAVE demonstrated, by actual experiment, that during the first three months of its life, a baby of average size at birth will not only thrive, but be healthy, contented and happy, on four meals a day—three hours apart and nothing during the night—composed of cow's milk, from which the cream has been removed, and an equal quantity of pure water; that during the next three months one-third water and two-thirds milk are the proper proportions; that during the remainder of the first year one-fourth water and three-fourths milk are sufficient, and that at the end of the year, or about the time for it to begin teething and walking, undiluted milk is sufficient.

A babe thus fed sleeps all night, is never sick, and is as playful as a kitten. Every legitimate evidence of health and prosperity is exhibited. That illegitimate, though commonly accepted evidence of physical well-being, which consists of a large accumulation of fat, is practically absent, as it certainly should be.—Thomas Powell, M.D.

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Some ice cream manufacturers and large milk dealers, of Los Angeles, are said to be using remade milk and cream, from unsanitary butter. Yet, misguided persons look for germs, as the cause of infantile paralysis, and other diseases.

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Last month I said that a peach tree, grown from a seed, planted eight years ago, in Segeberg, Germany, in the latitude of Sitka, Alaska, bore a "thousand pounds of fruit." I should have said a thousand peaches. Also Segeberg is not in Schleswig, but in Holstein.

### Reading, a Cause of Digestive Troubles

**ONE** of the greatest causes of nervous and digestive troubles is reading. Yes, reading. Many people have expressed surprise when I said this, as it had not occurred to them. People are so accustomed, nowadays, to get all their ideas from printed matter, that no other source is looked for.

Large print, small print, capitals, italics, many styles of type, five hundred words and more a minute, thirty thousand an hour, if you read continuously, as many do. The muscles of the eyeball are kept on a strain, tugging the organ up and down, jumping from the end of one line back to the beginning of another; from one column to the next, from page to page. The internal muscles of the eye, concerned with focusing and regulating the light, are even harder worked, considering the irregularities in the paper, the varying distance from the eye, and the changing light.

Few people have perfect sight, and it is not always possible to fit glasses that will entirely correct the vision. And a pair of glasses that fit you well one day, may not be suitable the next, on account of changed conditions of the system, or fatigue of the body.

Near work, such as reading or sewing, is what makes nearly all the trouble with our eyes, and eye-strain is responsible for very many ills of the body. Reading is really a wonderfully complicated act, and calls for a very large supply of blood to the brain. This blood must be drawn from other portions of the body, as soon as we begin reading, and as the act of reading is usually performed while the body is quiet, there is no incentive to the heart to take on extra force, therefore some portion of the body must suffer for lack of blood.

The part that suffers the most, on such occasions, is probably the digestive system. To sit down and read, immediately following a meal, is very likely to bring on indigestion, if there is the slightest tendency to that trouble. A large amount of blood is always needed in the stomach, liver, intestines and kidneys, after a meal, to furnish the necessary digestive juices, carry off the products of digestion, and eliminate the waste matter.

I have many times cured an inclination to constipation by simply telling the patient that he must not read within an hour after a hearty meal. Too many people eat breakfast, and then sit down to wade through many pages of a morning paper. Perhaps even a greater number, after a heavy meal in the evening, usually sit or lie down and read.

Many business men and women eat a hearty mid-day meal, and immediately return to eye-straining work, such as reading, writing, accounting, or other clerical work, with the usual result of causing more or less indigestion. They think they cannot spare an hour, or even half an hour, after their meal, to permit digestion to get a start, but they do not stop to think that there is another way to avoid trouble, and that is to omit the noon meal, or, at least, to make it so light and simple that the mental work will not interfere with the digestion.—Charles Sanford Porter, M.D.

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At a brewers' convention, in Buffalo, a reduction in the amount of alcohol in beer was advocated.

## Salt

**F**OLLOWING is from an address delivered by Dr. Charles Woodward, at the forty-sixth annual convention of the Illinois State Eclectic Medical Society, in Chicago:

"The idea that we must fill every article of food with salt is a most dangerous fallacy," said Dr. Woodward. Every man needs twenty grains of salt in a day—he gets about 400. This means that his tissues are invaded by a surplus of salt, which cannot be eliminated. The result is a hundred ailments. The excess salt and nothing else, for instance, causes old people to have such brittle bones, that when they stumble over something they break a limb.

The human race has become the victim of salt. In a single bowl of restaurant soup the poor devil which has to eat it gets at least five times as much salt as he should have in a whole day. The uncivilized man will not touch our food—cannot eat our delicacies because they are too salty. The South Sea Islands cannibals never eat a white man, and the explanation given by them is that the white men are too salty.

I have been saying the same thing for twenty years. If you have not already done so, read my article on Salt, in the March number.

## Diet and Exercise

**T**HE editor of the Nautilus writes:

"The time will surely come when we shall not have to do violent exercise every day, in order to keep ourself in health."

If we do not over-eat, we do not now have to take "violent exercise," in order to keep ourselves in good health. Exercise is mainly for the purpose of working off the effects of surplus food. The Romans resorted to the "vomitorium." The English take a "constitutional." Both foolish.

The less you eat, the less exercise you need, to maintain health, strength and efficiency.

It has taken me over fifty years to learn what I know about diet, and I am still learning, so that it is not surprising that those who have not studied the subject should be "all at sea."

A friend who has a ranch in Northern California, that has been in the family over fifty years, says it has never paid expenses, until his daughter assumed the management.

An abstemious diet, and shower baths, not only harden the body, but strengthen the will.

## 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 half a dozen friends. In that case you may present each with a year's subscription for five dollars. We will tell them the name of the donor.

Chamber of Commerce Building, Los Angeles, Cal.

### Effect of Diet on the Hair

**I**T has been found that in hair which has become gray the air content has increased. I am of the opinion that this "air" probably consists of ill-smelling gases, or at least is mixed with such. I recommend to a chemist with a "strong scent" a search for sulphurous acid. The disappearance of the color of the hair must also be explained. It is a well known fact that sulphur-dioxide bleaches organic substances.

It seems to me certain, not only theoretically, but also on the basis of interesting experiments on my own body, that the principal cause of baldness can only be an internal one. If, through these odor-tubes, or "gas chimneys of the head," there are constantly discharged foul, corroding gases, probably impregnated with sulphur-dioxide, instead of natural, fragrant odors, we must not be surprised if the hair, together with its root, becomes deathly pale, dies off, and falls out.

Here I claim to have recognized the reason for baldness, and to have shown the true way for its cure. I may add that about ten years ago, when I was afflicted with chronic inflammation of the kidneys, combined with a high degree of nervousness, my hair had become very gray and had fallen out. After having been cured of this serious disease, by dietetic treatment, I noticed that at the same time the gray hairs disappeared, and that my hair grew in profusion.—Arnold Ehret.

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### Pork

**D**O you wish to live long and be strong? Then eat pork three times a day, says Samuel Reynolds, a farmer here, who is 75 years old and can carry a sack of grain with the best.

Reynolds eats pork three times every day and if he wishes a little snack of something between meals he eats a piece of pork. If he happens to need a bit of something before going to bed he eats a piece of pork. He never ate an apple in his life, and he never tasted any sort of fruit, butter or jelly.—Columbus (Ind.) Dispatch.

I advise my readers not to emulate the example of this "Gentleman from Indiana," especially in a mild climate, and more especially if they are likely to get pork from garbage-fed hogs.

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### Egg Plant

**F**OLLOWING is a "different" recipe for preparing egg plant. My wife got it from a friend in San Diego:

Cut one large egg plant in halves, boil until tender; peel, mash, add half cup toasted bread crumbs, two eggs. Place in buttered baking dish, add small pieces of butter and crumbs on top, bake half hour, in moderately heated oven.

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Health is the natural function of mind and body. Regulate your life accordingly, and you'll round out the century run, with faculties still intact.—Joseph J. Lamb.

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Dieting has become quite a fad among Los Angeles society people, who are over-weight. Dieting is good for other things, besides obesity.

### Wine Versus Whisky

**F**OLLOWING is an editorial in the Los Angeles Times:

In order to promote the cause of temperance it is not necessary to bankrupt the vineyardists of California by the adoption of a prohibition amendment to the Constitution. The evils of intemperance are the result of the consumption of distilled liquors and not of the use of light wines or beers. No one ever suffered from delirium tremens from drinking lager, or wasted his wages in purchasing claret. In order to put an end to the manufacture, sale and use of whisky and brandy no constitutional amendment is necessary, for it could be accomplished by a law within the power of the Legislature to enact, classing all fluids containing 20 per cent. or more of alcohol as drugs and prohibiting their sale except under such conditions as are now imposed with respect to morphine and other preparations of opium. Beer contains about 4 per cent. of alcohol, Scotch ale as much as 11 per cent., claret and white wines from 4 to 7 per cent., and sweet wines, such as sherry and madeira from 14 to 18 per cent.

Claret and white wines contain more than four to seven per cent. of alcohol. They average from ten to twelve per cent. Fortified sweet wines contain more than 14 to 18 per cent. In their effects, they are worse than pure alcohol.

As I have previously remarked, it would be a long step toward true temperance, if the sale of light wines and beers was encouraged, and distilled spirits put on the list of habit-forming drugs, like opium and cocaine. One reason why light California wines are less consumed here is because of the prohibitive price. At a saloon, a small glass of claret or Riesling, running about 40 cents to the gallon, costs ten or fifteen cents, whereas wine may be purchased by the barrel at 40 cents per gallon or less. There are probably not a dozen places in Los Angeles where a glass of light wine may be bought for five cents.

Prohibition tends to discourage the drinking of light wines and beers, and to encourage the consumption of distilled spirits, because the latter are more easily smuggled.

Also, instead of forbidding chairs, it should be made unlawful to drink standing, as that encourages intemperance.

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Benzoate of soda is a harmful preservative. See that you do not use food products containing it. By law, it must be marked on the packages, but you will find it printed in very small type.

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Baking soda is said to destroy those vital elements of food which aid in digestion.

## VIM AND VIGOR

The Hygienic T. Bandage, worn damp, under dry cover, during the night, 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.

**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.]

#### OILING THE BODY.

J. M.—No, oiling the body does not prevent perspiration from the skin. It depends, somewhat, upon what kind of oil you use. Cotton seed oil is gummy, and should not be used. Olive oil or cocoanut oil are better. I have found the best results from St. James's Oil.

#### STIMULANTS AND DEPRESSANTS.

In your October number you wrote: "Alcohol is not a stimulant, but a depressant, as nicotine is not a sedative, but a stimulant." How is this?—Robert N.

This is absolutely true. The primary, or false effect of alcohol, is to stimulate. The later, or true effect, after the fumes have been dissipated, is to depress. The effects, of course, vary, according to the strength of the alcoholic beverage, and the quantity of it consumed, but the results are always the same.

On the other hand, the first, or false effects of tobacco, are to soothe. The ultimate effects are to stimulate and excite the nerves, calling for a repetition of the dose. This is why those who suffer from high blood pressure should be careful how they use tobacco. It is a more prolific cause of high blood pressure than any other habit, except over-eating.

The same remarks hold good in regard to tea and coffee, and every other stimulant. All stimulants must necessarily have two effects, the primary and the ultimate, just as when you push a pendulum up to one side, it will inevitably swing to the other side.

#### BRITTLE BONES.

I read that a Los Angeles child has broken her bones thirty-two times. The doctors diagnose it as a case of extreme rigidity of the bones, due to the presence of too much lime. What do you say?—E. T.

If this case is correctly diagnosed, it is rare. Usually children suffer from too little lime, owing to wrong feeding, and therefore, their bones are not thoroughly formed, or their teeth either.

Remember that neither lime, nor any other mineral, can be absorbed, when taken in the inorganic form. It must be taken in the natural form, as found in foods, and they must be eaten raw. Foods specially rich in calcium or lime are milk, cheese, spinach, radishes, lettuce, cabbage and celery.

The brain of this child has been developed at the expense of the body, as shown by the statement that she is said to read the daily papers regularly, studies foreign languages, and is conversant with classic and popular fiction. Before she can read the books, the covers are torn from them, to make them light enough, so that she will not break her arms lifting them. Twice she has broken her arm, trying to lift the family Bible.

#### SWEETS.

Are there any diseased conditions in which the use of honey is undesirable?—F. B. C.

Neither honey, nor any other sweets, should be eaten, when there is acid in the digestive tract, nor when the kidneys are out of order, or the liver.

## 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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PHYSICAL TRAINING FOR BOYS; M. N. Bunker, D.C.; Lothrop, Lee & Shepard Co., publishers, Boston; 170 pp.; \$1.10 by mail.

A simple, practical course in physical training for boys, with photographs of boys who have profited thereby.

Regarding weight and height, the author properly calls attention to the influence of bony structure. He quotes an author, as saying: "The bony framework has much to do with what the size of the muscles should be, and that is often determined by hereditary conditions, as well as by environment. I also believe that muscles have a direct influence on the bony framework, and that bone increases in size and weight, according to the kind of exercise the muscles attached receive."

A chapter is devoted to the subject of diet. The author recommends milk and eggs. This is a mistake. As I have often shown, eggs over-stimulate the nervous system, especially the sexual organs, and are, therefore, the worst kind of food for growing boys. The author advises the free use of fruits and vegetables, and says truthfully, that it is not necessary to eat meat.

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CHEMISTRY OF THE COSMOS; George W. Carey; published by the author, P. O. Box 293, Los Angeles; 146 pp.; price \$1.00.

Dr. Carey is a voluminous and versatile writer. This little book is a compilation of his short sayings and epigrams. Here is an extract:

A man may work faithfully for many weary years as farmer, chopper, carpenter, or in any line of necessary labor for the benefit of his fellowman, and as he grows older and less competent to produce a given amount of food or other commodities, his wages are reduced, in diverse ratio to his needs. If by chance, through ill health, accident, or other misfortune, he fails to accumulate a competency for old age, he becomes a pauper, and goes to the poorhouse. But the man who enlists in the army, puts on military uniform, and goes forth to murder men whom he never saw, until he meets them on the battle field, is rewarded with a pension, that is increased as he grows older. Thus it comes to pass that the toiler, who works to save life and property, goes to the almshouse in his old age, while he who devotes his energies to the destruction of life and property is rewarded by the government, and guaranteed a living in his declining years. This is the crowning paradox of civilization's monstrous list.

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La Medicina Naturale; No. 1, Vol. 1 (Italian) devoted to the Nature Cure, monthly; 50 cents a year, 5 cents a copy; Dr. N. A. Ferri, editor; T. Lucidi, publisher, 152 N. Ashland Bldg., Chicago.

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"The New Morn" is a "phantasmagoria in one act," on English diplomacy and the Triple Entente, by Paul Carus; Open Court Publishing Co., Chicago.

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The third annual report of the Municipal Charities Commission, July 1915-July 1916, contains particulars in regard to all local charitable institutions indorsed by the Commission. Published by the City of Los Angeles.

### 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 and commendation are 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.]

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#### CAN'T AFFORD TO MISS IT.

I had decided to not renew my subscription to BRAIN AND BRAWN, as I have a traveling job, and am not at home much. But I put the August number in my suit case, and have been reading it today. I am convinced, again, that I can't afford to do without it. The "simple life" doctrine, and your ideas on health, are what the world needs more than any other teaching.—W. E. Johnson, McLeansboro, Ill.

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#### A MAGAZINE WITH A PERSONALITY.

Inclosed find one dollar, for which renew my subscription to BRAIN AND BRAWN. You are producing a magazine of which you should be justly proud. I like it for its breadth, sanity and liberality. It is truly a magazine with a personality. More power to you, in spreading the good work of Natural Healing.—John Allen Shaw, Richmond, Va.

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#### SAY: ONE OF THE BEST.

Inclosed find one dollar. Send the magazine to the inclosed address. It is the very best magazine published.—Mrs. A. B. Willoughby, Holdermere, N. H.

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#### A MONTHLY SURPRISE.

I get a surprise every time I open your magazine. I don't know how it happens, but it is so unusual to see really helpful things in a health publication. Most of the so-called health journals are just ringing the changes on ideas promulgated in the last century; rehashing some old theory that was worn out before we were born. Modern life makes us face new conditions, and we must know what to do, if we would survive.

If every consumptive would follow your advice: "Shun the city," the disease would die out in a few generations.—Charles Sanford Porter, M.D., Burnett, Cal.

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#### THE TWO HE READS.

Your magazine and Dr. Tilden's are the only two I ever read through. The others either haven't the proper goal, or miss, in their attempt to reach it, I don't know which.—Charles C. Froude, Y. M. C. A. Building, Kingston, N. Y.

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#### A BROAD-MINDED LONG BEACHER.

I enjoy your clear, concise, easily read, information-giving sentences. Each month I pass the magazine on to some one who might benefit by it.—Mrs. A. Kennedy, 355 E. 17th St., Long Beach, Cal.

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Flashy covers sell the magazines at news dealers' stands sometimes. Good value inside the covers is the quality of Health Culture.—Health Culture. (Same here.—Ed.)

## A New California Industry

By Harry Brook.

**A**S I have mentioned, one of the objects of L. M. Grider's "Birdland" is to introduce a new California industry—the raising of canaries, and other song birds. In an interview with James C. Edwards, Mr. Grider's manager, I obtained some interesting information on this subject.

Before the war, Germany supplied the American market, every year, with about 500,000 singing birds. These birds always competed successfully with those from other countries, because of their superior qualities, sweetness of voice, and mellow notes, they being exported all over the world. More than seventy years ago, a shipment was made to China. The descendants of these birds are now arriving in San Francisco, from China and Japan, but they have steadily deteriorated, being of poor voice, and little song. The Chinese feed them chiefly on millet, which hardens the voice, and gives low vitality. England also exports canaries, but they excel only in size and plumage, while the Germans do not care what the birds look like, if they can sing well.

Over 200 years ago, Europe received the first wild canaries from the island of Teneriffe, small birds, of greenish color. They bred well in captivity. From these birds all our types have descended.

California is also beginning to breed canaries, but as a rule, they are of poor quality. That birds as good, if not better, than any imported, can be raised here, has been proved. The birds require constant care, vigilance and selection. One cannot take a lot of canaries, turn them into a large outdoor cage, and produce superior stock. They will revert to the original type. The owner of Birdland is trying to induce California fanciers to breed better birds, no matter of what strain.

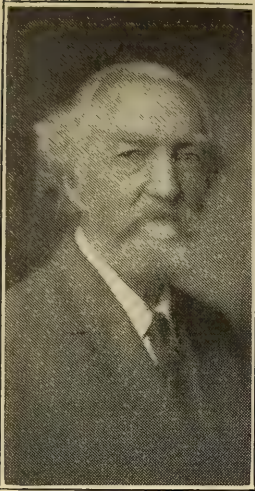
Breeds of canaries should not be mixed. Such offspring will be mongrels, showing the poorest qualities of both sides. Another thing our bird fanciers have to learn is, that you cannot produce a good bird on poor seeds, and stale bread.

The Germans come by their good songsters through force of circumstances. The sweetest songsters known are the St. Andreasberg Rollers. St. Andreasberg is located in a mountainous district, that produces very little, outside of potatoes and summer rape seed. This very poverty has compelled the farmers there to feed the birds summer rape seed, as they had nothing else to give them, and could not get anything else to feed. Just as, during the present war, the German people are becoming thinner, but more vigorous and healthy, owing to the enforced sparse diet, so these birds produce the finest songsters, on a meager diet. Here is a health lesson that he who runs may read. No other country can now produce birds like these, until they learn to feed such simple but nutritious food. Breeders do not seem to learn that the birds should be fed, not what they have learned to like, but what is good for them.

With our climatic conditions, California should be able to breed all the canaries American markets demand, but the demand is only for a superior article—for a bird that can sing. Common, throaty birds are hard to dispose of, no matter at how low a price they may be offered. As in the case of other luxuries, the question is not how cheap, but how good, they are.

All who are interested in song birds are invited to call on, or communicate with, Mr. Grider, or with his manager, Mr. Edwards, at Birdland, Central Avenue and Pico Street, or at the branch office and store, Mercantile Place, Los Angeles.

## CURE OF CHRONIC DISEASE



**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.”

There are two, and only two, secrets of health—alimentation and elimination. If these are well balanced, there is health. If they are not, there is disease. And no tinkering with effects can do more than afford temporary relief, which is not cure, but often makes a cure more tedious and difficult.

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., and give, when requested, special advice on pregnancy, children and fasting.

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.

In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brock M.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### STUFFING CONSUMPTIVES.

THE immense sums expended on "stamping out" tuberculosis are mostly wasted. The good effects of fresh air are more than offset by the abominable system, almost universal, of stuffing patients with injurious fever producing foods. And this, while they take no exercise whatever.

All consumptives have weak stomachs. Tuberculosis begins with impairment of the digestive functions. The food, therefore, should be simple, and small in quantity, gradually increased, as the power of digestion and assimilation improves. It should contain an abundance of the all-important mineral elements, which abound, especially, in raw fruits and salad plants. There should be graduated exercises, from the beginning, if only, at first, to bend the arms, or walk the length of a porch, several times a day. This with sun and air baths and internal irrigation.

Under this rational system, I have seen remarkable recoveries of patients, in advanced stages of tuberculosis, while those subjected to stuffing, with meat, milk and eggs, inevitably drop into the grave.

Following is a letter received from a woman suffering from incipient tuberculosis, who went to a Jewish consumption hospital, in Southern California. Finding that she was rapidly growing worse, she left, before her condition became desperate. The name of the woman, and of the sanatorium, will be furnished on application, to those who are interested:

At the sanatorium they have beautiful open air cottages. The patients have rest and comfort, so far as those who suffer may be comfortable.

When I arrived I was put in a room with a patient in the last stages, who has been in bed over two years, our beds about one yard apart, and I was a "doubtful case." They mix their patients indiscriminately, put-

ting good and bad cases in the same room.

They encourage the patients to consume large quantities of rich food. Here is a good sample of their diet.

Breakfast: Cooked prunes, sickeningly sweet, a large dish of oatmeal and milk, two eggs, any style, white and rye bread, much butter, plenty of milk and coffee. Dinner: Strong meat soup, mostly with noodles, large pieces of potroast, all soaked in grease, potatoes, browned in grease, carrots, cooked with rich sauce, much fat and sugar. When it was cabbage it had too much vinegar. Once in a great while they would have lettuce, but it was soaked in vinegar and sugar. For supper they had milk and eggs, bread and butter, cheese, cream, fruit, cooked in sugar, and very often "delicatessen" meats.

All of the patients suffer from stomach troubles, and some were telling me that they did not have any stomach trouble before they came to the sanatorium. Many of the patients take three different kinds of medicine, at each meal.

The indifference of the doctors is discouraging. No attempt is made to educate the patients. They cough at the table, and do not know enough to turn away their heads. They rest in large canvas reclining chairs all day, and read a good deal. The house doctor makes his daily rounds, morning and night, asking, in the same indifferent, monotonous drawl: "Well, how are you tonight?" Which meant: "Do you need a physic?" The head doctor comes once or twice a week. He has one remedy for all—"Wash your nose and throat." He tells everybody, no matter what the nature of their complaint, that it is a cure-all.

A patient who complained of stomach trouble was told by the matron: "We are not here to cure your stomach. We are here to cure your lungs." Fancy such gross ignorance of the laws of health, in the matron of a sanatorium.

When a patient is admitted, they keep him in bed for a day. If he has fever, they keep him until the fever goes down—only sometimes the patient dies, before the fever goes down. Many have established the bed habit, waiting for the fever to go down. Eating the way they do—bed patients and those near death all get the same food—they are never able to get up.

There is the same food for all. It kills many. A few improve, in spite of it.

I was rapidly getting worse. I, who thought nothing of a fifteen mile walk, only a few months before, got so that I could not walk five minutes, without getting violent palpitation of the heart.

Such has been my experience in the Jewish sanatorium. However, you must make allowances for the Jewish people differing from others, in their ways and habits. Other institutions of this kind, no doubt, are guilty of other sins of commission, as well as omission. This sanatorium is for Jews exclusively, and none but Jews are admitted.

#### DR. SCHULTZ'S SANATORIUM.

**A**T Dr. Schultz's Sanatorium, in Los Angeles, there are two departments, one for men, the other for women. The treatment rooms are open for outside patients.

Dr. Schultz has built up his practice in Los Angeles, from small beginnings. He was a pioneer of the Nature Cure in California, and had to overcome great obstacles. He has saved hundreds of men and women from the knife, when they had been given up by "regular" physicians, and told that an operation was the only thing that would save them. He has also had great success in spinal diseases, and attaches much importance to diet, having been one of the first to use sour milk, in the treatment of Bright's disease.

#### MEDICAL PRACTICE.

**F**OLLOWING is a dispatch from Washington, D. C.:

Examinations of medical graduates were begun here today by the National Board of Medical Examiners for the purpose of furthering operation of a plan for standardizing requirements for medical practice through a national system of certification. The candidates are taking the examinations.

Certificates issued by the board will not carry a license to practice medicine, nor exempt the holders from complying with legal requirements in the States in which they desire to practice, but the board declares the

#### MILK DIET.

BY CHARLES SANFORD PORTER, M. D.

#### IX.

**T**HERE is no half-way method of taking the milk diet, for people who have much the matter with them. Enough milk must be taken to create new circulation, new cells, and new tissue growth, and cause prompt elimination of the waste and dead matter, that poisons the system.

A patient should start with the full amount of milk. Cases that begin on a smaller quantity, and try to work up to the proper amount, often fail to get the best results. They get the stomach in the notion of taking three or four quarts, and then find it difficult to increase the amount, while those who start on, say, six quarts daily, have little or no trouble, after the first day or two. In beginning in this way, we take the stomach by surprise, and as the milk keeps coming, the stomach is compelled to dispose of it, and soon does so, in the natural way, without difficulty. It is rather common for patients to say, the afternoon of the first day, that they feel so full they cannot take another glass, but as they continue taking the regular quantity, ways and means are provided, and the sensation disappears the same day, or that night, and does not return.

On the contrary, if you humor the stomach, and stop when it desires you to, you may have to repeat the process.

It must be remembered that stomachs of this kind are not normal, and have been out of condition so long that they are not competent judges of what is best for them.

When milk continues to come in, and the stomach becomes overdistended, the lower outlet opens, and allows some of the contents to pass into the intestine. This is desirable, because milk can be perfectly digested in the intestine, and the process stimulates and improves intestinal activity. Undoubtedly, this action goes on in the case of the suckling babe, and assists in rapidly developing its digestive functions.

If other food were taken with the milk, this intestinal action would not take place satisfactorily, but with milk alone, digestion and assimilation may go on throughout practically the whole length of the alimentary canal.

certificates will show high attainment in medical knowledge and it believes they soon will be accepted by State boards as evidence of qualification for licensure.

At present there is no general system of certification. State boards have different requirements and some exchange certification with others. The board was formed last year. Its membership includes the surgeons general of the army, navy and public health service.

No provision will, of course, be made, for the large and increasing number of practitioners who do not believe in the tenets of the drugging, serum-injecting and carving school of medicine.

#### NATUROPATHIC MEETING.

**T**HE annual meeting of the Association of Naturopathic Physicians of California was held, on Tuesday evening, October 10, at the Naturopathic Sanatorium, 1319 South Grand Avenue.

Dr. Carl Schultz declined a reelection as president, and the following members of the Association were elected, to serve as officers for the ensuing year:

Henry Gross, President; Carl Schultz, Secretary; Peter Olson, Financial Secretary; Frank Lamb Willson, Treasurer; First Vice President, Paul Bauer; Second, J. F. Balzer, Pasadena; Third, H. Reynard, Oakland; Fourth, F. W. Binford, Riverside; Fifth, A. O. Lindstrom, San Francisco.

Dr. Schultz read a telegram from the convention of the American Naturopathic Association, in Chicago, announcing that he had been elected an honorary president of the Association, in recognition of the good work he has done for Naturopathy.

Members are requested to send their addresses to the Secretary.

F. H. Ingram, chiropractor, of Grants Pass, Ore., makes a specialty of nervous and chronic diseases.

## Drinking Water Conditions

**I**T is particularly necessary at this season of the year that you focus your attention on this drinking water question. You would not have to go very far with your investigation until you would be greatly surprised to learn how dangerous some of the drinking waters are.

Last year and previous years, in fact, every year brings about the same condition—the city water supply and so-called spring waters become contaminated because of the tons of animal and vegetable impurities which are carried into the streams by the rains during our winter months.

And worse yet, the various contrivances on the market known as filters and percolators fail utterly in their attempt to purify water. It has been claimed for these contrivances, however, that they reduce mineral elements and retard foreign matter, whereas, as a matter of fact, the mineral substances pass through them without interruption, and the animal and vegetable impurities which are extracted from this impure water is deposited in the filter and merely acts as a breeding spot for thousands of bacteria.

If you have faith in these apparatuses as water purifiers, you are being misled. They do not render the water to the degree of pureness it should be to be taken into the human body. One would be far safer to drink ordinary hydrant water than to drink water coming from one of these filters or percolators.

It was said once by a writer on the subject of drinking water, "You want more from the water you drink than quenching your thirst. You want health—the satisfaction of knowing that it is not going to invite disease." Then, the only solution to this extremely important subject regarding health is to drink Distilled Water, the only absolutely pure water obtainable.

Distilled Water is positively free from all mineral and vegetable impurities, and is a real health giving water.

Remember, too, that Distilled Water is always pure—weather conditions do not affect it.

## MATERNITY COTTAGE.

**T**HE Maternity Cottage, and day and night nursery, on Utah Street, Los Angeles, is supported by memberships of one dollar a month, associate memberships of one dollar a year, by donations, receipts of the store, where second hand articles of every description are sold to the people of the neighborhood, and by the fees paid by patients. The work is expensive, and the Cottage is in need of funds. As good care as in the best hospitals is given, and there are no crowds of curious students, to embarrass the mother in her hour of trial. The president, Mrs. William Baurhyte, writes:

There is much need for a place of this kind, where people of small means can be well cared for. We need publicity, more than anything, but how can we get it? There is nothing sensational in caring for a respectable wife, though she should have rest and good food and sympathetic care, when her time of trial comes.

## EPILEPSY.

**A**CCORDING to a dispatch from New York, Miss Jessie Gillander, who died in Los Angeles, in February last, left a million dollars for charitable purposes, of which \$150,000 is for the purpose of "preventing and curing epilepsy."

This money will be wasted, as is money given for "stamping out" tuberculosis, because the medical fraternity does not recognize the true cause of the disease. The cause of epilepsy, in nine cases out of ten, is auto-intoxication, from foulness of the colon, and that is caused by wrong diet.

At a meeting, in Milwaukee, of the American Association for the Study and Prevention of Infant Mortality, there was unanimous opinion that the medical profession, so far, is unable to cope with infantile paralysis, and that its origin is unknown.

## PATHOGEN

**T**HE universal cause of all disease has been discovered. Like all Nature's manifestations, it is quite simple. It is the accumulation, in the blood of waste food products, that have not been assimilated, and used to furnish the necessary supply, for heat, strength, and repair. To this waste product the late Dr. Thomas Powell, of Los Angeles, gave the name of "pathogen," from the Greek, meaning "to generate suffering." It has been falsely regarded as a living organism—a "white blood corpuscle"—and a friend of the body, whereas, it is the body's greatest enemy.

Dr. Powell showed that pathogen is nothing more nor less than partially digested organic matter—that portion of the ingesta which had been sufficiently liquified to enable it to find its way into the circulating system, but not enough so to enable it to pass through the infinitely finer tissues, of which the walls of the nutritive cells of the living organism are composed. In other words, pathogen is derived from those constituents of the ingesta that the digestive apparatus cannot for any reason reduce to the perfectly dialyzable and non-coagulable state. In short, pathogen is material which has not been reduced to peptone. The indiscriminate use of substances containing fibrous tissue, cellulose, and imperfectly cooked starch granules is chiefly responsible for the production of pathogen, and this in turn for the appalling increase of disease, which has occurred in the last fifty years.

In short, there exists in the human organism, a tendency to secrete mucus, or in a more advanced stage, pus. Remarkable experiences have been had by those who have experimented with living on a mucus-free diet. This disease matter was recognized by Hippocrates, the "Father of Medicine."

To cleanse the blood of this waste is no easy undertaking. It is extremely viscid and tenacious. After long study, a successful method was devised by Dr. Powell, and is being carried out by his successor, at the Powell Sanatorium in Los Angeles.

THE RIGHT TO PRACTICE.

**D**R. ROY S. LANTERMAN, former coroner of Los Angeles County, was found guilty of performing an abortion on a girl, and his license to practice medicine in the state was revoked. His attorneys will appeal, claiming that the Board has no jurisdiction to revoke the license of a physician, as such license has been held by the Supreme Court to be "a valuable property right," which can be taken away only by due process of law.

A GREAT VICTORY.


**A**RMONDO DOMINGUEZ, a Porto Rican, whose fame as a "miracle man" has spread throughout the United States, Mexico, Porto Rico, and the Philippine Islands, was sentenced to six months in the Los Angeles County Jail, for practicing medicine without a license. Hundreds of cures have been attributed to this healer. They were, of course, due to auto-suggestion. It is stated that in his practice he has never charged a fee. He is about thirty years of age, a son of a native druggist in Porto Rico. He was once an attendant in the Government Hospital at Manilla.

According to a newspaper report, the medical fraternity regards this conviction as a "signal victory." I should say it is a confession of weakness.

REBUILDING FACES.

**W**ONDERFUL results have been achieved in repairing war victims. This is constructive surgery. It is as admirable and praiseworthy as destructive surgery is condemnable.

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## Notes and Personals

A Los Angeles physician told a woman he could not diagnose her case, and that she would have to be operated upon to find out what was the matter with her. The matter proved to be that she was pregnant. Through the operation she became a wreck. The surgeon had the assurance to send in a big bill, which she refused to pay.

The cases of P. L. Crane and Kate P. McNaughton vs. Gov. Hiram W. Johnson, involving the right to practice medicine, have been set, by the U. S. Supreme Court, for December 4.

Dr. Samuel R. Chamlee, "cancer specialist," who widely published the cruelly false statement that "every lump in a woman's breast is a cancer," recently told a Los Angeles court that he was unable to pay his divorced wife \$30 a month alimony, and that he had been forced to sell Bibles, from house to house.

In accordance with a suggestion of the late Mrs. Eddy, Christian Scientists will establish and maintain a sanatorium at Brookline, for the "so-called sick." We need more sanatoria for the "so-called well."

G. G. Porter, of the Porter-Cable Machine Company, Syracuse, N. Y., is an intelligent student of the care of the body, and a good friend of BRAIN AND BRAUN. He has had a circular typewritten, and posted in his shop, giving the men good advice in regard to health and health literature, including a "boost" for BRAIN AND BRAUN.

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Following is the statement of ownership, management, circulation, etc., of BRAIN AND BRAWN as required by the U. S. postal law:

BRAIN AND BRAWN, published monthly at Los Angeles, Cal.

Editor: Harry Ellington Brook, 508 Chamber of Commerce Building, Los Angeles. Managing editor, the same. Business manager, Clara Brook, same address. Publisher, Naturopathic Publishing Company, same address.

Owners, Naturopathic Publishing Company, 508 Chamber of Commerce Building, Los Angeles.

Names and addresses of stockholders holding one per cent. or more of total amount of stock: Carl Schultz, 508 Chamber of Commerce Building, Los Angeles; Harry Ellington Brook, same address; Henry Gross, 1257 South Hoover Street, Los Angeles; George B. Abbott, 712 Union Oil Building, Los Angeles.

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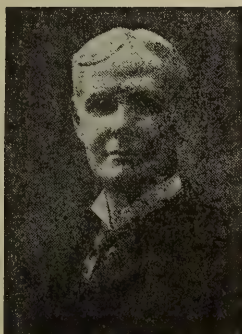


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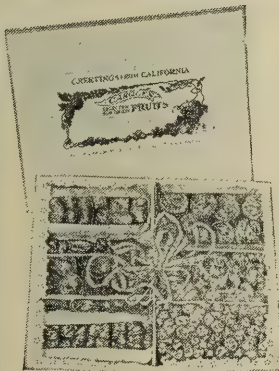
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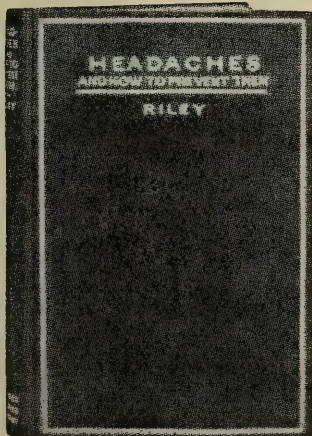
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# Brain and Brawn

**DECEMBER, 1916**

**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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California, under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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HARRY ELLINGTON BROOK, N. D., Editor

Ten Cents a Copy

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Vol. V

LOS ANGELES, DECEMBER, 1916

No. 7

## Why You Get Sick

**T**HE normal condition of man is health. Sickness is abnormal. Yet, when we look around, we might be excused for believing the opposite. Animals, in a wild state, rarely get sick, because they do not break the laws of nature. Ella Wheeler Wilcox says:

Sickness is the result of wrong thinking regarding our physical needs and necessities, and consequent wrong doing. Not one civilized human being in one hundred eats and drinks according to the needs of nature. Uncivilized beings and animals obey God's laws much more nearly than do the "civilized" classes. It is seldom that any animal, save pampered house pets, whose habits have been corrupted by close association with human beings, over-eats or drinks. Neither do they partake of unwholesome food, which is destructive to the digestive organs. That is left for man, made in God's image, to do.

In civilized countries, absolute health is a rarity. Not one civilized person in a thousand is absolutely normal, in body or in mind. We see many "pictures of health," who are really perambulating store-houses of disease. One day they go off, like a shot, and everybody, except those who know, wonders.

Real health is almost an unknown quantity, to physician and layman alike. There are so few standards to measure by. Here is a description of a human body, when perfectly nourished and normally functioning:

The muscles are full and firm, the skin soft, almost moist, especially of the face, fresh and constant, and whether fair or dark never approaching to pale or yellow; the countenance animated and cheerful; the eyes bright and lively; the teeth sound and strong; the step firm; the limbs well supporting the body; the carriage erect; every sort of exercise is easy; and labor, though long and hard, borne without inconvenience. All the organs of sense are acute, neither torpid nor too sensitive; sleep light and long; not easily disturbed, refreshing, and either without unpleasant dreams, steeping the senses in sweet forgetfulness, or filling the mind with pleasant images.

Other signs of a healthy body are the temperate circulation of the blood, the pulse strong, full, soft, equal, neither too quick nor too slow, nor easily raised beyond the ordinary rate; the respiration full, easy, slow, scarcely apparent and not much accelerated by exercise; the voice strong and sonorous, and in men deep, not easily made hoarse; breath sweet, or at least without anything to the contrary; the mouth moist, the tongue bright and not too red; the appetite strong, and requiring no stimulants; the thirst moderate; the digestion, easy, without any fermentation or sensation of oppression; and the exhalation from the skin free and constant.

How many readers can answer "Present" to this roll-call?

At a recent meeting of insurance actuaries of the United States and Canada the admission was made that tables of weight are ten per cent. too high. I should say, sometimes, fifteen per cent.

Why are so many sick? Because a great majority of us lead unnatural lives. Our diet, clothing, housing, over-work and lack of exercise are mostly abnormal. The diet, alone, of the average civilized man, is enough to make him a chronic invalid. White flour and

white sugar, composing so large a part of the dietary, are robbed of their important mineral elements. Most of the other foods are robbed, in cooking, so that a man instinctively eats much more than he should, in order to get the necessary elements, of which the food is largely deprived. Then, he adds condiments, to make up for the natural flavors, that have been removed in cooking. Soups and mushes are swallowed without mastication, so that they ferment in the stomach, laying the foundation for ulcers and chronic dyspepsia. Often the meals are washed down with half frozen or nearly boiling liquids, or both. Many different foods are eaten together, some of which perhaps disagree.

You smother the body, so that the sun and air seldom reach it, whereupon the skin becomes pale and anemic, and ceases to perform its depurating functions.

Houses, offices and shops are usually built with little or no regard to ventilation. The sleeping porch has been a decided improvement in this line, giving a person fresh air a third of the time, although a screen porch is far from the open air.

Our work is mostly one-sided, being either all brain work, or all muscle work, so that the other organs become atrophied, for lack of use. Shorter hours of labor, giving more time for recreation, would remedy this. Besides, we suffer from worry, raucous noises, over-excitement, and excesses of all kinds. When a man has inherited from his parents a good constitution, especially when they lived near to the soil, he has a chance of reaching a ripe old age, and begetting children who will also have a chance. Otherwise, in a few generations, the family dies out, unless renewed by the admixture of more virile blood.

Instead of being surprised that so many are sick, we should be astonished that so many of us are alive.

What is disease? As its name indicates, it is a lack of ease. Disease is not an entity. It is not a malignant monster, or a "mysterious dispensation of providence." On the contrary, it is a beneficial effort of nature to throw out morbid matter from the system, and establish normal conditions. It should be encouraged, not suppressed. "Medical science" proceeds to suppress the symptoms, by means of drugs or serums, thus putting in more poison, to cure the one already there. Or there may be a surgical operation, which, of course, does not remove the cause. Suppression is like sitting on the safety valve of a boiler. The acute disease becomes chronic. It breaks out in other forms, until there comes a too severe attack, when the patient dies, "in spite of all that medical science could do."

When a real cure is undertaken, I have found that it requires much longer to eradicate from the system poisonous drugs or serums than it does to cure the disease itself.

All natural and lasting cure must come through alimentation, elimination and rest. Such a cure is absolutely sure, but it requires patience, a quality possessed by few.

My experience in giving health advice during the past twenty years, shows that a great majority of people, who consider themselves well educated, are grossly and shamefully ignorant of the rudimentary laws of health. Surely, it is time that the schoolmaster should be abroad in the land, to teach those laws. There can be no real effi-

ciency or happiness, where there is chronic sickness. Animals, whom we look down upon as inferior beings, have sense enough to refuse all nourishment, when they are sick. When it comes to caring for their bodies, few men have the sense that God has given geese.

It is not necessary for you to be a crank—to go barefoot on the street, and live on raw peanuts. Living an unnatural life, as we do, we must compromise, accordingly. You should, however, in the interest of health, efficiency, and the joy of life, seek to learn the rudiments of nature's laws, and to obey them, as far as you conveniently can, for the nearer you follow them, the more will you enjoy that greatest of all blessings, Health, one of the few things that money cannot buy.

---

### Caste

**W**E deride the absurd caste distinctions of India, that have so retarded the development of a great country. Yet here, in the United States, a superior judge of Imperial County, Cal., recently decided that a Hindu, who applied for citizenship, must produce proof that he is of a certain caste, the U. S. Naturalization Bureau having decided that only Hindus of a certain caste are "white" men, in the legal sense of the term, and that Hindus below that standard are ineligible.

The Hindu race, the source of the Caucasian stock, was in a high degree of civilization for thousands of years, while our ancestors were running around with painted skins, half clothed in skins of beasts. When we compare the fine, clear-cut, classical features of Hindus, with the physiognomies of some members of the "most favored nations," who are welcome to our shores, we are forced to smile at the odd pranks played by Fate.

---

### Choosing a Partner

**A**N Oklahoma girl, married one of her father's cowboys, who became a moving picture actor. She sued in Los Angeles for divorce, on the ground of cruelty. In a newspaper interview, she gave this advice to girls:

I want to advise every girl never to marry a man who is not in her social world. No matter how much she loves him, it will not be a happy marriage, for they will never understand each other. When there is no mutual interest and understanding, love soon becomes cheap and tawdry, as mine did.

This is good advice. There must be something more than sexual attraction, if marriage is to be enduring. Young people should choose their wives and husbands, as the Vicar of Wakefield's wife chose her wedding gown—for its wearing qualities.

---

The force and energy wasted in rapid and useless motions and over-strained and misdirected muscles and nerves would make over the universe. The real work of the world is done by quiet, self-controlled, unhurrying men and women, who possess the real secret of existence—intelligent self-direction—and thus never need to hurry and never work under nervous tension.—Los Angeles Times.

### Stimulants

**A**S I have previously remarked, all stimulants are bad, because they have an inevitable reaction, and so call for more. However, in this strenuous and unnatural life, to which most of us are slaves, we are practically forced to take stimulants, of some kind. Not one civilized person in a thousand but uses some kind of stimulant, or sedative. Stimulants react as sedatives, or depressants, sedatives as stimulants.

Among the most popular stimulants are coffee, tea, chocolate, alcohol, phosphates, condiments, and tobacco. New yeast bread contains alcohol. A mixture of sugar and starch produces alcohol in the stomach. That is why those who give up alcohol are keen on candy. Even flesh food is a stimulant, owing to the animal wastes it contains, which Nature proceeds to try to force out of the blood, causing a feeling of temporary stimulation, until much flesh-eating is persisted in for a long time, when the system becomes unable longer to throw out the waste, and the foundation is laid of chronic disease.

Some of the most harmful stimulants are freely indulged in by total abstainers from alcohol. "Coca-cola" is a concentrated essence of caffeine, and phosphates are like a whip of scorpions to tired nerves. Virginia recently barred out all alcoholic beverages except cider. "Hard" cider contains more alcohol than light wine.

The most rational solution of the much-vexed alcohol problem would be to place all distilled spirits—whisky, gin, brandy, rum and drugs, fortified with alcohol—in the class of habit-forming drugs, as opium, morphine and cocaine, and forbid them altogether, encouraging the temperate use of light wines, containing not over twelve per cent. of alcohol, and beer, containing not over five per cent. Nineteenths of alcoholic intemperance is due to spirits. A man seldom becomes dangerously intoxicated on claret or beer.

Distilled spirits are a comparatively new invention, introduced by the alchemists, the forerunners of the medical fraternity, as an "elixir of life," while the fermented juice of the grape and malt beverages are as old as history. As it is now, almost all prohibitive effort in this country tends to discourage the use of the milder stimulants, and to force people to use fiery "booze."

Because you happen to favor one kind of stimulant, do not hold yourself to be superior to those who prefer others. It is easy to give up that for which you have no inclination. Furthermore, do not try to force upon others your views as to the relative harmfulness of various kinds of stimulants.

---

As an aid in gaining poise and moral strength, physical exercise should be taken with regularity. The more a man attains physical vigor and balance, the less likely he will be to yield supinely to temptation, and the more he will grow in self-confidence.—H. Addington Bruce.

---

Last month the types made me say "George H. Parsons," of Los Angeles, was instrumental in getting sign posts for the deserts. It was George W. Parsons, an old Arizona friend, who, like myself, has known what it is to be without water, on a desert.

### The Man and the Land

**T**WENTY-FIVE years ago, or thereabouts, while I was on the editorial staff of the Los Angeles Times, I wrote a series of articles suggesting that the government should irrigate the arid land it owns in the West. This suggestion was taken up by George H. Maxwell, and the National Irrigation Association was formed, with the result that Congress passed the Irrigation Law, and several hundred thousand acres of desert land have been transformed into productive homes. The Irrigation Law has not accomplished all that was expected of it, because of its limitations. At the twenty-third National Irrigation Congress, held in El Paso, in October, one of the speakers said:

This is a critical period for irrigation. The law has in view only the building of dams and ditches. It is necessary to get the farmer on the land, and it is necessary that farmers with funds be obtained, rather than farmers without funds. The reclamation fund is nearing depletion, and it is necessary that you should go to Congress with a business proposition, for meeting all of these needs, and Congress will look upon it with favor.

There are many thousands of land-hungry men in the country, who have a little money, but not enough to bring a small farm to the point of production. The government might well go farther, as in some of the English colonies, and aid worthy settlers to get a start on the land. Experience shows the risk, in such cases, to be negligible.

In line with this work, is the American Society for National Service, another plan evolved by Mr. Maxwell. This aims at a national constructive policy, for building highways and waterways, conserving and utilizing the forests, preventing floods, reclaiming swamp lands, as well as arid lands, and their settlement and intensive cultivation, by men who shall be at the call of the country, in case of invasion. In this way, we might secure a force of half a million men, engaged in useful work, without the drawbacks that attach to a standing army.

Every man, able and willing to cultivate the soil, who can be induced to leave the congested cities, is an economic gain to society. That nation is the most prosperous and happy where the largest number of its subjects or citizens own their own productive homes. Among them you find few disturbers of the peace. In the United States, we are rapidly developing the tenant farmer, and the hired-man-without-hope, in place of the man who owns and works his own piece of land, like the sturdy men who built the foundations of this nation. Those who love their country, and their fellowmen, will earnestly strive to overcome the growing congestion of our cities, and to increase facilities for the ownership of a "little land well tilled," by those who are willing to work it.

Also, something should be done to ameliorate the lot of the farm laborer. In some parts of the country these men work from before sunrise until after sunset, without any chance for rest or relaxation. This is not conducive to good citizenship.

---

The decline in the birth rate in countries already over-populated is often deplored, and we are told that a nation in which population is not rapidly increasing must be in a decline. The slightest acquaintance with biology, or even schoolboy natural history, shows that this inference may be entirely wrong.—Prof. Wm. Bateson.

## Not More, But Better Babies

**M**RS. MARGARET SANGER, who visited Los Angeles a few months ago, and has since been arrested several times, announces that she will soon have secret birth control clinics, in a dozen American cities, including Los Angeles. The secrecy is rendered necessary by an unwise Federal law, passed over forty years ago, in the closing hours of a turbulent session of Congress, and never repealed. It is one of those laws that lack the approval of a majority of thinking people, and are therefore not respected, or generally obeyed. Mrs. Sanger recently said: "Eastern women practice birth control, western women practice and advocate it publicly. Five hundred Los Angeles women permitted me to use their names."

Theodore Roosevelt has said many wise things, and some otherwise. Among the latter are his pronouncements on what he has called "race suicide." When a country can offer every father of a family a piece of land, children are a blessing. When a country reaches the point where surplus land is held in large tracts, by individuals and corporations; when we have congested cities, with sweatshops and bread lines, children cease to be a blessing, and become a burden, if not a curse. Monarchs and magnates welcome them, as food for cannon and factories, but humanitarians deplore their coming. There will always be plenty of children to "replenish the earth," so long as human passion and ignorance are allied. You need have no fear about that.

Those who can best afford to give their children moral, mental and physical training, have the smallest families, or none at all, while tenements and alleys overflow with children that are as a western farmer said, "not brung up, but just drug up." Child labor and prostitution are mainly recruited from large families of poor people. And small blame therefor attaches to the overworked mother of a large family.

To correct this condition is the aim of those who seek to teach birth control, as is done by the government of Holland. There, since the establishment of birth control clinics, the population has increased in physical structure and well being. In an address before the American Public Health Association, Dr. S. Adolphus Knopf, professor in the New York Medical School, vigorously urged repeal of Federal and State laws prohibiting circulation of information on birth control. He quoted many letters from clergymen, sociologists, and others, who advocated such repeal. He said:

My advocacy of birth control is based upon medical, sanitary, moral and economic reasons, because with aid of it a man and woman could decide when to have a child, could work and prepare for its arrival, welcome it as the fulfilment of their hearts' desire, watch over it tenderly, care for and educate it, and raise it to be happy, healthy and strong in mind, body and soul.

In New York, a mother was arrested, for the second time, on a charge of stealing, to feed her six children. Judge Wadhams said:

Her husband is not permitted to work at his trade, on children's garments, because he has tuberculosis. As a result of this law, he has had no work for four years. Yet, he goes on producing children. There is no law against that. We have not only no birth regulation, in such cases, but if information of the kind is given, those who give it are arrested. I believe we are living in an age of ignorance on the subject, which at some future time people will look back upon with astonishment. I will not send this woman to jail.

Perhaps, before long, we may have a law regulating the number of children, in accordance with the ability of the parents to raise them. As I have heretofore said, there is no absolutely harmless method of birth control apart from abstinence, which few will practice, but any one of them is better than the begetting of children who are likely to become a menace, or a burden to society. Let us have, not more babies, but better babies—babies that are planned for and welcomed, not "little accidents."

---

### For the Servant in the House

**T**HE Progressive Household Club of Los Angeles, composed of girls and women who earn their living as domestics, recently held a reception at the Club house, 909 West Ninth Street, to celebrate the third birthday of the organization. The purpose of the Club, which has about 800 members, is to provide a social meeting place for domestic workers. There is also an employment bureau, and some of the girls room at the club, where they can stay while out of work, or resting. The members aim to acquire a lot, and erect a club house of their own.

This is an excellent idea. Much has been done for men and women workers of every kind, but the interests of the "servant in the house" have been almost entirely neglected. This is one reason why it is becoming more and more difficult to obtain domestic help.

---

### The Prussian Spirit

**T**HE Prussian style is that of forced efficiency. To act in a Prussian manner means always to walk faster than is natural, to be braver than brave, to strike down what is about to fall, and always to attack first. And if will and intellect are the two forces that regulate the space between birth and destiny, these two qualities would be called up by the Prussian situation in the most emphatic and persistent manner.

An essential part of this style is the suspicion against natural gifts and talents, against everything unreliable, whimsical. Prussian valor is not the courage born out of passion or enthusiasm, but courage as an unshakable state of mind; charity not out of kindness or inclination, but charity out of a sense of duty. Prussian discipline is first of all discipline of the nerves, absolute control of the emotions, a suppression of all that interferes with will and reason.—Lucia Dora Frost, in *Die Neue Rundschau*. (Translation in *Literary Digest*.)

---

In a Los Angeles divorce court, a woman testified that her husband beat her sometimes, but "in a very gentlemanly way." A San Jose pastor, acknowledging illicit relations with a girl, declared that it was merely a "technical error of the flesh," and that his soul is pure. Queer people.

---

We shall hear much more about humanity in the next decade, than ever before, and less of wealth and politics.—Ohio State Journal.

## Fresh Air Unnecessary

**A** CORRESPONDENT writes:

What is the matter with our architects? Look over our houses. Not a ventilator in one room of a hundred. Every room should, by law, have one or two openings near the ceiling, so as to deflect the air upward.

This correspondent is apparently unaware that "medical science" has issued a pronouncement, to the effect that fresh air is not necessary, so long as it is of the right temperature. About a year ago, I read that "medical science" had decreed that the belief in the virtues of fresh air is a worn out superstition. If air is of the proper humidity, we are now told, you may safely breathe and rebreathe it, as often as you like. This new medical dictum has, of course, been enthusiastically taken up, by physicians who do not think for themselves, but follow "authorities." Here is an article from the Independent, of New York, an otherwise estimable journal:

The popular idea that there is something peculiarly beneficial or invigorating about outdoor air has been effectually dispelled by the experiments carried on during the past few years under the auspices of the New York State Commission on Ventilation. The latest results of this investigation, given in School and Society for May 6 and August 12, 1916, show that the children in a school room provided with a liberal supply of outdoor air do no better work and make no more progress than those in a room where the air is partly recirculated. The experiments ran for three months at a time, the teachers exchanged rooms, and a very elaborate system of mental tests devised by Professor Thorndike of Teachers' College was used to test accuracy, speed, memory and improvement. The results in the fresh air room came out practically the same as in the recirculated air room, what little difference there was being mostly in favor of the latter.

It appears then that if air is kept to the proper temperature, humidity and composition, it may be breathed again and again without deleterious effects. The matter of composition, which used to absorb the attention of sanitarians, is the least important of the three, for it has been found by experiment that a considerable increase in the percentage of carbon dioxide or decrease in oxygen makes comparatively little difference.

In accordance with this theory, some of the most modern and best constructed gymnasiums, that of the International Y. M. C. A. College of Springfield, for instance, have no open windows. The air is continually being drawn through an apparatus that washes, cools or warms it and gives it the amount of moisture proper to its temperature. Of course, without such purification and rectification, the air of a closed room would soon become intolerable, so those of us who live in houses not provided with a circulatory system of this type had best keep our windows open.

Perhaps they will now introduce steam-heated and moistened, closed chambers, for consumptives, maintaining, of course, the regular stuffing process.

Following remarks, on the importance of fresh air, are from the Christian Endeavor World:

When your work comes hard, when your nerves are a-quiver, when you seem to be plodding up and down in a treadmill—open the windows. What you need is a dose of fresh air tonic. You have breathed the same air over and over again till it has no life left in it. There is an abundant supply outdoors. Throw wide the windows, and get it. When you are gloomy and dispirited, open the windows. You think you have no friends left in the world, but fresh air will drive that silly notion out of your head. You think you are not appreciated, that your best efforts all end in failure, that life is a long burden and not worth living. Open your windows and let the breezes give the lie to your gloom. You think you have not time to open the windows. You have not time not to. You think the fresh air will give you a cold. It will

not; it will give you a warm. It will stir up all your dormant energies, it will quicken your blood, it will stimulate your nervous system, it will invigorate your mind, it will cheer your soul.

Keep your child from fresh air, feed it sterilized foods, and watch developments—or rather, its lack of development.

“Medical science” appears determined to see how far it can go, before the public discovers that it is a bad joke.

### Comfort Is Not Happiness

**A** GREAT deceiver is Comfort, when the meaning of the word and its function in the human organism are not understood. The lines that express comfort and happiness never meet—they positively and scientifically have no relation to each other. Happiness is principle—an eternal verity. Comfort is ephemeral, changing. Comfortable now, uncomfortable tomorrow. Uncomfortable when hungry, cold or sick. Comfortable when fed, warm or well. Happiness is eternal. Happiness is the ego, the ether, life, spirit, the same yesterday, today and evermore.

Mind says: “If I had all the money that I want, I would be perfectly happy.” This, in the light of the fact that thousands of persons have all the money that they want, and are not happy.

The hungry man, in prison, is not made happy by eating. He is made comfortable.

Comfort and discomfort are effects of certain deficiencies in the physical man, entirely outside the zone of happiness.

Those who have entered upon the great adventure, to find the Truth, never confuse material desires with spiritual concept.

Under our insane “civilization,” now being shot to death, money is necessary to secure the things that furnish comfort for the man of flesh, although wild animals get bodily comforts without a thought of the “gold standard,” a “honest dollar,” or “parity between gold and silver.” Misery and unhappiness follow in the footsteps of money, misnamed wealth. There is no true wealth but happiness.

The traveler out in the “Open Road,” on the great adventure to find the Truth, is always happy.

Los Angeles.

GEO. W. CAREY.

### An Inferior Animal

**F**OLLOWING is a Glendale, Cal., letter, in the Los Angeles Times:

If anyone wants to buy a thoroughbred hunting dog, H. S. Purcelle of La Canada has one he will sell cheap. He guarantees it to be kind and gentle and very fond of deer.

Mr. Purcelle found out the dog’s weakness in this respect when he went hunting yesterday. The dog got the trail of a deer and rushed after it, leaving the hunter far behind. When Mr. Purcelle came up to the place where he expected to find the game brought to bay, he discovered his savage hound licking the nose of a young fawn that was apparently much flattered by the attentions of the pup, and both dog and deer seemed on the friendliest of terms. When the little deer saw the hunter it fled through the bushes, and the dog turned on his master with a reproachful look and set off full tilt to overtake his play-fellow. Purcelle returned home with an empty bag.

When this inferior animal has been properly educated, it will know enough to act like a man.

## Diet and Health

**I**N a campaign speech, Hanly, the prohibition nominee for the presidency, said:

After the war, the men who will come out of the trenches will not be weakened, but purposeful, ready to use to the best advantage all the lessons they have learned in the trenches. Then will come the destined time for action. Then will come a time when mere adjustment of tariff schedules will not suffice. What will? Muscle and fiber and brains. Human machinery of Bessemer steel and not burned-out sheet iron will be needed in America. How will we meet it? By becoming a sober nation.

This is true, but we should remember that sobriety is not confined to total abstinence from alcoholic beverages. As I have heretofore shown, a man may never touch a drop of liquor, yet have his system continually impregnated with alcohol, through fermentation of food, caused by over-eating, or wrong combinations, especially the mixture of starches and sweets. With gas fumes permeating his brain, such a man is less efficient than is one who eats simply and abstemiously, and drinks a little light wine or beer.

In other words, a man may never touch alcohol, yet be grossly intemperate.

In one of his syndicated series of pulpit platitudes, the more or less Rev. Dr. Charles H. Parkhurst says:

People at present are thinking quite too much about the quality of their food and the quantity of it. It has become a fad and an unsanitary one. Assuming that a person is neither stupid nor swinish, the less regard he gives to these matters the better. There is such a thing as being perilously distrustful of one's own physical constitution.

Ignoring the unfortunate fact that many people are both stupid and swinish, and considering that at least ninety per cent. of chronic diseases are caused by wrong eating, or over-eating, these remarks of Dr. Parkhurst appear to be untimely, to say the least. As I have heretofore remarked, it is not necessary for you to become a food crank. Learn what to eat, and how to eat, and then "forget it."

On the other side of the question, the medical man who edits the "Human Body" department of the Los Angeles Times Weekly—a department that I edited for thirteen years, under the title "Care of the Body"—recently wrote:

It has been known for many years that certain diseased conditions are caused by improper diet. Such disorders as gastritis and intestinal disturbances are familiar examples. But it is becoming more and more apparent, as our knowledge of the causes of disease increases, that many obscure maladies, and even epidemics, are caused by the persistent use of improper foods. \* \* \*

Viewed from a somewhat more comprehensive standpoint, the implication is that there are probably many diseases besides the relatively unimportant one, pellagra, which are the direct result of improper food. Rheumatism, for example, which is markedly affected by the kind of food taken, and the cause of which is still a mystery, may be one of these. And if rheumatism, why not other diseases? Why not cancer, for example, and tuberculosis, which is pre-eminently a disease of the underfed, although the direct cause of the symptoms is a germ?

These questions cannot be answered at present; but meanwhile, since we know that certain diseases are produced by improper foods, it is reasonable to suppose that the number not yet detected is a large one. It behooves us, therefore, to pay a reasonable amount of attention to our food selections. This does not imply "dieting" or adopting food faddisms; but simply that

there shall be a variety in the food eaten, avoiding any tendency to over-indulgence in any particular article, for a protracted period of time.

It is encouraging to note that the "regulars" are beginning to recognize the importance of food, in relation to health, even though not until I and other "quacks" have been preaching the gospel of diet for over fifty years. Better late than never.

The concluding remarks of this medical man are not particularly illuminating. They sound too much like the familiar: "Eat what you please." "Eat what seems to agree with you." However, what can we expect from physicians of the regular school, when, as I showed recently, of twenty-two of the leading medical colleges of the United States, eight give no course under the heading "Dietetics," while the others devote to the subject only from eleven to twenty-six hours, of the four-year course.

As to "variety," one of our chief dietetic sins is the eating at a meal too great a variety of incompatible foods. Dr. Allen, who preaches the "monodiet," goes so far as to claim that this is the leading cause of cancer.

The three chief dietetic errors are: Overeating; mixing incompatible foods, and living largely on foods lacking in the organic salts, or mineral elements.

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### Social Revolution in England

**F**OLLOWING is from an article by a Canadian lieutenant, in England, recuperating from wounds:

When I compare the England of the present time with the England that I saw in 1914 I find that a mighty revolution has taken place. I did not notice it when I lived in a hotel and only met the shopkeepers and traveling population, but now that I am living with the people I see a mighty change, a broader-mindedness and a greater sense of the equality of man. If this can forecast the reaction which is sure to come after the war the British empire will be an entirely new country. Pedigree and family traditions of wealth to a large extent have been swept away and every man stands at his face value. The people themselves do not realize that they have changed, but the old order seems like a dream.

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### No, Indeed

**I**T is stated that 800 American newspapers have suspended on account of the cost of paper. Eight thousand more might reduce their size by half, without causing any great suffering on part of the public. The Christian Science Monitor says:

Persons who for some time have felt that condensation of material in the average newspaper would be beneficial to all concerned, will be interested to know that one of the by-products of the present paper stringency is precisely this needed reform. Many publishers, driven to reduction, are so pleased with the improved appearance of their papers, and with the stricter regard for facts which such discrimination compels, that they are announcing that flaring headings, inept illustrations, padded "stories," and "space fillers" will not be resumed with a return of relatively cheap paper. Their patrons will hardly find fault with the decision.

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In the economy of God, no effort, however small, put forth for the right cause, fails of its effect. No voice, however feeble, lifted up for truth, ever dies, amidst the confused voices of time.—Whittier.

### In St. John's Wood

**F**OLLOWING is an extract from an article, contributed by me to the Los Angeles Times Magazine. It will interest those of my readers who know London, especially those who, like myself, were born within the sound of Bow Bells:

My earliest recollection is of a warm summer afternoon, in London. I must have been about 5 years old. Our house was on Acacia Terrace, in St. John's Wood, a residence street named after the fragrant trees with which it was bordered. I remember that, a block away, a barrel organ droned out a mournful operatic tune, and once the quiet was pierced by a bugle call from Albany Barracks, across the street. Quietly, so as not to arouse my mother, who dozed in a near room, I divested myself of my shoes and stockings, and with much content walked up and down the front garden. Presently, my mother, missing me, appeared, and in much alarm, cried: "Why, Harry, what are you doing? You will catch your death of cold." The Kneipp bare-foot cure had not then appeared. "I want to be like a little beggar boy," I replied. So you see, that even at that early age the call of the wild, and rebellion against conventions, and formulas, and precedents, surged within me.

St. John's Wood is a residence section in the northwestern part of London. It was formerly a dense forest, or thicket, and there the monks of St. John's had a priory, recollection of which is still maintained in Abbey Road and Priory Road. It is—or was—a section of small, neat villas, standing in ample grounds, inclosed by brick walls, half hiding white and purple lilacs and yellow laburnums, and other flowering shrubs and trees, and largely populated by artists, literary men, and demi-mondaines of the more exclusive type, whose protectors furnished them with a trim waiting maid, a neat brougham and similar luxuries. A writer recently said: "There are certain people we cannot imagine living in St. John's Wood; and there are certain people we cannot imagine living anywhere else."

My early recollections are all associated with that part of London. Soon after the incident I have referred to, we moved a short distance to No. 5 Waverley Place, a block of about twenty "semi-detached residences," with a board fence at the end of the street, behind which was a nursery, so that we enjoyed almost rural quiet. Since I left England, I am told that a big railroad terminal has invaded this picturesque suburb, covering a lot of ground quite near Waverley Place.

Beyond the brick wall that inclosed the back garden was a large piece of ground, brodered by giant elms, used at that time as a riding school. It was attached to the "Eyre Arms," a noted hostelry, whence omnibuses ran to the city. The omnibuses all started from "pubs." This, in a measure, may account for the florid complexions of the drivers. Just beyond is Finchley Road, celebrated by Hogarth in his engraving, the "March to Finchley." At the end of it is the Swiss Cottage Inn, now swallowed up by the aggressiveness of suburban buildings. Near by is Primrose Hill, an elevation of 300 feet, concerning which Mother Shipton prophesied that when it should stand in the middle of London the streets would run with blood. It will be some time before this happens, as London is growing in all directions.

**Briefs**

The five cent movies are depleting children's nickel banks.

Glendale, Cal., has a child club, to protect song birds and nests.

An Illinois man bet his right eye, against 50 dollars, on Wilson.

Parcels may now be sent to any post office in China, at 12 cents a pound.

In Mississippi and South Carolina, the black population exceeds the white.

There are twice as many registered voters in Los Angeles as in San Francisco.

In 1897 the population of Russia was 129,000,000. It is now more than 182,000,000.

A Detroit woman left about a million dollars, to found a school for teaching girls motherhood.

California leads the country in arrests of counterfeiters, 61 having been arrested during the past year.

Catalina Island must take a back seat. A Florida fisherman landed a 30,000 pound fish, after a battle of 39 hours.

Over 50,000 girls disappear yearly in the United States. Largely because mothers think "our American girls can take care of themselves."

The seven states of Washington, Oregon, Idaho, California, Nevada, Utah and Arizona have six less electoral votes than the state of New York.

A bill has been introduced in the French legislature to give a grant of 500 to 2000 francs, for each child born, whether the mother is married or not.

Prof. Holmes, of the University of California, says that selfishness, not economics, is responsible for low birth rates, in the middle and more intelligent classes.

In the height of its power, under Delane, the circulation of the London Times was only 30,000, or less than half the present circulation of the Los Angeles Times.

War trenches in Europe represent about twice the work of the Panama Canal, all done by hand labor, with military shovels, sometimes by men at work on their stomachs, under fire.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, DECEMBER, 1916

No. 7

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## The European Slaughter House

**T**HE European contestants are like two bulldogs, chewing each other to pieces, while the spectators are unable to separate them.

Trenches, big artillery, machine guns, poison gas, airships, and submarines, have entirely revolutionized warfare. Every advance of a hundred yards costs the lives of thousands of men. At this rate of progress, it would require many years to drive the Germans to the Rhine. And then, they could fight on indefinitely. In the east and southeast there is also, practically, a deadlock. A writer says:

The war business is a habit, like anything else. The deaths and losses seem awful, at first. Then the people take them for granted. This habit formed, it will be easy, from sheer momentum, to fight long after the original object is no longer being advanced, and the carnage goes on for nothing.

Should the war continue for five years longer, as some predict, children born a few years before 1914 will grow up to regard war as a normal condition, and peace only as something of which they have heard their elders speak.

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## Advertising

**A**DVERTISING has become a big business. It is estimated that, in 1917 a billion dollars will be spent in the United States, in newspaper and magazine advertising. Millions are made every year in advertising, and millions are lost.

Until recently, advertisers considered only circulation. Now, they are beginning to perceive that quality as well as quantity counts. It requires no abnormal degree of intelligence to understand that 50,000 circulation, of a magazine in which stories and pictures are skimmed over, and the advertisements barely glanced at, the magazine being then tossed aside, is worth less to advertisers than a 5000 circulation of a magazine, read carefully from cover to cover, including the advertisements, the magazine being preserved, or sent to a friend.

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For the first time, since Andrew Jackson, a Democratic President has been re-elected in succession, and for the first time a President has been elected without the vote of New York.

## Christmas

ONCE more I venture my annual suggestion: While the "Christmas spirit" is a good thing, it should not be prostituted by making gifts one cannot afford to those who do not need them. There are always plenty in need.

Also, once more: Remember to save enough of the Christmas "jag" to furnish a mild exuberance of kindly feeling toward your less fortunate fellows, during the other 51 weeks of the year.

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## Profit Sharing

A NEW Los Angeles department store company announces that it will share with employees all profits, over six per cent. The custom of profit-sharing is growing. It is a good one—good, not only for the employee, but for the employer. However loyal and conscientious a man may be, he will take more interest in a business in which he has a financial interest, beyond his salary.

It is true that an employer has responsibilities and worries, but on the other hand, to key him up, and relieve monotony, he has the ever-present interest in his own business, and the constant possibility of making unexpected profits.

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## Genius

OCCASIONALLY, a friend intimates to me that I display traces of genius. Whereupon, I carefully examine myself, and seek to suppress so dangerous a disease, for, as you know, genius is closely akin to insanity, and we have far too many crazy people, running around loose.

We need, not more geniuses, but more level-headed men and women, who can think straight, and are able to see both sides of a question.

A man who lightens the labors of an overworked housewife, in the kitchen, or helps a neighbor over a rough place in the road, is of far more value to society than one who invents a new theory as to the Hereafter. We already have too many theories and creeds, when "just the art of being kind is all this poor world needs."

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A year's subscription to BRAIN AND BRAWN would be an acceptable and inexpensive present to a friend who thinks.

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The chief lesson of the election is that American voters are breaking away from party lines.

## The Voice of Reason

FOLLOWING is from "World War," the latest book of Prof. Ernst Haeckel, regarded by some as the greatest of the world's living philosophers:

We cannot help feeling daily the pain of it, when we think that millions of valuable human lives must be sacrificed to a barbarous war of annihilation, which could have been avoided, had adequate reason, right politics and wise diplomacy prevailed on our side, and had international tolerance and a just appreciation of Germany's demands, as regards her world position, prevailed on the side of our opponents.

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## Presidential Elections

A SIMPLE and natural way of avoiding the complications and dangers of a close Presidential election would be to elect the President by popular vote. It is true that, in 1880, the difference was only 7000, but that is not likely to happen again in a lifetime.

Senator Chamberlain, of Oregon, will introduce a bill to this effect, at the next session of Congress.

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## Day Dreams

I HOPE, before I die, to see the United States of Europe, and that my grandchildren may live to see the Universal Brotherhood of Man.

A dreamer, you say. Yes, but dreams sometimes come true. The United States of America, when founded, was regarded as a chimerical day dream.

Surely, it is not presumptuous to suppose that, before the end of the twentieth century, what we call "civilization" may mean something more than a thin veneer over human brutality.

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I wonder how many tons of expensive black ink and white paper were wasted, during the recent political campaign, in printing the unnecessary words, "Charles E." Hughes and "President" Wilson.

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## Tolerance

THEN gently scan your brother man,  
 Still gentler sister woman;  
 Though they may gang a trifle wrang,  
 To step aside is human:  
 One point must still be greatly dark,  
 The moving why they do it;  
 And just as lamely can ye mark  
 How far, perhaps, they rue it.—Robert Burns.

## Brooklets

Physical courage depends largely on the size of the heart.

\* \* \*

Don't try to put old heads on young shoulders. Remember your boyhood.

\* \* \*

Idle moments are not wasted, if you use them to get acquainted with yourself.

\* \* \*

The best gift a parent can bestow upon a child is to teach it self-denial, while it is young.

\* \* \*

You cannot think clearly, while your blood is clogged with waste matter, from surplus food.

\* \* \*

Broadly speaking, men may be divided into reliable and unreliable. Some of the most charming people are in the latter class.

\* \* \*

"The Lord giveth; the Lord taketh away" is blasphemy. Usually, the deceased was a victim of ignorance or intemperance, although, perhaps, a college professor, and a total abstainer from alcohol.

\* \* \*

Before woman becomes entirely emancipated, she must realize that she exists for something more than to charm men.

\* \* \*

Is not the widely-advertised "man tailored suit" rather a reflection on female ability and enterprise?

\* \* \*

Much evil and suffering is due to blind following of Convention, Tradition and Custom and failure to think.

\* \* \*

A man is condemned, when intoxicated from over-drinking, but receives sympathy when sick from over-eating. Illogical.

\* \* \*

At 20, a man knows it all; at 40, he suspects there are some things he doesn't know; at 60, he begins to realize how little he knows.

\* \* \*

Great wealth caused the downfall of Greece and Rome. It will prove the downfall of any country, where the Lamp of the Spirit is not kept burning.

\* \* \*

You cannot help feeling ugly, when your stomach or your liver rebels at bad treatment, but that is no reason why you should work off your ill feelings on others.

# Care of the Body

## Hot Foods and Drinks

**W**HEN one considers how most people continually abuse their stomachs with hot foods and drinks, one is forced to wonder that they have any stomach linings left. They pour liquid into the stomach at a temperature that would painfully burn the skin. At the same meal, you often see people swallow steaming soup and coffee, ice water, and wind up with ice cream. Because the stomach does not protest at these repeated outrages, is no sign that it does not suffer. You may have advanced kidney disease, and not know it, so far as feeling any pain. It is a wonder that ulcerated stomach—often leading to cancer—is not even more common than it is. Following, on this subject, is by J. H. Kellogg, M.D., of Battle Creek:

Priessnitz, the sagacious peasant doctor of water cure fame, noted the unwholesome effects of hot foods more than a century ago. By experiments upon pigs he demonstrated that hot food produced an unhealthy state of the intestine. He accordingly recommended his patients to take their food at the natural temperature of the air, and the thousands coming from every part of the civilized world who annually ate at his table in the little village of Graefenberg, hidden among the forests of Austrian Silesia, testified to his success in the treatment of chronic constipation, and numerous other ills, which were at that time acknowledged incurable, even by the best physicians.

Hot foods and drinks produce a sensation of comfort in the stomach, directly after they are swallowed. In certain forms of indigestion, this effect of heat is particularly noticeable. In these cases, however, temporary comfort is obtained only at the expense of the later serious disadvantages of the constipating effect of such a diet.

Here is an extract from another article, by J. D. Campbell, in the *Herald of Health*:

Did you ever stop to consider the dangers that may result to the human economy, in consequence of the use of piping hot food and drink? If you have never given consideration to this important phase of dietetics, undertake to ascertain the temperature of the average viand prepared by the busy American housewife, for her liege and master and their brood of children. It may prove a revelation to you.

Soups, coffee and other liquids, served in the home, are generally imbibed at a temperature in excess of blood heat, the same being true of various solid foods. The liquid is sufficiently hot to raise a blister, if it should be poured accidentally on the arm or any other part of the surface of the body. No one stops to consider, however, how many burns and blisters may be produced in the tender stomach, by drenching the inside of the body with red-hot liquids, or by using solid food of great heat.

If the surface of the body cannot stand that amount of heat, it goes without saying that the internal organs must suffer. The only difference is that we are more susceptible, and sensible to pain, toward the surface of the body, than within. The surface of the body contains nerves of great capacity for producing pleasure and pain, which give forth danger signals at the proper time; but the internal economy is not thus provided, as the Creator never dreamed that man would adopt such foolish practices.

No one thinks of bathing in boiling water, but there is never a whimper, never a complaint, when we are served with liquids of a boiling temperature.

To the above sensible remarks I may add that this is one reason why hot coffee and tea and "toddies" are more injurious than light wines and beer. On the other hand, in this country, beer is drunk ice cold. Frozen drinks, as well as hot drinks, are unnatural, and therefore unwholesome and harmful.

### Ignorance of Health Laws

**F**OLLOWING is an extract from a letter received from a correspondent, who renews his subscription:

"I am traveling through Illinois and Missouri, in a buggy, putting up with farmers, mostly, and making many observations on society in general. I am collecting for a medicine firm, that is going out of business, which enables me to observe what a wonderful hold this medicine business has on the people. It is next to their religion. It is astonishing to see the extra trouble they take, to prepare a meal, and the useless work they do, to make their food less wholesome, and more unhealthful. I am very fond of tomatoes, served raw, and plain. But they will steep them in vinegar and pepper, or put on too much salt, or perhaps sugar, and ruin the whole thing for me. Instead of cooking their fruit, or, still better, serving it raw, they preserve it, or make it into jelly. They grind up, or cut up, cabbage raw, which would be a fine dish, but in goes the vinegar, pepper and salt—and all is off. They use spices, mustard, coffee, tea, and sweeten cream, oats, rice, or corn flakes.

"These people milk from five to fifteen cows, but usually have no milk, and little butter, on the table. They urge the children to eat, and eat. Even sick children are urged to eat. I have not seen a really well baby, in eight hundred miles of travel.

"Are there any figures on how many doctors and druggists we have, and what these, and operations, cost the people yearly? The ignorance is appalling. If you and Dr. Tilden could only reach more."

### Reducing Weight

**T**HERE is much waste energy going into reducing just now. About 95 per cent. of my lady friends seem to devote all theirs to reducing *avoirduois*.

It seems a pity to deliberately wipe out the evidence of peace and prosperity. It is such a splendid testimonial to our comfortable circumstances, to our privilege to take it easy. It would be much more logical to make fat fashionable. Our whole modern civilization is built up for the express purpose of making things easy and comfortable for us, for fattening us up, for relieving us of our responsibilities and labors.

And yet, with it all, we yearn to be slim. We strive to obliterate the evidence of our ease. Are we then, just a little ashamed of it? Are there some sneaking pangs of conscience at work? Do we, perhaps, in our fatty-degenerated hearts, remember the fate of Babylon, of Rome, of Greece? Do we think that if we can reduce, we can deceive a cynical God? If we can only look slim, may He perhaps be induced to leave us to wallow in our prosperity?—Alma Whitaker, in *Los Angeles Times*.

It is not necessary to kill people, in order to avoid degeneracy.

Kurt Nippe, of 1605 Magnolia Avenue, Los Angeles, is forming a Walkers' Club,

Many vegetarian meals are less wholesome than beef and greens.

### Barley

**A**MERICANS are limited in their use of grain. At least 75 per cent. of the grain they use is wheat, the balance distributed between corn, rye and rice. Wheat is only used by about one-third of the population of the earth. Some races use millet, or barley, almost exclusively. Others rice, or rye. Some do not use grain at all, substituting bananas, chestnuts, bread fruit, taro, potatoes, or some other form of starch.

Barley is a valuable grain. It contains more of the important mineral elements than any other grain, except oats. It is especially rich in sodium, of which it contains nearly three times as much as whole wheat, or oats. It is, also, rich in magnesium and sulphur.

In the countries where barley is used, it is usually made into the shape of cakes, something like Jewish matzos, or Mexican tortillas. When used as bread, it should be mixed with about two parts wheat flour. It also adapts itself readily for use as a mush, or may be made into gems, adding a little wheat flour.

Most Americans consider barley as only food for horses, or cattle, as northern Europeans regard corn. The only barley they know is pearl barley, a part of the grain. For invalids, a gruel or mush of barley meal is to be recommended, with this proviso, that it should not be used by those suffering from diabetes; as it contains more sugar than other grains.

Barley needs somewhat longer cooking than other cereals.

### Wear Loose Clothing

**T**HOMAS A. EDISON, watching the operation of the first phonograph ever used in an automobile, talked rapidly as he studied the proposition, and talked especially on how to live.

"The main thing is to keep your body loose," said he. As he said it, he kicked one of his low shoes off, exposing an interesting gray stocking; then put it on again, showing it was absolutely loose.

"Don't let anything pinch you anywhere. If you want to live a long time and work while you live, keep your body perfectly free from pressure.

"Don't, as a matter of course, have any pressure on your neck or wrists, or on any spot where the big veins and arteries are exposed.

"Remember, also, that every inch of the body should be kept free of pressure.

"Every inch is covered with the little capillaries, hair-like veins that feed the whole body and the millions of cells.

"Pressure anywhere means that a certain part of your body is deprived of its natural food. And starvation and death begin where the body is pressed and choked."—Exchange.

Four years' constant automobile riding is said to have produced total inability, due to spinal trouble, in a Californian, who made application for compensation to the State Industrial Accident Commission.

Most diseases could be cured, by decreasing the food and increasing the exercise.

### Health Versus Strength

“**W**HAT a queer heading,” I hear some one say. “I thought health and strength go together.” Not always, dear reader, by any means. A man may be very strong, and a “picture of health”—to those who cannot see beneath the surface—yet full of impurities. A man may be quite healthy, yet not very strong, muscularly.

Recently I quoted a Pennsylvania physician. At a meeting of the State Medical Society, he referred to the many deaths in recent years among former athletes. He said there was scarcely any instance of recovery from a major infectious disease, in an athlete. That means that the heart has been injured, and the system lacks recuperative power. In Germany, active competition among athletes has been stopped. Great athletes and professional strong men are notoriously short lived.

Not only are those big bunches of muscles not wholesome, they are not handsome, either. Compare such monstrosities, as we sometimes see depicted in athletic publications, with the beautiful symmetry of the ancient Greek athletes, with their satiny skins, under which lurk pliable muscles, like those of a tiger, ready to spring into action, when called upon.

Remember this: The less you eat, the less exercise you need—and the less sleep. Most exercise is taken for the purpose of getting rid of food waste. The Romans took an emetic. The English take a “constitutional.” This is as unreasonable as it would be to pour water into a barrel with one hand, while you are emptying it with the other. It is a great waste of time, and absolutely opposed to the idea of efficiency, the popular craze, just now.

If you build up over big muscles, they will handicap you, as you grow old. You must keep them up, or suffer.

Eat only enough to repair the small amount of daily waste, and to furnish heat and strength, and you will require very little exercise, to keep you in good condition. Seek health and endurance, rather than great strength. In the battle of life, you will find them far more useful.

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### Hardening the Body

**O**NE of the best things you can do for the body is to harden it, so that it will not be susceptible to every passing influence, atmospheric or otherwise. This may be done by abstemious, non-stimulating diet, sun and air baths, water baths, and deep breathing.

The inner hardening must always precede the outer hardening, or you will “catch a cold,” to use a popular but misleading phrase. After the blood has been rendered pure, by a rational diet, continued over a long period, it will be as impossible for you to catch cold, as it would be to grow grain on a cement sidewalk. You will be “immune.”

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For nervousness, a wise doctor would prescribe no drugs, no stimulants; just sunshine, sleep, oxygen, good food, and freedom from care.—Emerson Hough. Right, but it depends upon what you call “good food.”

### Energy Wasted in Digestion

**A**BOUT ten per cent of all the energy supplied to the body by food is expended in its digestion and assimilation. Of course, there is a great difference between foodstuffs in the amount of energy required for digestion. Exhaustive research has shown that proteins require a far greater amount of energy for their digestion than do other food elements. Fats come next in order; and carbohydrates, that is, starch, dextrin, etc., require least of all. When it is recalled that eight-tenths of all the energy of the body is required to maintain a normal bodily temperature, leaving only two-tenths to be expended in work, the importance of the question of the amount of energy expended in digestion becomes apparent. Of the two-tenths of energy represented in food which is used by the body in actual work, one-half is spent in digestion and assimilation of the food under normal conditions. If, then, the amount of energy required for the digestion of food is to any considerable degree increased the amount of energy remaining for work is proportionately diminished.

For example, suppose the amount of energy required for digestion is increased one-half, the result would be that only one-half the usual amount of energy would be available for muscular and mental activity. This brings at once into plain view the damage to one's working ability which results from overeating, or gormandizing, either occasional or habitual, and from the eating of foods unnecessarily difficult of digestion. Experience shows that the amount of work required in the process of digestion is definitely influenced by the selection of the bill of fare. When, for example, one makes a meal of rice and milk, the whole process of digestion is completed in a couple of hours (in the normal individual,) whereas a meal of baked beans and ham requires twice this amount of time for digestion, and doubtless, twice the amount of digestive work, or even more. It is evident, then, that large eaters are living under a serious handicap. A large quantity of energy is wasted in unnecessary digestive work.—Dr. Leon Patrick.

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### Changing Diet

**I**T is foolish to keep on with a diet, merely because you believe in it, if it does not agree with you. Be sure, however, that you have tested the diet rightly, and for a sufficient length of time. It takes some time for the body to accustom itself to a complete change of diet. For instance, if you have been accustomed to a high protein diet, when you reduce the amount considerably, you feel, for a time, as much weakened, and despondent, and discouraged, as does a man who has been accustomed to drinking a pint of whisky a day, and reduces his daily dose to a quarter of that amount. This does not prove that he should drink a pint of whisky daily. "Be sure you are right, and then go ahead."

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It is time to drop some of the music and flowers, in the restaurants, and get down to food.—Christian Science Monitor.

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A woman in Connecticut bore five children, within seven months. Rabbits can do even better than that.

### Disease is Earned

**D**ISEASE is earned, just the same as health. The sick man must have something to put into his mouth between meals—just a little something, not enough to amount to anything: a little candy, a small glass of grape wine, a glass of soda, a glass of pop or beer, a little ice cream, a small chew of tobacco, a cigar, or some gum—he must have something. He cannot walk down the street without buying a sack of popcorn or peanuts—they look so good; and if it were not right for him to eat these things, nature would not have planted in him the desire. The well man says: “I shall not eat them; I do not need them; I have had all the food my body needs at my regular meals, and if I should eat the nuts they would overtax my digestion.”

This is a very little matter to start the difference between the well man and the sick man. Watch them all day long, day after day. The sick man is always good to himself: he must have cream in his coffee, for he needs the nourishment; whereas, the well man will take no coffee at all; and his reason for not doing so is because he does not need it; he likes it well enough, but he has enough without it. The sick man must have buttered toast, and then soften it in his coffee—of course, why not? It is too hard to chew without softening. The well man takes plain toast, and puts the butter on it himself, then chews it dry, and does his drinking after he is through eating. The sick man must have a little jelly or preserves with his breakfast. The well man says he does not care for it, or that he thinks he feels better without it. The sick man must brace up after eating, with a mild cigar. The well man says: “I don’t need it; I feel better without it.” After the smoke, the sick man says his stomach craves something, and if it were not proper for him to eat he would not have the desire. He eats an orange, or a few dates, or a little candy, or takes a glass of milk or grape juice. Of course, he is hospitable—sick people always are; he offers the well man some of his lunch; but the well man says: “No, thank you; I have no desire. Yes, I like it, but I always feel better when I do not indulge between meals.”—Philosophy of Health.

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### The Protein Superstition

**T**HE Literary Digest, of November 11, published menus of the militia on the Mexican border, showing that they had meat three times a day, every day, except Friday. And this in a warm climate.

By a curious coincidence, on the same page, the Digest reproduced a portion of an article in Table Talk, in which the writer shows that the supposed need for a large quantity of protein, taught by Liebig, and abandoned by him before he died, is a fallacy, because only about five per cent. of the food eaten can be assimilated in the shape of protein. The surplus is stored up in the body, to lay the foundation of serious diseases.

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A young man, who worked his way through the four years’ course of the University of Chicago, has given the institution the first thousand dollars he earned and saved.

### “Vitamines”

**T**HERE has been much discussion lately about the importance of the so-called “vitamines,” in the physiological functions of the animal and human organism. The scientist Funk was the first who isolated this body, which he terms the “beri-beri-vitamine,” from the polishings of rice. He has determined its chemical nature, and tried to demonstrate its wonderful effects on general exhaustion of the nerve force in fowls, by a diet of rice, deprived of this substance.

It seems that Funk has unduly exaggerated the importance of this substance, as he has entirely over-looked the importance of the organic salts, which are together contained in the rice bran, or in all other outer layers of cereals, fruits and vegetables. The vitamins contain only the four elements which are contained in all proteid substances, while twelve more elements are needed, for the normal performance of all the physiological functions of the body, such as digestion, assimilation, oxidation, elimination, and the maintenance of the vital electrical currents of the blood and nervous system.

Nothing definite is known about the so-called “vitamines.” Vitamines must be distinguished from enzymes, which are found in nearly all living tissues and digestive juices, where they perform some important chemical functions. No enzyme has thus far been obtained in a perfectly pure form, and the exact chemical constitution as well as structure is, therefore, unknown. Enzymes are necessary for the transformation of starch into maltose, proteids, peptones, etc.

The medical profession is always inclined to take up something new, of which very little is known, like the “vitamines.” If doctors had a correct understanding of physiological chemistry, and the relation of the sixteen elements in the human body, they would not do so much hypothetical guessing, like Pasteur, Lister, Ehrlich, Koch, and Metchnikoff, who “could not see the forest on account of the trees.”

Los Angeles.

OTTO CARQUE.

### Anointing With Oil

**F**OR thousands of years oiling of the body has been valued in Oriental countries, as a most helpful hygienic measure. The passage in the Epistle of St. James: “Is any among you sick? Let him call for the elders of the church; and let them pray over him, anointing him with oil, in the name of the Lord,” does not refer to the mere making of the sign of a cross on the forehead, with a finger dipped in oil, but to the custom of oiling the whole body. This was usually done after a warm bath. Costly oils, mixed with perfumes, were used for this purpose, by the rich.

At San Quentin penitentiary, Cal., hydrotherapeutic baths have been installed, for prisoners with nervous disorders.

The receipt for happiness, success and long life, is work, play, love and care of the body.—Cleveland Moffett, in McClures.

Since the war, a great majority of children born in France are males. This confirms the belief that nature replaces human waste.

### The Pecan

**W**ITH the great rise in the price of food, more attention may perhaps be paid to nut culture. Nuts are a most important food, especially for those who discard meat from the dietary. A pound of shelled pecans or walnuts contains as much nourishment as two and one-half pounds of beefsteak. An acre devoted to pecans or walnuts will furnish about 15,000 pounds of food, whereas an acre in wheat will furnish only about 900 pounds.

One of the most valuable nuts is the pecan, which is rapidly growing in favor. The pecan is digestible, appetizing, wholesome, and nutritious. Half a dozen pecans, and a couple of apples, make a well balanced lunch. All nuts should, of course, be eaten more freely in winter than in summer, as they are rich in oil. The pecan is especially so, containing about 70 per cent., and about 11 per cent. of protein. The brown skin of the pecan is not irritating to the stomach, like that of the walnut.

Many 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. They should be eaten as a principal food, with a little fruit, or bread. When the teeth are not good, they should be ground. Prof. M. E. Jaffa, of the Experiment Station of the University of California, says: "Investigations made at this station indicate clearly that considerable quantities of nuts, properly eaten, do not cause distress."

### Constipation

**T**HERE are many types of this disease, and each of them needs an entirely different line of treatment. Simple and recent cases will yield to the use of a laxative diet, accompanied by more exercise, if that is needed. This fact is so well known that we are frequently told that diet and exercise will cure all cases. As a matter of fact, there are as many cases where a laxative diet will do harm, as there are where it will do good. The laxative diet acts by supplying more waste material, which irritates the intestines slightly. If the digestion is strong, and the sluggishness of the bowels is mild, the effects are excellent. If the digestion is weak, however, the increased waste will not only cause indigestion but it will be retained in the intestines, ferment, and cause autotoxemia.—Ernest F. Robinson, M.D., in *Healthy Home*.

A Pasadena church organization announces that it will not solicit contributions or cash, or seek to raise money, by bazaars, etc. An example that might well be emulated.

The pay of the Japanese policeman is \$5.00 a month, increasing to \$12.50 a month, after ten years. They are said to be honest and efficient.

In considering the increase of disease, why is not more attention paid to the increased consumption of white bread?

### Peeling Potatoes

**T**HE burgomaster of Eckernforde, a village of Schleswig-Holstein, where my wife spent some of her youthful days, has issued an order against the peeling of potatoes. Any one discovered peeling potatoes, before boiling them, will be punished by three months' imprisonment, or a fine of fifteen hundred marks. And, as this is Germany, you may be sure that the punishment will be strictly enforced.

When I see the wasteful manner in which potatoes, and carrots, and turnips, and apples, and other fruits and vegetables are peeled, often when the peelers are poor, it makes me shudder. In all fruits and vegetables and cereals, most of the mineral elements are found just underneath the skins, where also are located the "vitamines," or life-giving properties of the food. Potatoes lose half their organic salts in peeling and more than half when they are soaked, before boiling. Potatoes should always be cooked in the skin. Or sometimes they may be baked, and the skin scraped close, eating a little of it.

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### Holding the Breath

**P**EOPLE often unconsciously hold the breath, when concentrating their minds on writing, or reading, or other close work, and thus become shallow breathers. It is a harmful habit. Writing on this subject, in *Health Culture*, William B. Hammond, M.D., says:

"Holding the breath is more or less associated with emotional excitement. There are few people who are not, in some measure, addicted to this insidious habit; although few will recognize their own fault, without considerable watching of themselves. Then they will notice that when deeply interested, when perplexed or troubled, or perhaps at night, before dropping to sleep, there will occur a period of several seconds, during which there is entire stoppage of the breathing. This will be followed by a deep breath, the forced exhalation of which is called a sigh.

"Sighing has always been associated in the popular mind with ill health. The adage: 'Every sigh means a drop of blood from the heart,' is paraphrased in many tongues. It is not the sigh, but the suspension of breathing, which occasions the sigh, that really injures the health, and shortens the life of the individual.

"Watching at a bedside, I have observed the sleeper hold the breath for 10 or 15 seconds, preceding an attack of 'nightmare.' A woman interested in a book was seen to suspend the breathing for 10 seconds, twice within one minute.

"This habit of holding the breath, because of its commonness and the difficulty of its detection, is one cause of general weakness and ill health."

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One may live on a fruit and nut diet, indefinitely, and the body will be supplied with the requisite protein and energy.—Mary E. Porter.

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In China the gardener is a gentleman, ranking next to the teacher in importance.

## 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.]

### HOW TO KNOW WHEN YOU OVEREAT.

I am progressing finely on the diet you recommended. I consider your charges too low for the advice you give. I would appreciate it highly if you would answer this question:

Your fourth rule is: "Eat only enough to satisfy real hunger." How can I know when I have eaten enough? When I stop eating, I always feel that I could eat more, and would enjoy eating stale bread. I think I usually eat enough, but I should like to ascertain the best way to know when to stop eating. I find it easy to stop eating, at any time I choose to do so, or to eat nothing, if I make up my mind to fast. I want to eat enough to build up, yet I do not want to over-eat. Please tell me the best way to know when I have enough.—H. L. Landis, Enfield, Pa.

You can never tell when you have eaten enough, while you are eating, because the appetite juices flow, and always cause you to eat too much, if you continue as long as you have an appetite, while you are eating. The old saying: "Appetite comes in eating," is true. This is how to tell when you have had enough: Wait until an hour after you have done eating. Then, if you feel heavy and "logy," you have eaten too much. If, on the other hand, you feel bright and active, and efficient, and do not know that you have a stomach, then you have not eaten too much. In the former case, gradually reduce the amount you eat, until you find out how much you can digest. Then, as your digestion becomes stronger, you can, very slowly and gradually, increase the amount.

Always, whenever possible, move around for at least twenty minutes, after a meal, before you undertake any close work, such as reading and writing.

### FRUIT AND DYSENTERY.

F. M. S.—It is a mistaken notion that fruit is a cause of dysentery. It may be occasioned by eating unripe fruit; but then the immaturity of the fruit is the cause of the disturbance, being a source of irritation to the intestinal canal, on account of its indigestibility. Ripe fruit not only does not occasion dysentery, but some kinds of fruit, as blackberries, raspberries, and grapes, are conducive to recovery, when freely used. Fruit is rarely harmful, if eaten properly, being not mixed with other food, but taken as a meal, in moderate quantity, and thoroughly masticated.

### MILK.

What can I take with milk, when I drink it?—W. J. T.

Milk is a food, not a drink, and, therefore, should be eaten, not drunk. It should always be thoroughly chewed, or it will form large, indigestible curds.

Strictly speaking, milk is food fit only for the young of the animal that gives it, when sucked direct from the mother's nipple. When used by adults, the best way to take it is to mix with it just enough hot water to bring it to blood temperature, and then sip it very slowly. The least harmful combination is milk and fruit, fresh or dried. Milk should never be boiled, as it coagulates the albumen. Also, avoid sterilized or pasteurized milk. Use raw milk, from a healthy cow—or at least, from a clean dairy.

### 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 and commendation are 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.]

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#### WELL SATISFIED.

Enclosed find check for final payment on my three months' course of dietetic home treatment. I am very well satisfied with your course of treatment, and think it is the only way to get back one's health. I have not felt better in a long time.—Anthony J. Hinnes, 20 Stillman Ave., Redlands, Cal.

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#### THE MONROE DOCTRINE.

The real meaning of the Monroe Doctrine is little understood. It is generally regarded as something complicated and abstruse; whereas it is as simple as A. B. C. It is the American doctrine of independence, applied to communities of people. It is exactly the reverse of the colonial system. It forbids the establishment of colonial dependencies on this continent.

One expression of the doctrine is self-government. Another expression is, a government based on the consent of the governed. Still another expression is a government of the people, by the people and for the people. Mr. Lincoln said the Civil War was to determine whether such a government should endure, or should perish from the earth. The practice of the Old World is to acquire distant dependencies; and that leads to wars. A peep below the surface shows that this present great war is traceable to that cause; and we will continue to have wars until all the world adopts the principle of the Monroe Doctrine.—C. C. Cole, Colegrove, Cal.

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#### SPARTAN DIET.

I noticed your remarks regarding "Spartan diet." The longer I treat persons, the more I find that contentment of mind is the best means for good digestion, and no matter how scientific the food combination, worry will knock them out, before we know it. I have come to the conclusion that the best one can practice and preach, is "Moderation."—Margaret Goettler, N.D., Atascadero, Cal.

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#### PASSING ALONG A GOOD THING.

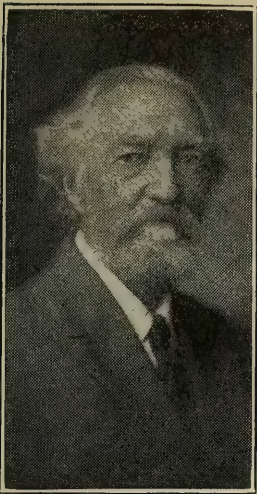
I note with regret that my subscription to BRAIN AND BRAWN is soon to expire, and that I may not miss a single number, I am enclosing herewith a check for one dollar, that I may be assured of one more year of good, sensible reading, tending to the improvement in health of the human animal. I am indebted to some kind friend, or friends, for the privilege of having your excellent magazine reach me each month for the past year, a kindness which I certainly appreciate. I shall endeavor to "pass it along" very soon.—L. A. Lander, 161 N. Craig Ave., Pasadena, Cal.

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#### GOOD FOR DOCTORS AND PATIENTS.

Enclosed find \$1.00. The little magazine is certainly interesting. It has taught me and my patients many valuable things. It is the "king" of my magazines, and I could not do without it, nor could my patients.—A. R. Naidle, D.C., Kewaunee, Wis.

## CURE OF CHRONIC DISEASE



**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.”

There are two, and only two, secrets of health—alimentation and elimination. If these are well balanced, there is health. If they are not, there is disease. And no tinkering with effects can do more than afford temporary relief, which is not cure, but often makes a cure more tedious and difficult.

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., and give, when requested, special advice on pregnancy, children and fasting.

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.

In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brook, N.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### STATE MEDICINE.

**D**R. RICHARD CABOT believes in the downfall of the individual fee system, for physicians, and its replacement by some kind of corporate regulation of health.

In that case, it will be necessary to see that each person has an opportunity to engage a healer of the school in which that person believes. At least one-fourth of the American people no longer follow the teachings of the drugging, carving and serum injecting school of medicine.

### NOW, THE SPLEEN.

**D**R. MAYO, president of the A.M.A., says that many wrong diagnoses of stomach troubles are made, and that often the spleen is at fault. He admits that the medical fraternity knows little about the functions of the spleen, but declares that he is having "increasing success," in operating on it.

The idea of curing a disease by cutting out the offending organ is so exceedingly childish, as to cause astonishment on part of all those who are not imbued with the modern follies of "medical science."

Following remarks in regard to the importance of the spleen are from a book by the late Thomas Powell, M.D., of Los Angeles:

I am confident that a considerable amount of imperfectly elaborated material finds its way into the blood; that this is what we call serum albumin; that part of this is usual, while the rest is non-usual; that nature has provided for the intra-vascular elaboration of such and that most of this is accomplished in the pulp of the spleen, comprehending the reduction of the usable material to peptone or its equivalent, and the transformation of such indigestible and therefore useless materials as lignin, cellulose and coarse fibrous tissue into fibrinogen.

### "FOOD FAKERS."

**J**OHAN TILDEN, M.D., of Denver, is a "food faker." Harry Brook, N.D., of Los Angeles, is another "food faker." Strange to say, during the past twenty years, they have succeeded in restoring thousands to health, many of whom had been given up as hopeless, by the "regular" medical fraternity.

Have these men, then, any "mysterious power?" Oh, no! They simply have a little uncommon sense. For what people call "common sense" is, you know, quite a rare quality.

### DIPHTHERIA.

**A**T a lecture on "Civilization," in Los Angeles, the speaker said that he had been informed by a "reliable physician," that antitoxin had reduced the death rate, in diphtheria, from fifty per cent. to one-half of one per cent. This is grossly misleading. The death rate was never as high as fifty per cent., and it is not now as low as one-half of one per cent.—that is to say, if one reckons only real diphtheria.

In order to give credit to antitoxin, diphtheria figures have been juggled with. Every case of diphtheretic sore throat is reported as diphtheria. Again, deaths from scarlet fever have been reduced even more than from diphtheria, yet the profession knows nothing about a scarlet fever germ, and has no serum for it.

### UNNECESSARY OPERATIONS.

**A**T the annual meeting of the American Hospital Association, Dr. John J. Bowman, director of the American College of Surgeons, said:

I found far too many operations, but in determining the causes, I found that they were performed because the doctors and hospitals were afraid that if they didn't perform the operations somebody else would, and that they would lose the fees.

If a "quack," like myself, should venture to make this remark, he would be bitterly denounced.

## MEDICAL EXAMINATIONS.

**T**HE Record being fairly wise in its day and generation, has not lavishly used the publicity stuff sent out by various "benevolent" institutes, societies, associations and clubs. We speak now of those much advertised associations that seek to advise the public in regard to its health, or that seek to prevent disease, or that desire to shoot us all full of serums and germs before we catch something.

Somehow we always have had a mean suspicion that most of these associations were conducted largely for the benefit of certain doctors who seek a medical monopoly in this country. We are glad to discover our suspicions verified by a recent yellow circular from the National Association for the Study and Prevention of Tuberculosis.

This circular says that there is a national movement on foot to institute a National Medical Examination day **FOR EVERY PERSON SICK OR WELL.**

It is planned that at least once a year every person in this country be examined by a doctor who will, in nine cases out of ten, find something wrong with the subject; and who better could be found to rectify the ailment than the examining doctor?

The circular naively says: "Out of the thousands who have been examined and found to be impaired only ten per cent imagined there was anything wrong with them; the remaining 90 per cent supposed themselves perfectly well."

So, once a year, it is proposed to herd the people of this nation together for the members of the Medical Association to go over, and we are assured that when the doctors get through ninety persons out of every hundred who were well when they arrived will depart feeling mighty sick.

Anyone who knows psychology;

## MILK DIET

BY CHARLES SANFORD PORTER, M. D.

X.

**O**N the morning the milk diet is commenced, the patient remains in bed, and takes the first drink as soon as the milk is available, but starting on the even hour, or half hour, and takes the same amount every half hour. The next, and following day's drinking begins as soon as the patient is awake in the morning, using the milk supplied the previous evening. The amount of milk taken in twenty-four hours is calculated from the time the first glass of the new day's supply is taken, until the same time the next morning.

If six quarts is the daily amount, use a glass marked to contain six ounces; if seven quarts is the allowance, take seven ounces in a drink. If five and a half quarts are taken, the glass should hold five and a half ounces, and so on. Using these amounts, there will be thirty-two drinks taken in twenty-four hours. If the first drink is taken at 6 a.m., and none are missed, by 8:30 p.m., thirty drinks will have been taken, two to be taken any time in the night when awake.

This is the only way that such an amount of milk can be absorbed by a weak stomach, and it is always absorbed, digested, or discharged, where the directions given are followed.

It is necessary to be exact as to the time and quantity taken. Each glass should be sipped slowly, taking several minutes to finish it. The milk must be mixed with the secretions of the mouth. Do not gulp it, or let it run down the throat, as you might water. Now and then I come across a patient who will take long draughts of milk, say two ounces at a pull, but drawn into the mouth in a rather small stream. They are young people with active salivary glands, and doubtless the action of sucking the milk through a small mouth opening at the same time draws saliva into the mouth. Such patients say the milk tastes better to them taken in that manner than it does where taken in small swallows and "swished" around in the mouth by the tongue, but the latter is the safest way to start on. A straw, or glass tube, or drinking cup may be used.

anyone who knows how inexact a science medicine is; anyone who knows the power of a fear contagion to wreck what was made in the divine likeness, will understand something of the iniquity of this proposed national examination week.

The cold fact is that the medical schools of this country have been turning out tens of thousands of doctors for whom there were no patients. It has been increasingly difficult for a doctor to make a living from the normal supply of patients; so the start was made when, by law, school children were vaccinated; their tonsils excavated, their glands side-swiped, their ears drilled out and their blessed little tummies thoroughly made over.

But even infantile paralysis fear waves, and epidemics of appendicitis, said being frequently merely constipation, and school clinics, and health departments costing millions, could not provide enough jobs, and with the automobile, and some new mental creeds, and other revelations keeping the people disgustingly healthy, it becomes necessary not only to more closely watch and ward the public health by law, but to prevent by law any healer healing unless he is a "regular."—Los Angeles Record.

#### STRENUOUS NATURE CURE.

**F**OLLOWING is a Lewistown, Pa., press dispatch:

Amor Hollenbach, a farm hand, leaped from a window while in the delirium of typhoid fever and clad only in a nightshirt wandered about the mountain fastness for eighty hours. When found, the fever had abated, the delirium had spent its force and the victim was rational, although exceedingly weak from the ordeal.

Similar cases are often reported, but the lesson is seldom learned.

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## Drinking for Health

**A**S you read over various health talks from time to time and note the important part that pure water takes in helping to keep you healthy—you may say in your own mind, "I've drunk natural water all my life and believe I am as healthy as any one"—but are you? Nine chances to one you're not.

Those organs that have been heavily burdened with the work of throwing off the harmful mineral and vegetable impurities, trying to keep your system clean and healthy, and it stands to reason weakening under this extra work you have imposed upon them—and while you are apparently healthy now, even the next swallow of impure water may break that health cord that is now worn to a tiny thread—then what—you are diseased—you are sick and you must start an attempt to repair the broken cord. Remember this—disease prevention is far safer than cure.

Abandon this idea right now, that you can keep healthy by drinking any "old water." It is a matter of common knowledge proved by bacteriologists, chemists, doctors and health scientists, that all natural waters contain more or less bacteria and harmful mineral and vegetable impurities—they are dangerous.

Every mother appreciates the necessity of pure water for her children. In fact every man, woman and child knows that PURE water is one of the biggest factors in health building. The greatest trouble is we are misled regarding the facts as to what water is pure and desirable to be taken into our bodies.

The filter and percolator people claim for their apparatuses that they purify water—they do not, to the extent that it is fit to drink. It is worse than "hydrant water" which is bad enough. "Spring waters" are in the same class as hydrant water, only in many cases worse, because of unsanitary bottling conditions.

Distilled water is the only pure water and to obtain life's greatest blessing, "health," you should drink it many times a day.

**Notes and Personals**

Prof. Wilkinson, student of health and teacher of scientific swimming, is temporarily at the Los Angeles Y. W. C. A.

Charles H. de Roulet died, at the Angelus Hospital, Los Angeles, following an "apparently successful" operation.

A brother of the King of Siam recently arrived in America, to study American hospitals. So much the worse for Siam.

Walter Vetter, aged nine, of Phillipsburg, N. J., died from an operation for adenoids, advised by the medical inspector of the school.


George L. Bugbee, one of the prominent railroad men of the West, died at the Crocker Street Hospital, Los Angeles, following an operation.

The monthly meetings of the Association of Naturopathic Physicians of California will be held on the first Monday of the month, instead of the first Tuesday.

A Los Angeles woman brought suit for damages for illness caused by fumigating. Fumigating has been given up as useless, by the health authorities of New York.

Not germs, but fumes given off by automobiles, cause infantile paralysis, according to a Massachusetts physician, while a Spokane, Wash., physician says it is due to fruit and vegetable fungus. The medical profession seems to be suffering from cerebral paralysis.

The French Academy of Medicine declares that infantile paralysis is neither infectious nor contagious, and that no special precautions are necessary, such as quarantines or isolation. As I said, a few months ago, infantile paralysis is just about as infectious as toothache.



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"Ikey, he is still high, tell him the horse is a very small vun."

And a third time did Ikey parley with the stable man, the price finally dropping to two dollars a week.

"Vell, that is more like it; Ikey, you are a smart boy, but we have forgotten sometings; go ask him how much rebate do I get for the manure."

And even a fourth time Ikey did his father's bidding.

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"Suddenly Red Riding Hood heard a great noise. She turned about, and what do you suppose she saw standing there, gazing at her, and showing all its sharp, white teeth?"

"Teddy Roosevelt!" volunteered one of the boys.—New York Times.

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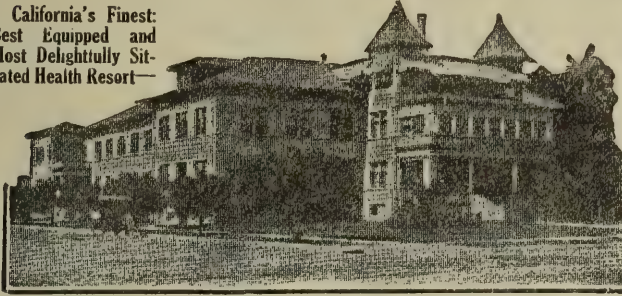
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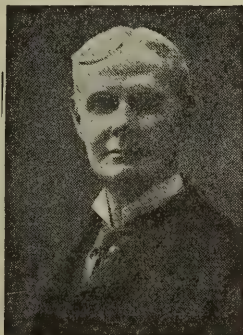


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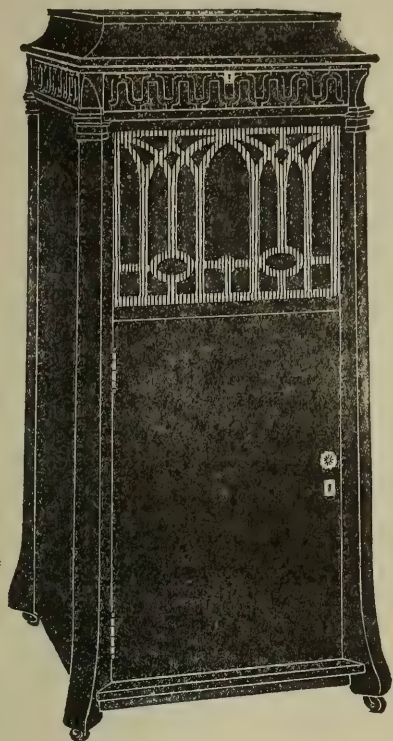
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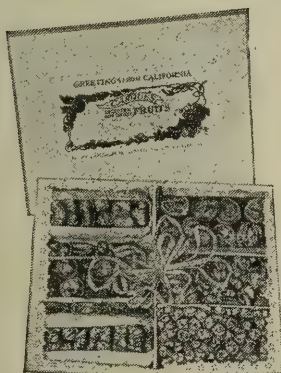
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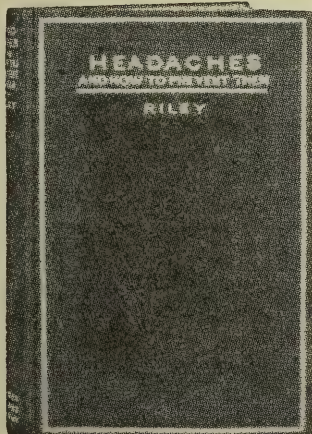
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# Brain and Brawn

JANUARY, 1917

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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California, under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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HARRY ELLINGTON BROOK, N. D., Editor

Ten Cents a Copy

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Vol. V

LOS ANGELES, JANUARY, 1917

No. 8

## The High Cost of Eating

**A** GENERATION ago, when I was prospecting with a friend in Arizona, and we were living mainly on frijoles "straight," my friend would sometimes say to me, in a jocular way: "Cheer up, the worst is yet to come. Next year we shall be eating mesquite beans, and talking about the good old time, when we had real store beans. And the year after, when mesquite beans are hard to get, we shall be telling of the time when the crop was plentiful."

The high cost of eating is a "condition, not a theory." It is not confined to this country, but exists, more or less, all over the world. It is especially hard on those with salaries, or fixed incomes, from small investments. In many cases, working men have had their wages raised—although not by any means in proportion to the decreased purchasing power of money—but the clerk and the small "rentier" is hard pressed, not only to keep up appearances, but often to keep up his weight.

The increased cost of food is not only hard on the consumer, but on the retailer, as well. Many bakeries and restaurants have closed in the United States, during the past few months. We are warned that, within six months, unless conditions change, our people will have to cut down the amount of bread they eat. In America, a loaf of about 21 ounces has been selling at 10 cents. In England, where they are complaining bitterly about the price, a 64-ounce loaf sells for 18 cents.

Prices of staple foodstuffs have gone up, on an average, nearly 40 per cent. during the past six months, and then they were high. This means that a \$3000 salary is only equivalent to a \$2000 salary, a few years ago. In other words, the American dollar has now about the purchasing power of the Mexican peso.

As to the causes of this condition, there are many. Among others, the war, short crops of wheat, the great influx of gold, imperfect distribution of food products, and last, but not least, greed and selfishness on part of speculators, some of whom have not only held food products for a rise, but have even destroyed them. If the farmer was getting the increase in prices, there would not be so much to complain of, because the farmer earns all he gets. Such, however, is not often the case. To speculate in food products, in time of stress, is a grave misdemeanor. To destroy them is a crime. There are plenty of other things to gamble in, from poker chips to mining stocks. Writing on this subject, that conservative journal, the Christian Science Monitor, says:

The food stores of the interior are known to be enormous. Past experience has shown that when a dearth has appeared in any part of the nation, or with regard to any particular product, it is invariably traceable to one of two things, illegal combination or inefficient distribution. Today, when potatoes are selling at exorbitant prices in the North, they are reported as rotting

in the fields of the South, because of the inability of the producers to market them.

The prime cause of the abnormal cost of living in the United States is lack of proper distribution. We use the term "abnormal" advisedly, for at the present time an extraordinary influx of gold, with consequent inflation, has lowered the purchasing power of the dollar. This might well account for a general stiffening of prices of all commodities; it does not explain or excuse the brazen extortion that is generally practiced.

If the railroads were allied with the people, in the exclusive service of the people, instead of being instruments in the hands of the interests, the products of the nation would be distributed so that neither shortage nor extortion would be known anywhere within its borders. It is the function of the railroads to serve the public, but the public now, as nearly always, finds them playing into the hands of speculators in the public's needs. Successful manipulation of foodstuffs is only the logical and natural consequence of the public's toleration of successful manipulation in oil, gasoline, coal, iron, steel and numerous other essentials to the nation's comfort and progress.

This condition is not confined to America. In Russia, the food crisis is acute, owing to faulty food distribution. In regard to this phase of the question, I suggest that American railroads are greatly hampered by conflicting State laws. Some of them are now inclined to welcome, as a relief, a uniform Federal law of control.

In Germany they have bureaus, charged with control of the distribution of food products. The Germans would not tolerate, for a month, economic conditions that prevail in America most of the time.

Again, Sunset (San Francisco) says:

A genuine food crisis is impending in the United States. Cereals, meat and dairy products are flowing out of the country so fast that, should the depletion of American stocks and the consequent rise in prices continue at the present rate, food riots are bound to come before the winter is over. Wages are not keeping pace with the soaring price of the commodities that are the necessities of life and the man whose income is not sufficient to supply his family with these necessities will be heard from.

Among other causes of high food prices, not peculiar to the present condition of affairs, may be mentioned expensive marketing and packing of goods, careless buying by housekeepers, and the wide margin between the producer and the consumer. It is said that the farmer in New York State gets only 35 cents, for produce that sells, retail, at a dollar. There is an ocean full of fish within 20 miles of Los Angeles, for which those who catch it receive a very low price a pound. Yet, only the comparatively well-to-do can afford to eat fish here, except as an occasional luxury. Also, fish packers at San Pedro have been selling 80 to 100 tons daily, of large sardines, for fertilizer, at \$10 a ton.

Lack of knowledge of cooking, and of food values, is another permanent cause of the high cost of eating. Plain cooking, not the making of fancy dishes, should be taught to girls, in all schools, as one of the most necessary courses. What Americans waste would keep a French family. Besides deliberate waste, there are many forms of extravagance, not generally recognized. In bolting flour, we remove a large percentage of the most valuable food properties it contains. The same is true of peeling potatoes. In Europe this wastefulness is forbidden. Must we wait for a war, to reform our eating habits?

There is waste of food, not only in preparation, but in consumption. Many who do no hard work eat three big meals a day. It is a fact that a great majority of people eat from two to three times as much as they need, and this is the main cause of disease. If the people

would cut down their food, on an average, 20 per cent., there would be plenty for all. In Germany, the health and strength of the people, including the school children, has increased, while mortality has decreased. High prices did not prevent thousands from over-eating, during the recent holiday season, many of them becoming sick, and some dying, from the effects of gluttony. The high cost of eating will always be chiefly a personal question—a question of knowledge and self-control.

A month ago, in Chicago, a diet squad of six men and six women started to see if they could live, for two weeks, on food costing not more than 40 cents per capita per day, and their doings were reported daily, in long dispatches. This is eminently absurd. There are millions of families in the United States that do not spend nearly so much as 40 cents per capita for food, simply because they have not got it to spend. I could show how it is possible to maintain health, strength and efficiency, not only for two weeks, but for two months, or two years, or indefinitely, on 14 cents a day, or less, even at the present high prices of food. However, few would consent to adopt such a plain diet, devoid of "palate ticklers," although it is absolutely true that hunger is the best of all sauces, and a luxury that those who continually eat to live may never know.

In six Los Angeles schools satisfying hot lunches are served for a cent, which covers two-thirds of the cost.

As to remedies, many have been suggested. Among others, an embargo on wheat shipments. It certainly appears unreasonable to be shipping wheat away, while prices are continually climbing. Of course, that would not suit speculators, or farmers, who still hold their wheat, but the greatest good of the greatest number should always be considered. However, there is a much simpler remedy—to abstain from using a food when it is too high. It works like a charm, and is as simple as that two and two make four. Even a threat of a boycott on eggs has brought the price down several cents a dozen, in some places. The trouble is that many are so selfish, and lacking in self denial, that they will not give up a single article of food, even for a few weeks. Such people deserve to be taxed "out of their boots."

Like the war, this near-famine may do good, if it leads some to study food values. Here is a list of a dozen food products, with the retail price in Los Angeles, on December 6, and the cost per pound, of the nourishment contained in the food, after deducting the water and waste:

	Retail Price	Cost of Nourishment per lb.		Retail Price	Cost of Nourishment per lb.
Rice .....	\$ .05	\$ .06	Beefsteak .....	\$ .20	\$ .32
Cornmeal .....	.05½	.06½	Apples .....	.05	.32
Bread, 24 oz. ....	.10	.11	Milk, qt. ....	.10	.32
Beans .....	.10	.11½	Cheese .....	.30	.48
Potatoes .....	.03½	.14	Shelled Walnuts.	.45	.51
Buttermilk, qt. ...	.05	.16	Eggs, doz. ....	.50	1.35

From this it may be seen that there is a very wide difference of cost of nourishment in foods, irrespective of their selling price, ranging, in the foods quoted, from 6 cents to \$1.35 a pound. In other

words, a dollar's worth of rice or cornmeal contains more than twenty times as much nourishment as a dollar's worth of eggs. Milk, apples and beefsteak cost the same.

In estimating the relative high cost of nourishment in fruit, it should be remembered that fruit is medicine, as well as food, and should be so regarded. The same is true of salad plants.

White bread and polished rice are starvation foods, and should not be relied upon, as a large part of the dietary. Bread made from whole meal, or "middlings," or "seconds" should be used, and unpolished rice. In baking bread, a little bran may be added to white flour.

I have not included any of the so-called "breakfast foods" in this list. Chancellor Samuel Avery, of the University of Nebraska, recently told a Farmers' Congress that housewives who buy "breakfast foods" pay 25 cents for less than three cents' worth of wheat. Such foods are convenient, but expensive.

### Alcohol

**T**HE annual report of William H. Osborne, Collector of Internal Revenue, shows that, notwithstanding 60,000,000 people in the United States are living under prohibition, and more than 85 per cent. of the area of the United States, not including Alaska, is dry, the production of distilled liquors is on the increase. This is a natural consequence of prohibition, which encourages the consumption of distilled liquors, and discourages the consumption of light wines and beers, because they are more bulky, and less easily transported.

A practical form of temperance would be to bar distilled spirits, placing them among habit forming drugs, and to encourage the consumption of pure light wines and beers. The British government is said to have decided to do this. France and the Scandinavian countries are doing the same thing.

In Los Angeles there is a movement to have the City Council adopt an ordinance, prohibiting the sale of liquors containing more than 21 per cent. of alcohol, thus barring out spirits from public resorts. Twenty-one per cent. is too high. Twelve per cent. would be enough. Fortified sweet wines are more harmful than spirits. However, it would be a step in the right direction.

August A. Busch, president of the Anheuser-Busch Brewing Company, of St. Louis, submits the following excellent programme, for a reform of the liquor traffic:

1. A strict enforcement by State authorities of all excise laws.
2. The establishment throughout the country of the German saloon system, which permits only beers, light wines, and temperance drinks to be sold in dram-shops.
3. Cooperation by brewers with the State authorities, to put out of business every saloon-keeper who does not obey the excise laws.
4. Abolition of treating in saloons, to discourage drinking to excess.
5. Discontinuance of bars in saloons, all service to be given at tables, at which customers will be seated.

This is entirely in accordance with the views that I have set forth from time to time in BRAIN AND BRAWN. It would abolish the American bar, with its admitted evils, and, at the same time, not invite "blind pigs."

*Aura Sacra James*

**I** HAVE been reading the diary of C. P. Holt, a man well past middle age, a fruitarian, and writer on health subjects, who died of fever, in 1910, while searching for gold, in the interior of Colombia. Charles Taylor, an old acquaintance of Holt, "struck it rich," in Goldfield, Nevada, and employed Holt as his secretary, later giving him a two-acre plot of ground, with a cottage, in Santa Ana, Cal., at the same time settling his two sisters nearby. In 1910, Holt accompanied Taylor to Colombia, to locate some placer mines. In his diary, he describes the hardships of the trip, through this jungle country, with its heat, excessive rainfall, and villages surrounded by filth. The diary ends abruptly, without any premonition of his speedy death.

Why should this man, needing so little, fall a victim to the "accursed thirst for gold?" A letter he wrote to me from New York, just before he started for South America, was accentuated by the word GOLD. Holt could live well, as far as food is concerned, on ten cents a day.

Friends of Holt wondered why a man, who lived so rationally, should succumb to a fever. His diary explains this. He tells that he subsisted on three eggs, twice a day, with oranges and bananas. The excess of phosphoric acid in the eggs, and of citric acid in the fruit, would bring his system into an acid condition, so that it could not withstand the malarial influence of decaying vegetation, accompanied by great hardships.

---

*Suggestions to Climate Chasers*

**L**OS ANGELES certainly has a healthful climate. Notwithstanding that the city is a Mecca for sick people, the death rate runs only about twelve and one-half per thousand. When I was a boy, the death rate of London—then considered the healthiest large city in Europe—was about sixteen per thousand.

On a recent day, of seventeen deaths, published in a Los Angeles paper, the average age of the deceased was sixty-one. One of them was ninety-five.

There is an old lady in Los Angeles who came here to die, thirty-two years ago. She is now over eighty, yet she never misses a chance to dance.

Sick people, who come here with weak lungs, to get the benefit of our climate, should, by all means, avoid the city, with its dust, containing dessicated consumptive sputum, and other filth. From a health point of view, they would be better in the woods of New Jersey in mosquito time, than in the city of Los Angeles—or any other large city.

---

The holiday season should be a time of extra gladness, not extra madness. Happiness does not consist in gorging. It is our misuse of the good things Nature has provided—our wrong eating, our ignorance and recklessness—that turns this season of rejoicing into one of lamentation, in many homes.—J. H. Kellogg, M.D.

### The Truth About the Tariff

**A** MOST interesting and informing volume has just been published, entitled "Cotton as a World Power." The author is Prof. J. A. B. Scherer, president of the Throop College of Technology, Pasadena. It might also be called the Romance of Cotton.

One chapter in the book remarkably confirms my claim that Hancock was quite right, when he asserted that the tariff is a local question. Prof. Scherer shows that, originally, the New England states were agricultural, and the southern states manufacturing. At that time, New England was for free trade, the South for protection. The first movement for a tariff emanated from the South. Also, the South contemplated giving up slavery, because the slaves were no longer profitable. There were, at that time, more slaves in New York State than in the southern states. New York wanted slavery. Then cotton was introduced, and it revolutionized things. The South found it more profitable to grow cotton, with slave labor, than to manufacture. Then the South switched to free trade, needing cheap agricultural machinery, while the North became protectionist.

Lemon growers of California deserve a tariff. They have built up a new industry, under great difficulties. It is true that, just now, they are getting big prices, but for many years they made no profit at all. Yet we find, in New England, doctors getting up petitions, praying that a tariff should not be put on lemons, making the poor hospital patients pay more for their lemonade. I have seen no suggestion that the doctors should reduce their tariff. The American dye industry is certainly a deserving infant. Yet, when Congress was asked to put a high duty on dyes, the textile manufacturers objected, because their interests would be affected. And so it goes. The tariff is an expression of selfishness, which, after all, is but a development of the struggle for existence, and that is what leads to wars.

Incidentally, it may be mentioned that some of the most highly protected American industries pay starvation wages, for long hours of arduous and dangerous labor, to foreigners, who cannot speak English.

To toss the tariff around like a football, during political campaigns, is illogical and absurd. It is purely an economic question, and should, therefore, be settled by experts, and changed from time to time, as "infant industries" come of age, and new infants are born.

---

In ancient Greece and Rome, there were men of great wealth. Poets, playwrights, philosophers, statesmen of ancient Greece and Rome, have an immortality of fame. Millionaires have vanished. The world has never recognized money as the criterion of enduring worth. The millionaire, who is only a millionaire, must be content with honors paid him in his own day.—H. Addington Bruce.

---

The time is coming when a thoughtful world will account for the origin of things, for the happenings of human society and for the course of destiny without the hypothesis of gods, ghosts, devils or spirits.—Nathaniel I. Rubinkam.

### Fasting and Starving

**A** PROFESSOR in the Chicago University has discovered that a man may go without food five days and live. Wonderful! He says:

Occasional periods of starvation, say once or twice a year, in the case of healthy adult persons, may not only add to the joy of living but to the length of life. Our discomfort at no time was sufficient to interfere seriously with work. Accounts of acute suffering from mere starvation must, therefore, be wholly imaginary, or the result of fear or panic.

This professor displays ignorance of the subject, by referring to voluntary abstention from food as "starvation." I have heretofore shown the wide difference between starving and fasting.

When a professor of a leading college discovers that one may safely go without food for five days, it is, I suppose, a hopeful sign, of professorial progress, notwithstanding the fact that millions of intelligent laymen, who have never enjoyed college privileges, are aware that, during the past twenty-five years, in America alone, thousands have fasted, absolutely, for forty days or more, with great benefit to their health, whenever the fast has been attended by necessary precautions, especially as to the breaking of it.

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### A Novel Hotel

**T**HERE has been opened, in Chicago, by the Y. M. C. A., a nineteen story hotel, to furnish inexpensive and healthful lodging to young men, starting out in the city, until they are sufficiently established to remove to other quarters. The hotel was built with the help of over \$650,000 from Chicago business men. The rates for the 1821 bedrooms are from thirty to fifty cents a day. Expenses are reduced, by eliminating bell boys, tips, and so forth. All rooms are outside, well lighted, well ventilated, steam-heated, and simply but substantially furnished. There are shower baths, cafeteria and lunch room, billiard tables, and other conveniences. Music and entertainments and lectures are given every evening.

It would be a good thing if there were such buildings, not only for young men, but also for young women, in all our large cities. It would save many from despair, and sometimes from suicide.

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What a deal of grief, care, and other harmful excitement does a healthy dullness and cheerful insensibility avoid! Nor do I mean to say that Virtue is not Virtue because it is never tempted to go astray; only that dullness is a much finer gift than we give it credit for being, and that some people are very lucky, whom Nature has endowed with a good store of that great anodyne.—Thackeray.

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In medicine, physical science, commercial interests, politics, and even ethics, the reformer has been confronted with theological affirmations which barred his way, which were all defended as of vital importance, and were all in turn compelled to yield before the secularizing influence of civilization.—Lecky.

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To keep young, love people, life and work.—Sarah Bernhardt.

### Mining

**D**URING a five years' residence in Arizona I acquired, among other things for which I have no particular use, some experience in prospecting for minerals, and incidentally, in mining. Mining is a fascinating game, but it is a game for those who have money that they can afford to lose. Even when there is plenty of good ore in sight, good facilities for reduction works and honest management, mining involves much risk, as we never know what we may be going to strike, or miss, underground, although the diamond drill has helped somewhat in that direction. When one or two, or even all these conditions are lacking, you have about as much chance of winning in a mining investment, as you have to break the bank at Monte Carlo.

The general public displays a dense ignorance on the subject of mining. For instance, you often see an advertisement of a mining stock, in which the statement is made that the mine lies parallel to a celebrated producing vein of ore. A vein parallel and near to another vein might as well be a hundred miles away.

On account of the great rise in the price of metals, owners of any really good mining prospect have, just now, little trouble in securing capital. Capitalists are hunting such chances, and have experts out, all the time, looking for them. Therefore, when mining stock is offered to the public, the enterprise should be examined, with much caution.

In California, the so-called "Blue Sky Law" has done much to weed out raw mining stock speculations, and has made things easier for the amateur investor—that is to say, when mining companies are incorporated under the laws of California, not when they are incorporated in states where justice is conveniently blind. In his recent annual report, M. L. Carnahan, State Commissioner of Corporations, says:

If men want to accept a pure gamble, and form a corporation to discover oil or paying ore, they have a right to do so. But the department does insist that the company desiring to sell stock shows that it has a place to dig a hole, and that the prospect is fairly represented to investors. This policy is rather disturbing to the professional wildcatter, but makes for honest mining.

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### The Golden Days of Youth

**I**T was a jovial time, that of four-and-twenty, when every muscle of mind and body was in healthy action; when the world was new as yet, and one moved over it, spurred onward by good spirits and the delightful capability to enjoy. If ever we feel young afterward, it is with the comrades of that time; the tunes we hum in our old age are those we learned then. Sometimes, perhaps, the festivity of that period revives in our memory; but how dingy the pleasure garden has grown; how tattered the garlands look; how scant and old the company; and what a number of the lights have gone out since that day! Gray hairs have come on like daylight streaming in—daylight and a headache with it. Pleasure has gone to bed, with the rouge on her cheeks. Well, friend, let us walk through the day, sober and sad, but friendly.—Thackeray.

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Metaphysician: A blind man, in a dark room, hunting for a black cat that is not there.—Exchange.

### Reformed Restaurants

**F**OLLOWING is from an article entitled "If I Were a Restaurant Man," by T. T. Cook, in *System*:

I would advertise myself as a food expert. At the top of every menu I would print this notice: "To safeguard the health of patrons we employ a specialist, whose skill in choosing proper foods is at your disposal. Ask him."

Then I would arrange to have one member of my staff thoroughly conversant with food combinations, and their effect upon the human system. He would know, for example, what was good for the stomach of a customer who had a headache, or a peevish liver.

Sometimes you hear one man tell another: "You can't get me into that place. The last meal I ate there put me in bed for three days." My plan would in a large measure do away with similar remarks about my restaurant.

This is not a bad idea. A still better idea would be to do what I am trying to do—to educate the people, so that they may learn to know what and how to eat. Then they would demand of restaurants something more than that the food "taste good."

### A Big Family

**T**HE Sunset Club, of Los Angeles, now in its twenty-first year, has issued, for circulation among its seventy members, a handsome illustrated souvenir volume, being the second of the kind published.

The Sunset more resembles a big family than a club. Like every well regulated family, it avoids publicity. As the secretary writes, in this volume:

The Sunset Club is made up of people who have ideas of their own, and are perfectly willing that other men should have ideas; men who respect their own opinions, and the opinions of others. The Club adopts no resolutions, endorses no public movements of any kind, discusses neither politics nor religion, has no initiation fees, no club house, and, practically, neither rules nor by-laws.

I think I voice the sentiment of most of the Sunsetters, when I say that I prize membership in the Sunset Club more than that in any organization to which I belong.

### Patience and Tenacity

**I**T does not matter how many tumbles you have in this life, so long as you do not get dirty when you tumble. There is the greatest practical benefit in making a few failures in life. You learn that which is of inestimable importance—that there are a great many people in the world who are just as clever as you are \* \* \* and you very soon find out if you have not found it out before, that patience and tenacity of purpose are worth more than twice their weight in cleverness.—Huxley.

Much feeble-mindedness does not properly come under the head of dementia, but is the result of the mind having poor or insufficient nourishment. It is not due to deterioration of the brain, but to an impoverished menu—the wishy-washy stuff that is read.—Charles H. Parkhurst, D.D.

### Old Women on the Stage

**S**ARA BERNHARDT, great-grandmother, minus a leg—due to injuries received in an automobile accident, near Los Angeles—touring half a continent, suffering from an influenza that would have caused many a young artist to refuse to play, yet assuming, in one evening, three youthful parts, in as many pieces, of entirely different character, “in each of them deeply stirring the emotions of her audience, in some cases even to tears,” is a wonderful woman. That must be admitted, even by those who think she should have retired, ere this, to enjoy a well-earned repose.

Probably no actress was ever subjected to such criticism and caricaturing as Bernhardt, in the beginning of her career. Like Disraeli, another member of the virile race to which she belongs, she forced recognition, by sheer will power, backed by great talent. She is a remarkable example of what grit may accomplish, under adverse circumstances.

I saw the performance in which Bernhardt made her debut, in a minor role. It was at the Porte St. Martin theater, in Paris, fifty years ago, in the summer of 1866. The piece was entitled “La Biche au Bois”—the “Forest Fawn”—a showy spectacle, something like the “Black Crook.” I remember that I had to pay a high price to a speculator, for a ticket to the third gallery, and that the show was not over until half past one in the morning. Paris was then at the height of the false glory of the Second Empire, little dreaming of the Downfall, and the siege, that came only five years later.

About forty-five years ago, in London, I saw Dejazet take the part of a young buck of the eighteenth century. How old she was I do not know, but you may guess, from the fact that she is mentioned in Balzac’s “Pere Goriot,” written about 1832, she then being the “toast of the town.” She wore—among other things—blue satin knee breeches and pink silk stockings. Her shrunken limbs and hollow painted cheeks gave her a ghastly appearance.

In San Francisco, in the seventies, Otilie Genee, the German actress, when over sixty, played the part of a young man. Her figure was youthful, but her face was the face of an old woman.

Actresses should retire, while in their prime, leaving pleasant recollections in the minds of the public. Usually, they earn enough to enable them to do so.

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### Material for Vivisection

**I**N a cemetery at Fultonham, O., a dog has kept vigil over his master’s grave for five years. Little is known of this lonely dumb mourner, except that he followed the funeral procession to the grave of George Baker, a farmer who lived somewhere outside the town. Ever since, when night comes on, he goes to the graveyard, and lies on the mound that marks his master’s resting place.

The dog is now known as “the cemetery dog.” He is timid, and does not care to make friends. The cemetery trustees permit him to go and come as he sees fit and no one now tries to coax him away. —Our Dumb Animals.

## Los Angeles Sixty Years Ago

**F**OR nearly twenty-three years I have been a resident of Los Angeles county, and the greater part of that period of the city of Los Angeles. The population of the city, at that early day, was largely Mexican, or native, the total not exceeding, probably, 3000 souls.

The settled area of the city was very limited—there being but a few adobe houses here and there on Main street, below where the Round House now stands, built in 1855. On streets back of Main, and running parallel with it, a few houses were to be encountered, principally on Spring street.

Los Angeles and Commercial were the main business streets of the town. One adobe hotel, at that time, accommodated the travel to the place, and was all-sufficient. But one solitary brick structure reared its walls within the precincts of the Angel city, three or four wooden tenements, and the balance were adobe houses.

A small mail reached us about once a month, by a slow-going steamer, from San Francisco. The postoffice was kept in a small seven-by-nine room, with an old box divided into pigeonholes, and was kept on a sort of free and easy principle. Half the time there was no one in attendance, and if a citizen thought there ought to be something for him, he didn't bother hunting up the postmaster—he went into the shanty and helped himself. It did not take long to look over the whole of the mail matter.

Of the business houses in existence at the time to which we refer, there is not at this time a single one doing business, with the exception of M. Keller.

Not a Protestant place of worship existed in the city, meetings being held occasionally in a frame building belonging to William Abbott.

In short, the town was then what many towns in Mexico are now—sleepy, and dreamily gliding along, without caring a fig for the future.

Outside the city of Los Angeles, the only two hamlets in the county were the Monte and Mission of San Gabriel, each containing a few detached houses—San Gabriel nearly all Mexicans, the Monte, Americans. The wide expanse of country was comparatively abandoned to the immense herds of cattle and horses, allowed to roam at their own sweet will.

Los Angeles city had no school buildings, and but one weekly newspaper, printed in the English and Spanish languages, was published in the county.

What is now San Bernardino was then known as the Mormon ranch, a settlement of Latter Day Saints.

One can hardly realize the vast changes that have taken place in less than a quarter of a century. The exports of Los Angeles were confined principally to grapes, agriculture then being in a sort of primitive condition, the natives in many instances to be seen plowing with a forked stick.—A. Waite, in *Los Angeles Express*, March 27, 1876.

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When Blackstone compiled the laws of England, the word "villain" meant a poor man.

### Kissing

**I**N these days of microphobia and epidemic scares, I do not understand how those who believe in the germ theory of disease can venture to kiss another on the mouth. There could, certainly, be no surer method of transplanting "bugs," than by contact of humid, warm lips, especially as most people have, at various times, in their throats—and consequently in their saliva—bacteria of diphtheria, typhoid, tuberculosis, and other diseases, called "contagious."

Kissing and hand shaking are practices indulged in by about a third of the human race. The Chinese shake hands with themselves. Some races rub noses.

Kissing on the cheek is a safer and saner practice than kissing on the lips. Men often kiss each other on a cheek when meeting or parting, in Continental Europe, where they are more demonstrative than Anglo Saxons. You can scarcely imagine two Englishmen kissing, although I acquired the habit, when I lived on the Continent.

I write this for sane people, not for those in the deplorable condition described as being "in love." They, of course, like other insane people, are irresponsible for their actions.

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### Waste of Food

**F**OLLOWING is from a leading editorial in the British Medical Magazine, quoted in the Literary Digest. The writer declares that waste of food in Great Britain is "colossal." As the Literary Digest remarks, what would he say, if he were familiar with conditions in the United States:

Wealth buys nothing but flavor—things to tickle the palate. The very cheapest foods, wisely chosen, have all the physiological value of the dearest. The cheapest American cheese is as nutritive as Stilton or Roquefort, herring is as nourishing as salmon, the flank or shin of beef as the sirloin, margarin as butter, starch as arrowroot, cabbage as asparagus. Moreover, by good cooking, cheap food can be made as tasty and appetizing as the dearest, and no less good a stimulant of the digestive juices. . . .

In the canning of foodstuffs, heating to 120 degrees destroys the vitamins. Tinned food, therefore, cannot replace fresh foods. We want the nation to have fresh foods, not faked foods. . . .

The crusade against alcohol has worked wonders, but we want a crusade also against waste, and one prevalent form of waste is overeating. The widely held idea that man can feed up his strength is wholly erroneous. The amount of food required is determined by the energy output of the body, and to put in more is as useless as pouring petrol into the already filled tanks of a car. Many of the children of the rich are nowadays really starved by overindulgence. Three meals a day is the right rule, and every man should rise from table not satiated, but wishing to eat more. The nation needs to eat more wisely, and it may well think of this, while considering the ways and means of cheapening food.

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I vow and believe that the cigar has been one of the greatest creature-comforts of my life—a kind companion, a gentle stimulant, an amiable anodyne, a cementer of friendship.—Thackeray.

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A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.—Alexander Pope.

## Briefs

In Salt Lake City, all newspapers are 5 cents.

It costs New York \$500,000 to remove a heavy snow fall.

The drink bill of Great Britain, last year, was over \$900,000,000.

New York contains more Jews and Irish than any city in the world.

Of the rural births in Los Angeles county, last year, 25 per cent. were Japanese.

Over 60 per cent. of the men employed in American blast furnaces work twelve hours a day.

In the year ended June 30, 20,000,000 acres of public land were taken up by homesteaders.

According to the census, there are 30,000 persons in the United States over 90, and 3,000 over 100.

There is a telephone for every home, and a motor car for every third house, in the State of Kansas.

In Burma oil fields, natives receive from \$4 to \$10 a month, without board. Americans get \$10 a day, and all expenses.

Luther Burbank, 67, author of "The Training of the Human Plant," has married his secretary. Now we shall see.

The Illustrated London News contains an advertisement of a British fountain pen that is "not too proud to write."

A Pennsylvania girl cashier recovered \$170,000 "heart balm" against a 78-year-old millionaire. Profitable business.

Up to 1913, when the Italian franchise was confined to literates, only seven per cent. of the population had votes.

The area of the United States, in square miles, exclusive of Alaska and the islands, is 3,026,789; of the Russian Empire, 8,417,118.

In number of students, Columbia University is first, Minnesota second, California third, Chicago fourth, Harvard eighth, and Yale ninth.

The farming area of Alaska is as large as the combined area of Pennsylvania, Maryland, Delaware, New Jersey, Connecticut, Massachusetts, Vermont and New Hampshire.

A University of California professor says women are keener, and learn more quickly than men, therefore, that it is unfair to compel men to study in the same classes with them.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, JANUARY, 1917

No. 8

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## Nineteen Hundred and Seventeen

**A**NOTHER New Year. Did you ever notice how much more rapidly Time seems to fly, as one grows older? Anniversaries appear to come closer and closer together, like the telegraph poles along the line, as the train, leaving a station, increases its speed.

I shall not wish you, for the coming year, Success, or Wealth, or Fame, for you may have all of these, yet not be happy. I wish you, rather, Peace of Mind, the greatest of all blessings. To possess this, you must also have health of body, for the one cannot exist without the other.

During the coming year, I shall continue to aid you, to the best of my ability, in this quest. Remember, however, all that I or anyone can do is to point out the way. You must work out your own physical, mental, and moral salvation, not necessarily with "fear and trembling" but with hope and confidence.

And so, dear reader, a Happy New Year to you and yours, and may it bring to all of us more of joy and happiness than we deserve.

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## Good in the Worst of Us

**T**WO youthful murderers, barely out of their teens, went calmly to their death, in the electric chair at Sing Sing, on December 19. They had been sentenced to die on the 22nd, but voluntarily gave up three days of life, in order that Christmas might be softened for their relatives, by the knowledge that all was over.

"There is so much good in the worst of us, and so much bad in the best of us, that it ill beseems the most of us to criticize the rest of us."

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Many would worry less about the high cost of living, if they would keep within their means, and not try to imitate those who have more money.

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The proper place for the jitney bus is not to skim the cream from street car lines, but to supplement them, by running where there are no rails, or to points beyond the end of the car line.

## The Woman Who Votes

MANY of the arguments against woman suffrage are puerile. At the first annual Anti-Suffrage Convention, in Washington, a message was read from Cardinal Gibbons, in which he said:

I regard "woman's rights," women and the leaders of the new school of female progress as the worst enemies of the female sex.

The most precious, undeveloped asset of any nation is its children. An all-wise God through the laws of nature has committed this precious treasure in a special manner to the mother. Women cannot vote intelligently unless they give time to an intelligent study of political questions, and all such time taken from the household will be injurious to the future generation, without giving to the present generation any appreciable benefit in the purifying of the ballot.

The insistence on a right of participation in active political life is undoubtedly calculated to rob woman of her grace of character and give her nothing in return but masculine boldness and effrontery. Any occupation, however alluring in its specious pretense, which draws woman's attention from her most exalted duties of motherhood, will result in detriment to the nation and the race.

If Cardinal Gibbons was not an eminent ecclesiastic, I should be tempted to remark that this is "piffle." How much time does the average male voter give to an "intelligent study of political questions?" A woman may be an intelligent voter as well as a good wife and mother, quite as easily as her husband may be a good provider and an efficient business man. To claim that a woman who votes must necessarily neglect her home, and become unsexed is a survival of middle-age thought, and an insult to the intelligence of our wives and sisters.

Woman suffers from many legal disabilities that man, in his superior wisdom, has failed to remove. It is now woman's part to see that justice is done. And she will do it. Many men resent this. Also, strange to say, some women are aiding men to throw obstacles in the way of their own emancipation.

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If you think BRAIN AND BRAWN is a good thing, push it along.

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"Traders are hoping the war will continue, in order that war profits may brace up their securities."—New York dispatch.

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There is at least one thing that is cheap in California, namely, climate. It is true that we cannot live on it, but it goes a long way toward making life worth living.

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Great Britain is rapidly becoming democratic. Of the four "dictators," Lloyd George was a school teacher and Arthur Henderson a working man.

## Municipal Music

**A**N attempt is being made to secure municipal music, to play daily, in one of the central parks of Los Angeles, for the benefit of all the people. We now have music in some of the outlying parks, but that is on Sunday only, and for most people involves the expense of car fare.

“Another fool fad,” says the hard headed business man. “Shameful extravagance,” cries Mr. Taxpayer. A good plan, say I. And I am a taxpayer, although, unfortunately, not a business man.

Life should not be all dollars and cents, any more than it should be all beer and skittles. In this materialistic age, anything that contributes to the wholesome joy of life should be encouraged. Nothing can do this, at so little expense, for so many people, as public music. It is—or was—one of the charms of the cities of Continental Europe. Many a poor devil, down on his luck, has been braced up, saved from despair, or perhaps from suicide, or crime, by the strains of cheerful music.

As I understand it, Los Angeles aims to be something a little different from Pittsburg or Chicago. Climate, alone, is not satisfying, either to mind or body. Let us, then, not begrudge the moderate amount of money that a municipal band would cost. Or, if this city is too poor, perhaps, there are among us broad-minded men, who would contribute toward the cost, as some now do toward music for the few, in the shape of a Symphony Orchestra.

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### The Dying Christian to His Soul

**V**ITAL spark of heavenly flame!  
 Quit, oh quit this mortal frame:  
 Trembling, hoping, lingering, flying,—  
 Oh the pain, the bliss of dying!  
 Cease, fond Nature, cease thy strife,  
 And let me languish into life.

Hark! they whisper; angels say,  
 Sister spirit, come away.  
 What is this absorbs me quite?  
 Steals my senses, shuts my sight,  
 Drowns my spirits, draws my breath?  
 Tell me, my soul, can this be death?

The world recedes; it disappears!  
 Heaven opens on my eyes! my ears  
 With sounds seraphic ring:  
 Lend, lend your wings! I mount! I fly!  
 O Grave! where is thy victory?  
 Oh Death! where is thy sting?—Alexander Pope.

## Brooklets

Health is never valued until it is lost.

\* \* \*

Why a décolleté dress with a fur boa?

\* \* \*

To many, Gold is God with an L in it.

\* \* \*

That man is happy whose needs are small.

\* \* \*

Habit is a tyrant, whose chains are hard to break.

\* \* \*

Honesty is a quality found most among uncivilized races.

\* \* \*

Great Britain has adopted the suggestion: "Let George do it."

\* \* \*

The plea of whisky "for medicinal use" is a shallow hypocrisy.

\* \* \*

A great majority of men owe to their mothers the good that is in them.

\* \* \*

No "civilized" person is absolutely sound, physically, mentally or morally.

\* \* \*

The absolute truth about ourselves would cause most of us to shudder.

\* \* \*

How many foolish and useless things we do, because our grandparents did them.

\* \* \*

Reading matter in many of the magazines has become chiefly padding for advertisement.

\* \* \*

A simple method of relieving congestion would be to exclude pedestrians from the streets.

\* \* \*

The hypochondriac is an unhappy mortal, in whom the spring of hope has been stopped up by bile.

\* \* \*

In your pursuit of efficiency and success, do not overlook geniality, politeness, and consideration for others.

\* \* \*

Arnold Bennett says Frenchmen chase women and Englishmen dogs. Both nations have shown that they can also chase other things.

## Care of the Body

### Fifteen Cents a Day for Food

**H**ERE is an article from a Syracuse, N. Y., paper, showing how one man has no worry about the high cost of eating:

George G. Porter of No. 2704 James street, vice-president of the Porter-Cable Machine Company, did not worry at all yesterday over the high cost of turkey, for his Thanksgiving dinner was much the same as any other.

He carried his dinner in his pocket when he went to his summer home at South Bay, but he would have had the same thing had he been at his town residence. He ate two apples, five figs and four or five prunes. Last night, when he got home, he had two ounces of raw peanuts and a handful of dried fruit.

And he gave thanks, just as he is giving thanks every day, that he isn't the man he was four years ago and that he is alive to tell why.

Four years ago Mr. Porter weighed 206 pounds, was round and ruddy of cheek. His belt line was about twice as big as it is now. His nose, he says, was like the nose of a confirmed tippler, and yet he never indulged in intoxicants.

Four years ago he was what is generally termed a picture of health, but he was just the opposite physically, had about all the ills that flesh is heir to and expected that a piece of crepe might be hung on the front door knob almost any day.

Today he weighs 135 pounds, his muscles are hard as those of a professional athlete, his eyes are clear and for two years he has known neither an ache nor a pain. In fact, he hasn't known a single day of sickness in that time.

It all came about through Mr. Porter's back to nature form of living and diet. He eats one meal a day and that at night. They vary somewhat, but yesterday's menu was about what he has every day, and the day being Thanksgiving, he indulged in the extra feast of fruit and nuts.

"Sunshine, fresh air, pure water, natural foods, properly combined, exercise and rest are the curative forces of nature," he says, "which, if intelligently applied to the human body, will restore health, prevent disease and increase our efficiency and usefulness. If you are not willing to take care of yourself no doctor can do it for you."

What Mr. Porter eats costs him from 10 to 15 cents a day on the average, and never more than 20 cents. This is the way, he says, to offset the high cost of living. He buys four or five bushels of apples at a time and 200 or 300 pounds of nuts at wholesale prices.

He eats apples, oranges, other fresh and dried fruits, honey, nuts, lettuce, celery, cress, spinach, endive, raw carrots, turnips, squash, sweet potatoes, beets, corn on the cob and occasionally whole wheat bread. He eats no meat or sugar. He expects to live to be 100 years old.

Many will say they would rather die at an earlier age, than become centenarians on such a meagre diet. It is not the earlier death that is so much to be dreaded, as the invalidism and suffering that affect those who are in the condition of Mr. Porter, before he took himself in hand. And then, the keen enjoyment of the natural hunger that accompanies robust health is something for which many millionaire gourmands would pay a big price.

While it is not necessary to adopt so Spartan a dietary, in order to attain health and efficiency, and long life, a reasonable study of the building of the body by food is surely worth while.

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Speaking in the Senate, Martine, of New Jersey, said Maine has more drunkards than the whole of Italy.

## Garlic

THE use of garlic is universal, in southern and southeastern Europe. The odor assails you everywhere. Nearly fifty years ago, when traveling through France, with a couple of English friends, we had to wait for several hours, in the early morning, at Amiens. We wandered out and sought a cafe, where the sleepy waiter served us with breakfast. On the table was a large pat of what appeared to be white butter. I took a liberal dab of it on my bread, and then winced. It was garlic.

The latest theory in regard to the phenomenal long life of the Bulgarians is that it is due, not to buttermilk, of which they consume comparatively little, but to the large use of garlic, of which they make a soup, as we would make an onion soup. Of course, their longevity is not due to this or any other one "specific," but to their natural open air life, and simple fare. There are few office or factory workers in Bulgaria.

In the trenches of France surgeons have recently adopted the use of garlic, in place of bandages, in dressing wounds, and have found that it is far superior. The peasantry of Europe have used it for this purpose, for centuries. Thus is another of the "old wives' remedies" justified, and made "ethical."

If garlic is good for raw external wounds, then it should also be good for a raw, inflamed stomach. Those who are afflicted in this way should use garlic freely. Make it into a bouillon, with celery, or parsley, or something else of the kind, to neutralize the flavor. Take a cup of this several times a day, with your meals, or between.

To many garlic is repulsive. Most people may accustom themselves, gradually, to its use. Begin by rubbing a clove of garlic around the salad bowl, and gradually increase it. If you cannot overcome your antipathy to garlic, use onions, in the same way.

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## The Clay Cure

We read in the Bible that when Jesus restored sight to the blind man—who was probably partially blind, perhaps a subject of ophthalmia—he spat on the ground, made clay and anointed the man's eyes with it. There is much healing power in moist earth. In German Nature Cure establishments, the earth cure is freely used. Here is a suggestion regarding the use of clay, in cases of poor eye sight. It is from "Eye Gladness," by Harry H. Howey, Opt.D.:

Dry and pulverize clay free from all pebbles, mix with water and a couple of drops of vinegar, preparing a fine salve. Smear this salve on strips of muslin and apply directly over the eye with muslin between the eye and the salve. Remove when dry and apply fresh. This is good for relieving pain both external and internal. It is also good for sore and watery eyes.

For vinegar substitute lemon juice.

To this I may add the following, from BRAIN AND BRAWN for August, 1914:

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, wet your fingers, and then rub the spittle thoroughly well in, all around the eyes and on eyelids. There let it remain for a short time before you wash.

### Acid Forming Foods

**I**N the Philosophy of Health, Dr. J. H. Tilden shows that food inebriety is brought on by eating too exclusively of those foods that are potentially acid. Following is a list of those in most common use: Beef and other meats, eggs, oatmeal, wheat flour, whole wheat, rice, bacon, corn. When those foods are eaten to the exclusion of base-containing foods—those that are potentially alkaline—they produce overstimulation—acid intoxication. Overstimulation, from this style of eating, brings on enervation; after which, elimination is impaired, and auto-intoxication, from retained excretions, is added to the acid intoxication from the food. Dr. Tilden writes:

When an acid state of the system is established, natural immunization is lost, and those in this physical condition are food inebriates. It can be said they are in line to be affected by any and all disease-provoking influences. This is the autotoxemia that I have declared, and now contend is the fundamental cause of all diseases. Wrong eating, and wrong living and thinking, enervate; and when nerve energy is low, organic functioning is imperfect, elimination is impaired, then autotoxemia is established.

Children fed upon oatmeal, sugar, and milk for breakfast; an egg, bread and butter, cake or pie, and milk for dinner; and rice, or bread and butter, and milk for supper, with candy, cookies, cake, or jelly-rolls between meals, will develop acid intoxication—food inebriety—that will show in a pronounced catarrhal state, with a pronounced susceptibility for catching cold and taking on the diseases of childhood. Such children will have enlarged tonsils and adenoids. What good can follow the removal of these growths? The food inebriety—chronic acid intoxication—will remain to build more adenoids; more throat diseases; more diseases in other lines. A cure will follow the correction of the diet, which is the whole, sole cause of the disease—with no apologies to the germ theory. The germs are there all right, but as a sequence, not a cause. When germs become a cause, it is secondary. The scavenger comes after, not before, death.

Here is an extract from an article by Prof. M. E. Jaffa, of the University of California, showing what foods are acid forming and what “base” forming:

The value of fruits and vegetables in the diet is emphasized, when the mineral ingredients of foods are considered. These, for convenience and brevity, may be divided into base-forming and acid-forming elements. Those contributing to the former are potash, soda, lime, magnesia, etc.; to the latter sulphur, phosphorus, chlorin, etc. In meat and eggs we have an excess of the acid-forming elements. The grain by-products indicate sometimes a balance or a slight predominance of acid-forming elements, and the more refined the product the greater is the excess. In milk the balance is in favor of the bases. Vegetables and fruits contain a large excess of base-forming elements.

These statements indicate very strongly the desirability of having in the diet a generous proportion of fruits. A diet consisting only of cereals, meat and eggs, in which therefore the acid-forming elements would greatly predominate, would result in bringing about disturbances of metabolism.

I have found that most of those to whom I give dietetic advice are suffering from the effects of too much acid-forming food.

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A physician says that if the American people would cut their food consumption ten cents a day, it would save \$1,250,000 per day to the nation, check gluttony, and ward off degeneracy.

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It is estimated that there are, in Los Angeles internal revenue district, not less than 10,000 small wine makers, most of them making wine for their own use, only.

### Pain Relieved by Deep Breathing

**A** LA SINGH, who on his way from the Imperial valley to the home of his ancestors in Bengal, is quoted in the Los Angeles Record as saying:

In my country the holy men practice deep breathing, as a cure for every ailment. I myself have had beneficial results from it. Next time you have a toothache, lie down in a darkened room, inhale and exhale slowly for at least a half hour, fixing the mind intently on the ache. It will soon disappear, or you will go to sleep. This practice will remove other pains, of different intensity, according to the degree of will power.

This will relieve pain, but it will not remove the cause of pain, if you continue to build your body with wrong food, or with good food, in wrong combinations. Remember, there is a very great difference between "relief" and "cure." The word "cure" is, indeed, as much abused as the word "love." Whisky, or patent medicines, or vigorous rubbing, or hot flannels, or mental suggestion may relieve pain, but the cause is still there. Seek out the cause, and remove it.

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### Palate Ticklers

**W**HEN whole grain is cooked, it is often forced upon a jaded desire by adding sugar and cream. If the dressings were left off, very little, comparatively, would be eaten.

After eating a full meal, most people could eat a dish of berries, if dressed with a little sugar and cream. They do not care for the berries, and cannot eat them unless dressing is added. Sugar becomes a menace to health by inducing people to eat without hunger.

Plain bread without dressing will not force so much eating as when it is dressed. It is the soft food and sugar eating, without appetite, that overtaxes digestion and produces fermentation. This builds an acid state, which often melts down the teeth. The acid is often so sharp that it destroys the enamel, and the teeth decay. Almost without warning the teeth are ruined. The same constitutional state that builds adenitis and enlarged tonsils builds bad teeth. Of all dietetic enemies to those in this state, sugar is the greatest.

Overeating is the ban of society, and sugar is the principal persuader—the palate-tickler that induces overeating.

Hot bread and cakes would not be eaten in one-third the quantities they are, if the sweets were left off. If the maple syrup and the butter are good, it is possible for people to order the third helping of hot cakes; whereas, if the sweet and fat were not ideal, one serving of cakes would have satisfied natural hunger quite abundantly.

Pudding, tarts, cakes, sweets, and pastries tempt the appetite. If we eat the right food—good plain food—we cannot force ourselves to take more than we need.

There is harm in having a great variety, because it induces overeating. People eat all they want of plain food, and then they allow themselves to eat more because the desserts are made very tempting to taste.—Philosophy of Health.

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Dr. H. S. Tanner, the faster, now a resident of Los Angeles, is physically and mentally active, at eighty-eight.

### “Soft Drinks”

**A**S I have previously remarked, “soft drinks,” dispensed at soda water fountains, are more harmful to the health than pure light wine, or beer. Following extract is from “Starving America,” by Alfred W. McCann:

Pineapple, strawberry, raspberry, banana, peach, cherry, plum flavorings for candy, pop and soda water are false. No chemist, prior to the year 1912, has ever succeeded in putting on the market a pure fruit extract made of these flavors. No such flavors have ever appeared on the market. Science has not been able to devise a means of capturing the volatile flavors of such fruits. The whole scheme is false, deceptive, misleading.

So-called extract of pineapple, used by the candy maker and soda fountain is a mixture of chloroform, amyl oxide of butyric, aldehyde, butyric ether, citric acid, oil of lemon, glycerin and alcohol. This mixture, whose destiny is the human stomach, is sold under the Pure Food and Drugs Act, in the most dignified and thoroughly legal manner.

The invalid who eats a dish of gelatine, or the child that drinks a glass of soda water flavored with these chemical triumphs, looks into a very appetizing and apparently very innocent delicacy.

Strawberry extract is made of nitric ether, acetic ether, formic ether, butyric ether, amyl oxide of butyric, ground rhatany root and some essential oils and alcohol, a legal compound for the child’s soft drink, for the icing of the fancy cake and for the beautifully colored ice cream. There are a few commercial industries engaged in the manufacture of candy, ice cream, soda water, cake, etc., that classify these drugs according to character, and will have none of them. Un-to-date, the number is few.

Raspberry extract is another fascinating creation. It is made of nitric ether, aldehyde, acetic ether, formic ether, oenanthic ether, benzoic ether, etc. Raspberry is popular with the child in sweetmeats, sweet drinks, sweet cakes and ice cream. Perhaps some of the derelicts who dope themselves in later years with morphine, cocaine and similar consoling agents have cultivated their abnormal appetites in their childhood from some of these foreign substances, which they have been able to secure so easily.

After years of research, there has been perfected, and placed on the market, a new drink, made from cereals, without malt, unfermented, alcohol-free, and, therefore, non-intoxicating. It looks like beer, and tastes like beer. It is refreshing and palatable, and a pleasing contrast to the sickly, easily-fermenting sweet drinks, now so largely consumed. It is a natural tonic, also containing some food value, and will doubtless become popular.

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### Eating Too Often

**M**OST people eat too much and too often. Frequent eating keeps food constantly in the digestive tract, and, little by little, it is strewn along the alimentary canal, so that when the bowels move at all, but little debris passes away at a time; whereas, if the same amount of proper food is eaten at the proper time, the bowels will have the proper amount of waste to stimulate them into healthy action and constipation will be unknown.

Again, this frequent eating keeps up a physiological congestion which in time passes into a chronic congestion with thickened walls of the stomach, and the person becomes sore, on pressure, throughout the region of the stomach and intestines, this soreness even extending to the muscles of the arms and legs.—Dr. W. P. Burke, in “Your Health.”

### Dairy Products

**F**OLLOWING is from Dr. H. Lindlahr's valuable "Nature Cure Cook Book":

There is something in animal food which we cannot secure from purely vegetable food—the animal (magnetic) life element, or, as we usually call it, animal magnetism. Each kingdom in nature is animated and controlled by a higher form, or element, of the great life force. This aspect of the diet question is entirely left out of consideration by most of our vegetarian friends.

However, in order to secure the benefit of the animal magnetism, contained in animal foods, we do not need to eat meat, contaminated with all the impurities of the animal carcass. We can secure all we need of this animal life element in the dairy products, in the best possible and purest form.

Flesh foods we have to boil, bake, fry and spice heavily, in order to disguise the unpleasant taste and odor of the dead flesh, and thereby much of the animal magnetism is lost. All the dairy products we can eat raw, and in that way derive the full benefit of the animal magnetism which they contain. Therefore, the liberal use of dairy products is of special importance, in the cases of weak, negative persons, who have become so depleted in nerve force that they are not able to liberate and generate their own animal magnetism in sufficient quantities.

I quite agree with Dr. Lindlahr that, for some people, the semi-animal products are indispensable. You cannot always safely do without them altogether, although it is true that many millions of the earth's inhabitants are strict vegetarians. However, they lead normal lives. As to the "magnetic" qualities of animal or semi-animal food, I opine that, to obtain such magnetism, flesh and blood would have to be eaten warm, as soon as the animal is killed, and milk drawn directly from the nipple.

There is, however, another advantage in these foods, namely, that animal protein is more easily digested than vegetable protein. This makes cheese a specially valuable food, for those who discard meat. Mild or "cottage" cheese should be used. The idea that cheese is indigestible arises from the fact that it is usually eaten on top of a full meal, not as the main part of the meal.

Clabber milk is also a most valuable and easily digested food.

### Swiss Salad Dressing

**M**OST salad dressings are objectionable, because they contain vinegar, which those who respect their stomachs should never use. For vinegar lemon juice, mixed with water, may be substituted. In Switzerland, where I lived five years, they make an appetizing salad dressing, as follows:

Take two ounces of cheese, mash it up with a tablespoonful of vinegar (lemon juice and water), and very gradually dilute it with salad oil, to the desired consistency. As Swiss cheese is hard, they have to pound it in a mortar, or heavy bowl, but American cheese is soft, and better adapted to the purpose. You can add a little red pepper, if you indulge in that kind of stimulant.

In the October number, writing of alcohol, I stated that Louis Cornaro, the Apostle of Temperance, "drank fourteen ounces, or a little less than a quart, of light wine," daily. Fourteen ounces is about a pint.

### Yeast

**D**R. AXEL EMIL GIBSON is not of those food reformers who denounce yeast, when used under what he holds are proper conditions. Following is an extract from his latest book "Diet":

The prejudice held by so many of our dietitians against yeast is due to a misconception of the real character of the yeast-spore. The latter is a living, vitaminous vegetable, growing in the dough, and by a process of inhalation and exhalation, peculiar to all plant life, accomplishes the double object of charging the dough with the life-bearing oxygen of the air, and at the same time rendering the mass porous and penetrable to the diffusion of heat, in the process of baking.

Like all vegetables, the yeast-spore has its allotted cycle of life, which is largely conditioned by the presence or non-presence in the dough of available oxygen. At the exhaustion of the latter, the spore dies a natural death. Due to its power of racial or generic self-preservation, the spore, in its turn, and under the strain of its necessity, throws off a sporillum, a progeny of expediency, which comes prepared to meet and conquer the vital handicap of the oxygen-starvation, by its power to extract oxygen from the very flour itself. As this latter process, however, involves the breaking up and vital destruction of the atomic structure of the grain-molecule, it follows that the death of the original yeast-spore, and the birth of its progeny, the sporillum, marks the dead line in the vital destruction of the dough, and the subsequent failure of the bread.

It is at this stage that yeast becomes a menace to life. In place of acting as a vitalizer to the dough, the yeast, due to the failure in baking the bread at the right time—the "psychological moment" so to speak—becomes its ruthless destroyer. Breaking up the flour-molecule, and absorbing its oxygen, the degenerated yeast-spores start a series of chemical changes, resulting in the evolution of alcohol, ammonia, and carbonic acid gas, by which the natural sweet taste of the bread is changed into acidity and sourness, a condition, however, which the baker readily masks, by adding sugar and other ingredients to the mass. But while this admixture may improve the taste of the bread, it by no means improves its value, as the sugar starts processes of its own, in the form of fermentation and alcoholization in the gastro-intestinal digestion. A bread made under such conditions becomes a positive menace to health, and well deserving of all the scorn which our pure-food reformers heap upon yeast-bread. But the failure, as is readily seen, is not in the yeast itself, but in the sporillum, and in the neglect or ignorance of the baker to take the dough at the right time, while the original yeast spore is still alive.

To this I add that yeast bread should never be eaten until it is at least twenty-four hours old—forty-eight hours is better—especially by those who are afraid of consuming alcohol, in any form. New yeast bread contains a fractional percentage of alcohol. Besides that the soggy dough is very hard for the juices of the stomach to work upon. Also—and this is a question of some importance in these days of high prices—stale bread may be purchased, at bakeries, at half price.

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Cloth tops for shoes are more healthful, convenient, and much cheaper, than leather tops.

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The athlete who develops massive muscles easily succumbs to sickness, and is often unable to recuperate.

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The Chinese believe the seat of the soul to be the stomach. They are not so far wrong. The stomach exerts a greater influence over the mind than any other physical organ, except the brain.

### Exercise for the Middle Aged

**T**O get some exercise every day is a fundamental, but often disregarded rule of health. It is important to recognize, however, that there are wrong ways as well as right ways of exercising, and that exercise which would be most helpful to one man might be positively harmful to another. For this reason, the man unaccustomed to exercise, the man who, perhaps for years, has neglected to take systematic exercise of any sort, should undergo a medical examination before changing the routine of his physical lethargic life.

Generally speaking, the man who has reached middle life should avoid violent exercise of any sort. Only exceptional men can safely exercise as strenuously after forty as before it.

Choose that form of exercise which most strongly appeals to you from the standpoint of being "interesting."

It is almost as absurd to relegate all our exercise to Saturday afternoon as to do all our eating on Sunday.

Whenever possible, exercise should be taken in the open air. The fresher the air supply, when exercising, the greater the benefit from the exercise.

Violent exercise just before or after meals is always to be avoided.—H. Addington Bruce.

### Dyspepsia Breeds Despair

**I**F a man has consumption, he will keep up good courage to the last. The very day he dies he will tell you what he is going to do when he gets well; while if a man is dyspeptic, he cries out, like the Frenchman, "I will drown; nobody shall save me!" The philosophy of the thing is this:

A man's brain and muscles must be nourished. That nourishment must come from his stomach. Now, suppose the stomach is full of acidity and gas? Then what? Well, just look at me, and you will see what. Why, Colonel, one year ago I had rheumatism so badly that I could not move without suffering, but if I had had that pain multiplied by ten this morning, I would have gone with you if every step had made me cry out. But dyspepsia takes all the "tuck" out of a man—not only out of his body, but out of his soul. It makes him mean, sneaking, utterly unreliable. Colonel, I wouldn't trust a dyspeptic's hand in my till.—From "Our Digestions" by Dio Lewis, M.D.

A sick man is sometimes successful in life, but he is an exception to the rule.

Great Britain will forbid the distillation of whisky and gin, and regulate the beer business. A true temperance movement.

C. W. Dayton, the "red ripe honey man," of Owensmouth, Cal., "takes his own medicine," having, as he tells me, in one year consumed as much as 75 gallons of honey. He does hard physical work.

### A Vegetarian Cat

**L**IKE all good men, Dr. Elmer Lee, editor of that excellent magazine, *Health Culture*, is fond of animals. He has a cat that he is trying to make a vegetarian. He says:

It eats uncooked rolled oats moistened with water, and prefers it to any non-animal food, so far as I have experimented. Yet, on seeing a fly or a bug, he dashes for it, and if he can catch it, he quickly eats it, as if it were a mouse. I saw my cat jump into the air, three to four feet from the floor, bring down a fly with his paw, and eat it.

As Dr. Lee says, it is hard to make cats forget their carnivorous inheritance. They are carnivorous by nature, as cattle are herbivorous, and man frugivorous. Advocates of a "mixed dietary" will dispute the latter statement, but I point to the fact that about the only omnivorous animal is the hog, and then only after he has been "improved" by man.

A dog will adopt a vegetarian diet much more readily than a cat. I have a large St. Bernard dog that rarely gets meat, then only a few scraps from the table, and she eats less than the average bull dog.

Dr. Lee might allow his cat a sardine, now and then, as a luxury. Despite their aversion to water, cats will venture into it, when tempted by fish. Or, at least, puss should be allowed some milk or cheese. How would Dr. Lee like to be forced to live on meat?

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### Chewing Gum

**T**HE latest statistics tell us that the chewing gum habit costs the American people more than thirty-five million dollars a year.— [Sixty millions in 1916—Ed.]

But the evil does not lie entirely in the money that is thrown away. Chewing of gum wastes energy of the salivary glands, until they are unable to perform their normal function, and that is to supply saliva for the digestion of starch, which constitutes nearly one-half of the nutritive part of our food. When these glands are made to work all the time, as when gum is chewed, they become exhausted, and the saliva which they produce is no longer capable of digesting starch or converting it into sugar. The result is serious disturbance of the digestive process.

Chewing gum is a silly and pernicious practice, and besides, is the height of bad manners.—Good Health.

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A high pitched voice consumes only one-fourth the energy of a deep voice. That is one reason why women can out-talk men.

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The danger of rattlesnake bites, like that of the "mad dog" bites, has been grossly exaggerated.

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Notice the rapid healing of sores and wounds in animals and savages. They live natural lives.

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Dr. Wiley says the American stock is becoming too soft, fat and flabby.

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Unripe fruit is as harmful as ripe fruit is wholesome.

### Ptomaine Poisoning

**F**OLLOWING is from an article by Dr. J. H. Kellogg, in "Good Health:"

Ptomaines are poisons formed by the action of putrefactive germs upon the flesh. They are among the most deadly of all known substances. Many of them closely resemble the venom of poisonous snakes. These poisons are sometimes ready formed in the food, as in canned meats that are spoiled, and particularly in canned fish. They are also sometimes developed in cheese and in milk under special conditions giving rise to cheese poisoning and to ice cream poisoning. They are more frequently, however, produced in the intestine itself as the result of the action of putrefactive germs upon undigested fragments of meat which are retained long in the colon.

The most important thing is to empty the alimentary canal as quickly as possible and to give the patient an abundance of water by mouth and by repeated enemas. The collapse may be combated by fomentations, hot and cold applications to the spine, and cold sponging. The most important thing, however, is to flood the tissues with water by the means suggested.

Canned beans are also frequently the cause of ptomaine poisoning, because they, like meat and fish, are rich in nitrogen, the main constituent of albumen, or protein. Any substance that decays readily outside the body, will ferment and decay quickly within the body, unless the digestion is exceptionally good.

Raw beans do not decay, but cooked beans do, and they give off an awful stench, when burned.

Those who eat moderately and intelligently, avoiding canned foods and cold storage foods, and eating little meat, will not be afflicted with ptomaine poisoning.

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### Sour Milk

**S**OUR milk, or clabber, has excellent medicinal qualities, and may be taken freely by those with whom it agrees. Sour milk, prepared in the following manner, can be taken by many who cannot digest milk or buttermilk: Let the milk, with full cream, stand in a covered glass jar in the sun, until it coagulates, but does not completely separate into curds and whey. Turn out into a bowl and whip with an egg beater until is of a creamy consistency. Taken with a few dates, this forms a most palatable and nourishing meal.—Dr. Lindlahr's Cook Book.

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The sick often have a natural craving for some special food. If not altogether unreasonable, this desire should be gratified.

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However plain in feature, no woman can be called ugly, who has a clear complexion, good teeth, and a pleasant smile.

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If you stop all eating between meals, you will go a long way toward avoiding dyspepsia.

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Talking uses up more nerve force than almost any work in which a human being can engage.

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Protect the eyes of infants from bright sunlight.

### 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.]

#### BLOOD PRESSURE.

1. What is the normal blood pressure of a woman sixty-five years old?
2. How much beyond normal might one go, and not be in serious danger?
3. Would over work, through a long number of years, increase the pressure?
4. Would standing in one position for several hours a day, through a long number of years affect the blood pressure?

I understand eating has much to do with it, but I have never been a gorging, and I want to find out what other causes could bring it about.

I am most anxious to know about the measuring of the blood. Is it like a fever test, running between 98 and 105, or has it a much wider range, and what is the range?—G. T.

(1) One hundred and thirty to 135. (2) Up to 200. (3) Only in a minor degree. (4) Ditto. The average range is between 100 and 160. The average range of blood pressure is much greater than the range of temperature.

You say: "I understand eating has much to do with it." There, my dear madam, you are quite right. Eating has everything to do with it. High blood pressure and apoplexy are usually charged, in a great degree, to alcohol, but smoking raises blood pressure more than alcohol, and wrong eating far more than both together.

A person may not "gorge," yet he may eat of foods that do not agree together, and so cause fermentation in the stomach, thus causing the formation of gas, which presses in all directions, and is the leading cause of high blood pressure. This is especially true of a mixture of starches and sweets, which also develop alcohol.

Thus, you see that diet is at the bottom of the whole question, as it is of most questions affecting the care of the body.

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#### PALPITATION OF THE HEART.

W. K.—Indigestion, with gas, is the usual cause of palpitation of the heart. It will cease, when the cause is removed. It need not be a cause of alarm, in ordinary cases. If the patient has had rheumatism, he should have his heart examined by a physician. A sudden attack of palpitation may often be relieved by warming the feet and limbs, and applying hot fomentations over the stomach and bowels. Then, regulate the diet.

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#### BILIOUSNESS.

J. C. S.—The proper cure for "biliousness" is, first, fasting for a day or two, until nature can get rid of a little of the grossness which clogs her machinery; second, avoidance of the cause; third, a few packs, fomentations over the liver, and the daily dry-hand rub, with a wholesome diet. Lemons and other acid fruit have a favorable influence upon this condition of the system.

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The Queen of Norway spends only \$1000 annually, on dress.

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In the center of London, land is worth \$1.25 a square inch.

## 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.

**DIET, What It Is, and What It Isn't;** Axel Emil Gibson, M.D.; published by the author, 528 Bradbury Bldg., Los Angeles; price 75c, by mail.

Dr. Gibson is one of the sanest of writers on diet. Unlike many others, he rides no hobby to death. He writes more as a judge than as a special pleader. In this book among other things, he treats of Bread, Eggs, Milk, Cream, Honey and Cooking. Here is an extract:

The highly organized individual, quivering under the lash of an overstrung nervous system, sensitive both to mind and body, and with a stomach and intestine trembling in nervous spasms to every irritating substance passing over their delicate membranes, should certainly not be permitted to indulge in an acid fruit-peel-and-seed diet, accompanied by some coarse, practically indigestible cracked-wheat product, plowing like soil-cultivators through the delicate, in most cases already diseased membranes of his digestive field. On the other hand it would be equally out of place to prescribe the bland, gentle, non-irritable, non-acidic diet, called for by the nervous dyspeptic, to a type of his very opposite, the individual of the sluggish, easy-going, lymphatic temperament. What in the former case would result in an equalization and harmonizing of nerve impulses, in the latter would lead to circulatory and nutritional congestion, high blood pressure and fatty degeneracy. . . .

Physiological chemistry differs from laboratory chemistry, as furnace heat from sunlight; and any system of diet which, in its application to human life, does not consider the principles of vitality, individuality and mentality, is still a blind leading the blind—a wild guess as to the capacities and probabilities of human nature.

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**ENGLISH GRAMMAR SIMPLIFIED;** James C. Fernald, L.H.D.; Funk & Wagnalls Co., publishers, New York; price 75 cents net.

Many of us, even among those who are "highly educated," occasionally run up against a stumbling block in this peculiar English language of ours, the grammar of which contains more exceptions than rules. This book is designed as a complete summary of English grammar, to meet the constant demand in the office, the study, or the home, for a handy volume, to settle any grammatical perplexities or disputed matters as they may arise. It contains a large amount of valuable information.

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The "Boy Builder;" a Journal of the New School Movement; published by the Monetzuma Mountain Ranch School, Los Gatos, Cal.; price 15 cents, or 50 cents a year. A well printed, illustrated publication.

"Man Can Live Forever;" C. B. McNay; Fleming Pub. Co., Deepwater, Texas; price 25 cents. Designed to show, by extracts from the Bible and comment, that man may achieve immortality, by faith in Jesus Christ.

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Whisky drunkards are not the only drunkards. The man who must have coffee before he is fit to work and the man who must smoke are drunkards, and there are tea drunkards and medicine drunkards.—Reynold E. Blight.

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A medical writer advises people to eat meat "only once or twice a day." That is quite liberal.

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When there is no hunger a little mild stimulant is less harmful than food.

### Vox 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 and commendation are 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.]

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#### WHY CHILDREN GET SICK.

I am thankful to you a million times for the foundation you gave my health; a little thankful to California, too. The health of my children, raised by the "Dr. Brook method," is an asset to me. Here, the people have the peculiar idea that all children must have whooping cough, measles, mumps, etc. They don't think children are in step, if they grow up without the ailments which they say all children must go through. They remark that our children are "lucky" because they are never sick.

Next to us lives an example. They have a boy of five, who gets colds, fevers, and other stomach troubles, regularly. When he is sick, the stepmother, a good-hearted woman, says she "just can't bear to see the poor little chap long for the cakes and pies" she bakes, and finally she gives him a little. Then follows the relapse, vomiting, and additional fever. The father doesn't understand why the doctor, who is very "regular," has the intelligence to advise the mother against feeding the child pickles and ice cream. He says: "I suppose the boy must have a 'tetchy' stomach."

Such parents are in the majority here. Hence infantile paralysis.—Robert Brook, Baltimore, Md.

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#### FROM ONE WHO THINKS.

I feel that I must have BRAIN AND BRAWN, so I push my subscription ahead two years. If I agreed with everything you write, why should I subscribe to your magazine? I would acquire no mental stimulus from reading only that with which I agree. Intellectual antagonism stimulates one's brain, and that is all that needs stimulating, in my humble opinion.

Your magazine is well named BRAIN AND BRAWN. I greet the receipt of it each month with a friendly smile. If all lived in harmony with its health teachings, we should have little worry about sickness. In addition to these health teachings, I enjoy each month your comments on whatever the subject may be. Broad-gauged. No narrowness.—J. F. Flood, 919 House Building, Pittsburg, Pa.

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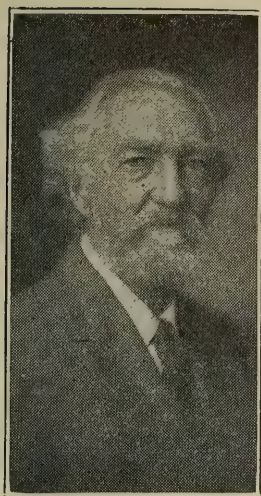
#### A GERMAN-AMERICAN PATRIOT.

Born and educated in Germany, I am thankful for all the benefits I received from her. It is impossible for the most selfish or independent man to throw off the influence which surrounded him in his youth. Our German poets and writers, our philosophers, are still my companions in leisure hours. I think and feel German, but I am an American, and can, therefore, recognize but one flag—the Stars and Stripes. My heart beats for the country that received me with open arms, that gave me opportunities to found a home. It is my home; it is the Fatherland of my children, and though only the German language is spoken in my family circle, I want to see my boys grow up to be Americans first, last and all the time.—Alfred Dolge, Covina, Cal.

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There are over 18,000 libraries in the United States.

## CURE OF CHRONIC DISEASE



**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.”

There are two, and only two, secrets of health—alimentation and elimination. If these are well balanced, there is health. If they are not, there is disease. And no tinkering with effects can do more than afford temporary relief, which is not cure, but often makes a cure more tedious and difficult.

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., and give, when requested, special advice on pregnancy, children and fasting.

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.

In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brock M.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### “DIVINE HEALING.”

**R**EV. T. PARKER BOYD, Episcopal minister, and head of the Emanuel Institute of Health, San Francisco, was arrested on a charge of practicing medicine without a license, and held to answer. He uses no material agencies, aside from teaching food values and combinations.

In California, Christian Science is exempt from the ban placed on drugless healing. Why, then, should an Episcopal method of “divine healing” be barred? Both are methods of mental suggestion, although this, of course, is vigorously denied by those who practice such methods.

Let us have more freedom in treating the sick. Wisdom is not all confined to the drugging, carving and serum injecting school. Indeed, they have made a miserable failure, for disease continues to increase in proportion to the new methods of “ethical” treatment introduced. The only improvement that has taken place is in the disappearance of filth epidemics. With this, the medical profession has nothing whatever to do. The plague, cholera, smallpox, and other such filth diseases, have disappeared, or greatly decreased in virulence, because the habits of the people have become more cleanly—more fresh air, soap, water, brooms, and scrubbing brushes.

Let the people be permitted to choose their own physicians as they choose their own priests—or do without them.

### DIET AND HEALTH.

**A** MEDICAL writer says: There has been a growing impression, which has now reached the stage of being an actual conviction, that improper diet is responsible for a high percentage of acute and

chronic skin diseases, notably eczema.

For twenty years I have been telling those who have eczema, or other skin diseases, that local treatment is of no avail—that a cure all depends on diet. The writer quoted mentions a one-sided and over-heating diet, the only merit of which is its simplicity.

It is encouraging to note that the medical fraternity is beginning to realize that the food of which the body is built has something to do with bodily health. Perhaps, before long, they may discover that diet is of importance, in other, besides skin diseases. Indeed, it is only about a year since the president of the American Medical Association declared that diet is the chief factor in cancer.

### BLOOD TRANSFUSION.

**T**RANSFUSION of blood is just now a popular modern medical fad. It is the other extreme from the old fashion of blood letting. Less than a century ago, if a physician was called to a fever patient, and failed to bleed him, and the patient died, he could be arrested for manslaughter. George Washington died of too much blood letting.

Both are clumsy and unnatural operations. In the first case, the pressure should be reduced, by thoroughly washing out the bowels, sponging the patient with cool water, putting him to bed, and withdrawing all food. In the second case, necessary organic mineral elements in the blood should be restored by feeding liberally of foods rich in the organic salts, especially fruits and raw green stuff.

However, these methods are altogether too simple, and involve no mystery, or newspaper publicity.

After exhaustive tests, Dr. Francis Carter Wood, head of the Crocker Cancer Research Fund of Columbia University, declares that the use of radium, as a cure for cancer and tumors, has been found to be a failure.

## MONSTROUS PROPOSITION.

**A** PROPOSAL was made by the political doctors that December 6 should be set apart as Medical Examination Day, and on that day, whether people like it or not, whether they are sick, or whether they imagine that they are well, they should be examined—of course by physicians of the drugging, carving and serum injecting school. This would be the longest step yet taken, in the direction of medical tyranny. The Christian Science Monitor says:

It is, none the less, the representatives of this very school of medicine who propose to invade the households of the United States, on the 6th of every December, and make the country cheerful for Christmas by confiding to it all the diseases it has without knowing it. Such wholesale interference with liberty has never been heard of in the world before. It goes beyond anything ever dreamed of arbitrary political power, and, in the days of the Pilgrims, would have made Archbishop Laud pale with envy. It is reducing the world to the level of a stock farm ruled by veterinary surgeons. It is the grossest surrender to materialism the world has ever seen, for it entirely ignores the result of all this terrorism upon the human mind, which, whether the gentlemen who propose the new procedure realize it or not, is, the world is steadily if somewhat slowly beginning to perceive, the source of all disease.

Really the medical profession is a little hopeless. It seems to think that it is possible to go into every household in the country, and pour a tale of disease and sickness into the ears of every human being, above the age of thirty, without increasing the volume of disease. What would inevitably follow the exercise of such authority would be a cyclone of fear, despair, and desperation, which would develop into a chronic condition of disease, which would in turn sap the vitality of the entire nation. The audacity of the proposal, in short, can only be said to be equaled by its folly.

Following, on the same subject, is from the St. Louis Post-Ditpatch:

This scheme of the strongest organization of the most numerous medical school has been gathering

headway for several years, but not, we may be sure, among the proposed victims. It is a gigantic plot to foist a medical tyranny upon the people, the full results of which are not hard to foresee.

A yearly compulsory medical examination would, of course, be a juicy plum financially, to the existing medicine men. But it would also mean an enormous addition to their numbers, for it would be no small task to examine, especially by compulsion, every man, woman and child in a population of nearly 100,000,000. Quite a number might resist.

But compulsory medical examination would be futile without compulsory medical and surgical treatment, just as a certain style of inquisition was seen to be futile without the accompanying torture. Are the people of this great country willing to be delivered bound hand and foot, so to speak, into the clutches of this medical octopus?

## "DISEASE CARRIERS."

**F**OLLOWING is a dispatch from New York:

Health authorities in New Jersey are searching for a tramp believed to have been a carrier of infantile paralysis germs, on the theory that his case provides the best evidence available that the disease is spread by adult human carriers. It is believed the man transmitted the disease to three children of a farmer near Patricks Corner, N. J.

The most rigid quarantine was established by the farmer on his premises at the beginning of the plague. The tramp, however, was given employment. He slept in the barn, but ate his meals in the house. He remained only a few days, and soon after he left three children were stricken with the disease.

Is it possible to conceive of any more absurd development of medical superstition, in this age of so-called enlightenment?

A retired and wealthy farmer, of Washington State, having been troubled for years, by the pain of a corn, borrowed a chisel and chopped off the toe. This is strictly in accord with modern "medical science," as displayed in the custom of cutting out offending organs.

## THE ABDOMINAL BRAIN.

**T**HE abdominal brain lies on each side of the spine in the epigastric region back of the stomach, is the first brain of man, and performs more functions than either of the others, hence I place it at the head of the list.

All the ganglionic nerves diverge from this brain. These are the first nerves of the human economy, and at the twelfth week you can find the solar plexus developed and can trace the ganglionic nerves diverging to the heart, lungs, liver, kidneys, and, later, to each spinal vertebra. At this time there is no other brain, no cerebrum, no cerebellum. The ganglionic nerves perform the functions of the heart, lungs, liver, spleen, kidneys, bowels and organs of generation, all of which diverge from the abdominal brain. There is not an artery in the human body but what is supplied with a ganglionic nerve to control the circulation. The circulation carries the nutritive principles of food to all the organs and the whole system. Hence, the abdominal brain is the house-builder and keeps the house in order—first, through the abdominal of the mother, and then at about the eighteenth week it begins a new action of the foetal heart, which beats twice to the mother's once. And at that time of the foetal life there is no other brain organized.

I claim that this abdominal brain builds the whole economy, even to the cerebrum and cerebellum. It is the silent governor when we sleep. Who for a moment can think the circulation of the blood is conducted by thought, or that the motor nerves control the heart? What a sad plight would we be in if we had to think to cause each of the organs of the body to act. When we sleep, both the cerebrum and cerebellum are at rest, the blood has been withdrawn from the brain, and a hypnotic rest ensues,

## MILK DIET

BY CHARLES SANFORD PORTER, M. D.

## XI.

**M**ANY patients, while taking the milk, sleep more than half the time. If asleep when drinking time comes, take your glass when you awaken, but do not try to make up for lost time. Continue thirty minutes apart. Milk is supposed to require about one and a half hours for digestion, and all dietetic plans before this have allowed at least that much time between meals. I use the half-hour interval, because it gives the best results. Milk is curdled, as soon as it arrives in the stomach; the salts and water begin to be absorbed immediately, other portions are passed on to the intestines, where the fat is quickly absorbed by the lacteals. The nitrogenous portions may not be taken up into the blood for twenty-four hours. So it is useless to set any particular time for the digestion of milk, or other food. Doubtless a part of the milk will still be in the stomach at the end of thirty minutes, but its mixture with a fresh portion has no bad effect. On the contrary it works well, in practice. A patient, in describing the effect, once said: "After fairly started, the first glasses seem to pull the others after them by suction."

If an invalid's stomach is very weak, or particularly deficient in the digestive juices, and especially if the milk is taken too rapidly, tough curds, which are slow and hard to digest, may be formed in the stomach, at first. In the vomit of persons who were drinking quantities of milk too quickly, or at too low a temperature, I have seen these cheesy bodies, so large and firm that it seemed impossible they could have come up through the oesophagus. Where the conditions that I recommended as to rest, bathing, air, and the small, frequent, and regular drinks of milk have been followed, I have never known of these curds being formed in such amounts as to prevent their digestion, with the exception of a few very weak people, who were attempting to take their milk cold, or at the temperature of the room.

and at no time in life do the heart, stomach, liver, kidneys and all other appendages act more freely than when the cranial brain, through sleep, is incapacitated from doing a single act, or of thinking a single thought.—  
National Journal of Chiropractic.

**PREVENTABLE DISEASE.**

**F**OLLOWING are the approximate number of deaths from the nine principal causes of death, in the United States, in 1914:

Heart disease .....	150,000
Tuberculosis .....	145,000
Pneumonia .....	120,000
Nephritis (kidney disease)....	101,000
Cancer .....	78,000
Cerebral hemorrhage .....	78,000
Diarrhoea and enteritis.....	65,000
Diphtheria .....	17,000
Typhoid fever .....	16,000

Commenting upon this, a medical authority says:

“With the exception of nephritis and cerebral hemorrhage, and to a limited extent cancer, each of these diseases is preventable.”

This is incorrect. Nephritis, or kidney disease, and cerebral hemorrhage, due to high blood pressure, and cancer, are due to dietetic errors, and therefore, are strictly preventable.

The Lindlahr Nature Cure Health Institutes, Chicago, offer an excellent chance to young men and women to become drugless physicians, in exchange for board, wages and tuition. Write for particulars.

Epidemics wear out, because the public loses interest, and fails to respond to the alarms in the papers, nor are they longer frightened by the presence of sickness here and there. The papers quit printing sensational epidemic articles, they, too, get a surfeit, and something else comes to fill their columns, and so it goes.—  
Health Culture.

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## Notes and Personals

Francis B. Wetherby, pioneer business man of Pasadena, died following an unsuccessful surgical operation.

John Archbold, president of the Standard Oil Co., died following a "successful" operation for appendicitis.

The "regulars" are again taking up Koch's discredited "tuberculin," as a cure for consumption. Still groping in the dark.

Since the introduction of compulsory vaccination, tuberculosis has increased 300 per cent., skin diseases 276 per cent., and cancer 600 per cent.

The Academy of Medicine, of New York, is investigating excision of the tonsils, as a possible contributory cause of infantile paralysis. Rather late in the day.

An editor says that if Jesus came to California, he would not be permitted to heal the sick. No, indeed. He would promptly be arrested for practicing without a license.

The monthly meetings of the Association of Naturopathic Physicians of California are now held on the second Monday of each month, at the Sanatorium of Dr. Carl Schultz, on Grand Avenue.

In the Pacific Medical Journal, Dr. P. A. Zaring says: "Any regular physician could be an osteopath in fifteen minutes." But then, he refers to osteopathy as "rubbing," showing that he knows nothing about it.

At the December meeting of the Naturopathic Association, resolutions of condolence were adopted, on the death of a much respected member, Dr. C. H. Stoffel, of Los Angeles, formerly of Tennessee. The deceased was 76 years of age, and had retired from active practice.



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### GRANT'S CRACKERS.

The San Francisco Wasp, which I edited 35 years ago, recently contained a portrait and biographical notice of J. E. Grant, founder of the Hygienic Health Food Co., manufacturers of Grant's Hygienic Crackers, a popular health food, that has been on the market for many years.

### SEE AMERICA FIRST.

The Salt Lake Route is trying to encourage Americans to see their own country. A beautiful folder has recently been issued, entitled "The Organ and the Bells," descriptive of the Tabernacle at Salt Lake, and the Mission Inn, at Riverside.

### THEY COME AND GO.

Mrs. Polly Anne Strodes of Evansville, Ind., is suing her thirteenth husband for divorce and she announces

that as soon as she is given the decree she will look around for the fourteenth husband, as "men are easy to win—a little flattery wins them every time," she says.—Exchange.

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### A REAL ACTOR.

Mrs. Beaton was walking through the park recently when two ragged, dirty little boys, who were playing near by, stopped her.

"Say, lady," called out the elder of the two, "me kid brudder does fine

imitatin' stunts. Give him a dime an' he will imitate a chicken for youse."

"What will he do—crow?" queried Mrs. Beaton.

"Naw," replied the boy, "no cheap imitations like dat, ma'am. He'll eat a worm!"—Philadelphia Ledger.

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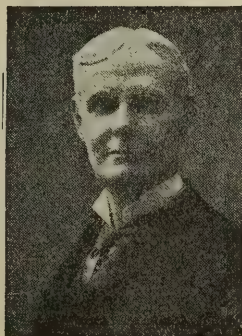


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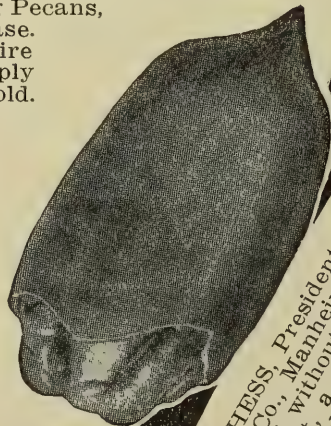
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# Brain and Brawn

FEBRUARY, 1917

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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California, under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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Vol. V

LOS ANGELES, FEBRUARY, 1917

No. 9

## Fig Leaves and Skirts

PASSING an art store, on a Los Angeles street, I saw displayed a row of photographs of nude women. The pictures were artistic, and there was nothing to offend a clean mind. Men and women merely glanced at the pictures, as they passed. Yet, ten years ago, the display would have drawn a crowd. The pictures would have been seized, and prosecution would probably have been started, by some "anti-vice" society.

The manager of an opera house in Kansas City believes he has solved the mystery of the decline of musical comedy. He says it is due largely to the new styles in woman's dress—filmy dresses and short skirts, that leave little to the imagination. Why, he asks, should men pay to see what they can see for nothing on the street?

It is scarcely possible, nowadays, to pick up a newspaper, without encountering a discussion of impropriety in woman's dress. In one town, a woman is arrested for presenting a "chesty" appearance, in another overgrown village, an ordinance has been adopted against skirts that show a few inches of a woman's leg, at the beach towns, both Pacific and Atlantic, regulation of bathing costumes has become an important branch of local legislative duties. All this discussion seems to me to be illogical and absurd. A costume that is quite correct in the ball room will cause the arrest of a woman on the street, and vice versa. A woman who placidly displays her rounded charms in a crowded ball room blushes furiously, when surprised in a voluminous nightgown. This shows that dress is altogether a question of custom, period and locality, not of morality. Dr. Leon Landone has truthfully said:

The present race is sexually insane. For generations, both thought and emotions have been consciously centered and concentrated upon special sex functioning. The life energy has been and is being drawn from every portion of the body and brains to the sex organs.

Indecency lies in suggestion. A fully clothed woman may, by suggestion, be vile, while an absolutely nude woman may arouse no impure thoughts, except in those whose minds are unclean. As Dr. Johnson has said: "Not in the undraped statue is indecency, but in the mind that sees indecency in the statue." In other words: "Honi soit qui mal y pense," as an English King said, when he rebuked his snickering courtiers, and established the Order of the Garter.

Morality lies not in the exposure or covering of the human body, but in the intention beneath the skin. A suggestive attitude, with a "half concealed, half revealed" form, is more indecent than a nude body, in a chaste pose. Before we prosecute promiscuous bathers, we should consider the modern stage. When, fifty years ago, the "Black

Crook," a pioneer spectacular show, was produced in New York, it called forth a burst of denunciation from press and pulpit. Yet, today, it would be regarded as a most conservative exhibition of undressing. Our modern stage dancers have approached the costume of the South Sea Islands. When they do not add suggestiveness, their costumes are inoffensive, to the clean mind.

Fashions continually revolve in a circle. In the eighteenth century women exposed their bosoms, on the street, as freely as they now do in the ballroom, or the opera house.

Travelers agree that the morals of African tribes are in inverse proportion to the amount of clothing they wear—or do not wear. In Japan, both sexes occupy the public bathing pools together, although since the advent of foreigners the practice has been banished, in the larger cities. The same custom prevailed in some parts of Continental Europe, in the Middle Ages.

In the province of Altenburg, in Saxony, the women, like Tyrolese men, wear short skirts, with short stockings, exposing the knees. As they seem to copy our modern fashionables, in reducing under-clothing to a minimum, the effect, when a peasant woman bends over a fountain in the market place to draw water, is somewhat startling, to a stranger, but the natives do not glance around, for it has been the custom for centuries. In Burmah, the women, who wrap themselves up otherwise in a superfluity of clothing, expose the breasts. In Mohammedan countries of the Orient, if you encounter a peasant woman working in the fields, garbed in a single blue robe, she may, at your approach, throw it over her head, for it is considered more improper to show the face than the body. The Chinese consider it indecent to expose the wrists. And so it goes. Custom and habit.

It is a noteworthy fact that the mid-Victorian era, when Mrs. Grundy reigned supreme, produced that indecency in costume, the crinoline. It emanated from the loose court of Eugenie, who still lives, a bent and sorrowful old woman. I remember that, as a boy, I viewed with astonishment and alarm the struggles of wearers of these monstrosities, in entering the back door of a London omnibus.

From a health viewpoint, women's clothes are in some respects much more sensible than those of men. That is to say, apart from the tight skirts and high heels. Compare the semi-transparent white shirt waist of the average woman with the heavy, dark woolen clothes worn by men, throughout the year. The exposing of the body in mild weather is a good thing, as it tends to harden it, and make it resistant to disease.

The worst thing about woman's dress is the constant and senseless series of changes prescribed by what is called "Fashion," involving an immense expenditure of time and money, and leading to much bitterness, jealousy, vice and crime. Statistics show that a large percentage of those who follow "Mrs. Warren's Profession" attribute their downfall to love of dress. How much more sensible are the simple, unchanging, hygienic costumes of the Chinese, Persian, and other Oriental people, and the beautiful Greek costume of olden times, which a few women have recently ventured to adopt, with some modifications.

Men are by no means free from the follies of fashion, as witness the inartistic custom of a hard, white collar on a colored shirt, the hideous shoes and the skimpy trousers, suggesting a wool famine.

The ancient Greeks caused girls to compete naked, in the presence of a mixed assemblage, so as to familiarize youths with the human body and discourage pruriency. They did not, however, permit old men to be present. No "baldhead rows" there. Of course, we cannot at once introduce such a revolution, but any step toward banishing morbid sex curiosity from the young is a step toward healthy-mindedness and true morality.

It is natural for the female of her species to seek to attract the male, by her sexual charms of form. This is one of Nature's provisions for the perpetuation of the race. In pure minded girls it is done unconsciously.

Those who see anything foul in a beautiful nude body, statue or picture, modestly posed, insult God, who, we are told, "made Man in His own image." They should look for the foulness within themselves. "To the Puritan all things are impure."

---

### Too Proud to Work

**W**E Americans have already wandered far from the simplicity of our ancestors. Some of us are even beginning to look on trade as "vulgar." There is a small but growing plutocracy, whose members are "too proud to work."

A year ago, a Pasadena girl, related to one of the wealthiest families of Philadelphia, started a small dressmaking establishment, just to show her friends that she could be commercial, yet "retain her social position." She is now going to be married, and will give up her "shop." One of the girl's friends was quoted in a newspaper, as saying:

Miss P. likes to do the unusual. The modiste shop was founded, I think, just as a sort of a dare to high society. It is certain that she didn't need the money. The experiment was a success. She became a tradeswoman temporarily, without losing in the least her position with her wealthy friends.

Well, now, think of that. This daring girl actually succeeded in running a millinery establishment "without losing, in the least, her position with her wealthy friends." But then, you see, she didn't need the money. If she had really needed the money, the consequences of her revolutionary step might have been dreadful.

It is true that, in England, many members of the aristocracy have done the same thing, and have needed the money, but when European titled people do such a thing, it is, of course, a pardonable indiscretion. Just now, English aristocratic women are busy making munitions, hoeing turnips, and nursing wounded soldiers.

Must we always have a war, to shed off shams, and get down to the real in human nature?

---

If one-tenth of the cost of the European war would be put into well-directed publicity advertising, to teach the people of the world that they were brother-citizens, a world war would never come.—  
J. B. Powell.

### A Chinese Critic of Western Costumes

**W**U TING FANG belongs to a class of cultured Chinese that are little known in America. Nine-tenths of the Chinese in this country are of the coolie, or peasant class, from the neighborhood of Canton.

"Mr. Wu," as he was familiarly called in Washington, where he served two terms as Chinese ambassador, is an interesting personality. He is a most outspoken critic, and has a shrewd way of interviewing his interviewers. A letter I received from him, several years ago, might have been written by a clever American business man. He now resides in Shanghai, and has recently been made foreign minister of the Chinese Republic. While in Washington, Wu was converted to an abstemious, non-flesh dietary by Mrs. Henderson, wife of ex-senator Henderson, author of "The Aristocracy of Health." He gave up, not only alcoholic beverages and flesh foods, but even tea, which he said was the hardest thing for him to abandon. Here are some of Wu's observations on American costumes:

Corsets are immodest as well as unhealthy, and no one should be allowed to wear such things. Tight shoes are also very bad for the health, because they interfere with circulation.

The hat of the American woman is the greatest monstrosity of all. No Chinese woman would be seen wearing such an awful object on her head. Frequently I find it to be a huge structure with a dead bird or some animal stuffed and stuck up on the top of it. Surely there is nothing more ludicrous or more barbarous than this. Chinese women would think it uncivilized. . . .

The Chinese woman in her trousers is comfortable and modest. The baggy garments come clear down to her ankles. Just compare her with the American girl as the two cross the street on a windy, rainy day. The American cannot but be immodest unless she wishes to ruin her skirt, while the other remains completely clothed at all times, no matter how the wind may blow or the rain may pour. Incidentally the Chinese woman is dry and warm, while the American girl's ankles are made wet by her skirts blowing against them, and she runs a great risk of taking a chill.

American men are almost as foolish, because they will wear heavy clothing all day, and then discard it, and dress in light-weight evening clothes with the front all cut away so as to give pneumonia a fine chance to do its deadly work. With this they wear low shoes that leave the ankles bare and unprotected against the cold, and to crown all they put on that most idiotic style of headgear, the silk hat. What earthly use is a hat that stands a foot up from the head, that is hard and uncomfortable, and blows away from the wearer in the least breeze, and is of such delicate material that a rainstorm ruins it at once?

We Chinese may be behind the times in some things, but I don't think we can learn much about proper dress from the Americans. We have more comfort than you do, and our clothes are much more sensible and modest, cooler in summer and warmer in the winter time. . . .

And the personal display at the opera in American cities—it is beyond belief. The women load themselves down with jewels till they look as though they might be models paid to advertise the wares of some great jeweler, rather than leaders of society attending a musical entertainment. Of course, our women like jewelry, but they prefer to treasure it as something to be admired for its own beauty rather than to decorate themselves with it to the point of barbarity. . . .

I don't quite understand why American men will submit to the torture of the high, hard collars, which they button around their necks for formal social occasions, and neither do I see the use of the funny little neckties, like shoe laces, that men so often wear. Also they sometimes wear with what you call "negligee dress," to be comfortable, another sort of high collar turned over and doubled, which makes a thick hot band about the neck in warm

weather, and which is rendered even more oppressive by a strip of silk or satin folded and drawn through it, and then tied in a sort of loose knot so that the long free ends flop in the wind and fly back over the wearer's shoulder. . . .

Wu might have been reminded that the foot wear of upper class Chinese women is, from a hygienic point of view, almost as bad as the high heeled shoe, worn by most American women. It is only fair, however, to note that there is a movement under way, backed by the Chinese government and enlightened public opinion, to abolish the cruel and foolish custom of binding the feet, as opium smoking has been almost abolished.

I said "almost as bad." The Chinese practice is far more disfiguring to the foot, but it is really not so harmful to the whole body as our fashionable high heeled shoes, which have a most injurious effect on the spine, and incidentally, on the eye sight. These shoes furnish plenty of work to osteopaths and chiropractors. Now that American women are becoming enfranchised, they should, as I have heretofore suggested, throw off the tyranny of Fashion. Sensible shoes for women are not easy to get at present, but if the women demand them, there will soon be a supply.

The Chinese costume, male and female, is undoubtedly far more sane and sanitary than ours. They have learned that several thin pieces of clothing are warmer and lighter, and consequently healthier, than a couple of thick heavy pieces. Moreover, in this way, the clothing can be regulated, according to the temperature. The Chinese coolie goes to work, before sunrise, wearing half a dozen blouses. He gradually discards them, as the sun rises, until he works almost naked. Then, as the sun sinks, he gradually puts them on again.

In head and foot wear, the Chinese are particularly ahead of us, especially the latter. Leather is the worst possible material for covering the feet, being warm in summer and cold in winter. The high cost of leather may be a blessing in disguise.

---

### The Double Standard

**S**PEAKERS at the opening session of the Illinois Women's Legislative Congress, in Chicago, condemned, in strong terms, the double moral standard for men and women, because of the injustice to women, in dealing with cases of illegitimate children. Bishop Samuel Fallows said:

The women of Illinois will break the double moral standard for men and women into pieces, with iron blows. There must be a great regeneration of morals on the part of man, before the double moral standard can be eliminated. In Europe, the brand of illegitimacy has been erased, by the exigencies of war. In this country we must remove the stain of dishonor from the innocent ones who have been wronged. We must give the child the right to bear its father's name.

---

Frank Parrott, of Los Angeles, says he can make a bad man good, or a good man bad, by paying good wages and treating him well, or vice versa. A simple prescription, and not a bad one.

---

The trouble of civilization is that we are only civil; we do not love one another. We are too busy.—Manchester City News.

### Corporations With Souls

**I**T is encouraging to note how many corporations are beginning to take an interest in the welfare of their employees. Even from a selfish point of view, this is a wise thing for them to do.

The Pacific Electric Railway Company recently opened a comfortable club house for its employees. Since then, realizing the number of get-rich-quick schemes, having no foundation in merit, it has arranged that all employees can secure information without cost, as to projects presented for their consideration, either as investments or speculations.

The Union Pacific has insured, at its own expense, 40,000 employees, for sums equal to one year's salary, not to exceed \$2500. Medical examination is not required.

As to increase of wages, that should not be regarded as a gratuity, but as a partial adjustment, to meet the increased cost of living. To be perfectly just, wages should be fixed, annually or semi-annually, to meet the cost of the leading necessities of life.

---

### Active Old Men

**G**LADSTONE was eighty-three, when he swept the opposition from Parliament, and became Prime Minister of England.

Alexander von Humboldt worked, with unflagging industry and accuracy, at the completion of his colossal work, the "Kosmos," until he was eighty-nine.

Sir Isaac Newton, at the age of eighty-four, (within three weeks of his death) presided, as usual, at a meeting of the Royal Society in London.

Voltaire produced a new play, "Irene," and received a tremendous ovation, in Paris, at the age of eighty-four.

Benjamin Franklin, in his eighty-fifth year, worked actively and effectively, as president of the first American Society for the abolition of slavery.

Emmanuel Swedenborg toiled at his writings, with inspired zeal, until his seventy-sixth year.

John G. Whittier was eighty-two, when he revised and annotated the Riverside edition of his works.

The great artist, Corot, in his seventy-seventh year, painted two famous pictures for the Paris Salon.

John Wesley was seventy-seven, when he founded the Arminian Magazine, and he remained its active editor until he was eighty-seven.

Titian is said to have labored at his art until he was ninety-eight.—Cleveland Moffett, in McClure's.

---

Is it not possible that we should never fight for the ideas that we so foolishly separate from ourselves, that we should even be ready to subordinate our ideas, just as we should be ready to subordinate ourselves for some unselfish purpose? There is only one effective way of imposing an idea. That is by expressing the idea through living, by making it beautiful in expression.—John D. Barry.

### Muckrakers

**W**E have heard much denouncement of "muckrakers" during the past decade, the word being scornfully applied to those who expose social evils. It is true that the crusade, seized upon by sensational publications, for the sordid purpose of increasing their sales, was for a time overdone. On the other hand, many of the most necessary and desirable reforms, effected of late, are due to the arousing of public opinion by these same "muckrakers."

The name, itself, is misapplied. It is derived from Bunyan's "Pilgrim's Progress." Bunyan writes:

The Interpreter takes them apart again, and has them first into a Room where was a Man that could look no way but downwards, with a Muck-rake in his hand. There stood also one over his head with a Coelestial Crown in his hand, and proffered him that Crown for his Muck-rake; but the man did neither look up, nor regard, but raked to himself the straws, the small sticks and dust of the floor.

Thus, a "muckraker" does not mean a man who exposes evil, but an unfortunate person who, blind to the high and beautiful things of life, devotes his time to the accumulation of dross—a man who esteems property as of more value than human life and happiness.

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### Investing Your Savings

**A**S long ago as August, 1912, I wrote as follows:

Wage earners, and those who receive a fixed salary, are naturally anxious to invest their modest savings where they may have a prospect of receiving good returns. Hence, a great many enterprises that are primarily intended to capture the savings of these people. . . .

The most recent form of advertised investment for savings is the building company. The remarkable success of pioneers in the field has induced the formation of many others. Some of them are founded on a rock, and will endure. Others should be carefully investigated. In such cases remember the old adage: "Let the buyer beware." Good security is more important than large dividends.

Some of my readers wish they had taken my advice.

The interest offered by savings banks looks small, but it is better to have four per cent. and preserve your capital, than to be promised ten per cent. and lose it.

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### When a Woman is Over Thirty

**T**HE best time of life is when a woman is over 30. Better than that, when she is over 40, and yet better at 50, which is my age.

Why don't I say 20 or 25? Because youth is pessimistic. I have lived my life to the fullest, and I know.

When I was 18, I was a pessimist. Now I know. I have had experience, and I am profiting by it. Youth lacks experience. I never had so good a time as I'm having now, all due to the experience I gathered in all these years.—Countess of Warwick.

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There is a principle which is a bar against all information, which is proof against all argument, and which cannot fail to keep a man in everlasting ignorance. That principle is condemnation before investigation.—Herbert Spencer.

## Vampires

**I**N his recently published book, "The Vampire of the Continent," Graf E. zu Reventlow, war critic, Anglophobe and proponent of "frightfulness," paints England in black and red. He leaves the English not a shred of good qualities, impulses or actions:

Her economic policy, her political policy, her wars have invariably had but a single aim: to drain the riches and the life blood of the Continental nations. In order to do this, she has systematically stirred them up against each other.

The translator, George Chatterton-Hill, Ph.D., adds insult to injury. He says: "Physical courage, endurance, organization are not characteristics of the Vampire." This statement would not be indorsed by German troops on the western front.

Reventlow tries to prove too much. According to his story of English duplicity, during the past 350 years, the wily diplomacy of the islanders would have caused Macchiavelli to have blushed with discomfiture.

All of the great nations have been vampires, at some periods of their history, some of them most of the time. This is because their destinies have been controlled by a few men, with the morals of pickpockets and the souls of hucksters, men who have regarded the people as pawns on a chess board.

As to colonial aggrandizement, until quite recently all world powers have acquired their colonial possessions by robbery and force of arms. In treatment of the conquered, England compares favorably with Spain in Mexico and South America or Germany in East Africa, or with the United States, in its dealings with the original occupants of this country. The way in which English colonials have rushed to the assistance of the Mother Country affords ample proof of this.

Following dignified and truthful words are from a remarkable document by Arthur Ponsonby, M.P. It was written just before the issue of the German peace note:

The war for liberty and justice has yet to come. It will be the war of united democracy against the stale traditions of discredited governments—not a war of people against peoples. It will be a war against bad conditions, against poverty, misery and ignorance. The real enemy is established inside every country. It is the spirit of tyranny, greed, materialism, intolerance and militarism. It is the unfair distribution of wealth, the neglect of education, the idolization of riches. The victims of that enemy are to be found in slums, in workhouses, in asylums and in prisons. Why not make ready to fight that enemy instead of wasting life and treasure in the slaughtering of men who are as anxious as you are to turn their attention to the real evils that surround them?

The longer you continue this European conflict, the outcome of diplomatic intrigue and the product of the reckless ambition of government, the longer will the real war be delayed.

If so you must prevent the intrigues of diplomacy and the entanglements of secret engagements, you must avoid a settlement based on a renewed competition in armaments, you must nationalize the manufacture of armaments, you must control foreign policy through Parliament, you must defeat the attempts to institute an embittering economic war which must make peace impossible, and you must demand the right of every people with national ideals of its own to develop these ideals unhampered and unthreatened.

If you want to prevent this fearful calamity from happening again you

must substitute co-operation for rivalry among the nations, the harmony of an international council for the conflict of international armaments.

Here is a statement by another noble, broad-minded English man, Hon. Bertrand Russell:

It is necessary to alter men's conceptions of "glory" and "patriotism." Beginning in childhood, with the school text-books of history, and continuing in the press and in common talk, men are taught that the essence of "glory" is successful robbery and slaughter. The most "glorious" nation is the one which kills the greatest numbers of foreigners, and seizes the greatest extent of foreign territory. The most "patriotic" citizen is the one who most strongly opposes any attempt at justice or mercy, in his country's dealings with other countries, and who is least able to conceive of mankind as all one family, struggling painfully from a condition of universal strife toward a society where love of one's neighbor is no longer thought a crime. The division of the world into nations is a fact which must be accepted, but there is no reason to accept the narrow nationalism which envies the prosperity of others, and imagines it a hindrance to our own progress.

If a better and saner world is to grow out of the horror of futile carnage, men must learn to find their nation's glory in the victory of reason over brute instincts, and to feel the true patriotism which demands that our country should deserve admiration, rather than extort fear. If this lesson can be taught to all, beginning with the children in the schools, we may hope for a lasting peace, and the machinery for securing it will grow out of the universal desire. So long as hate, and fear, and pride, are praised and encouraged, war can never become an impossibility. But there is now, if men have the courage to use it, an awakening of heart and mind such as the world has never known before. Men see that war is wicked and that war is foolish. If the statesmen will play their part, by showing that war is not inevitable, there is hope that our children may live in a happier world, and look back upon us with the wondering pity of a wiser age.

A great majority of the people of all countries are well-meaning. Perhaps, some day they may depose their self-appointed misleaders, whose object is to keep the nations from understanding each other. Then wars will cease, or become rare.

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### Pleasures of Temperance

**L**OUIS CORNARO, in his later years, became one of the most temperate of men. His daily consumption of food amounted to only twelve ounces. And that was not water-free food, for in those days they knew no such way of reckoning food values. It included even soup. Therefore, his daily consumption of water-free food was only about half as much as that taken by the average man at one moderate meal. He also consumed a pint of light wine, which he called the "milk of old age." Following extract is from a little treatise entitled "Strength and Diet":

Louis Cornaro changed all his habits at 40, and his health became so perfect that for half a century thereafter he never was ill. When past 90, in deference to his friends he increased his food to fourteen ounces, with bad results. He then further diminished his allowance. At 95 he described his life as one of great serenity and enjoyment. He wrote plays and assisted in public works in Venice. "I find myself," he wrote, "as healthy, merry and happy as if I were but 25." All his faculties were in excellent condition. He wrote seven or eight hours a day, walked, sang and played delightfully at the age of 100.

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A man will lay down his head, or peril his life, for his honor, but let us be shy how we ask him to give up his ease or his heart's desire. Very few of us can bear that trial.—Thackeray.

### A Real Democracy

**O**N the first of January, Edmund Schulthes took office as the new president of Switzerland. There are thousands of educated Swiss who, at any time—except perhaps, when the election is mentioned in the papers—could not tell you the name of the president of their country. He is not elected by the people, but by the Federal Council, and has no power, beyond casting a deciding vote, when there is a tie in the legislature. His salary is much less than that of our Congressmen.

Switzerland is an ideal democracy, where there are few very rich and none very poor. For over 500 years it has maintained its independence, in the center of a war-cursed continent. The Swiss government is a model for free countries. Its citizen army is the cheapest and most effective of its size in the world. Switzerland, though composed of people of varying sympathies, who speak German, French and Italian, has preserved a strict neutrality, and while it is hard pressed economically, has won the admiration of the world, by its humanitarian work for the contending soldiers.

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### Is It Worth While

**I**T takes about six months to learn stenography. It requires a long apprenticeship to become a first-class blacksmith, or horseshoer. To obtain the rudiments of a physician's art, it is necessary to spend four to six years in college. To learn a language, takes an apt pupil at least a year. A lawyer must study from two to four years, to become a novice. A business man must work many years, before he is an expert in his line. Not one of these attainments is worth as much as good health, yet an individual of average intelligence can obtain enough knowledge about right living, during his spare time, in from two to six months, to assure him of good health, if he lives as well as he knows how.

Is it worth while? It certainly is, for it is one of the essentials of life. Health will increase one's earning capacity and productivity, and more than double both the pleasure and the duration of life.  
—R. L. Alsaker, M. D.

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### Humanitarianism in Mexico

**A**MONG other excellent laws put in force by Governor Alvarado, of the State of Yucatan, Mexico, are two labor laws, concerning women workers who are mothers, or are about to become mothers. Thirty days before the birth of a child, and thirty days following, it is forbidden that women should work. They must receive their complete salary during this time, and their positions must be reserved for them. Again, in establishments where women who are mothers are employed there must be a special floor, in a state of perfect sanitation, in which they may go to nourish their babies.

## "Sport"

**A** BILL will go before the California Legislature, prohibiting persons under 16 years of age from procuring hunting licenses. It should become a law, although the age might be made higher.

Here is a boy's account of an afternoon raid on goats, almost as tame as sheep, on Catalina Island, off the coast of Los Angeles county. It is from the "Islander," a weekly paper, published at Avalon, on the island:

We were about half way up the peak when we saw a billy-goat, eating. William fired at it, but missed. He fired again, and hit it in the side. He fired four more shots before he killed it. Then we went down and William tried to cut off its whiskers; but the knife was not sharp enough, so he threw the goat under a bush and we started on.

We got about a quarter of a mile up the hill when we saw some more goats, on the opposite hill. William fired about ten shots at them, but missed every time.

So we went on up the hill, and reached the top, without seeing any more goats. We turned to the right and saw another herd of goats. William shot and hit one in the hind leg and broke it. So we followed them down a hill and separated a goat with two little kids from the herd.

We got about half way down the hill when William fell into the cactus and we had to stop to pull the cactus out. We started again, and William fired and hit the goat in the side. The mother was giving out, so she hid one of her kids behind a rock. We tried to catch it, but it joined another herd which we could not follow because they went up too steep a cliff.

We then turned back and started to follow the mother, but we lost her too. We went on a little farther and saw two goats on the opposite side. So we sat down and shot two boxes of bullets at them trying to knock them off the cliff.

We next went back up the canyon and we began to get thirsty, but we did not have any water with us. A little farther up we found some water. We drank as much as we wanted and started on again.

We got to the top without seeing any more goats. On the way down we saw many more goats, but could not kill them because we did not have any more bullets. We got some more water at the barn and went home.

This is humane training for the young, is it not? But then, the boys were only imitating the example set for them by many of their elders, whose only idea of sport is killing and maiming, no matter what suffering it may involve. Familiarity with this sort of thing naturally leads to a contempt for human life. Those who do such things should fall off a cliff, and break a leg, and lie in feverish agony for days before merciful death ends their sufferings. It would be but a righteous punishment.

Apart from the question of cruelty the killing and maiming of inoffensive animals for "sport" is unworthy of intelligent human beings. Why not go to the stockyards?

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As I look upon so much that I know of human history, I have to record the judgment that force has never accomplished anything that was permanent.—Napoleon Bonaparte.

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There is nothing we fear more than the truth. We dread it with all our puny souls. We will gladly pay to be deceived. Millions for deception, but not one cent for truth.—Alma Whitaker, in Los Angeles Times.

## Diet and Crime

**O**CCASIONALLY we see in the papers reports that boys of ten, twelve, or fourteen years of age have killed someone. It is said they get their suggestions at the picture shows. The picture show is not to blame for it; for such crimes were known in the days when there were no picture shows. It is impossible to make parents and courts of justice understand that the boy who commits a crime has toxins turned loose in his system from wrong combinations of food, or from indigestion caused by a temporary enervated state, which for the time being generated within him a desire to slay. He did not have a moral control great enough to check him. After it is over, the shock may bring reaction and other things to his mind; and he may wonder why he did it. He will tell that he does not know why. Those who do not know will say there was a motive—that he did have some reason for it. But he did not have a reason for it; and neither did the nine hundred and ninety-nine out of every thousand who have murdered have a reason for their act. We certainly would not hold an epileptic responsible for his convulsions! Then, why hold one responsible for other brainstorms?

What kind of justice can a judge mete out who goes to the court-room from a breakfast that brings on indigestion, and sets up a toxic state in the system? Is he capable of rendering just judgments? And are such men the proper persons to pass judgment on those who are off in their heads from autotoxemia? What can punishment do? Proper knowledge can help society much—but not such knowledge and understanding as we have today.—J. H. Tilden, M. D.

## All in Vain

**I**T can be safely said that every great government in Europe is now anxiously planning to save itself from its own people.

Every Foreign Office in Europe is about in the condition of the mind of a man who is on the way home and is trying to compose a speech that will make his wife receive with kindness, the fact that he has just lost the week's salary at poker.

Not being insane, both of the alliances now see that a final and real victory for either side has become impossible.

They must tell the people that all the sacrifices, all the deaths, all the maimed bodies, all the sightless eyes, all the sorrow-stricken homes have been in vain. And the telling requires time and tact.—Harry Carr, in Los Angeles Times.

That is why secret diplomacy must go.

The weak worry so much about the future that they never get a foothold in the present. One cannot do efficient work, if his mind is filled with fear pictures of what may happen a year or two years from now. A mind filled with mental images is asleep to present opportunities.—Wm. E. Towne.

## A Hotel for Hobos

THE prosperity with which the Atlantic Coast is swamped is slow in slopping over into the Pacific. While, in the East, labor is at a premium, there are many idle men in California—and probably always will be. Our fine climate attracts the poor as well as the rich. Our “boom” publications fail to emphasize the fact that a man who comes to California should have enough to keep him for a year, unless he has a job staked out.

It was estimated, a couple of weeks ago, that an average of two hundred men applied to the city jail for lodgings, every night. Criminals do not apply to a jail for lodging—especially if they know what the Los Angeles jail is like. In addition, many sleep in box cars, and other places. California nights are too cool for sleeping out of doors without a covering, especially in winter, when it often rains.

In order to meet, to some extent, this condition of affairs, one of a chain of hotels for the unemployed is to be opened in Los Angeles by Jack Retlaw, “hobo cartoonist.” For the benefit of those who do not know, it should be explained that a “hobo” is a man who is willing to accept work, but cannot get it, in distinction to the professional tramp, who can often get work, but won’t accept it. These establishments—inelegantly called “De Gink” hotels—are usually old buildings, fitted up by the men themselves, who are also required to keep the places in sanitary condition, furnish their own cooks, helpers, etc., no one connected with the hotel receiving a salary. Every effort is made to get the men work, and those who will not work are barred out. The hotels are largely supported by donations of food and clothing from the public.

This a worthy enterprise and should be encouraged. It is not a pleasant thing to be hungry and jobless. Yet, in this country, such people are often treated as criminals. Sometimes they are the prey of country constables, who arrest them for the sake of a fee. In European countries their position is recognized, and they are provided for by law. Even from a selfish point of view, society should see that these men are not forced into the ranks of professional tramps, or criminals, to become a burden on society. The Scriptural saying “If a man will not work, neither shall he eat” presupposes that a man can get work.

A chain is only as strong as its weakest link, and a community that contains many hungry, jobless men, is not on a sound foundation, however big the bank clearings may be.

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Not a little of contemporary journalism is summed up in the saying of a news editor, vouched for by the journal issued by the state of Washington school of journalism: “Give me men who write live heads, and I care not if the janitor writes the news.”—Christian Science Monitor.

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America is in danger of getting too much prosperity and of developing a gross materialism.—John Grier Hibben, president of Princeton University.

### Courtesy

**S**OME men, in their anxiety to assert their independence, become boorish. A tactful lesson in courtesy was given by Charles II of England, to that good Quaker, Penn, at Whitehall, when the latter visited the English King to ask for a charter. Penn came to his first audience with his hat, on the principle of unconvencion and equality, firmly fixed upon his brows. Presently the King, having moved apart from the attendants, in his gleaming dress, slowly and ceremoniously bared his head. Penn interrupted his own plea, "Friend Charles, why hast thou taken off thy hat?" "Because it has so long been the custom here," said the other, with that peculiar lenient smile of his, "for but one person to remain covered at a time."

Courtesy is not only pleasant, but profitable. I often walk two or three blocks out of my way, to a store where I know I shall have a smile and a welcome, thrown in free with my purchase. I do not expect those who serve me in a store to cringe, and fawn and flatter. On the other hand, I do not expect them to greet me grudgingly, and to treat me as if I was somewhat of a nuisance, in disturbing their meditations, or conversation. The value of courtesy is now beginning to be recognized by large employers of men who come in contact with the public.

Angus Templeton, of the Detroit Y.M.C.A., recently touched, as follows, on a phase of female courtesy:

If some women would unbridle their tongues enough to say, "Thank you," and if they would add to that bare acknowledgment of this courtesy a pleasant smile, men would be more ready to exchange their seats for a strap. But as long as the men who ride in seats while women stand holding straps know that the chances are about even that they won't even get a "Thank you" for the petty sacrifice, there are not many of them who will make it.

### The Children's Bedtime

**M**OTHERS, so weary, discouraged; worn out with the cares of the day; you often grow cross and impatient; you complain of the noise and the play; for the day brings so many vexations, so many things going amiss; but, mothers, whatever may vex you, send the children to bed with a kiss.

The dear little feet wander often, perhaps, from the pathway of right; the dear little hands find new mischief, to try you, from morning until night; but think of the desolate mothers, who would give all the world for your bliss; and as thanks for your infinite blessings, send the children to bed with a kiss.

For some day their noise will not vex you; the silence will hurt you far more; you will long for the sweet children's voices, for a sweet childish face at the door; and to press a child's face to your bosom—you'd give all the world, just for this;—for the comfort t'will bring you in sorrow, send the children to bed with a kiss.—Selected.

The man who works seven days a week, and who thus becomes so absorbed in himself and his work that he can talk nothing but "shop," is a "superbore."—Judge Alton B. Parker.

## Briefs

There are said to be 60,000 drug users in Massachusetts.

California is more than three times as large as England.

The United States is threatened with a meat famine. Good.

One hundred persons are killed, monthly, in California, by automobiles.

Seventy Los Angeles manufacturers voluntarily granted an eight-hour day.

Before the war, the Australian Commonwealth had no debt. Now it owes \$700,000,000.

On New Year's Day, in Los Angeles, Charles R. Post, 90, married Nellie J. Moore, 55.

In Holland an amendment to the constitution is being considered that will permit woman suffrage.

Another project to grow tea in California is attributed to Lipton. The climate is too dry for tea culture.

The Los Angeles death rate, of  $12\frac{1}{2}$  per thousand, is lower than that of any other large city in the United States.

The Argentine Republic has closed its ports to immigrants who are diseased, unfit for work, or likely to be public charges.

Ex-Mayor Sebastian, of Los Angeles, is now "director of cuisine," and his wife "matron of honor," in a local penny dance hall.

Military authorities have forbidden Munich cafes to serve more than one pint of beer with lunch, and three pints with dinner.

A Los Angeles woman, fearing to venture alone into the Beyond, poisoned her cat and herself. The cat died, but the woman lived.

Women, mostly Jewish and Italian, on the East Side, New York, have resolved to have no more children until the cost of living is reduced.

The lessee of a Brooklyn, N. Y., theater was fined \$250, for excluding a sailor in uniform. We urge men to enlist in the army and navy, and then treat them like dogs.

Senator Lyon, of Los Angeles, introduced a bill in the California legislature, extending the eight hour law for women to employees of real estate, law, dental offices, and drug stores.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, FEBRUARY, 1917

No. 9

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## Brain and Brawn

**O**WING to the greatly increased cost of paper and other materials, several national magazines have increased their price, and others have suspended.

Although I am not a "malefactor of great wealth," I do not expect to raise the price of BRAIN AND BRAWN, but I ask subscribers to do what they can to help us meet the extra expense, by renewing promptly, and sending in subscriptions for friends. Six subscriptions for five dollars. A blank is inclosed in this number.

If you appreciate the good the magazine is doing, as so many of you have assured me, I am confident that you will not refuse this request.

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## Physical Training

**M**ANY object, with some reason, to compulsory military training. No reasonable person will object to compulsory physical training. It is more important to develop a sound body, than to fill the brain with knowledge that is not wisdom, and often of little use, in after life.

In the 12,000 schools of New York State a minimum of twenty minutes of physical training each day is now compulsory. All States should follow this good example.

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Thirty years ago, in Arizona, Indian outbreaks were engineered or exaggerated, for the profitable trade of army posts. Similar bad work is being done today, on both sides of the Mexican border.

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If there is to be a shortage of wheat in the United States, why not begin to use whole wheat, instead of discarding the most valuable part of the grain?

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There are several practical arguments in favor of the division of the State of California, and only one sentimental argument against it.

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So long as there are poor and hungry, the destruction of perishable food, to keep up the price, is a crime.

## Idle Men and Idle Money

THE banks are bursting with idle money. Just now, there is plenty of employment, but after the war there will probably be a great many idle men.

Ex-State Senator Bulla, of Los Angeles, suggests that the United States Government should issue bonds for a billion dollars, and employ men for constructive work, as irrigating arid lands, reclaiming swamp lands, planting forests, and building roads.

A good suggestion. Hungry men are a danger to the community. In this way, they could be made an asset, instead of a liability.

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## Farmers in Politics

THE National Non-partisan Farmers' League, which swept North Dakota, in the Presidential election, is now organizing in other States. Parties based on occupations are illogical, and might lead to absurd developments. However, the farmers have been the "goats" of the politicians long enough, and I wish them success in their latest effort. Farming is the only altogether necessary occupation, yet the farmer is the least considered, except at election time.

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## Health Insurance

COMPULSORY "health insurance" is now advocated by the political doctors. It would afford jobs to many impecunious physicians.

The only way to insure health is to teach the people how to live. That, however, would be too simple.

If we are to have compulsory "health insurance," those insured should be permitted to choose their own school of treatment. To make people pay for a treatment in which they do not believe—and perhaps regard as injurious—would be worse than to make them support a church whose doctrines they believe to be false.

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Wilson is criticized by England and by Germany. Fairly good evidence that he is neutral.

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The fact that a prize fighter or a nation is losing gives neither a right to hit below the belt.

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Free, non-sectarian schools are recommended for Mexico, by a committee, including Prof. David Starr Jordan and Dr. Norman Bridge, of California. After peace, that is what Mexico most needs.

## Queer Temperance

SATAN must smile when he sees people hold up their hands in horror at those who make temperate use of light wine and beer, while they themselves eat to repletion, three times a day, get ptomaine poisoning from church chicken dinners, use stimulants, in the shape of coffee, tea, and patent medicines, containing three times as much alcohol as claret, and ten times as much as beer, and turn their stomachs into fermenting vats and alcohol distilleries, by eating freely of cakes and candy.

Surely "temperance," like "love," is a much abused word.

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### Out Where the West Begins

**O**UT where the clasp of a hand is stronger,  
 Out where the genial smile dwells longer,  
 That's where the West begins.

Out where the sun is always brighter,  
 Out where the winter snows seem whiter,  
 Where the carking cares of life are lighter,  
 That's where the West begins.

Out where the skies are clear and blue;  
 Where a friend is a man who is always true;  
 That's where the West begins.  
 Out where a fresher breeze is blowing,  
 Where laughter in every streamlet's flowing,  
 Where there's more of reaping and less of sowing;  
 That's where the West begins.

Out where the world is in the making,  
 Where fewer hearts in despair are aching,  
 That's where the West begins.  
 Where there's more of singing and less of sighing,  
 Where there's more of giving and less of buying,  
 Where a man makes friends without half trying;  
 That's where the West begins.—Unidentified.

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Why not prepare for economic peace, to follow this war of militarism?

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We shall never have first class drama and literature, until theaters and magazines are subsidized, as hospitals and colleges now are.

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A church has no more right than a man to run into debt for luxuries, and then to expect sympathy, when it gets into a hole. Churches should set an example in thrift.

## Brooklets

Perseverance is a good substitute for talent.

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Innocence is a plant that dies soon after birth.

\* \* \*

Both ink and blood are too freely spilled, nowadays.

\* \* \*

If you are amiable before breakfast, you are all right.

\* \* \*

Luxuries of the last generation are the necessities of today.

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It is unwise to do wrong, unless you can afford to hire an able lawyer.

\* \* \*

Many are incorruptible, because they haven't been tempted enough.

\* \* \*

A jitney is often like a man who is too full, and unsteady in his movements.

\* \* \*

A magazine is a deposit for powder. Also for poetry, and other inflammatory things.

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You may easily get credit for intellect, by keeping your mouth shut, and looking wise.

\* \* \*

A movie poster reads "A woman's soul laid bare. See and enjoy it." Indecent exposure.

\* \* \*

When English tea and German beer give out the end of the war will be measurably nearer.

\* \* \*

To some unfortunate children, papa is a gentleman who comes home late, and quarrels with mamma.

\* \* \*

Through language, you hear what people say. To know what they mean, you must look into their eyes.

\* \* \*

This month I saw, on the news stands, five magazines—exclusive of BRAIN AND BRAWN—without a girl on the cover.

\* \* \*

Office workers are often useful, as well as hand workers, but they are not indispensable, so don't get puffed up.

## Care of the Body

### Hunger a Guide; Appetite a Delusion

**U**NTIL you cut out yielding to your Appetite, you have not taken the first step toward perfect health, and until you have lost the desires of Appetite you have no place among the ranks of Masters. It will not be very long after you stop yielding to it before you will find that Appetite has disappeared, because it is a giant that can only grow upon what you feed it.

The man who will be well will never eat or drink because of Appetite.

I would like you to take a pencil and paper and print that sentence in large letters, and paste it on your mirror, where you stand when you shave or put in your hair pins—whichever it happens to be—and where you will be sure to read it every morning. Then it will be an easy matter to make the mental resolve—"This day I will not yield to my Appetite."

It is within your power to eat just about what you want to. It is entirely a matter of choice as to what and when you drink. Have you in the past made these decisions, or have you left it all to Appetite? Answer like a little man! Just try to be honest with yourself. You may lie to me, cheat your neighbor, buy votes, bribe the jury, give short weights, but you never can quite pull the wool over your own eyes. If your choice of food is dependent upon Appetite, your food supply is wrong and disease is just around the corner, or already present.

A vast range of mountains separates Hunger from Appetite. When the normal cry for more food arises there is Hunger and nothing else. When you have "gnawings in your stomach," faintness,—“that all-gone feeling,” and “I-can’t-wait-another-minute,” you are not hungry, but are being punished by Appetite, to which you have become a slave.

Again, when you are hungry you are ready for any simple, natural and wholesome food. Your mouth is filled with saliva at the very thought of bread and honey. Everything is fine that you eat, and digestion and assimilation is prompt and thorough. You get the good from your food, because prior to your meal your body has got ready for food. Afterwards you have a general good feeling, you take up the work of pen or plow with zeal and can appreciate the fact that it is a real joy to be alive.

Without being gourmands we can enjoy the good things of the table, if we wait until Hunger takes us by the hand and leads us. If we have to wait one hour or twelve we do not “fly all to pieces.” If we are no longer ruled by Appetite we simply grow more and more hungry.—Good Health Clinic.

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An alcohol drunkard can be cured more easily than a food drunkard.—J. H. Tilden, M. D.

## Cane Sugar and Alcohol

**F**OLLOWING is from the "Medical World":

If any one doubts that candy will cure him of the drink habit, he can easily test it.

The man who puts lots of molasses on his wheat cakes at breakfast will find himself gradually forgetting to step in for his customary drink, on his way to his work. If the man who "goes out" between times for liquid refreshments will go into a candy store instead, and get 5 or 10 cents' worth of candy and eat it, he will be surprised at the effect, for it will not be very long until he will have a box of candy in his pocket or desk. It has often been noted that, in theaters where candy is sold during the intermissions, "going out to see a man" does not prevail to anything like the extent it does in other theaters where no candy selling is permitted. Not one man in a hundred knows why he forgot to "go out to see a man" after he had bought a box of candy for his companion and eaten a little of it himself for politeness' sake.

The explanation of this is easy. As I showed in my article on alcohol, in the October number, cane sugar, when mixed in the stomach with other foods, or the remains of foods, causes fermentation, and the production of alcohol, turning thousands of prohibitionists into perambulating distilleries. Especially is this true when the sugar is mixed with starch, as in mushes, or cakes. A liberal portion of these foods produces more alcohol in the stomach than a drink of whisky.

To quote Axel Emil Gibson, M.D.: "Candy eating is practically a subjective and disguised form of alcoholic inebriety."

It is more wholesome to take a little alcohol from the outside, than to turn your stomach into a still.

## Dangerous Gas Heaters

**D**EATHS from instantaneous gas heaters, in bath rooms, are frequently mentioned in the papers. One of the latest victims is Dr. Emil O. Bramer, a nature cure physician, formerly of Los Angeles, later of Santa Cruz county, who died in San Francisco, from this cause, on January 13. The coroner said that this was the third death from the same cause, in San Francisco, in one month. He also called attention to the fact that it was contrary to the health ordinances of the city to install heaters of this kind unless vents are provided to carry off the poisonous fumes.

Petroleum and gas stoves without vents in rooms are also poisonous, although they do seldom kill, because the room is too large, and there is always a way for a little of the gas to escape. However, two weeks ago, in Los Angeles, a child died from the effects of carbon monoxide gas, formed when illuminating gas is incompletely burned, and a woman died in bed from the same cause. The open fire place is the most healthful means of heating a room. Next to that a furnace, or a stove with a flue.

Dr. Robert Bell, eminent in the medical profession, and a specialist in cancer during the past forty years, declares, as his firm belief, that the debasing influence of vaccination upon the system causes a tendency to cancer from any chance wound, bruise or local inflammation.

### Killing Children With Mistaken Kindness

**A**N appalling number of "civilized" children die in infancy, and as many more in early childhood. At least ninety per cent. of these deaths are due to wrong feeding. So-called "children's diseases," regarded as inevitable, but entirely unnecessary, are directly due to this cause. Children of the rich have less chance of living than those of the poor, for the former are over-fed with rich foods. Mistaken kindness kills far more than neglect.

Following is a sensible article on this subject, in the Syracuse, N. Y., Post-Standard, by G. G. Porter, of the Porter-Cable Machine Company, of that city:

What strange ways people have, nowadays, of showing their love for their children. If parents do not love their children, and want to get rid of them, why not give them a box of matches, a loaded revolver, or a bottle of poison to play with, instead of feeding them slow poison, in the shape of candy, cake, cookies, ice cream and soda fountain slop? Of course, these last named seemingly harmless foods and drinks will do the trick all right, but it will take longer and will usually prove much more expensive and troublesome, as there will probably be one or more sick spells, a large doctor's bill, and possibly a few operations for enlarged tonsils, adenoids, etc., which are rather disagreeable, take a lot of time and cost much money. If the children should happen to set themselves on fire, shoot themselves, or take a dose of poison, it would probably be all over within a few minutes, and the only expense attached to it would be for the funeral.

Ah! but most people love their children, and would not part with them for anything in the world. Then why, in the name of common sense, don't they wake up, and study into this thing a little for themselves? There is no excuse, nowadays, for the appalling ignorance on the part of parents, in regard to the proper care of their children.

It looks to me like a strange way of showing our love for the children, to let them have slow poisons to eat and drink, just because they like them and want them.

There are hundreds of children in this city who go around all day long with a cookie, a piece of cake, or candy in their hands, and have numerous pennies to spend for ice cream and soda fountain slop. Then their parents wonder where they catch colds, measles, scarlet fever, diphtheria, pneumonia, infantile paralysis, etc., and why they have pimples and skin eruptions, enlarged tonsils and glands and adenoids.

I say emphatically to the parents of Syracuse that if they would feed their children from the cradle on natural, plain, wholesome, nourishing food, and not let them have meat—often diseased—granulated sugar, or manufactured sweets in any form, fine white flour products, condiments, or other unnatural and debased so-called food products, their children would never have a day's sickness, poor teeth or any unnatural glandular enlargement or growth. It is a positive fact that any child that has enlarged tonsils or adenoids can be cured, in time, by putting it on a natural diet, such as the good Lord intended for them when He created them, and by adopting other natural and hygienic measures. I have absolutely proved this, with my own child. Is not this better than an expensive and dangerous operation, which only removes the effect, and in no way removes the cause? There must be a cause for all these things. What is it? Remove the cause, and the effects will surely disappear.

True, the child needs and craves something sweet. We all do, and it is natural that we should, but we should only take into our systems natural sweets, such as unsulphured figs, dates, raisins, sweet prunes, honey, carobs, etc. These foods, eaten at meal time, are nourishing and wholesome and satisfy the natural desire for sweets.

Granulated sugar, or manufactured sweets of any kind, should never be consumed. Parents who truly love their children, and want them to grow up into strong, healthy and useful men and women, should take the candy and

such stuff and throw it in the garbage can. Why make the holidays a time for the wholesale poisoning of innocent children?

Our stomachs were intended to receive food, not to be a receptacle for a lot of slop and junk, which is chiefly made to tickle the palate, and satisfy a perverted appetite.

Children should not be fed soft and mushy foods, but should be taught to use their teeth, and thoroughly chew everything eaten, especially starchy foods.

Children should never be allowed to have anything to eat or drink between meals, except water. It is a positive fact that children properly fed on natural food, at meal times, will never get hungry, or crave anything to eat between meals. They can even miss a meal, occasionally, without discomfort or inconvenience. It is the child who is fed on unwholesome food and drink, the child with a sick stomach, that has to have something between meals.

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### Lost Vitality

**I**N her book "Drugless Medicine" Dr. Susanna Dodds says: "Vitality, once lost, can never be regained."

This is wrong. "Vita" means life. Life is never entirely lost, until a person is dead. Until then, there always is a smoulder of life present. It may be fanned to a flame, not by "tonics," or other whips and spurs, that cause false and temporary stimulation, only to let the flame die out entirely, but by patient persistence for years in conforming with the laws of health, so as to give Nature a chance to renew vitality, a task in which she is always engaged, and would more often succeed, were it not for the interference of wrong living and "medical science."

Every ounce of surplus food, every dose of medicine, every injection of serum, diminishes vitality.

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### Signs of Wrong Eating

**I**MPERFECT digestion and malassimilation, or cell-starvation, are proclaimed whenever there is a red nose; puffed skin under the eyes; rough, muddy, or pimply skin; chapped lips; eyes glued together in the morning, after the night's sleep; coating or raw tongue; tender gums; ulcers anywhere in the mouth; bad teeth; a bad breath; a gnawing at the stomach; abnormal craving for food or drink; poor eyesight; deafness; peevishness, general bad temper and unreasonableness.

The more often one eats, the more cooked food one eats, and the greater variety of food one eats, whether it be cooked or uncooked, the more these signs will be in evidence, and the less charm and magnetism will their owner have, and the greater will be his chances for failure in whatever he undertakes to accomplish. And, as time goes by, he will undertake less and less, and become more and more inefficient—Viola Mizell Kimmel.

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Eczema is a sort of catarrh of the skin, and is almost invariably an indication of chronic intestinal auto-intoxication. Constipation, coated tongue and other symptoms of auto-intoxication are almost always found where eczema exists. An antitoxic diet should be adopted by the patient.—Good Health.

### Stomach Poisoning

**I**N the January issue of your invaluable magazine I note your quotation from Dr. Kellogg's "Good Health," on ptomaine poisoning and your own wise remarks following it. It seems that even Dr. Kellogg, like most doctors, still keeps hold "of the wrong end of the stick" in the matter of "germs": He writes of "the action of putrefactive germs upon undigested meat, retained too long in the colon." If meat, or any other substance, is not digested, it inevitably putrefies, and it is the putrescence that produces the microbes, not the microbes or bacilli that cause the putrescence. According to my view, the bacilli found associated with any disease are nature's filth scavengers, and her aids in cure. No one regards the worms in a garbage bucket as the cause of the putrescence which has produced them, and on which they subsist.

The absorption of putrescence into the blood means ptomaine poisoning—the auto-toxemia, so much talked about, and so little understood. Ice cream is a stomach-chilling slug, which prevents the digestion of any food that has been taken. The stomach should be kept at normal temperature. Then, if the food is wholesome and not in excess, the eater not tired or going to get tired directly after the meal, there will be no indigestion, to be followed by ptomaine poisoning.

With respect to the "germ theory" as at present almost universally misinterpreted, if it were at all correct, the race would have been stricken from the face of the earth many generations ago. In fact, it would never have acquired a foot-hold!

CHARLES E. PAGE, M.D.

Boston, January, 1917.

### Heavy Weight Lifting

**T**HE practice of heavy weight lifting tends to soothe the nerves and counteract over-irritability of the nerve centers. Light, fast, rhythmic movements are decidedly not indicated in most cases of nervous, tired, business men. These use up much energy, wear out the joints and still further irritate nerves that are already in a state of hyper-irritation. Weight lifting exercises, with weights suited to his strength, are the best for the average indoor man.—Al Treloar, Physical Director, Los Angeles Athletic Club.

People exercise great care in selecting material from which to construct their houses; but when it comes to selecting the material out of which the body is made, material that shapes to such a large degree their sympathies, emotions and morals—they exercise absolutely no choice—manifest no interest. All this is left to an ignorant chef, a negro or Chinese cook.—Weinburgh in "Perfect Health."

You frequently complain that "foods do not agree with my stomach" when the fact is that the different foods do not agree with each other.—Good Health Clinic.

## Experiments With Meals

**F**OLLOWING, from the Critic and Guide, describes how a man named Eubanks experimented, to find out how many meals he should eat daily:

I had been eating three ordinary meals of mixed foods, felt fine and strong from regular exercise and clean living; but wished to add to my knowledge of therapeutic measures. I started out to follow the no-breakfast plan, eating my main meal at noon and making supper rather light. My weight was 151 pounds at the beginning. In eight weeks it had gone down to 144, and I was not as strong in any way as I had been. But my skin was especially fine and my eyes remarkably bright.

Next I adopted the four meal plan, taking the last one just before retiring, generally about 10 o'clock. I ate very heartily, encouraging my appetite in every possible way. Results were very surprising. In eight weeks I weighed 156 and found myself stronger than ever before. But my skin seemed muddy and hosts of pimples were appearing on my back and shoulders. My eyes—always my weak point—were dull, and not nearly so strong as they had been on the lighter diet.

I stuck to this plan for another month, eating very heartily; for I desired to retain the new muscle and strength, if I could with safety. My weight remained at 156, but my wind and energy fell below their usual mark. The pimples increased alarmingly, and I was forced to regular use of enemas. Indigestion now took a part in the game and I began to lose my strength, though I retained my weight. Having gone far enough with this, I cleaned my system with a few days of extremely light eating, then resumed my old plan of three meals, two light and one heavy. In four weeks I was in the same excellent condition as before the experiment, and weighed 151 again. This is the proper weight for my height.

I learned a great deal. The importance of pure blood was shown decisively. The skin eruptions and occasional rheumatic pains in the shoulders and knees, together with catarrhal discharge, proved the presence of impurities. The ultimate decrease of energy showed that the nerves were being poisoned—doped, we might say. The rapid disappearance of these symptoms, when I took up light eating, convinced me forever that gorging will not do, for the would-be efficient. Another thing this experiment showed was the advisability of eating abstemiously for a time, as the first step toward an increase of weight.

My experience, in giving dietetic advice, to thousands of consultants, during the past twenty years, shows that, as a rule, they derive the greatest advantage from two meals a day, omitting breakfast. Mr. Eubanks's experiment, lasting only eight weeks, was not sufficient to prove or disprove the advantage or disadvantage of such a course. He admits that while he was following the no breakfast plan his skin was exceptionally fine, and his eyes remarkably bright. However, on the three meal a day plan, two of his meals were light ones.

Breakfast, if taken at all, should be merely a nominal meal. It depends largely on the time when a man rises. For instance, if a man gets up at five, and breakfasts at nine, it is the same as if he rises at eight and breakfasts as noon. Two "square" meals a day are enough for anybody, doing the hardest kind of work.

It is of much importance to give the stomach a good rest between meals. Thus, if a late breakfast is eaten, nothing should be taken until the evening meal. This method is of special value in overcoming constipation. Nothing tends to produce chronic constipation more than frequent eating.

### Pneumonia a Result of Over-Eating

**A**FTER the holiday season—after the Christmas gorging—there are always many deaths from pneumonia. Cause and effect. Pneumonia, like a “cold,” is in most cases “caught” at the table, a result of over-eating. It is rare among the poor and under-fed, although they try to imitate their “betters,” when they have a chance. Last month I quoted Dr. J. H. Kellogg, who said:

The holiday season should be a time of extra gladness, not extra madness. Happiness does not consist in gorging. It is our misuse of the good things Nature has provided—our wrong eating, our ignorance and recklessness—that turns this season of rejoicing into one of lamentation, in many homes.

Pneumonia readily yields to natural treatment. When treated in the “regular” unscientific, unnatural way, it is often fatal.

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### Hilltop Club

**T**HE Hilltop Club, Los Angeles, organized several months ago by Murray Schloss, as a social and educational center, had its third club dinner at the Vegetarian Cafeteria, January 11, with 75 present. The subject under discussion was “How to Live One Hundred Years.” The principal speakers of the evening were Dr. Axel Emil Gibson, Otto Carqué, and Dr. F. F. Hammet, head of the Department of Dietetics of the University of Southern California. Dr. Gibson and Otto Carqué took the vegetarian side. Dr. Hammet’s contention was that we must have meat, in order to be perfectly nourished. Apparently he has overlooked the fact that the body can build its own proteid, from vegetable as well as animal proteids. The latter are always more or less contaminated by waste products. Laboratory tests do not often show the truth. The best dietetic tests are made with the living body.

The Hilltop Club has its headquarters at 356 South Bunker Hill Avenue. The rooms are open from noon until 11 p.m. Under the leadership of Dr. Leroy Henry, some of the club members take country walks into the foothills, almost every Sunday.

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### A Hundred Mile Run

**S**IDNEY HATCH, of Chicago, 33 years of age, recently ran from Milwaukee to Chicago, 95¾ miles, in less than 15 hours. He covered the distance at a dog trot, running every step of the way, on an average of a mile every 8½ minutes. He made three stops, involving a total loss of 16 minutes. He lost 10 pounds on the trip, but finished strong. After a good rub down, he went to bed, for a 24 hours’ sleep.

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Institutions for the nervously affected are adding pianos and phonographs to their equipment, and are encouraging the organization among the patients of orchestras, and bands and choral societies.

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Lard may be described as the unnatural accumulation of morbid matter, on an unclean beast.

### Thick Blood

**A**N excess of hydrocarbons in the dietary thickens up the blood to such an extent often that it can scarcely circulate in the smaller vessels. The capillaries are half empty, and the surface is cold. Patients of this class sometimes remark that their blood is too thin. They fancy that because the surface circulation is feeble, and the extremities cold, the blood needs "enriching." The doctor, too, has a similar idea, and he prescribes what he calls rich foods. Usually there is an excess of oil in them. Just the reverse is what is needed. When the blood is so thick and tarry that it cannot make its way through the fine network of capillaries, the patient should use more fruits and fruit juices, especially of the acid varieties, and less solid materials, in the dietary. We must never forget that three-fourths of the body is composed of fluids, or should be.—Dr. Susanna Dodds.

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### Massage for the Eyes

**A**NOINT the fingers with a few drops of oil, use both hands at once, massage well all tissues above and beneath the eyes, also at a point just over and above the cheek bones, also two-thirds back from the eyes, on a line just above the ears. With the first two fingers massage directly over the eyes, lid closed. Be gentle but persistent. Massage and manipulate well the angle formed by the roof of the eye orbit and the nose, working well down along the nose, to the beginning of the cheek bone.

Exercise the muscles which control the eyes, by first looking up, then down, then sideways, both ways. Do this by rotating the eyes head immovable. Repeat the exercise ten times. Practice daily.

Commence at the base of the skull as close as possible, massage with the fingers downward, medium strokes. You may encounter very tender spots. If so, keep working. They will disappear in time. Close to the skull you may encounter lumplike substances. Endeavor to work them well down the neck towards the shoulders. Work from ear to ear, directly back of ears and under the ears.

With both hands manipulate well the vertebrae of the spine, from the first vertebrae at the base of the skull reaching almost under the ears and working down as far as you can reach. Work the vertebrae by grasping with the fingers of the right hand the first vertebrae, with the fingers of the left the second vertebrae. Now pull with both hands. Reverse hands and pull as before. Now take the second and third vertebrae and work likewise, and so on down the spine, as far as you can reach.—Harry H. Howey in "Eye Gladness."

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Remember to move the whole chest, and to expand the upper part of the chest, in order to secure proper ventilation of every part of the lungs.—J. H. Kellogg, M. D.

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Nature has provided no remedies for disease; she imposes penalties; and, by suffering these penalties, we are taught how to avoid the causes of disease.

### Baking Powder

**T**HE question as to whether baking powders containing alum are healthful has been reported upon by the Government Referee Board of Scientific Experts, after several years of investigation. The Board reports that "aluminous compounds, when used in the form of baking powders, in small quantities, have not been found to contribute any poisonous or other deleterious effect, which may render the said food injurious to health."

With all due respect for these "scientific experts", I beg to differ. The effect of foods on the body cannot be determined in the laboratory. Alum is a foreign substance, not found in the body, therefore, its introduction even in small quantities, if long continued, must necessarily be injurious to health.

One of the members of the Board pointed out that "it is believed that the continuous use of breads made with baking powder may be injurious." Yes. I, for one, believe so.

Another objection to all baking powders, is that, according to chemical experts, they destroy the life of the enzymes, or "vitamines"—life-giving properties of food.

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### Cream of Spinach

**S**PINACH is a highly medicinal vegetable. It contains even more of the organic salts than lettuce, tomatoes, or celery.

However as the latter are usually eaten raw, while spinach is almost always cooked, the last named foods furnish more of these salts to the body, although there is so much of the mineral elements in spinach that a considerable amount remains, even after cooking. That is to say, when it is steamed, not when "cooked in three waters," as some housewives do it. Here is a receipt for a cream of spinach, German style:

Stew the spinach, chop it up fine, take a hard boiled egg, grate it into a flour, and strew it over the spinach, thickening with whole-wheat flour, rolled into butter.

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Few degenerates have clean colons. Auto-intoxication is a direct cause, not only of physical, but also of mental and moral degeneracy.

## THREE REASONS

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## 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.]

## FRUIT AND NUT DIET.

**F**OLLOWING is a quotation from the latest issue of BRAIN AND BRAWN. "One may live on a fruit and nut diet, indefinitely, and the body will be supplied with the requisite protein and energy." Do you believe that one can live for many years, retain good health, and display satisfactory energy, if he confines his food to plenty of fresh fruits and nuts, mainly pecans?—J. F. F.

Yes, under favorable conditions. That is to say, in a mild climate, where a person is in normal health, and doing ordinary work. In a cold climate, especially if working hard, such a diet would have to be mainly composed of nuts.

The tropical fruits are more nourishing than fruits of a temperate climate. Therefore, in a fruit and nut dietary, figs, dates, bananas and other tropical fruits should form a large part of the menu. The avocado is of special value, on account of the oil it contains. Millions of people live almost entirely on fruits of the tropics.

When a person is well balanced, mentally, is fleshy, and inclined to be phlegmatic, he may, under the conditions named, maintain health, on a well selected fruit and nut diet, with the addition of a little raw green stuff, which should never be omitted, on account of the potassium salts it contains. When a person is nervous and sensitive, he should add some of the semi-animal, or "dairy products."

The pecan is a most valuable nut, being more easy of digestion than most nuts, and containing a large amount of oil, which is lacking in fruits, except the avocado and olive.

## THE INTERNAL BATH.

Will you kindly give your opinion of the so-called "internal bath," for the cure of constipation?—J. J. M.

The enema is used for two purposes—for the cleansing of the colon, and for constipation. For the first purpose it is a good thing to use it whenever there is reason to believe that the colon has become foul, especially when meat is eaten. In such cases, warm, not hot, water should be used, and should be followed by a small injection of cold water.

For constipation, care should be taken not to let the enema become a habit, as the enema habit is only somewhat less harmful than the drug habit. If used continuously, and daily, the bowels become accustomed to it, and the practice must be kept up. Quite cool water should be used, and only a small quantity. Instead of a fountain syringe, this plan is sometimes better: Take a small hard rubber syringe, holding an ounce, inject cold water to that amount at night, before retiring, manipulate the bowels for a few minutes. Then you will usually get rid of a little gas, if nothing more. In the morning, repeat two or three times, if necessary.

Always let two or three days intervene, between the use of enemas, giving the bowels a chance to work naturally, meantime adopting a rational method of living. As I have heretofore said, constipation is not a disease, but an effect of disease. Therefore, the only sure method of permanently curing constipation, is to build up the whole system, by proper diet, exercise, etc.

### 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.

**HISTORY OF ARIZONA;** Thomas Edwin Farish; Illustrated, Vols. 3 and 4; Published by the author, Phoenix, Arizona; Price \$3.50, carriage prepaid.

A year ago, in February, 1916, I reviewed the first two volumes of this history by Mr. Farish, Arizona historian. These two volumes bring the story down to the session of the Third Legislative Assembly, in 1866.

There are interesting biographical notes of old-timers, with several of whom I was acquainted. There is a pathetic narrative by Mike Burns, an Apache Mojave Indian, born in Arizona, who was captured by the soldiers when about seven years old, and raised by an officer until 1880, when he was sent to Carlisle, where he received a common school education. He now resides on the McDowell reservation, attending the terms of the Federal courts in Arizona, as the official Indian interpreter. Burns discloses the fact, well known to old time residents of the Territory, namely, that almost all these Indian outbreaks have been due to duplicity on part of unworthy white men, and selfish dishonesty of Indian agents. Mr. Farish quotes Gen. Crook, who said: "The Indians always respected their treaties. The white men never did."

**DIANA;** Henry M. Parkhurst; 32 pp.; N. P. S. Educational Society, 448 Broadway, Albany, N. Y.; 15c.

This is a reprint, in a special number of the "Civic Forum," of a little book that received world-wide comment, when published, 35 years ago. It promulgates a novel theory in regard to higher ideals of married life. The author fails to make any reference to the all-important subject of diet. As I have said, it is as absurd to feed people food containing a superfluity of phosphates, that over-stimulate the nerves, especially the sexual system, and expect them to be chaste, as it would be to place a man on a hot stove and tell him not to burn.

There is an appreciative letter by Count Tolstoi.

**THE NEST BUILDER;** Beatrice Forbes Robertson Hale; Frederick A. Stokes Co., New York; 376 pp.; price \$1.35 net.

Mrs. Hale is a niece of Sir Johnston Forbes-Robertson. She was a distinguished actress, appearing in America, and is a lecturer. In November, 1915, I reviewed her book, "What Women Want." She has now essayed a novel, and has done well. It is an interesting story of a love match, which brings conflict between the "artistic temperament" and a woman's home making and child bearing instinct. The moral is that if a woman marries a "genius" she does so at her peril.

Dr. Axel Gibson sends me a richly bound and flatteringly inscribed copy of "Diet," reviewed last month. From the way Gibson slings the blarney, you might take him for an Irishman.

The "Cadmus Cadence" is an artistic little house organ, issued by the Cadmus Press, 239 S. Los Angeles St., Los Angeles.

### 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 and commendation are 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.]

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#### A SATISFIED CONSULTANT.

Inclosed find check for balance of your fee for advice. I am very much pleased with the results I have experienced from following your directions. The books you have recommended I am studying.

I am so glad I took your course, and I assure you there is no danger of my backsliding. The results are too gratifying for that. I wish that more could be induced to take the same course.—Harry L. Landis, Enfield, Pa.

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#### PICKED FROM A POCKET.

I happened to see a copy of BRAIN AND BRAWN in the pocket of a man who, I knew, does not read inferior literature. I looked at the magazine and he said: "It's the best magazine in this country." I bought a copy, and a second one, and I found that the man was not mistaken. It contains most valuable information about health, that is of great interest, especially to those who are lacking in vigor.—John Uhrin, 750 E. 25th St., Los Angeles.

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#### HIS BELIEF.

I never worry over what I shall do in the next world. I cannot describe the natural history of the soul, but I believe that it is divine. I cannot tell whether these wonderful qualities ever before had a natural history, like that of the body, but this one thing I believe, that these qualities did not begin to exist, cannot be sick, nor be buried in my grave. Before the world was, they were. Nothing can shut them in or bar them out. I draw from this courage and hope. This is my belief, after studying philosophy for twenty years.—Julius Hellenbeck, Alstown, Wash.

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#### HE THINKS IT THE BEST.

Enclosed find \$1.00 for subscription. BRAIN AND BRAWN is the best magazine I ever read. I subscribe for four health magazines besides yours, and think it is the master of all. I will do all I can to get subscriptions.—Fred J. Rice, 252 Cooper St., Brooklyn, N. Y.

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#### SENSE IS UN-COMMON.

BRAIN AND BRAWN is of great help to me. It is up to the minute all the time. It condenses into common sense everything that comes up. I could not do without it.—C. P. Noyes, San Francisco.

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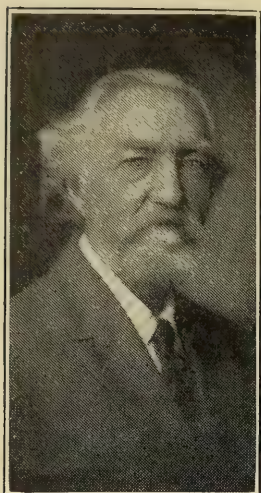
#### HAS HIS EYE ON ME.

I much enjoy reading your publication, which strikes right out from the shoulder, just as you did when you edited the Times Magazine, "Care of the Body." I've "had my eye on you" for a long time, and am glad to see your continued success.—S. J. Griffin, Ogden, Utah.

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It costs \$20,000 to get a patent in all countries.

## CURE OF CHRONIC DISEASE



**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.”

There are two, and only two, secrets of health—alimentation and elimination. If these are well balanced, there is health. If they are not, there is disease. And no tinkering with effects can do more than afford temporary relief, which is not cure, but often makes a cure more tedious and difficult.

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., and give, when requested, special advice on pregnancy, children and fasting.

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.

In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brook M.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### STATE MEDICAL LAW.

**T**HE Supreme Court of the United States upheld the validity of California's medical law, as it relates to "drugless healers." This was in the case of P. L. Crane, a Los Angeles chiropractor, and Mrs. Kate P. McNaughton, a Los Angeles ophthalmologist. The Court did not pass on the question of constitutionality.

The two next things to do are, first, to decide the constitutionality of this law, and second, to have the State Legislature, now in session, pass a law that will be more just to healers who do not belong to the "regular" or dominant school. This school, finding its grip on the public loosening, is seeking, by every possible means, to do by force what it cannot any longer accomplish by legitimate methods.

The people of this country will never be satisfied until they have a right to choose their own physicians, as they choose their own priests.

### CLUMSY METHODS.

**A**NOTHER "wonderful discovery" is announced, from the University of California. It is the isolation of "tethelin," a substance produced from the interior lobe of the pituitary body, a small body in the bone at the base of the brain, supposed to produce growth. It is now claimed that tethelin increases the growth of cancer, and we are told, that "by reverse inference, it is believed that the prevention of the action of tethelin upon tissues in which cancer has a hold, will ultimately retard the growth of the cancer."

Again, salvarsan, the discredited syphilis "cure," administered directly into the inner cavity of the brain, is now proclaimed as "one of the most advanced and hopeful methods of arresting the destructive process of

paresis," according to the officials of a New York hospital.

What a clumsy, irrational, round-about and dangerous way of dealing with disease, when the natural and only possibly effective way is so plain and simple.

### MIDWIVES VS. PHYSICIANS.

**D**R. ADAM MILLER, of Jordanville, Pa., 97 years old, has been a practicing physician and surgeon for 72 years. He has brought into the world 1500 babies, and never lost a mother. This is remarkable, because, according to figures presented at the annual meeting of the Association for the Prevention of Infant Mortality, held recently in Milwaukee, 15,000 women die each year in the United States, from childbirth causes. This is largely due to the fact that we have substituted for midwives male physicians and surgeons, who often hurry up deliveries, and use instruments, where they are not necessary.

There should be less man-midwives—a comparatively recent innovation—and more experienced women physicians who can sympathize with their sex.

### "SUCCESSFUL OPERATIONS."

**A**LARGE number of those who come to me for health advice are suffering from the after-effects of "successful operations." We hear much of such operations, but not often of the later effects. Always wait a year—if the patient does not die immediately—before you judge of the results of extirpating necessary parts of the body. For instance, not long ago a California woman was operated upon for appendicitis. She is now paralyzed, and walks with a crutch.

Repeal of the law requiring compulsory vaccination of school children—unless the parents object—will again be sought of the California legislature, by Assemblyman George Gelder, of Berkeley.

## A REAL PLAGUE.

**T**HE Bulletin of the California State Board of Health, in its December number, had an article under the heading "Plague Still Present," in which it announced that, as recently as 1908, or nine years ago, four plague infected ground squirrels were actually discovered in Contra Costa County. Since then, an active campaign has been instituted against the squirrels—and incidentally against bubonic rats, and the fleas which live on the rats—by the U. S. Public Health Service and the California State Board of Health. It is urged that active operations be continued, as "unless the disease in these infected rodents is controlled, there is a constant danger that plague may be spread to the rats of the larger cities, and from them to men, by means of the rat flea, which carries the infection." On another page the hope is expressed that the legislature, now in session, may see fit to make a large appropriation for the work.

It is not stated how much this squirrel-rat-flea hunting has cost, during the past nine years, but it probably amounts to hundreds of thousands of dollars, furnishing profitable employment to a small army of political doctors and their employees. This is the whole milk in the coconut. As I have heretofore said, there is as much chance of a filth disease like the bubonic plague becoming epidemic in California, as there is for oranges to grow on cement sidewalks.

The plague, like typhus and cholera, is a filth disease, that can only flourish where sanitary measures are unknown, or ignored, as in the pest-ridden centers of the Orient, where it originates. At any big sea port, there may, from time to time, be sporadic cases, but to talk of an epidemic here is foolish. The bubonic plague, and typhus, and cholera, and to a great extent smallpox, have vanished, not through any medical hocus pocus, but

by the introduction of greater cleanliness—inner and outer cleanliness.

We have, however, a real plague with us. It is a plague of political doctors. If allowed to work their way, they would not only poison the blood of the people, but bankrupt the country.

## CALCIUM.

**F**OLLOWING is by John Aulde, M.D., in the Pacific Medical Journal:

No doubt it will be of interest to your readers to learn that a means has been discovered to prove that calcium deficiency is an essential factor in both acute and chronic ailments. It can be demonstrated by a chemical examination of the blood, a fact which has recently been brought to my attention by Dr. Philip B. Hawk, of this city, Professor of Physiological Chemistry in Jefferson Medical College. Professor Hawk has been studying calcium metabolism for several years past and has recently tested the blood in both nephritis and diabetes, finding that there is a lack of calcium salts in both instances; so this confirms my theory that calcium depletion is responsible for the persistence and prolonged convalescence in many serious disorders. Let me suggest that this method of investigation be turned to tuberculosis, rheumatism, neurasthenia, and other diseases.

Calcium, like other mineral elements, contained in the body, can only be assimilated in the organic form, as found in foods. When taken in the inorganic form, as in drugs, it is simply thrown out of the body, as an intruder, the process of throwing out being sometimes mistaken for a cure.

Calcium is specially abundant in milk, cheese, spinach, radishes, lettuce, cabbage, and coconuts.

The National Journal of Chiropractic says: "Malpractice suits are commencing to make their appearance in our ranks." Not surprising, so long as there are correspondence schools of chiropractic.

## AFTER EFFECTS.

**J**UDGE POLLOCK, in the Federal District Court of Kansas City, Kan., ruled that Henry Debord, a substitute mail carrier and former Kansas guardsman, should receive a minimum fine, as a result of his conviction on a charge of having rifled the United States mail.

Judge Pollock announced a medical examination had shown Debord's mentality was weakened so he could not distinguish the difference between right and wrong because of an injection of anti-typhoid serum given him by army surgeons last July, and by the heat at Eagle Pass, Tex., where he was doing border duty as a member of the First Kansas Infantry regiment.

## DIETETIC ADVICE.

**L**AST month, after a three weeks' trial, George H. Brinkler, of Washington, D. C., was acquitted by a Federal jury, on a charge of using the mails to defraud, by giving dietetic advice. The jury was out twenty hours.

Brinkler represented the late Sophie Leppell, of London. Her ideas of "vital" and "non-vital," and "brainy" foods, and much pork, were unscientific, and indeed, absurd. But that did not enter into the question at issue. This was whether the selling of dietetic advice should be permitted, to any person who does not hold a medical license. Therefore, the result of this suit must be regarded as a victory for medical liberty.

The "regulars" are unable to give advice on diet, because they are not taught the subject in college. Therefore, they fall back on: "Eat what seems to agree with you;" "Eat what you please," and so forth. For such valuable advice they may accept a fee. If, however, a person who, perhaps, has studied diet for a lifetime, undertakes to give advice, and accepts pay for it, having no medical diploma, he

is prosecuted and persecuted. At the same time, the "regulars" demand a loose rein, to experiment on human beings with dangerous drugs and serums.

The doctors are alarmed at the cures constantly made of "incurable" cases by regulation of the diet. They are over-reaching themselves. They are riding for a fall. Every case of this kind drives another nail into the coffin of the Medical Trust.

Let the doctors of the "regular" school study diet. Then they will be able to give intelligent advice. Such knowledge cannot, however, be acquired in a few months. It is not learned in laboratories.

## A VICTIM.

**F**OLLOWING dispatch from Lynn, Mass., tells of another pitiful victim of the absurd "healthy carrier" superstition:

Heartbroken because he had been instructed to administer poison to a pet dog which had been suspected of being a "carrier" of typhoid fever germs, Charles Leroy Jennings Ward, 14, adopted son of Mr. and Mrs. P. T. Ward of Methuen, is believed to have taken the poison capsule himself today. He was found dead a few hours after he had left his foster father's store. A note contained this message: "Don't kill big puppy. I died in his place." Mrs. Ward is ill in the hospital with typhoid fever and it was suspected that pet dogs which the family had might have been the source of typhoid germs.

All human beings, at some time, carry within them germs of deadly ailments, such as typhoid, cholera, tuberculosis, and so forth. Should this monstrous superstition spread, life will be as unbearable as it was in the days of the Inquisition, when a person was liable to be denounced, at any moment, as a heretic.

There are some doctors who would rather have a patient die "ethically," than have them recover in an "irregular" manner.

PHILIP MILLS JONES.

SEVERAL years ago I was invited by Dr. Walter Lindley, of the California Hospital, Los Angeles, to meet the editor of the California State Journal of Medicine at luncheon, at the California Club. I sized him up as a bright and brainy man, although, like so many physicians of the "regular" school, ignorant in regard to the building of the body by food and impatient of what he termed "dietetic fads." He has paid for his ignorance.

On November 27, at the early age of 46, Dr. Jones died, of pneumonia, in San Francisco, his wife dying of the same ailment two days later. In an editorial notice of the deceased the Southern California Practitioner said:

As a fighter he was not always fair but he was absolutely fearless. . . . Our profession will miss him sorely in our strife for higher ideals.

Rather a clumsy eulogy. First Dr. Jones is charged with being an unfair antagonist and then he is praised as one who strives for higher ideals.

By the way the editor of the Practitioner suggests that Mrs. Jones probably "caught" the disease from her husband. More probably they both "caught" it at the table.

#### LONG BEACH SANITARIUM.

I CALLED at the Long Beach Sanitarium, to shake hands with W. Ray Simpson, the manager, whom I had not seen for about a dozen years, when he was managing the Glendale Sanitarium, near Los Angeles.

The Long Beach place was built, and for a short time conducted as a hospital. Today it has more of the hospitable than the hospital appearance. All kinds of natural treatments are given, including douches, packs, rubs, fomentations and compresses, enemas, and electric treatments of various kinds. There are complete laboratory facilities, and a thorough investigation of the case of every patient is made. Mr. Simpson has graduated in electricity, and has a

number of appliances, some of which are his own invention. He is also a skilled X-Ray photographer. One of his devices takes four views of the human stomach, almost simultaneously. He tells me that sometimes a first view will show what appears to be a tumor, whereas, a subsequent photograph dispels that illusion. This again proves how necessary it is to be careful, before proceeding to "cut it out."

Patients at the Sanitarium are not only helped to get well, but are taught how to live, so as to keep well. The location is just far enough from the ocean to escape the occasional harshness of the sea breeze.

Mr. Simpson showed me plans he has drawn, for an enlarged building, which he contemplates, on another site in Long Beach, increasing patronage having made this necessary.

The ample menu is meatless, but includes appetizing meat substitutes, eggs, and the dairy products. Mr. Simpson's wife, who is an M.D., has sound ideas on diet, and recommends patients not to eat too many varieties of food at the same meal.

#### THE NATUROPATHS.

THERE was to have been a meeting of the Board of Directors of the Naturopathic Association, on January 8, but a quorum was not present. The indifference displayed by members of the Association is not encouraging to the management—or to the cause of drugless healing.

Dr. Elmer A. Clarke, who was connected with Dr. Schultz, died on December 30. He was well advanced in years. Dr. Shultz is working night and day, and would have had a nervous break-down, if he did not know how to "take his own medicine."

Deaths following operations for appendicitis are of almost daily occurrence. In most cases, the appendix is not involved.

KILLED BY ANTI-TOXIN.

A SIX year old boy died in San Francisco, half hour after one of the health officers had called him in from his play, and administered anti-toxin, "to prevent diphtheria." The Board of Health absolved the doctor of blame for the death of the child. The Board accepted the report of the autopsy surgeon, that the child was suffering from enlargement of the glands, which made him susceptible to a shock of any kind. Dr. William Ophuls, pathologist, of Stanford University Medical College, who conducted the autopsy, said: "The child's death was due, not so much to the anti-toxin, as to a constitutional abnormality. He was so extremely sensitive that other things, a fright or an anesthetic, might have caused his death."

Why were not these circumstances discovered, before the physician called the child from its play, and injected a poison into its blood?

"CONSULTATION FREE."

"CONSULTATION FREE" is a delusion and a snare. How many times will a specialist tell you that you do not need his services, after you get a "free consultation?" Not once in a thousand years. A grocer, a draper, or a tailor is always glad to give you a "free consultation" as to what you should buy from him. "Free consultations" are usually expensive, before you are through with them.

I charge \$2.50 for a personal consultation. Then, if my services are engaged, I deduct that amount from my fee.

The German Reichstag recently voted against compulsory vaccination in that country. It did more. It recommended to the government that an indemnity should be paid to those whose health had been broken by vaccination.

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## Notes and Personals

Unnecessary surgical operations, in peace time, destroy as many lives as constructive surgical operations save, during a war.

Tree parasites are got rid of by thinning the branches and letting the sunshine into the trees. Sunshine is also good for human beings.

I have received from Henry Lindlahr, M.D., of Chicago, a copy of an artistic certificate of membership in the "Nature Cure Help Yourself Club."

Dr. Margaret Goettler, now of Atascadero, Cal., gives twice a month talks on "Medical Herbs and Shrubs That Should Grow in Every Garden." She reports interest in the subject.

A medical friend told me that he hesitated about calling a colleague into consultation, for fear that his patient might be stolen from him. Queer medical ethics.

The California State Board of Health has endorsed a measure making "commitment to an institution compulsory for tubercular cases, where they constitute a menace to the public health." There to be stuffed with improper food, and barred from the chance of recovery.

## NOT A PROFESSIONAL.

"You are lying so clumsily," said the observant judge to a litigant who was making a dubious statement of his case, "that I would advise you to get a lawyer."—Browning's Magazine.

## WHAT PAYS NOWADAYS.

"Your daughter has a wonderful voice. You ought to cultivate it."

"What for? A voice doesn't show up in moving pictures. But I've got a boy with a funny walk whom I expect to see drawing \$1000 a week one of these days."—Washington Star.

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**IRIDOLOGY.**

The American School of Iridology, Rockford, Ill., announces publication, in two large, handsome volumes, of the English edition of D. Liljequist's Iridology, or the Diagnosis from the Eye. I reviewed the German edition about a year ago and hope to have more to say about this, next month.

**TURKISH BATHS FOR WOMEN.**

The handsome Turkish baths for women, opened by Mme. Leenhouts on East Fourth Street, Los Angeles, really "fill a long felt want." There is nothing quite like it in the United States. Only select patronage is invited. I advise my women readers living here, or visiting Los Angeles, to patronize this establishment. It will do them good.

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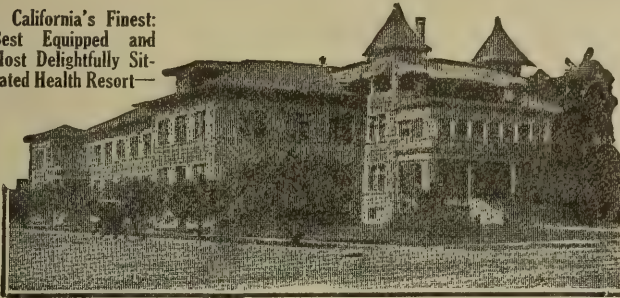
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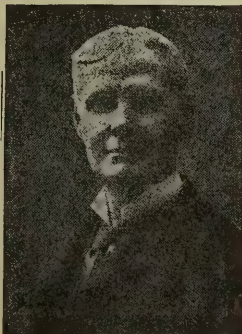


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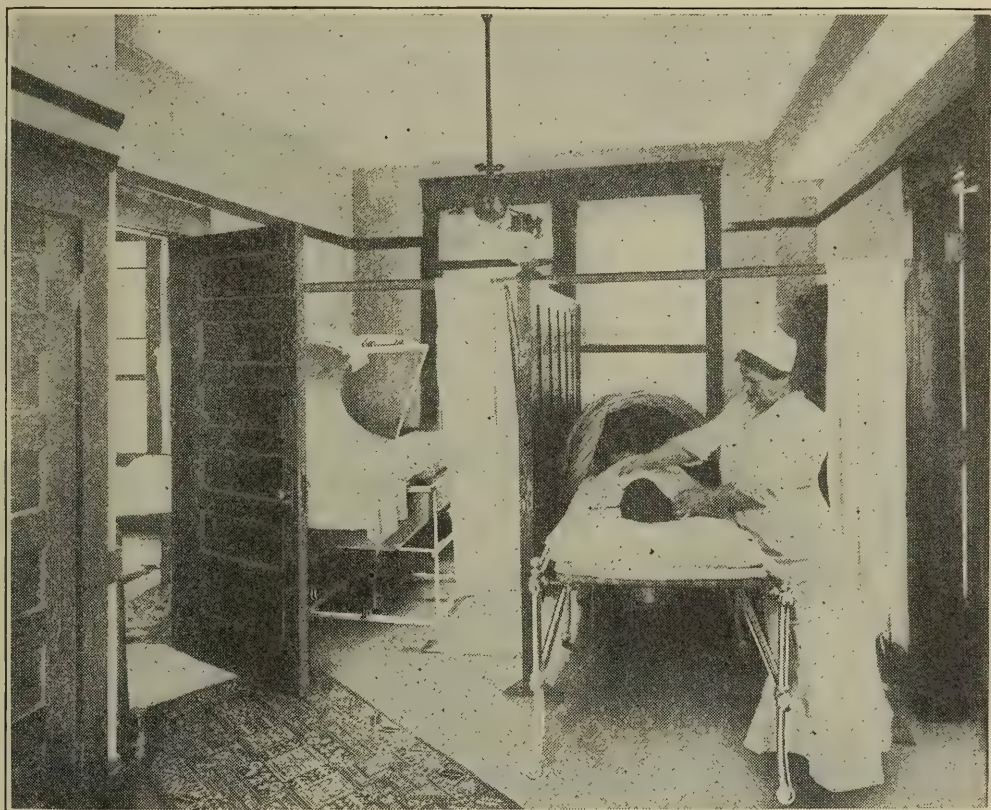
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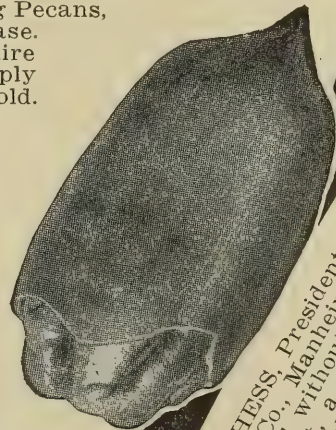
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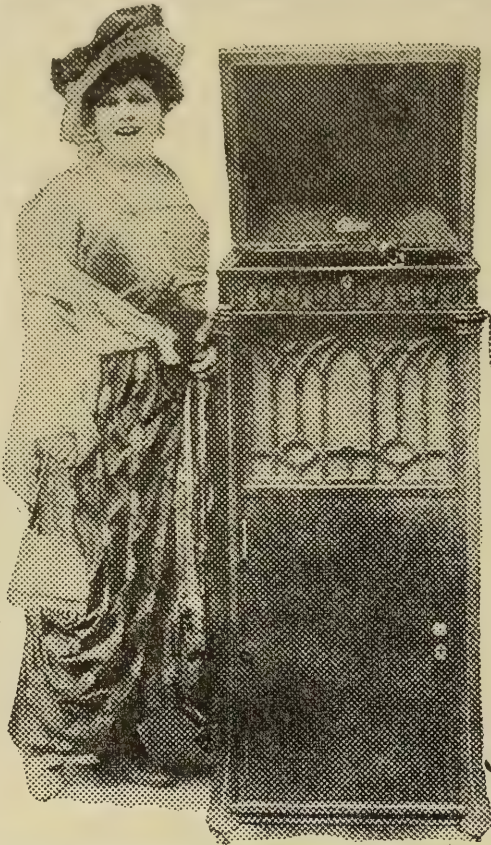
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MARCH, 1917

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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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Vol. V

LOS ANGELES, MARCH, 1917

No. 10

## Tobacco

A custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and the black stinking fume thereof nearest resembling the horrible Stygian smoke of the pit that is bottomless.—James I.

**I** AM sorry that Truth compels me to describe My Lady Nicotine as a gay deceiver. If you bask too much in her seductive smile, she will lead you into the gloomy shadows of Nervousness and Dyspepsia. Yet, she will always have millions of devout worshippers, who say, as Charles Lamb wrote, in his "Farewell to Tobacco:" "For thy sake, tobacco, I would do anything but die," while some would go even further, and rather die than forsake what is variously referred to as the "fragrant weed," or "stinking tobacco."

It is estimated that over a third of the people of the world, including women and children, use tobacco. Considering how widespread is the habit, one might almost be tempted to believe that it fills some necessary want of the human body. Yet, we know that cannot be so. The world got along without tobacco until quite recently, as history goes.

In a book, recently written by Sir Oliver Lodge, he says his son Raymond, who is in the "Spirit Land," told him that those who want cigars in Heaven can have them made there. Awful prospect for those who abominate the fumes of tobacco. However, even tobacco smoke is not so bad as what we are told about the fumes in the Other Place.

Americans spend as much for tobacco as they do for bread. According to a recent estimate, five per cent. of the women of Chicago are smokers. In Holland, people smoke more than they do in America, especially the young. Seventy-four per cent. of the boys in the public schools of Holland use tobacco.

It is generally supposed that tobacco was unknown in the Old World, until after the discovery of Amercia. There is however evidence that it was known and used in Tibet, as early as 377 B. C. In 1559 it was introduced in France by Jean Nicot, who gave his name to the word nicotine.

As in the fight against alcohol, prohibitionists make grossly exaggerated statements, so they do against tobacco. We all know the stock argument that one drop of nicotine, placed on the tongue of a cat, will kill it. That may be quite true, but when, on the other hand, young people read, as they frequently may, how persons have used tobacco all their lives and attained great age, the conclusion is often arrived at that all anti-tobacco arguments are unfounded. For instance, here are a few recent news items:

L. H. Lee, a third cousin of Gen. Robert E. Lee, celebrated his hundred and third birthday anniversary, at the home of his son, W. E. Lee, near Eugene, Or. He attributes his long life to tobacco chewing. He began to chew at the age of five years.

An Oakland man, 72 years of age, who had been an incessant smoker for sixty years, quit suddenly, and died within three days.

Peter S. Morrison, poet, retired contractor, and builder, 102 years of age, was recently visiting Pasadena. He began using tobacco when 14 years old, and quit it on his hundredth birthday. He says he used it as a sort of tonic for his eyes, and consequently, never wore glasses, until two years ago.

Charles Beverung, Milwaukee pioneer, a native of Germany, celebrated his eightieth birthday in splendid health, which he attributes largely to tobacco. He smokes never less than ten cigars a day, and often more.

These men doubtless inherited good constitutions, from parents who had lived rationally, and they, themselves, without doubt, lived sensibly, in other ways. On account of their free use of tobacco, their children will be less vigorous than themselves, and their grandchildren—if their parents continue to smoke—still less so. In such a habit as this, the sins of the fathers are visited on the children, although, of course, smoking is neither a sin nor a crime, nor even a misdemeanor. It is merely a folly.

These people are mistaken in supposing that an unnatural habit like smoking, or chewing, contributes to long life. The true properties of tobacco are seen in its effects on one who smokes his first cigar or pipe. However, on the other hand, it proves, as I have said, that many anti-tobacco arguments, like many anti-alcohol arguments, are grossly exaggerated.

Smoking is a companionable habit, and temporarily soothing to the nerves. As alcohol is not a stimulant, but a depressant, so tobacco is not a sedative, but a stimulant. The primary effects of alcohol are to stimulate, the secondary effects to depress. In the case of tobacco, it is the opposite. There is always the reaction, calling for more of the same thing.

Smoking is a selfish habit, easily leading to infringement on the sensibilities of others. It makes you think yourself as wise as an owl, whereas you are merely stupefying your brain.

Smoking is largely a question of suggestion. For instance, every smoker knows that there is little or no satisfaction to be gained from smoking in the dark. Also, that a "dry smoke" is better than no smoke at all.

Again; one who has become accustomed to three-for-a-nickel—now two for a nickel—stogies, prefers them to two-bit Havanas. A smoker of brown paper and coarse tobacco Mexican cigarettes has no use for the gilt banded Turkish kind, while the confirmed pipe smoker despises any other form of indulgence in the weed.

I don't know how soldiers would get along without tobacco. It is the first thing they crave. I suppose some of our ardent anti-tobacco friends would hand a wounded soldier a tract, telling of the evils of nicotine. Fortunately, there are sensible people who, while not approving of the use of the weed, are willing to furnish funds to provide soldiers with cigarettes and smoking tobacco. Even to hide the awful stench of the trenches, tobacco is almost a necessity. An English soldier writes: "We can go through anything, so long as we have tobacco." Great excitement or agony may be deadened by half a dozen deep inhalations of a cigarette.

Persons of a phlegmatic temperament, doing physical labor, may use tobacco, in moderation, with comparative impunity, whereas those of a nervous temperament, sitting at a desk, should be careful that it does not grow into a confirmed habit.

Strenuous efforts have been made, from time to time, to abolish the custom of smoking, but always without permanent success. In England, laws of the most severe kind were passed. In Russia the knout, excommunication, cutting off the nose, and even capital punishment, failed to stop the practice. Pope Innocent XII issued a bull of excommunication against those using tobacco in church. A few years later it was revoked by Pope Benedict, himself an immoderate user of tobacco.

In Boston a law against smoking still exists, and twenty years ago a workman was arrested and fined, under this law.

There are certainly plenty of arguments against the unnatural practice of smoking. It is not only harmful to the health, but dirty and expensive. It also causes the loss of millions of dollars, in fires.

Nicotine is only one of the poisons found in tobacco. There are a number of others. The mild Oriental tobaccos, that contain only a small percentage of nicotine, contain prussic acid.

It is said that more than half the births to women who work in tobacco factories are still births, or that their infants are affected with spinal meningitis, or other disorders.

Smoking tends, more than alcohol, to raise the blood pressure. William Muldoon, the physical trainer, says that a man who smokes habitually loses ten per cent. of his vitality, and thirty per cent. of his intelligence. It may not shorten life, but it shortens the useful period of life. An abstainer from tobacco can, he says, think a dozen times, while the user of tobacco is having one movement of the mind. He adds that, in his opinion, tobacco is doing more harm than alcohol.

Among other evil results of tobacco, when used to excess, may be mentioned anemia, palpitation of the heart, intermittant pulse, and other affections of the heart and circulation, diseases of vision, including color blindness, impotence, indigestion, constipation, catarrh, nervousness, and paralysis. A physician writes: "It titillates the nerves and exhilarates the feelings, while it stupifies sensibility and partially suspends the processes of life."

Cigarette smoking, now so popular, is a particularly vicious form of using tobacco, and when indulged in by those who have not attained full growth, is a menace to the human race. Whatever you may think of smoking, you must admit that smoking by boys is a body and mind-wrecking practice. Of thirty-five boy prisoners brought before a New York magistrate thirty-three were cigarette smokers. It is said that, within the past fifty years, not a student at Harvard University, who used tobacco, has been graduated at the head of his class, although on an average, fifty-one per cent. have used tobacco. Prof. M. V. O'Shea, of the University of Wisconsin, asserts that ninety per cent. of all boys who fail in grammar and high schools are smokers. Because of its injurious effect upon the mind, tobacco has been forbidden to the students at the U. S. Naval Academy, in Annapolis, and its abolition has been recommended at West Point. The French government has forbidden students at the State College to smoke, it being

found that only six out of a hundred smokers were able to reach the first division.

In the smoking of cigarettes two highly injurious poisons are evolved, from the partial destruction of the nicotine and its wrapper. Edison forbids his men to use cigarettes, but permits other forms of smoking. Another evil of the cigarette is that those who use it are usually smoking most of the time. Then again, people do not inhale the smoke of a pipe or cigar, and it needs only a moment's consideration to show how injurious inhalation of tobacco must be. In the many square feet of delicate breathing surface of the lungs are over a million and a half air cells, moist and extremely sensitive. Smokers are not deep breathers, therefore they suffer from oxygen starvation.

Government experts have been experimenting with tobacco culture, to see how much nicotine they could take out of the leaf, and yet leave a taste like tobacco. They have, so far, succeeded in reducing the percentage from three and a half to less than one and a half per cent. If they could produce a nicotineless tobacco, confirmed tobacco users would not want it, any more than regular users of whisky or coffee would want a whisky without alcohol, or a coffee without caffeine, because they have got to the point where they use it, not for the taste, but for the after-effects.

It is astonishing what a grip the smoking habit gets on a man or woman, when it is once fully acquired. There are many who eat only to build a foundation for a smoke. On the other hand, smoking inhibits many from over-eating, as they are content to quit the table early, for the pleasure of the smoke.

Chewing is a more filthy habit than smoking. Fifty years ago, in England, only dock laborers and sailors chewed tobacco. In America, today, the habit is decreasing, being indulged in mainly by old-timers.

Snuff taking is yet another extraordinary habit. In the eighteenth century, every gentleman carried a snuff box, and the first thing he did, on meeting a friend, was to offer him a pinch. In Belvoir Castle, the seat of the Duke of Rutland, I saw a punch bowl of solid gold, as large as a baby's bath tub. It was made from the gold of snuff boxes, presented to a former duke, when he was Lieutenant Governor of Ireland. In some of the more benighted portions of the Southern States, the inhabitants, particularly the women, have a disgusting practice of "snuff dipping."

I sum up the pros and cons on smoking, briefly, as follows: The man who smokes is miserable when deprived of his cigar, or pipe, or cigarette. The man who does not smoke, is as happy, when not smoking, as the man who smokes is, when he is smoking. Therefore, the man who smokes is under a heavy handicap.

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The verses entitled "Out Where the West Begins," reprinted in the February number, and marked "Unidentified," should have been credited to Arthur Chapman.

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Happiness is a habit, or rather an art, and must be practiced daily. It consists in the appreciation of what we have, not in the anticipation of what we expect to get.—Dr. Frank Crane.

### Faulty Education

**T**HE object of our popular educational system is wrong. As at present organized, the purpose of the grade school is to prepare children to enter the high school. The purpose of the high school, in turn, is to prepare boys and girls to enter university, while the purpose of the university is to create an aristocracy of learned men and women to preserve knowledge.

The average university graduate is a sort of package of canned wisdom. Nowhere in our present educational system is the prime object of his training and teaching to prepare him for practical life.

It is encouraging to see so many indications of an awakening on the part of educators to an appreciation of the need of reform in educational aims as well as educational methods.

But no substantial advance will be made until a veritable revolution is accomplished in the aim which we set for our public school education.

That aim must be not the mere acquisition of knowledge, but a well-rounded preparation for healthful and efficient living.—J. H. Kellogg, M.D., in *Good Health*.

Also, we must aim to develop the body, as well as the mind.

### Nationalism and War

**N**ATIONALISM is but organized selfishness. It has nothing to offer for the happiness of the people at large or for the individual. Nationalism only means endless competition, the nurturing of envy, with the result that is now so much in evidence in the battle-scarred regions of the old world.

When the old world and this western world lose sight of the idea that all must be for self, to the exclusion of the balance of the universe, then will come to pass that which is supposed to be the basis of Christian civilization.—Tagore.

### The Almighty Dollar

**T**HE Chamber of Commerce of the United States, in a resolution adopted today, declared the support of its membership to President Wilson in the international crisis and bound itself to stand behind him in any outcome.

The chamber also adopted a resolution opposing in vigorous terms the excess profits tax provision of the new revenue bill.—Washington, D. C., *Dispatch*.

As long ago as 1796, Don Manuel Torres, the first accredited minister to the United States from the first republic of South America, coupled with his arguments for separation of the Iberian colonies from Spain a plea for "the formation of a vast confederacy of free states, having a common character and reciprocal relations throughout the New World."

All who joy would win  
Must share it—Happiness was born a twin.—Byron.

### Slaves of Tobacco

**I**F a smoker or a chewer is deprived of his accustomed tobacco, he loses his poise, until he gets it again. On the withdrawal of the narcotic he at once becomes nervous, irritable, cranky and perhaps quarrelsome. From this unnatural state the only relief he can get comes through a return to his accustomed indulgence in the use of the weed. Resorting to his accustomed dope is the only available means he sees of regaining his equilibrium.

The fact is that the habitual use of tobacco keeps the nervous system of its devotee in a continuous state of irritability and debility. Tobacco dulls, while it seems to sooth the mental faculties. It unsettles and enfeebles the mind of its victims. If this appears to be an overdrawn picture, I ask any devotee of the demoralizing weed to make an attempt at "cutting it out," and note the inevitable result of the harrowing experiment. If he will do this he will learn for the first time, perhaps, what a firm hold the narcotic drug has upon him, and how futile his efforts to shake it off.

It is a well recognized fact that the habitual use of tobacco destroys the moral stamina of its devotees, just as surely as does the use of alcoholic beverages. Tobacco destroys a man's will-power, by establishing the slavery of habit. It unsettles and dissipates the mind. It also destroys efficiency in its victims. The use of tobacco is incompatible with work requiring close and accurate attention. It renders the devotee incapable of his best efforts. Smokers tell me that in order to think intently they lay aside the cigar.

Some persons are so much damaged by tobacco disease that they cannot be restored. Many persons believe that the hazy, dulling effect on nerves by tobacco smoking compensates for any damage to health and take the risk. In the mental cloud which tobacco produces smokers coddle themselves into a feeling of security, all the time down goes some of their will power, concentration and strength. Such persons fail to realize that they are drug fiends, using a narcotic. While not prohibited by statute, still tobacco is as much a narcotic as opium, cocaine and others which are prohibited by legislation.

I noticed a smoker who sucked at his cigarette until it was burned to barely a half-inch from his mouth, and still he retained it until the fire reached his lip, he then used the butt to light another cigarette. Tobacco-caused disease is entrenched in smokers who have had the habit for three to five years; narcomania, whether from opium, cocaine, tobacco or other drugs, gradually saps nerve pulps of their strength.—J. W. Hodge, M.D., in Health Culture.

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### Moviemania

**T**HE wife of a moving picture actor of Los Angeles swallowed the contents of an ounce bottle of chloroform. She was writing a scenario and her husband said she was seeking "local color."

Next day the daughter of a wealthy woman was found wandering around the streets of Los Angeles at night, in a dazed condition. She had witnessed a realistic fire scene, in a moving picture show, and it had affected her brain.

### Marriage

**W**HEN asked by the judge why she wanted a divorce, a Los Angeles woman said that, six weeks after marriage, she "found out she did not care so much for her husband as she thought she did." The application was denied.

So long as young people marry on the impulse of the moment, or for a joke, or on a "dare," such cases will be common.

The State of Georgia, which has achieved undesirable notoriety for its lynchings, recently proposed a good marriage law. The bill provides that five days must elapse, from the time a marriage license is taken out, before a ceremony can be performed. There must be at least two competent witnesses. The issue of a license must be published, and sworn statements must be made, as to a previous marriage.

This is a good idea. As I have often said, it is not so important that divorce should be made more difficult, as that marriage should be surrounded with more safeguards. Hasty marriages naturally lead to divorce. "Marry in haste and repent at leisure."

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### Illiteracy and Intelligence

**W**ILSON vetoed the illiteracy immigration law, but it was passed over his veto.

We should distinguish between illiteracy, or book learning, and intelligence. Some of our greatest men have been untaught in youth. Many who have book learning lack wisdom, while many who cannot read or write, are wise. Travellers, who go among the European people, are impressed with the sound sense of the untutored peasants.

Unlettered immigrants are avid to learn. Our night schools are largely supported by them.

We need a moral rather than a literacy test, of prospective citizens.

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### Horrible Feeding

**M**RS. ETHEL BYRNE was forcibly fed, in New York, after she had fasted for only five days. In this case she refused water, also, which was foolish. You may live for fifty days, or more, without food, but you cannot live for more than five days without water.

In England, the suffragettes drank water, yet were forcibly fed, after a few days, or a week or two. Is this ignorance on part of the doctors, or deliberate cruelty?

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There are thousands of women who must implore their husbands for every nickel. Many a man certainly has no regard for his vows at the altar, "With my worldly goods I thee endow," since often the truth of the matter is that he does not intend to endow her with a single penny.—Lady Frances Cook.

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My experience with men of sixty proves they not only can make ample money for themselves, but they can also make money for me.—E. A. Hamill, A. T. & S. F. Railroad.

### Progressive Mexico

**T**HE new Constitution of Mexico was recently signed by delegates who had debated over it for two months. Among the provisions of the Constitution are the following:

Abolition of the office of Vice-President; prohibition of re-election of a President; stringent and radical labor laws, which provide for an eight-hour day, seven hours of night work and six working days a week; compulsory arbitration, profit sharing, free employment bureaus, anti-trust laws, a national department of health with plenary powers and compulsory military instruction.

Provisions give Mexicans the preference in obtaining employment and acquiring lands and concessions.

Foreigners must renounce allegiance to the countries whence they come to acquire title to real estate, in so far as foreign citizenship concerns such property. The land laws are stringent. They provide for the cutting up of large estates and the return of communal and tribal lands.

The Constitution also provides for the separation of church and state, as in the United States, and in all progressive countries.

Mexico might work out her own salvation, if selfish outside interests will only leave her alone.

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### Potatoes

**T**HE humble "spud" is coming to the front. Fortunes have been made, during the past year, by American potato growers. In Los Angeles the price of potatoes is thrice as high as it is in Berlin. The high prices paid for potatoes in Chicago recently attracted shipments from England, where they are threatened with a potato famine.

Probably thousands of people will rush into planting potatoes this year. In 1851 potatoes were selling, in northern California, at one dollar a pound. In 1852, they sold at fifteen cents a sack—and the sacks cost twenty cents.

Potatoes are a valuable food. The Irish, one of the most stalwart races in the world, live largely on potatoes and skimmed milk. The Danish physician, Dr. Hindhede, has recently proved the remarkable fact that a man may live, for a year, doing hard manual labor, and eat nothing but potatoes, without even butter or salt. Another blow to the high protein theory.

Potatoes should not be peeled. Most of the valuable mineral elements lie just under the skins of tubers and fruits. To peel potatoes, at present prices, is criminal extravagance.

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To make the most of dull hours, to make the best of dull people, to like a poor jest better than none, to wear the threadbare coat like a gentleman, to be outvoted with a smile, to hitch your wagon to the old horse if no star is handy—that is wholesome philosophy.—Bliss Perry.

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In nearly every line of human endeavor gifted individuals are consuming in an unnecessarily wasteful manner, from the point of view of social improvement, their splendid abilities.—Prof. John M. Gillette.

### King Edward and Cigarettes

**K**ING EDWARD, of England, was not usually regarded as a social reformer. Yet, according to Frank Harris, in Pearson's, he modified the drinking habits of the "upper classes." Mr. Harris says:

For twenty years or so his chief accomplishments, according to a witty friend, were the introduction of cigarette smoking and cultivating a taste for pretty Americans.

The introduction of cigarette smoking had much more important results than many belauded reforms. Before Prince Edward gave the tone to London society it was usual to sit around the dinner table and pass the bottle, as it had been a century before. It was no longer the custom to drink a couple of bottles a man, but it is the bare truth to say that three out of four of the men at any dinner, in a good set, in London, had drunk too much when they joined the ladies. After talking for half an hour with the ladies the men used to adjourn to the smoking room, and have a final nightcap, in the shape of a whisky and soda or brandy and soda, the result being that the majority went to bed befuddled, if not drunk.

Prince Edward was the first to bring in the habit of smoking cigarettes immediately the last course was finished, whether at lunch or dinner. It is impossible to taste fine claret after the first whiff of a cigarette. Consequently, the custom of drinking claret after dinner died out almost immediately and general sobriety began to take the place of tippling. As soon as the upper classes stopped drinking, the middle classes followed suit, and within the past twenty years the revenue from drink has positively fallen off, in Great Britain in spite of the great increase of population.

This was merely substituting one bad habit for another.

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### Dehumanizing Labor

**F**OLLOWING is from one of the books of travel afoot by Harry A. Franck:

Truer slavery there never was than that of the piece-worker, under our modern division of labor. Stroll through a factory, to find a man seated at a machine, stamping strips of tin into canheads, at two cents a hundred, by a few simple turns of the wrist. His task seems easy—almost a pastime in its simplicity. But go away for a year, travel through half the countries of the globe, go on a honeymoon to Venice and the Grecian isles, and then come back to find him sitting on the self-same stool, in the self-same attitude, stamping strips of tin into canheads, at two cents a hundred, by a few simple turns of the wrist.—Harry A. Franck.

Writing on the same subject, the Christian Science Monitor says:

The tendency in labor is ever towards a greater and greater subdivision, with the inevitable result that every day it becomes more mechanical, with ever less and less scope for the exercise of intelligence. It is credibly recorded that an employee, who recently left a large engineering firm after some five years' service, was asked by the manager of another firm to whom he applied for work, what his experience was, and he replied that his job at the firm he had just left was "putting in bolt nine." For five years, from morning till night, he had done nothing else. Such a case is, of course, only typical of millions of others.

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Think not that I came to send peace on the earth. I came not to send peace, but a sword. For I came to set a man at variance against his father, and the daughter against her mother, and the daughter-in-law against her mother-in-law, and a man's foes shall be they of his own household.—Jesus.

## Germs

“GERMS cause disease.”

This is the dictum of a large school of medicine and the basis of a so-called philosophy of healing that has gained much popularity and notoriety in recent years. Some men have so much faith in the thesis that “germs cause disease” that they invest millions, if not billions, of dollars in institutions (for instance, the Rockefeller Institute) to enable physicians to do their utmost to exterminate germs entirely and make the human race wholly, entirely and perpetually well—so that we can get along without physicians.

If germs cause disease, why are you not sick in bed, gentle reader? What do you mean by it, walking around the streets, holding converse with your wife and family and your neighbors, you whose epidermis is simply alive with bacteria—you whose mouth and gums are lined with germs of pneumonia, diphtheria and other maladies? What do you mean by it? Why is it that you are able to be out in spite of the millions and quintillions of germs with which you are infested?

You put this question to your family physician. And what does he tell you? He says to you with an air of pity and compassion:

“Why, my dear man, of course you are full of germs. But they do not affect you because you have resistance power. They do not bother you and are not likely ever to bother you until your vitality runs low and your resistance power is decreased.”

And then you say to your beloved family physician:

“Ah, just so. I understand it all now. Thank you, doctor.”

You depart for home. On the street you meet me. And I say to you:

“What is this resistance power, this vitality, of which the doctor spoke to you?”

You answer that vitality and resistance power are one and the same as health. They are synonyms for health.

“Therefore,” I say to you, “germs do not cause disease in persons who are already well.”

You good-naturedly assent, not knowing that I have set a pitfall.

“They only cause disease in persons whose resistance power and vitality are already low.”

You assent again.

Therefore germs cause disease only in persons who are already sick. Low resistance and low vitality are one and the same with illness. When your resistance power is low and your vitality lax you are sick, an invalid.

The question I desire to put to your physician and to any and all other physicians is this:

What causes the low resistance, the low vitality?

What causes the disease in the first place?

Certainly not the germ, because the “doc” has already said the germs do not bother you when you are well.

It is the doctor who is in the quandary; not you and I.—C. F. in Los Angeles Times.

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The mental preparation necessary for war is, first of all, greed, then fear, then suspicion, and finally, hate.—Claire Esther Whitaker.

## Moral Effects of War

**M**ANY tell us that war is necessary, to keep the race from decadence.

A newspaper writer describes the return of invalided Australian soldiers from Suez, the sink hole of the Orient. Most of these suffered from syphilis. It is said that there have been 40,000 syphilitic cases treated in Sydney, one-third were women. Generations yet unborn will suffer from this, because the disease not having been treated in a rational manner and eliminated, the taint will remain in the blood.

Hon. Bertrand Russell writes as follows, on the "moral effects" of war:

In every army, reports of enemy atrocities, true or false, stimulate ferocity, and produce a savage thirst for reprisals. On the Western front, at least, both sides have long ceased to take prisoners except in large batches. Whoever listens to the conversation of wounded soldiers returned from the front will find that, in all the armies, some men become guilty of astonishing acts of ferocity. Will even the most hardened moralist dare to say that such men are morally the better for their experience of war? If the war had not occurred, they would probably have gone through life without ever having the wild beast in them aroused.

There is a wild beast slumbering in almost every man, but civilized men know that it must not be allowed to awake. A civilized man who has once been under the domain of the wild beast has lost his moral self-respect, his integrity, and uprightness: a secret shame makes him cynical and despairing, without the courage that sees facts as they are, without the hope that makes them better. War is perpetuating this moral murder in the souls of vast millions of combatants; every day many are passing over to the dominion of the brute by acts which kill what is best within them. Yet, still our newspapers, parsons, and professors prate of the ennobling influence of war.

## "One Touch of Nature"

**A** LITTLE display of kindness occasionally breaks the painful monotony of frightfulness in warfare, and reminds us that good still remains in man, beneath the surface, notwithstanding this wholesale carnage.

A submarine warned a freight steamship. The men were taking to the boats, when the Scotch captain's little dog, to whom he was deeply attached, fell overboard. The skipper jumped also, and swam a quarter of a mile before he caught up with him. Then, with the dog on a shoulder, he swam on to the submarine. The captain of the U boat, in halting English, said: "I was going to sink your ship, but since I saw your kindness to your little dog, I shall not do so."

"One touch of Nature makes the whole world kin."

Among the outworn conventions that cling to the theater, in the United States, there is probably none more absurd than the custom of actors coming out of their roles, at the end of each act, to acknowledge the applause. The practice is indefensible today, in plays that pretend to seek both artistic and realistic illusion.—Christian Science Monitor.

I will have a care of being a slave to myself. For it is a perpetual, a shameful serving, the heaviest of all servitudes.—Seneca.

### “Smoking to the Glory of God”

Hail! Social Pipe, thou foe to care,  
Companion of my elbow chair;  
As forth thy curling fumes arise,  
They seem an evening sacrifice—  
An offering to my Maker’s praise  
For all His benefits and grace.—Dr. Garth.

**I**N September last, Bishop R. E. Poss, of the Methodist Episcopal Church (South) sent a letter to Rev. C. P. Hawkins, presiding elder of the St. Louis district of the church, explaining his views on the use of tobacco. The letter was brought forth by published excerpts from an address by the bishop at the Missouri conference of the church, in which he was quoted as saying that no minister who was a gentleman would use tobacco. The letter said, in part:

I did not bring up the subject of tobacco myself, but it came before the conference in a memorial to the approaching general conference, asking it to make the non-use of tobacco a condition of entrance into our ministry.

Personally, I am not in favor of such legislation, and I took occasion to say: To make the use of tobacco a sin is to grade down the general conception of sin until people lose sight of its enormity. Sin is that thing that damns; it is lying, drunkenness and profanity, dishonesty, uncleanness.

Smoking a cigar is a question of expediency, such as the eating of meat was in the early churches and such as eating mince pies or drinking coffee is today. On this ground it is better for ministers not to smoke.

Charles Spurgeon, Baptist, was one of the greatest of preachers. The immense Tabernacle, built for him in the south of London, then a novelty in church architecture, was crowded to overflowing twice every Sunday, and his weekly sermons, in pamphlet form, were sold by millions, at a penny apiece. Spurgeon was a blunt, plain-spoken man, something like our less sensational evangelists. He preached, with much force, the simple, undiluted Gospel, as he understood it, including literal hellfire and brimstone.

Nearly fifty years ago, when I was young and enthusiastic, I aided a brother of Spurgeon in the slums of the East End of London, penetrating, after nightfall, blind alleys, where even in day-time policemen went in pairs. The awful odor of these over-heated and unventilated thieves’ lodging houses still lingers in my memory. The inmates needed plumbers more than preachers.

Spurgeon, like most other parsons, “regular” and “irregular,” of those days, when everything that gives pleasure had not yet become to be regarded by religious people as a sin, enjoyed his cigar—and doubtless, also, his occasional glass of bitter ale. When one of his deacons ventured to criticise his smoking habit, Spurgeon replied: “Yes, I smoke an occasional cigar to the glory of God.” A novel kind of “smoked offering.”

Spurgeon, like so many other good men, was intemperate in eating. He was 75 pounds over-weight. He was troubled with the gout, and wrote to a friend as follows: “My old disorder has come upon me like an armed man and laid me low. I cannot walk or even stand, and the pain renders it difficult to think consecutively upon any subject.”

Strange, is it not, that so many men, who pretend to tell people how to save their souls, should not be able to care for their own bodies, and should not see anything illogical in confessing that they suffer, as a result of gluttony.

## Rev. Mr. Smith Solves a Great Problem

**A** REV. MR. SMITH at San Francisco has tackled the social evil; has solved the problem of the ages, and when he gets entirely through San Francisco is going to be a right moral town.

And how does the Rev. Mr. Smith work his wonders to perform?  
Does he abolish human nature?

Or retire the \$4-a-week wage?

Or make it easy for the average worker to have a home and support a family?

Oh, nothing so disturbing as all that. The Rev. Mr. Smith expects to put about 60 per cent of the women in a public institution, and to keep the rest moving.

"Keep her on the move to make her market difficult," is one of his slogans.

We wonder if the Rev. Mr. Smith ever heard of a historical character named Jesus, who met Mary by the well; and we wonder if he remembers how Jesus handled this sensitive subject?

Also, we wonder if the Rev. Mr. Smith is aware that Mary was of the family of Lazarus and, apparently, one of the friendly circle of the master?

And we wonder how much vital force there would have been in the religion of Jesus, not the religion of Paul, mind you, but of Jesus, had the Christ said to the authorities: "My advice to you is to keep the tribe of Mary moving."

There is absolutely nothing at all the matter with Christianity except that a large number of its professors consistently refuse to practice it.

If Christianity was the rule of modern business life there would be no sweat shops; there would be no \$4-a-week shop girls; there would be no misery, no defectives, no degenerates and no Rev. Mr. Smiths, prating of what they wot not.

Aye and there would be no Billy Sundays piling up fortunes through working on the hysterical weaklings; Sundays that are supported by labor exploiters, Sundays who boast that they stamp out the workers' discontent by centering their thoughts on heaven.

Nay, nay, Brother Smith, you doubtless mean well, but there is a most unpleasant place, the road to which is paved with good intentions.

It is wonderfully easy to solve our problems by "moving" them, or by building an institution and locking them up, but it is a coward's trick, the plea of a sophist, the expedient of the lazy, and the resort of those who imagine that religion is something to preach about instead of something to practice.

Eighty per cent of our troubles come upon us because we refuse to practice the Golden Rule.

Let the Rev. Mr. Smith do his preaching to the gentry that get fat from working children and girls for a pittance; or let the Rev. Mr. Smith labor himself for fourteen hours a day for five dollars a week; he may get some illumination on this "moving" hobby of his.—Los Angeles Record.

It is said that several hundred of these women have come to Los Angeles. What shall we do with them? Keep them moving?

## Lessons in Diet

**H**ORACE FLETCHER says the Germans still eat too much. Probably few of them know it.

It is a fact, however, that the Germans, like the Americans and the English, have been in the habit of eating far more than is necessary to support life and produce efficiency and health. In consequence they have suffered from many diseases. Especially is this true of protein foods. Until recently, the Voit theory of five ounces of protein daily has been followed, as far as possible, although Voit, before he died, admitted his error, and reduced his estimate to less than half that amount. Since then, Prof. Chittenden, of Yale, and others have shown that an ounce and a half of protein in the daily menu is ample. Before the war German chemists called Chittenden an "anti-protein fanatic." Now, one German professor says: "The Chittenden standard of eating has been almost as valuable as the Hindenburg standard of fighting."

The Germans have been in the habit of consuming a large amount of fat, especially hog fat. This tends to coarsen body and mind. The sudden deprivation of this fuel food is especially hard in the severely cold weather that has prevailed in Germany during the past winter.

It is true that many Germans exhibit signs of suffering. So does the heavy drinker, when his regular allowance of a quart of whisky a day is reduced to half a pint. This does not, however, prove that a quart of whisky daily is necessary to sustain life.

Fletcher says that in Germany and Belgium colds, auto-intoxications, appendicitis, and other diseases that attend over-eating have practically been eliminated. Also, since the Belgians have been living under a scientific, abstemious dietary, the death rate in Belgium has dropped to the marvelously low figure of seven per thousand.

One of the lessons taught by the war has been that it is gross extravagance to discard the outer and more valuable part of the grain, and feed it to animals, several pounds of this valuable food being needed to produce a pound of meat.

The war has taught millions of people valuable dietetic lessons, but will they profit by them? Unfortunately, no. A great majority will not heed those lessons, but will return, like a hog, to its wallow. They will continue to follow appetite, not hunger. They will continue to live to eat, instead of eating to live.

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As our needs per capita are about the same as they were fifty years ago, and as a worker will produce more now in four hours than in ten hours fifty years ago, it is necessary to the people's welfare to have a four-hour work day at this time.—Thomas H. Gardiner, Los Angeles, in Leslie's.

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What is now called the Christian religion has existed among the ancients, and was never absent, from the beginning of the human race, until Christ came in the flesh. From that time on, the true religion which had already existed began to be called Christianity.—St. Augustine.

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Against stupidity the very gods struggle in vain.—Goethe.

## Briefs

Luxemburg has an area of only 1000 square miles.

Carnegie has given away \$325,000,000, and has only about \$30,000,000 left.

There are 3,000,000 people in the United States who cannot read or write English.

On February 15, James Haft, of Bandon, Ore., celebrated his 105th birthday.

One New York butcher shop recently sold 1800 pounds of horse meat, in a week.

The U. S. Senate passed a bill placing all postmasters on the Civil Service list. Sensible.

The new Mary Dawes hotel for women, in Chicago, has 260 rooms at 10 to 30 cents a day.

Owing to the submarine blockade, American women may have to wear last year's Paris fashions. Awful!

The daily average of accidents in Pennsylvania industries was 810, for the first eight months of last year.

Benjamin Sharpless, of Whittier, celebrated his eightieth birthday. His mother, Lydia Sharpless, is 106.

Newspapers of Los Angeles, combined, pay \$10,000 a year for white paper.—Los Angeles Express, Feb. 12, 1877.

With the passage of a mother's pension law by Maryland, twenty-nine States now have such laws on their statute books.

A woman of 78, married 50 years ago to a man now 77, applied for divorce, in Los Angeles. Neither charged infidelity.

Eighteen hundred dollars is the average salary for the Harvard teaching force, and \$5500 the highest salary paid a professor.

L. B. Kuppenheimer, Chicago, advocate of work for men over 45, urges adoption of the plan in Los Angeles. He says it pays.

Judge Wallace, of the Superior Court, Visalia, Cal., has ruled that a pedestrian is not bound by the same regulations as to use of roads, as vehicles.

Susie A. Klaphake, 12-year-old girl of St. Cloud, Minn., who lost both hands when three years old, has received a prize in penmanship, holding a pen between her arms. Pluck.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, MARCH, 1917

No. 10

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## Defense Not Defiance

**D**R. LUCIAN HOWE, president of the American Medical Association, told the Senate Sub-committee on Universal Military Service that we are today a sub-standard nation, physically. As a writer says, this is mainly because so many of us have given ourselves over to greed, gluttony and indolence of the body. Also, he might have added, to the eating of devitalized foods.

An organization has been formed in Los Angeles called the "American Society for National Service." It is expected to spread all over the Pacific Coast and then over the country. Following are the objects of the Society:

To create "The Moral Equivalent of War" that will provide for the national defense without any of the evils of militarism:

To awaken the people to a realization of the necessity for an adequate land force, for the defense of the territory of the United States, and particularly the Pacific Coast, and to permanently establish and maintain such a force.

To open the gateway of opportunity for every American boy, by the inauguration of a system of schools for soldiers, in which every enlisted man will be given not only military training, but also vocational training and garden training, and thereby form a reserve, to be known as the Educational Reserve.

To secure the Congressional legislation and appropriations necessary for the enlistment and organization of a national service similar to the German Forestry Service, to be known as the Construction Reserve, that will in time of peace defend the country against Nature's devastations, and be ready in the event of war, to defend it against war's devastations.

To promote the establishment of a Rural Reserve, composed of men of military age, settled on the land in rural communities of small farms, which shall be no larger than the occupant can use and cultivate to the best advantage, with his own labor, without hiring help.

To form a General Board for Pacific Coast Defense, to bring into co-operation and unify all plans and services that may be essential to the defense of the country, with a view to permanently safeguarding the Pacific Coast against any possibility of attack or invasion by any foreign nation, now or at any time in the future.

This is a good thing. Push it along.

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Five thousand women clamoring for bread, in luxury-steeped New York, reminds one unpleasantly of the days of Marie Antoinette.

## Cosas de Espana

**I**N 1492, centuries after Scandinavian sea rovers landed on "Vinland," Christopher Columbus sailed from Spain and rediscovered the North American continent. His beautiful marble monument is the first thing that arrests the eye of the traveler who leaves the railroad station at Genoa, Christopher's birthplace.

In 1805, the Marquis de Casa Yruja, Spanish Minister at Washington, received his passports, for attempting to bribe a Philadelphia editor to favor Spain, in a controversy with the United States.

In April, 1898, a messenger from Secretary of State John Sherman handed passports to Senor Polo de Barnabe, acting Minister of Spain to the United States, and he was thrust out of the country.

Today, Senor Barnabe, Spanish Ambassador at Berlin, is diplomatic representative of the United States in Germany.

It is quite likely that Spain will play an important part in welding the chains of international intercourse, severed by the world war.

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## The Masses

**I** SYMPATHIZE deeply with the overworked and underpaid masses, groping blindly in the dark, and so often led astray by selfish or ignorant men, with a "gift of the gab." Yet I am forced to recognize the fact that as men are created unequal, physically, mentally and morally, there will always, under any form of government, be some who rule and some who serve—or, if you prefer, some who lead and some who follow.

Were the masses suddenly placed in command of our social fabric, I, for one, would want to seek refuge on some distant island, even if it were inhabited by cannibals.

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## Parenthood

**T**HE Oregon Senate has passed a bill requiring fathers of illegitimate children to support and maintain them. Even in England, fifty years ago, the father of an illegitimate child, when brought into court, had to pay half a crown a week toward its support.

The double standard must go, and women voters will hasten its departure.

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Blockades are nothing new. The Civil War blockade caused starvation, not only in the South, but in Lancashire. In 1871 the Germans forced the people of Paris to eat rats from the sewers and animals from the Zoo, many children dying, from lack of nourishment.

## Let the People Say

**A**N organization has been formed in New York to secure legislation that will provide for a referendum to the people, before any declaration of war.

This is a good idea. It should be extended, to include a provision that those who vote "aye" should be the first called upon to fight.

There surely could be no reasonable objection to this.

Perhaps a good way to end the war would be to suppress all newspapers for six months.

Do you fully appreciate the advantages of living in an era of Christianity and Civilization?

What good might be accomplished if only a small part of the money spent in suppressing symptoms of diseases were used to teach people how to avoid the cause.

An investigator attributes increased crime, since the war, to "a lessening sense of the sacredness of human life and indifference to the importance of material values." Quite natural.

Neither side having been able to win a decisive victory, they are now trying to starve each other out. That is the war situation, as seen by an unprejudiced outsider.

Japanese jingoes demand more preparedness, against American preparedness. Then, we shall be called on for yet more preparedness. So it goes. Preparedness—while perhaps, under present conditions, inevitable—leads to war.

### Work

**L**ET me but do my work from day to day,  
 In field or forest, at the desk or loom,  
 In roaring market-place or tranquil room;  
 Let me but find it in my heart to say,  
 When vagrant wishes beckon me astray—  
 "This is my work, my blessing, not my doom;  
 Of all who live, I am the one by whom  
 This work can best be done in the right way."  
 Then shall I see it not too great, not small,  
 To suit my spirit and to prove my powers;  
 Then shall I cheerful greet the laboring hours,  
 And cheerful turn when the long shadows fall  
 At eventide, to play and ease and rest,  
 Because I know for me my work is best.

—Henry Van Dyke.

## Brooklets

Health is seldom valued, until it is lost.

\* \* \*

“My country right or wrong” is immoral.

\* \* \*

Remember that work is not an end but a means.

\* \* \*

Everything seems to be going up, except salaries.

\* \* \*

A business man may be a Christian but it is hard.

\* \* \*

About the only cheap thing, nowadays, is human life.

\* \* \*

It is a small mind that judges persons by their nationalities.

\* \* \*

“Cherchez la femme” should nowadays read “Cherchez le franc.”

\* \* \*

The evening papers will soon have to call on billboard poster printers for type.

\* \* \*

While regulating saloons, why not include the children’s saloon—the cheap candy and lunch stands?

\* \* \*

One might almost be tempted to believe that nine-tenths of the human race are fools, and the other tenth knaves.

\* \* \*

After reading miles of articles, I have concluded that nobody started the war. It was a case of spontaneous combustion.

\* \* \*

Pathology is the science that teaches how to tell a man has a stomach-ache, after he tells you he has a pain in his stomach.

\* \* \*

If pedestrians would carry guns, and shoot degenerate motorists, who knock people down and ride away, it might discourage them.

\* \* \*

The University of California has abolished mirrors in library rest rooms. Women wasted too much time. How about mirrors in saloons?

\* \* \*

“Love” is a disease, due to accumulation of blood at the base of the brain. The best cure is an abstemious diet and hard physical labor.

\* \* \*

A newspaper is an institution in which national and social affairs are settled, by bright young men, some of whom, occasionally, are unable to settle their laundry bills.

## Care of the Body

### Suggestions to Smokers

**A**FTER all is said, many millions will continue to smoke. For these I make a few suggestions:

The least harmful form of smoking is the Turkish water pipe, but it is bulky and inconvenient, although there are small ones on the market, but they have never become popular. Next, a mild domestic cigar or stogie, smoked not more than two-thirds of its length, for the nicotine accumulates near the point. Dr. Thomas W. Jenkins writes: "Just back of the burning zone of tobacco is a zone of moisture, which causes the nicotine to be dissipated. The longer the distance the smoke has to travel, the greater the dissipation of nicotine. The larger the zone of moisture, the greater the dissipation of nicotine. Hence, the evil of the cigarette, which is small and short." When a man smokes strong, black cigars, down to within an inch of the tip, you may "see his finish." In an ordinary pipe, the nicotine accumulates in the stem, no matter how often you clean it.

You should never, under any circumstances, smoke—any more than you should drink alcohol—on an empty stomach. Nor should you smoke within half an hour after a meal. An hour is better. This, of course, is the time when you crave a smoke the most, because it is called upon by your system to deaden the inflammation in your stomach, produced through injudicious eating. However, force yourself to wait at least half an hour. If you cannot do that, you have become an abject slave to the habit, and are in a bad way.

It is well to make a practice of not smoking before noon. I know that the after-breakfast smoke is the most enjoyable, but then, it is better not to take breakfast. Cut down the smoking to a reasonable amount, and stick to it, or the first thing you know, you will become a "chain smoker"—lighting one cigar after another—and then you are surely on the highway to becoming a nervous wreck, unless you have the constitution of an ox, and work at wood chopping, or something of that kind.

Excessive smokers should drink water freely and take frequent sweat baths.

On another page I give some suggestions to smokers and to those who wish to stop smoking.

### A Liberal Prescription

**D**R. MAX EINHORN, described as an "authority" on diet, says: "The dietary should comprise a great variety of food, difficult of digestion as well as digestible. Meat should not be taken more than twice daily, and about four ounces suffices for an adult, with vegetables, bread and butter, fruits and salads. Water should be taken at each meal, as well as between meals."

Judging from information sent me by those to whom I give dietetic advice, most of them would find this prescription an easy one to follow.

## Gas Pressure

**D**R. J. H. TILDEN writes as follows in the *Philosophy of Health*:

Palpitation of the heart is often caused by gas pressure on the diaphragm. Nervous people are sure they have heart disease. Hic-cough and nervous cough may be produced by gas pressure on the diaphragm. Oppression in the chest is a common symptom of indigestion. When this symptom occurs in one who is full of fear, he will at once decide that there is something wrong with the lungs. This apprehension is common with those who have lost friends from tuberculosis.

Sometimes the muscles between and on the ribs will be sensitive to touch. The sensitiveness may have been caused by a twist, strain, or blow in the chest. Apprehensiveness may cause one to believe that it comes from heart or lung disease.

There may be pain under the shoulder-blade, between the shoulder-blades, or in some part of the shoulder. Introspective people may imagine that they are taking the disease they fear. Those who have heard of gall-stones, or of those people who have liver disease, may imagine that pain in the right shoulder will mean for them either liver disease or gall-stones.

Gas pressure often causes pain under the right ribs. The patient and his doctor may believe that the pain is in the liver and due to gall-stones; or, if the patient has been in the habit of drinking alcoholics, hardening of the liver may be suspected.

The pain from gas pressure may be at the pit of the stomach. Ulcera-tion or cancer may be suspected.

Discomfort and pain may be felt in the right or left side, under or below the ribs, at the back or either side of the spine. Kidney disease may be suspected.

Pain may be felt at the right or left lower front of the abdomen. If on the right side, appendicitis, ovaritis, stone in the kidney, ovarian or fibroid tumor, floating kidney, colitis, neuralgia of the spermatic cord, or hernia may be feared. If on the left side, the same diseases may be suspected, except appendicitis.

Frequent urination, from gas pressure on the bladder, may cause the apprehensive to believe that there is a bladder trouble, or prostatic disease, or even stone in the bladder.

Falling of the womb, and other displacements of the womb and ovaries, are often caused by gas pressure.

How can one tell when any of these symptoms are produced by gas? By fasting. Going without food for a day or two will usually bring full relief.—*Philosophy of Health*.

To these truthful remarks of Dr. Tilden I may add that rupture, or falling of the womb, or piles, or prostatic trouble, can never be per-manently cured, so long as there is gas pressure in the bowels. Also, that laziness and lack of ambition are mainly due to the paralyzing effects of gas pressure.

This ailment can readily be overcome within a few months, by careful regulation of the diet—by eating twice a day, in moderation, of simple dry food, together with a little active and passive exercise.

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I attended a banquet that began with crab, in butter sauce, and ended with ice cream. Awful mixture!

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At prevailing high prices of vegetables, a small vegetable garden will yield profit, as well as healthful exercise.

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Mrs. Verne Adams, of Live Oak, Cal., after initiation into a fra-ternal society, which includes life insurance, contracted ptomaine poisoning, at an ensuing banquet, and died within an hour.

### How to Quit Smoking

ANY, on reading this headline, will say, with a superior smile: "Why, that is easy. Just quit." Evidently, gentle reader, you are not a confirmed smoker, or you would not say that. It is not by any means easy. In fact, it is not much more easy than to pull up a delicate plant, rooted in hard soil. It is remarkable what a grip the smoking habit gets on its victims, after it is firmly established. It is harder to give up tobacco than alcohol, or coffee.

To begin with, discard all thought of "tobacco cures," that merely remove the symptoms, without affecting the cause. "Regulars" almost always content themselves with suppressing symptoms, whereas, those who heal according to natural methods seek to remove the primary cause.

A man is foolish to begin smoking, if he has not acquired the habit. Also, it is foolish for an old man, who smokes in moderation, to deny himself the solace of moderate indulgence in a cigar or pipe, if he finds it is not doing him any particular harm. When you discover that you are becoming an absolute slave to tobacco, then is the time for you to quit. And then it is hard to quit. Also, sometimes there may be danger in suddenly giving up a bad habit, when it has been carried to excess. A news dispatch from an Indiana town, told how a young man of twenty, who had been addicted to the excessive use of cigarettes, suddenly stopped using them. He suffered several fits of nervousness, and died a week later. A medical missionary, who recently returned from China, states that the stamping out of the opium curse in that country has caused many of the habitual users of the drug to succumb, when it has been taken from them, and that many others have been driven to insanity.

In many cases a person may safely stop short without harm, but when the habit has been long continued, and has secured a mortgage—literally a "death grip"—it may be better gradually to break away, using the alcohol, or nicotine, or drug, or whatever it may be, less and less frequently, and in less amounts. In the case of smoking, you may resolve never to touch a pipe, cigar or cigarette until after the mid-day meal. Then, after a time, you may satisfy yourself with a cigar, or pipe, or two, after the evening meal. This, however, is much like cutting off a dog's tail by inches.

The only satisfactory way to break off a drug habit, is to remove the craving for it. To what is this craving due? Like so many other ills that afflict poor humanity, it is due to dietetic errors. It is due to two causes, either the loading up of the blood with waste matter, from excess food, or mal-assimilation of food, or deficiency of the mineral elements or organic salts in the diet. In the first class are the heavy fleshy smokers. In the other class, the thin, nervous, dyspeptic devotees of the weed, to whom it is especially harmful. In other words, inflammation of the lining of the stomach, and starvation of the nerves are the two leading causes of the craving for drugs, including tobacco. The starved nerves cry out for nourishment, and in place of bread they are given a stone. Smoking, although it relieves for a moment, only makes matters worse.

The right way to quit smoking is, therefore, to cease abusing the stomach. Every confirmed smoker knows that the craving for a smoke

is much greater after a heavy meal of stimulating foods, than it is after a bowl of milk, without sugar, or a handful of fruit. Begin by an absolute fast of a few days, drinking freely of cool, not iced, water. Then, for a month adopt an absolutely bland diet, consisting of milk and bread, or buttermilk, or baked potatoes, or boiled rice, or something of that kind, eaten in great moderation, strictly avoiding coffee, cane sugar, pastry, fried foods, condiments, including salt, and anything that irritates the stomach. Eat freely of raw green stuff, especially lettuce and celery. Ripe fruit is excellent by itself, not with other foods. If your stomach is not inflamed a "fruit fast" is an excellent thing.

Take every other day, for the first week, a good sweat bath, then twice a week, and after that, once a week. Cleanse the bowels thoroughly by enemas. Also, take as much exercise as you can, in the open air, and learn to breathe deeply. After you have overcome your craving for tobacco, see that you do not invite it again, by habitual dietetic excesses.

Even if you do all this, you will have to exercise considerable will power, and to show that your brain holds the whip hand over your body. However, there is no other way, and it is worth while.

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### Constipation a Symptom, Not a Disease

**I**N treating constipation, the usual error is made, of mistaking a symptom for a disease. Hence, the folly of trying to overcome constipation by such unnatural methods as "mild cathartics" and mineral oils, or even by the more natural method of enemas and laxative foods. The only effective way of treating constipation is to build up the strength and resistance of the whole body, not by "tonics," but by natural methods, as rational diet, exercise, etc. Many of my consultants have advised me that, as their general health improved, constipation disappeared.

Following is an extract on this subject, from a letter received by me from R. L. Alsaker, M.D., of St. Louis, author of that most excellent book "Health and Efficiency":

I have no special diet for constipation, because I have found that special diets do not work. My experience is that whatever puts the body into tone helps constipation, and very different diets bring the same result, if they build up the health.

Constipation often clings, after all other symptoms have disappeared, but those who are persistent will be rewarded with a cure, if there are no structural defects.

To cure the worst cases of constipation, one has to build up the whole body. Some cases, that are apparently bad, surprise me by vanishing within a few hours of beginning correct feeding. People who give a set formula for curing constipation are either dishonest or ignorant, for the only sure cure is to tone up the entire system, and that can't be done in the same way, at all times.

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It is difficult to get first-class oranges in Los Angeles, as they are shipped East. This makes a bad impression on visitors.

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Thousands of tons of mustard greens are going to waste, on vacant lots, and on sidewalks, in and around Los Angeles. It can be cooked like spinach.

### Don't Slouch

**R**EPLYING, in the Los Angeles Herald, to a correspondent, who asks whether a woman who does all the housework for a family of six needs any other exercise, Al. Treloar, physical director of the Los Angeles Athletic Club, said:

Housework is a drain on nerve force every time. Without attempting to discuss economy or any other aspect of the question save only the physical well being of the mother of a family, I would say that it is better to do no housework. One's exercise should be taken separately as such, and for the sole purpose of exercise. Exercise, not too severe, often is found restful even after a day of hard work.

I fancy that if Mr. Treloar had to do the housework for a family of six, he would not feel much like taking any other exercise.

As to whether household work is beneficial or not, it all depends upon how it is done. If the work is done while holding the body, as far as possible, in a correct position, it is valuable exercise.

Man is distinguished from all other animals by the fact that he carries himself in an erect position, a fact that some scientists believe is the cause of many of our physical ills, because, although thousands of years have passed since we went on all-fours, the human body has not yet become entirely accustomed to the change. Do men walk erect, however—that is, most of them?

To hold the body in a correct position is more valuable than all other exercises put together, although you need not ignore them. In the February Physical Culture McFadden writes of a simple system, which he calls "vitolyising." This is almost as bad as "physcultopathy" or "healthatorium." It should, of course, if anything, be "vitalysing," but we have far too many "ologies" already. The method consists simply in bringing the chin backward, as far as possible, without either raising or lowering it. This is about the same as the advice I have often given, to keep the back of the neck against the collar.

Whether you are walking, or sitting, or working, practice holding your body in an erect position. It will be hard, at first, but it will gradually become a habit, and it will marvelously aid circulation, digestion, and general good health. Also, it will make you feel like a man, instead of a machine.

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### A Capacious Stomach

**G**EORGE J. DREWS, of Chicago, is an ardent advocate of the raw food diet, to which he has given the awful name of "apytrophy." In an article in the Herald of Health, he said:

The second and third week of May we enjoyed dandelion flowers. Every other day we ate about fifty or a hundred flowers for breakfast during this season. One morning we chose not to gather the flowers to be eaten in the house; but ate the flowers as we picked them. This time we ate a hundred and fifty flowers; for they really tasted better when just picked. Primitive? Yes, and wholesome.

This is coming rather close to Nebuchadnezzar, who went crazy, and imagined he was a cow.

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Next to corn meal, unpolished rice is the cheapest food on the market today. It should be freely used, in place of potatoes, which are too expensive.

## Tobacco a Lesser Evil

**I**N the Philosophy of Health Dr. J. H. Tilden writes:

A greater percentage of men who do not use tobacco develop hardening of the arteries and high blood pressure than of those who do. Men who use tobacco and alcoholics will not stay at the table so long as those who do not use these stimulants. They do not smack their lips and stay with the food as long as they can; for they know that there is something coming to them after the meal, and they are willing to stop when they have eaten in moderation. The man who does not smoke knows that when he leaves the table there is nothing coming to him; hence he is loath to go. He knows that is all he will get until the next meal.

If one quits the table hungry after leaving, he will not give a cent for all the food he left. It is only while the tickle is still on the tongue that you care for more.

Tobacco has kept thousands of young men away from bawdy-houses and away from a criminal life. These drugs antidote food-poison and control an otherwise uncontrollable appetite. Food-poisoning from the daily intake of too much food drives boys and girls into sex mania. Girls take up with the first men they meet, and if they do not marry them, they may do what society thinks worse—become inmates of bawdy-houses, or go on the town. A part of the mania of food-poisoning may be used up in bearing children; a remedy for mothers, but a bane for the children! . . .

It is said that women are taking to drink and tobacco. Why not? Idleness and high living generate a force that cannot be restrained. It is said that husbands object to their wives using cigarettes. There are worse habits than the tobacco habit, and if people will eat and do nothing they must select the least of the evil habits, and work it overtime, to retain half-health and respectability. . . .

Cure the food-poisoning habit, and most crime and disease will end. Avoid overeating!

Now, do not say that either I or Tilden advocate alcohol and tobacco. What we say is: If you must—or think you must—choose between two evils, choose the less. You need not, however, choose either.

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## Nuts

**T**HE editor of a "health department" in a Los Angeles paper tells fat people what nuts they may eat, because these nuts contain only a small amount of carbohydrates. The nuts referred to contain from 50 to 75 per cent. of fat. Fat in food is far more fattening than carbohydrates—starch and sugar.

A fat person, who wishes to reduce his weight, might almost as well eat fat pork, as to eat freely of nuts.

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A torpid liver will never make a smiling face.—Good Health Clinic.

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Washing the head every morning with cold water will soothe your nerves and harden you against "catching cold," especially if you eat abstemiously.

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When a man has will power enough to cut out the booze of his own free will, he will never drink again. Unless he has that will power, "hitting the trail" and other methods of stopping his drinking are a waste of time.—John L. Sullivan.

### Tonsil Removal

**A**N inspection nurse's interference with my patients has prompted this article. I trust you will publish my protest against the malicious massacre of the tonsil.

Many people remember when bleeding, blistering, and "no water" to patients with fevers was the rule with physicians. Later, a floating kidney was said to be the cause of many ailments, and an operation was performed. Then came a displaced uterus, for which nearly every woman was treated for months or years. Later it was ovarian irritation and operations. Appendicitis has had a great run, and made millions for the doctors. That, too, is waning as people learn it can be obviated without operation. Many other fads have had their run, too numerous to mention. Cutting out the tonsil is taught the people by inspection nurses, inspired by the surgeon. This is wrong, and should be forbidden. It is seldom that a tonsil needs to be removed. Many children while growing rapidly have enlarged tonsils that do no harm and return to a normal condition.

When the people are taught to keep elimination sufficiently active, enlarged glands disappear. A poisoned blood is the essential underlying factor in tonsil enlargement and inflammation.

The tonsil is not a gateway for infection, as taught by germ theorists, who wrongly teach that germs are the primary or fundamental cause of disease. The tonsils are phonatory organs and important in the mechanism of speech and song.

Removal of the tonsil is a capital operation and dangerous. If necessary to be done (which is seldom), it should be done in a hospital, where accessible means are at hand in any emergency that may arise. Chloroform should not be used, as there are other anaesthetics less dangerous. Death may result from hemorrhage, but often is caused by shock from the operation, children being especially susceptible to shock in operations on the throat.

Other bad results may follow removal, as development of latent tuberculosis of the lungs. Permanent injury to the palate and pharyngeal muscles, with contraction of the tissues and impairment of the voice may follow.

The causes from within the body that gave rise to the enlarged tonsil, not having been removed by elimination of the chemic substances in the blood, the tonsil may recur after removal and new troubles appear.

No one except the recording angel can tell the number of deaths caused by removing tonsils, and the pages of medical literature have no record of the damage done by countless operations.

The cutting out or removal of tonsils is condemned by advanced thinkers and by most of the able physicians and surgeons of the world. There is a better and more successful method of handling these cases by the purification of the blood, and methods of correct living. Then the enlarged tonsils will be reduced by normal absorption. Eliminate waste substances from the blood, and there will be no enlarged tonsils.—L. A. Merriam, M.D., in *Health Culture*.

### Anger a Cause of Dyspepsia

**ONE** cannot have good health unless he controls his temper. It is not only the great rages and violent bursts of anger that disturb normal functions, but also the habit of irritation and impatience.

There are some people who are entirely upset when the weather does not suit their plans, while there are others to whom a scorched breakfast toast is a tragedy. The lack of poise that is manifested in constant fretting and fault finding has a very bad effect upon the health. . . .

Experiments have proved that the gastric juice flow is stopped by great excitement. Recently Oechsler has reported that the secretion of pancreatic juice and bile are also checked, and therefore all the means of bringing about chemical changes in the food are lacking during a period of excitement, and for some time after. It is also true that churning and wave-like movements of the stomach and intestines are wholly stopped when one is greatly excited.

This effect upon the digestive organs takes place in a modified degree when one gives way to the milder feelings of anger, which we call irritation, fretfulness and impatience. If the habits of cheerfulness, serenity and good temper are not cultivated, and if one goes about looking for trouble and allowing himself to get "all worked up" over trifles, a sort of digestive inertia is established, and gradually dyspepsia in some form appears. Then we may get the reflex condition—that is, the morose temperament that results from recognized functional or organic indigestion. It is more often the case that dyspepsia is caused by uncontrolled temper than the converse.—W. H. Riley, M. D., in *Good Health*.

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### Building the Body

**UNDER** the department head "Building the Body" I have undertaken to write a daily series of short articles for the Los Angeles Record. Those who enjoy reading my "stuff" in BRAIN AND BRAWN will doubtless wish to read these articles, also. They will be prepared with the same conscientious care that I put into everything I write for the magazine.

Like BRAIN AND BRAWN, the Record tells the truth, and tries to shame the Devil.

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If you "catch cold" easily, and frequently, it proves that your bowels or skin are not in order, or that you breathe impure air.—Good Health Clinic.

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Got headache? Take one of our tablets, made up of outdoor work, less victuals and lots of water to drink. We will warrant it to cure you almost every time.—Healthy Home.

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Remedial agents are those materials and influences which have normal relations to the vital organs; not drug poisons, whose relations to these organs are abnormal and anti-vital.

### Spartan Simplicity

**F**OLLOWING is an extract from a letter received by Otto Carqué from C. W. Dayton, the "Red Ripe Honey Man" of Owensmouth, near Los Angeles:

I might say that I took up this method of selling honey almost entirely to get the walk from my place to the station at Owensmouth and back, about eight and a half miles. This, with a load on a wheelbarrow, gives considerable muscular exertion. I make the trip from four to seven times every week, and by this exercise, besides my other bee and fruit labor, I get a chance to test foods. I aim to eat but one meal each day, at eleven or twelve o'clock. I feel much better with no breakfast than with it and better without meat, eggs and milk, using fruits and water. I have been doing this for from ten to fifteen years.

When I first began, my lungs, kidneys and liver were in bad condition and I had constipation, paralysis, catarrh, neuralgia and cancer, but I have nothing of the kind now. I get up at from two to three o'clock in the morning and retire at ten p.m. I am never fatigued, whereas I used to be very tired after every little activity.

I think onions, garlic, melons, olives (pickled in water without lye), dried figs, raw spinach, beans, etc., entirely suffice, in the place of every animal product.

### Almost Perfect Physically

**W**ILLIAM JENNINGS YOUNG of Calipatria, Imperial Valley, 18 years old, was declared by Surgeon G. C. Thompson of the recruiting office, U.S.N., here, to be the most perfect specimen of boyhood ever passed by him for the navy. The boy was born in Cleveland, Okla., January 30, 1899, and attributes his wonderful strength and health to the fact that he has slept out of doors under the stars all his life and abstained from the use of coffee, tea and alcoholic liquors. He went to work on a ranch in Brawley when 12 years old and has been working outdoors ever since.

Young's measurements are: Height 5 ft. 7½ in., chest 34½ in., chest expansion 3½ in., weight 141½ pounds, neck 14½ in., across shoulder 18 in., forearm 9¾ in., biceps 10½ in., wrist 6½ in., waist 27 in., hips 35 in., thigh 20 in., calf 14½ in., ankle 9¼ in.—San Diego Dispatch.

Remedial agents do not "act" on the living system, as is generally believed, but are acted upon by the vital forces. Dead matter (remedies, so called) cannot act upon living tissues.

### 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 half a dozen friends. In that case you may present each with a year's subscription for five dollars. We will tell them the name of the donor.

Chamber of Commerce Building, Los Angeles, Cal.

Seasickness

**G.** G. PORTER, of Syracuse, N. Y., suggests that seasickness may be due to the fact that the patient suffers, to a certain extent, from fear, or nervousness, on going aboard ship, also that he has undigested food in his alimentary tract. He adds:

If, before taking a voyage, a person who is usually seasick would clean out the system by enemas, and a fast of a day or two, and then only take a little fresh unsweetened fruit juice, sipped and tasted very slowly, a la Fletcher, for the first two days of the voyage, then throw off fear, and make up the mind to have a good time, perhaps he might absolutely avoid being seasick.

It is not hard for any one who has made a study of dietetics to realize that, with the natural tendency of people to try to get their money's worth, when they sit down to a meal at a hotel or restaurant, or steamship dining table, after a few meals on a voyage they have their systems so loaded up with such a lot of slop that they would be apt to be sick, even if on dry land, and it would take little to upset them.

Cheese Cream with Rice

**E**AT two tablespoonfuls of butter with one tablespoonful of flour and stir until smooth. Add two tablespoonfuls of cream, seasoning to suit taste, and one cup of cold boiled rice. Boil, then add one small cup of grated cheese. Serve on toast, dusted lightly with paprika.—Dr. H. Lindlahr's Nature Cure Cook Book.

Cheese is a highly concentrated food. It should always be eaten with raw green stuff, or non-starchy vegetables.

There is no law of cure in the universe. The only condition of cure, is obedience to physiological law.

Back Numbers of Brain and Brawn

We have a Few Back Numbers that We Offer for Sale at the Following Prices:

June, 1912, Quacks.....	75c	July, Food Value of Nuts.....	30c
July, Human Gas Tanks.....	75c	August, The Bible.....	50c
August, Osteopathy.....	\$1.00	September, Fasting.....	30c
September, Epidemic Scares.....	75c	October, Why is War?.....	30c
October, Vivisection.....	\$1.00	November, Health.....	30c
November, Traffic in Girls.....	1.00	December, Christian Science.....	50c
December, Crime a Disease.....	50c	January, 1915, Human Slaughter	
January, 1913, Vaccination.....	75c	Houses.....	\$1.00
February, Medicinal Foods.....	\$1.00	February, The Negro.....	75c
March, Sausage Mills.....	75c	March, Woman.....	30c
April, Vegetarianism.....	75c	April, Tuberculosis.....	25c
May, Race Suicide.....	75c	May, Farming in California.....	25c
June, Civilization.....	75c	June, Eating to Live.....	25c
July, A, B, C, of Health.....	50c	July, Exercise.....	25c
August, Gambling.....	\$1.00	August, The Jew.....	25c
September, Sugar.....	75c	September, Sectarianism.....	25c
October, Medical Science.....	75c	October, Cause of Disease.....	25c
November, Water Cure.....	75c	November, Automobiles.....	25c
December, Climate.....	50c	December, Protein Poisoning.....	25c
January, 1914, Nature Cure.....	50c	January, 1916, Medical Research.....	75c
February, Cancer.....	75c	February, Arizona.....	25c
March, Marriage.....	\$1.00	March, Salt.....	25c
April, Starved Nerves.....	75c	April, Dietetic Theories.....	75c
May, Food.....	50c	May, When a Man's Sixty.....	25c
June, Waste of War.....	50c	June, Blood and Iron.....	25c

**SPECIAL OFFER.**—Complete Sets of above numbers, while they last, \$22.00 by express, prepaid. Each a complete booklet. Prices subject to change monthly. Send orders early, as they will not last long. Subscribers who wish to begin with back numbers should note prices.

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.]

#### FRUIT.

An advertisement of a patent medicine reads, in part: "Bowel complaint is sure to be prevalent during the fruit season." How about this?—J. K. M.

This is because fruit is a medicine, as well as a food, and when eaten by those whose systems are clogged up with impurities, it goes to work house-cleaning.

Instead of avoiding fruit, eat more fruit. Live on fruit entirely for a few days. Do not, however, eat raw fruit with other foods, especially not with starch foods.

The "fruit season" in California lasts all the year round, although for a few months in winter we have to confine ourselves mainly to oranges and strawberries, which contain too much acid to eat freely, except as an occasional medicinal dose, and to cold storage apples. These, like other cold storage foods, are unwholesome.

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#### GUARANTEEING CURES.

Do you guarantee cures?—K. M. T.

No indeed. Only quacks guarantee cures. I do not even pretend to cure anybody. All I do is to show you how you can cure yourself, or rather let Nature cure you. I cannot get well for you. All I promise is that if you follow my instructions, you will gradually and steadily improve in health.

---

#### TUBERCULOSIS.

Is tuberculosis curable?—J. W.

That all depends. In the early stages, tuberculosis yields readily to rational treatment, with open air life, and in place of stuffing with foods that become poisons in a weak stomach, a most abstemious dietary, gradually increasing as the digestive powers increase. Even in the later stages, remarkable results have been achieved in this way.

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#### SWEET FRUITS.

Can I over-eat of sweet fruits?—W. T.

What a foolish question. Of course you can over-eat of anything. You are much more likely to over-eat of sweet fruits than you are of bread or potatoes. Therefore, those who are inclined to be hogs in their method of eating should avoid all dainties for a time, until the inflammation goes out of their stomachs, and they can eat like intelligent human beings.

## Discriminating Readers.

Advertising in **BRAIN AND BRAWN** only pays those who have something to offer that will appeal to people who think.

Few readers of the magazine are "easy marks."

## 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 WHITE MAN'S BURDEN, B. V. Cummins; The Constitutional Publishing Co., P. O. Box 486, St. Louis, Mo.; Price \$1.50 by mail.

The "Constitutional Protection Party" has for its object the establishment of a national currency system, composed of money as a medium of exchange, in the form of government circulating bonds, to be issued in amount, and based upon ten per cent. of the real value of all real property in the United States, said bonds to be taxable, and to expand in volume each ten years, in conformity with the increase in value of real estate.

The Federal Reserve Banking Law has done something to improve the liquifying of the circulating medium in this country. Further steps will doubtless be taken from time to time, as the people realize the demand for such reform.

---

MUTE ISLAND; Dr. Charles F. Conrad; Order through BRAIN AND BRAWN; 230 pp.; price \$1.10, by mail.

Dr. Conrad is editor of the International Brief, the official organ of the International Alliance of Physicians and Surgeons. So far as I am aware, this is his first effort in light literature. The plot is original, involving a hoax on a scientific society, worse than that described in the annals of the celebrated Pickwick Club. I shall not spoil the interest of prospective readers, by disclosing the plot. The book is well written.

Dr. Conrad now has in preparation a sequel, entitled "Fifteen Years on Mute Island."

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THE BIBLE AND ETERNAL PUNISHMENT; Booklet; A. P. Barton; 3332 Troost Avenue, Kansas City.

This booklet shows the error of the popular belief that the Bible teaches that babes are cast into a lake of fire, because Adam and Eve ate a certain fruit, which God had placed within easy reach, and told them to abstain from. As the author says: "If it did teach such things, any man who would allow it to be read in his family, without expurgation, would be recreant to his duty as a husband and father."

The author shows that the doctrine of perdition, or the damnation of souls, as taught by orthodoxy, is not sustained by the Bible. The booklet should be widely circulated.

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The great suffrage for woman is emancipation from hereditary and conjugal slavery, with the right and courage to say whether she shall have children or not.—Dr. Elmer Lee.

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No matter how clever your children are, remember first their health. It matters little, 25 years from now, whether they graduated at 16 or 20. Often by taking things slower, they make more of a success in life.—Health Culture.

---

We fail to distribute immigrants properly, 90 per cent of them go to overcrowded cities, while only 45 per cent of our arable land is cultivated.

### Hox 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 and commendation are 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.]

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#### FROM AN OLD FRIEND.

I notice that the price of BRAIN AND BRAWN remains the same, notwithstanding the greatly increased cost of paper and other printing materials. Your splendid little magazine is worth at least twice the price you are asking for it, so I am sending you \$2.00 to renew my subscription. I get more than that amount of information and entertainment out of each monthly issue.

Having been a reader of the product of your gifted pen for nearly thirty years, and having known you intimately for nearly all of that time, I assure you that the monthly visitations from BRAIN AND BRAWN are very pleasant reminders of the associations of years gone by, when we were colaborers on the staff of the Los Angeles Times. I always admired you for the honesty and sincerity of your opinions and your frankness in stating your convictions. Your store of knowledge, gained by years of study, travel, experience, and observation is marvelous, and I come very near to accepting everything you say as gospel truth. At least, I know you believe to be true everything you publish.

I trust you and your magazine may continue to prosper and that you may live long to strive for a better, saner and healthier condition of living for all our people.—W. S. Livengood, Meyersdale, Pa.

Mr. Livengood's subscription has been extended for two years.

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#### THE BROTHERHOOD OF MAN.

I quite understand and appreciate your neutrality. Your past articles have taught me that you have grown beyond blood and race, into the idea of the one-ness of the human family, and the brotherhood of man. I pray this war may bring the world a long step nearer to that ideal, and I believe that things will shortly move as quickly, in the realm of spiritual enlightenment, as they have in the mechanical world, during recent years. You are doing pioneer work in BRAIN AND BRAWN, and I trust your efforts may be increasingly blest.

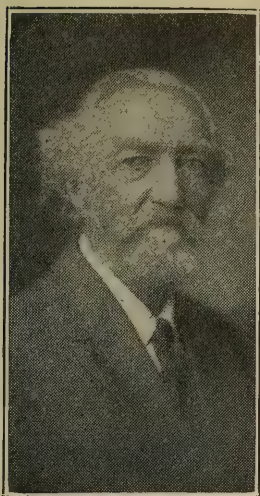
It has been a real pleasure to do a little toward the success of your magazine. I send four subscriptions and a renewal each year—the four being new ones. I think the last year's four will subscribe, after having become attached to BRAIN AND BRAWN, as they must. Perhaps I can give a little more help, as time goes on.—Arthur D. Eteson, Glenhaven, Ashton, England.

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#### AN EDUCATOR.

Much good may be done by educating the people away from drugs, operations, etc., and I consider that the reading of your magazine would accomplish the desired results better than anything else I know of. The articles are interesting and instructive, and the magazine is small enough, and so attractive that the ordinary individual would become interested in it, and want to read it through. I believe that after one has read this magazine for a few months or a year, he would commence to sit up and take notice, on his own account.—G. G. Porter, Syracuse, N. Y.

## CURE OF CHRONIC DISEASE



**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.”

There are two, and only two, secrets of health—alimentation and elimination. If these are well balanced, there is health. If they are not, there is disease. And no tinkering with effects can do more than afford temporary relief, which is not cure, but often makes a cure more tedious and difficult.

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., and give, when requested, special advice on pregnancy, children and fasting.

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.

In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brook, D.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### COMPULSORY MEDICAL EXAMINATION.

**A**T a meeting of the California Anti-Compulsory Medical Inspection League, held recently in Berkeley, Cal., Assemblyman George Gelder addressed the meeting and explained that the object of the league was to protect every parent of children from the un-American encroachment upon the liberties of the people in the action of health officers spreading their gospel of fear, by going into the schools and examining or attempting to examine children without the consent or knowledge of the parents or guardians. He said:

I object to any strange doctor examining my children upon any pretext whatever, without my knowledge or consent. If the body is not sacred from such an assault as a forced examination, then it is high time we change the constitution, or do away with constitutional government altogether. When I send my children to the public schools they are still my children, and if there is anything wrong with them I prefer to have my own physician examine them first, not some political quack, who cannot make a living practicing his profession as he should. Right now certain designing health officers are working up a small pox scare and an infantile paralysis fright. There is a reason for this. The Legislatures all over the nation are about to convene, and they want to manufacture disease, fear, statistics and a reason for increased help, more salaries and more power. Recently it was alleged that 1500 children were being vaccinated in three different schools in Oakland. There was an epidemic of small-pox. One case only. Just think of one swallow making a summer. It is ridiculous. Then it is a question if it was really small-pox. But if 1500 children were unvaccinated, which was fully 98 per cent of all the children, can't you see what an absurdity vaccination is, in this day of sanitation?

There is so much money invested in the manufacture of serums, viruses,

vaccines and the like and there are so many health officers who are either stockholders or partners in the firms manufacturing the same, that it easily accounts for this recent and mad desire to serumize and vaccinate human beings with foreign poison.

A resolution was adopted, requesting Assemblyman Gelder to introduce legislation doing away with the compulsory medical inspection of school children, and a committee was appointed to work for the passage of such legislation.

### ANOTHER "CANCER CURE."

**A**NOTHER new cancer remedy is announced by a Cincinnati physician. He says: "It brought good results in three cases, and in two the patients died of other complications." Not very encouraging. Perhaps they would have lived longer, without the serum.

At the Clinical Congress of Surgeons of North America, held a few months ago, in Philadelphia, Dr. Joseph F. Bloodgood, of Baltimore, said:

Cancer is a disease that cannot be prevented by any public health measures that we know of—it cannot be prevented or wiped out as we wipe out typhoid, malaria or tuberculosis. It cannot be prevented by any known measures, such as the application of anti-toxin for lockjaw or serum for typhoid. Cancer is not hereditary. Neither is it a blood disease. We do not know why it occurs nor exactly its nature.

Also, Dr. Mayo, President of the A. M. A., recently declared, at a meeting of that body, that diet is the principal factor in cancer.

The medical profession should see to it that vaccine therapy does not degenerate into inconsiderate and reckless experiments on human beings, that it does not originate and end in commercialism, and the desire to exploit the weak and unfortunate.—Dr. Theobald Smith, of Harvard Medical School, in the A.M.A. Journal.

## DIET AND DISEASE.

**S**OME spinal manipulators confine themselves entirely to the spine, ignoring all other methods of aiding nature to eliminate disease. Of course, such practitioners meet with only moderate success. Others are more broad-minded. Here, for instance, is extract from an article by E. D. Hunsaker, D.C., in the *Chiropractic Bulletin*:

"It has been my observation both in clinical work and in practice that gastritis can be cured in a great number of cases by simply correcting the diet or by having the patient skip a few meals. In other words, removing the cause, which was irritating and improper food. To be sure, subluxations were present, as there generally are, but they were secondary in these cases, and they were not removed by any mechanical means. The cure was the result of removing the cause other than in the spine. The spinal condition was removed through the vital force of the patient's body, not being hindered by improper diet, over-eating, lack of mastication, in other words removing the predisposing cause. The subluxations of the spine disappeared as a natural consequence when the irritation was removed. This form of healing, like a few other forms, has assisted nature to cure thousands and is nothing new by any means. Therefore, I say, to be an efficient drugless healer a man should take all these facts into consideration. This means broad-mindedness, and then we will not be so everlastingly ready to call the other man narrow."

One of the most profound facts met with in the healing profession is that the tendency in all diseases is to recover. The curative power of the body is able, without the assistance of a physician, to throw off disease. The special function of the physician is to remove obstruction.—J. H. Tilden, M. D.

## MORE VIVISECTION.

**T**HERE is a bill before the California State Legislature, introduced in the assembly by N. J. Pendergast, which provides that all pound keepers shall turn over unclaimed dogs for vivisection, making it a misdemeanor for them not to do so.

Defending vivisection, the carving fraternity urges that it is foolish to risk the lives of millions of babies on account of a "few guinea pigs." It is not a question of a few guinea pigs, but of hundreds of thousands of dogs, the best friends of man, who are needlessly sacrificed to abominable torture. All this not only produces no good results for human beings, but, on the contrary, is harmful, because it leads to misleading conclusions, the reaction of an animal under torture being quite different from that of a normal human being.

Write to your assemblyman, and urge him to help defeat this barbarous bill.

## PATHOGEN.

**T**HE removal from the body of pathogen, a mucous matter that accumulates in the blood, and interferes with the circulation, is the object aimed at in the Powell Sanatorium Treatment Rooms, Los Angeles. Pathogen is formed of waste matter from food that is not assimilated. The methods employed are natural, and have proved very effective. Of course, the effects will only be temporary, if the patient continues to form this waste matter by wrong diet, but if he does that he does it with his eyes open, because he has been shown the consequences of his folly.

The treatment, as administered at this establishment, is meeting with much success.

The Orange County, Cal., Medical Association, resolved against "birth control." It would certainly lessen the profitable business of abortion.

## FUMIGATION.

**A**S I recently mentioned, the Health Department of New York has discontinued the practice of fumigation of premises after disease, in all the boroughs, except Brooklyn. In place of it, insistence will be laid on thorough cleaning, opening up to fresh air, sunshine, and renovation of the premises by papering, painting and calcimining.

How much unnecessary annoyance and expense has been entailed by the persistence of this medical superstition of fumigation, which still prevails to a great extent, throughout the country.

## MEDICAL LEGISLATION.

**T**HE chiropractors have a bill in the California Assembly, No. 95; also a bill in the Senate. Drugless Healers, who do not come under the provision of the chiropractic bill, are divided on two bills.

As soon as the people become fully instructed as to the importance of their being permitted to choose their own physicians, as they choose their own priests, they will, as one man, demand such legislation. BRAIN AND BRAWN has been doing this kind of work since it started, and if it received more support from those who are most directly interested, namely, the drugless healers, it would be able to do more, in the future, than it has done in the past.

“M. D.”

**D**R. AXEL EMIL GIBSON, of Los Angeles, writes to me as follows:

As to the “M. D.” title, I have no right in the United States to this prefix. European degrees have no legality in America, unless reenforced by the endorsement of the State Board of Examiners. I have never used that title in this country. The reason the medical journals affix it to my name, is evidently due to their principles of ethics. They think that a scientific article must come from a scientific source.

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of living from hand to mouth, send for my circular, and learn to live from brain to stomach.

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PROTECTING THE APPENDIX.

**F**OLLOWING is a press dispatch from Pierre, S. D.:

South Dakotans will be protected from unscrupulous practitioners who diagnose any illness as appendicitis and then perform an operation; under a bill prepared for introduction in the state legislature. This bill would require that all appendices, removed in operation, be sent to the state laboratory for examination. These appendices, after being examined would then be returned to their respective "owners" together with a certificate showing their condition. In event an appendix is not diseased, the "owners" would be relieved of any liability for payment for the operation.

**Notes and Personals**

The regular quarterly serum cancer cure comes this time from St. Louis.

According to Der Naturarzt, there are 500,000 followers of the Nature Cure in Germany.

Dr. James P. Kingsley writes from England to Health Culture: "A fever, affecting particularly the brain, is running riot among large numbers of English troops. It is probably caused by the inoculation of anti-typhoid vaccine."

A California State health officer says California "may reasonably expect an outbreak of infantile paralysis next summer, or fall." This is probably a warning that the political doctors intend to work up another infantile paralysis scare.

Dr. Barrett we are told, has made researches on the blood of people in love, and has found marked leucocytosis. If the disease is not speedily cured, love may lead to neurasthenia, and even insanity. It also predisposes to tuberculosis. — British Medical Journal.



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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.]

#### APPENDICITIS.

An advertiser wishes to correspond with broad-minded physicians on the subject of appendicitis.

#### ST. JAMES'S OIL.

St. James's Oil continues to grow in favor with the public. Try a bottle and be convinced.

#### RUPTURE.

John M. Benjamin has published a folder on his successful physical culture method of treating rupture. Send for one.

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Drop in at Dr. Schultz's Sanitarium. It is centrally located. He will be glad to see you.

#### T. BANDAGE.

The Hygienic T. Bandage is a powerful aid to the weak and despondent. Indorsed by the editor of BRAIN AND BRAWN.

#### HEALTH BY SUNLIGHT.

The sun is the greatest of all healing powers. A booklet has been published on "Natural Ultra-Violet Light." See advertisement.

#### TRAVEL.

Mrs. Williams, who had recently returned from abroad, was attending an afternoon tea, given in her honor.

"And did you actually go to Rome?" asked the hostess.

"I really don't know, my dear," replied Mrs. Williams. "You see, my husband always bought the tickets."—Ladies Home Journal.

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**Back Numbers.** We have a few copies of each back number for sale, at prices mentioned on another page. They are rapidly disappearing. Complete your sets.

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**Remittances.** Make all checks and money orders payable to Naturopathic Publishing Company.

**Change of Address.** If you change your address, notify us. Do not write indignantly to inquire why the magazine does not follow you. We are not mind readers.

**SOCIETY ITEM.**

Last Saturday night 25 young people assembled for a party. Its sequel was staged in Judge Richard's chambers Friday morning when four young men, ranging in age from 19 to 22, were arraigned on a charge of contributing to the delinquency of their hostess, a 15-year-old girl.—Los Angeles newspaper correspondence.

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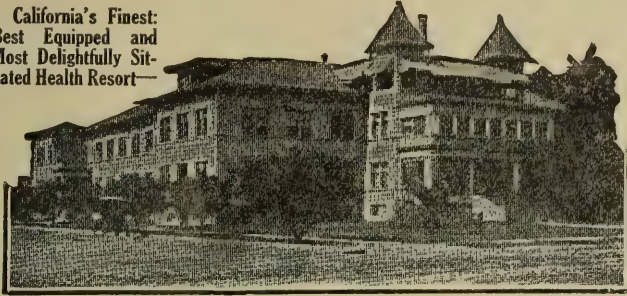
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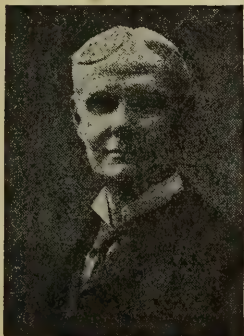
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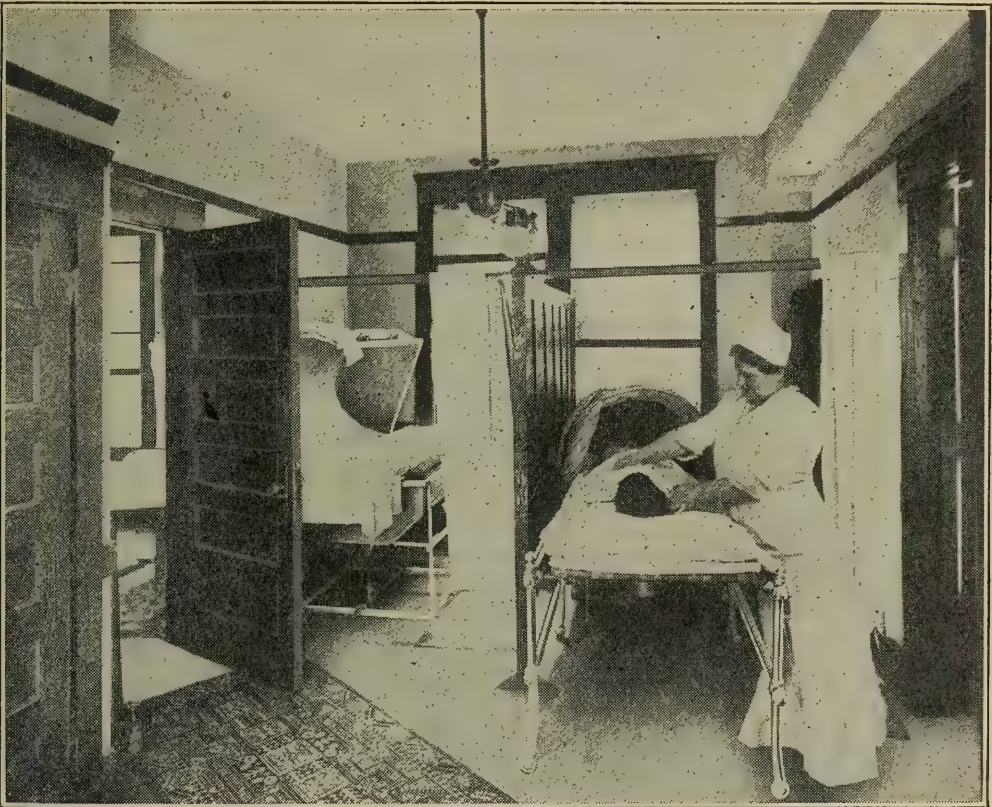
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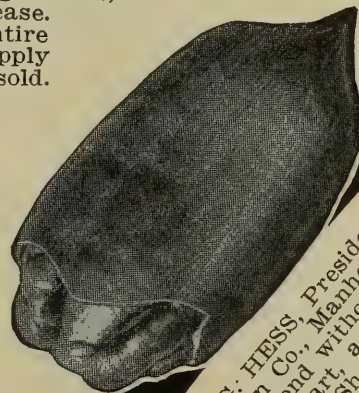
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**APRIL, 1917**

**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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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Vol. V

LOS ANGELES, APRIL, 1917

No. 11

## Restriction of Offspring

**A**MERICAN women are almost as much interested in the subject of birth control as in that of suffrage. In New York the authorities are helping the crusade by persecution, and have dignified Mrs. Sanger's sister by applying to her the cruel and unnecessary English method of forcible feeding.

The lower in the scale of life, the greater the rate of propagation. Microscopic animalculae increase by billions within twenty-four hours. If all fish spawn lived the sea would be solid within a few months. Rabbits are great breeders. Should human beings emulate the rabbit, rather than the elephant? To hear some of the "race suicides" talk one might suppose so.

Two years ago, in **BRAIN AND BRAWN** for May, 1913, I wrote as follows:

Restriction of offspring is forbidden by the Catholic Church. Other religious people point to the passage in the Bible about replenishing the earth. Well, the replenishing has not been neglected, has it? There are now nearly two billion people on this little sphere, running over each other like ants, and struggling with each other for a living, a machine today doing the work of from 50 to 5000 men.

Promiscuous propagation is favored by generals, who regard men as food for powder. It is also favored by "captains of industry" who need cheap flesh and blood to replace men who die prematurely of tuberculosis and other diseases in unsanitary factories and dangerous mines. I can understand, if I do not admire, the selfish reasons of these men, but I fail utterly to comprehend how any intelligent and humane person can endorse such a brutal theory as that of large families, irrespective of conditions.

Look at yonder tired mother, sweating over a kitchen stove, to prepare a meal for her husband, who comes home perhaps nervous and cross, while half a dozen children tug at her skirts. See the long bread lines in our great cities. Insert a small advertisement in a paper, offering hard work at low pay, and note how many replies you receive. Observe those pitiful, pallid boys and girls working long hours in gloomy factories. Read of the overcrowding in our jails and insane asylums, so that it is becoming a serious problem how society can afford to support this human waste, thrown up on the shores of cruel competition. Fortunately—yes, I said fortunately—owing to unhealthy conditions one-half of the children in New York die before they are five, and in New England factory towns one-third die before they are twelve months old. Nature has a way of her own of weeding out those who are unfit to survive. In China you may see notices on the banks of streams and pools: "Do not dump female infants here." We have not yet gone quite so far as that.

After observing these things I have mentioned, if you still continue to believe that it is the duty of every woman to have as many children as she can, then I say that I shall waste no further time in argument with you. This is a magazine for those who think.

Eugenics demands that a woman shall be given control of her own body—that she say when she shall conceive. Hers is the sorrow and suffering, therefore hers should be the authority. What greater outrage can be conceived than the forcing by a half-drunken man of unwilling motherhood on a woman who is physically and psychically unfit to conceive and bear a child? Yet the Law, the Church and Society sanction such deeds, as matters of course. Not

long ago the Ohio Supreme Court affirmed the judgment of a lower court, granting a divorce to a man because the wife, having borne him ten children, refused to have more. What a most unnatural, unreasonable and inhuman decision. If this is the law, then I say, deliberately: To hell with such law. For surely it is not of God, but of the devil. We have altogether too much law of this kind, and too little justice. The revolt of the sex we are now witnessing is largely due to such grossly unjust man-made laws.

How often do we hear of brides leaving their husbands within a few days or even hours after the ceremony, or committing suicide. How many young married women break down early in life, and how many bridal barks, starting apparently under fair auspices, soon encounter gales and founder. It is the natural result of revulsion and aversion, following satiety. If you investigate you will find that this is the real cause of a great majority of our numerous divorces. Physicians and lawyers could tell gruesome stories on this subject. This is due not so much to lack of feeling on part of the husband, as to absolute lack of knowledge in regard to sexual laws. He should remember that with a great majority of women sexual passion is secondary to love, whereas in man, as in all other males, it predominates, although often he—and sometimes she—mistakes passion for love.

This question is of far more importance to women than the suffrage, which is only a step toward freedom. They will not be free until they claim, and obtain this right, a right recognized by peoples we patronizingly refer to as "savages."

Here are a few opinions by thinkers:

Bjornsen: The man who adds another to the table already full or insufficiently provided for is a brute and a criminal.

The late Lord Derby: Surely it is better to have thirty-five millions of human beings leading useful and intelligent lives rather than forty millions struggling painfully for a bare existence.

John Stuart Mill: Little improvement can be expected in morality until the producing of large families is regarded with the same feeling as drunkenness or any other physical excess.

Mrs. Sarah K. Mordith: Let us quit raising children until we can take care of those we have. Let us abolish sentimentalism and substitute common sense. In "race suicide," so-called, lies the salvation of the race. I believe it is next to criminal to scatter the doctrine, "marry and raise a family," without taking into consideration whether the man and woman are fit to marry and whether the future of the children—at least in a measure—is assured.

Mrs. Helen H. Gardener: We have been taught it is an awful thing to commit murder—to take a human life. But there are students of anthropology and heredity who think that it is a far more awful thing to thrust, unasked, upon a human being a life that is handicapped before he gets it. It is a far more solemn responsibility to give than to take a human life!

In December last I quoted Judge Wadhams, of New York, as saying, when a mother was arrested for the second time on a charge of stealing to feed her six children:

Her husband is not permitted to work at his trade, on children's garments, because he has tuberculosis. As a result of this law, he has had no work for four years. Yet, he goes on producing children. There is no law against that. We have not only no birth regulation, in such cases, but if information of the kind is given, those who give it are arrested. I believe we

are living in an age of ignorance on the subject, which at some future time people will look back upon with astonishment. I will not send this woman to jail.

Perhaps before long, we may have a law regulating the number of children in accordance with the ability of the parents to raise them.

Dr. Howard Kelly, of New York, declares that most of the nervous wrecks that come to him among his women patients are private birth controllers. That is quite likely to be the case. As I have said, there is no absolutely harmless method of preventing conception—or of interfering with the operations of nature in any way. However, the most harmful method is better than to bring into the world unwanted children who cannot receive proper physical, mental and moral training.

Also, do not forget the many thousands of physical wrecks among women who have over-taxed their powers in bearing children. In many cases the delivery has been hurried by an impatient physician who uses instruments and makes the woman an invalid for life.

Many physicians favor birth control, and some are not afraid to say so. Medical societies of course oppose anything that would tend to infringe upon their sacred privileges. Besides, there is the profitable abortion business to consider.

Of course these doctors are great breeders themselves. Let us see: The New York County Medical Society recently went on record, by a vote of three to one, as opposing birth control. Do its members practice what they preach? Scarcely. Two hundred married members of the Society, who have been married for an average of sixteen years, have an average of less than one and one-half children.

If mothers were provided for by pensions during pregnancy and lactation, as they are in some countries, they might be more willing to "do their duty to the state." Meantime, let men first do their duty to the women.

---

### Grand Opera

**L**OS ANGELES is promised a season of grand opera in English, at moderate prices, by an Italian professional who has been training a class of several hundred aspirants for operatic fame.

It is a good idea to give the people cheap music, as well as cheap food. "Man cannot live by bread alone." One of the leading attractions of Europe is found in the fine music that is free, or costs but a trifle.

English is not so well adapted to singing as Italian. Also, most of the librettos are silly. It is a pity that fine music should be married to such silly words.

Moreover, some of the passages in grand opera would shock the prudish, if shouted in English. As for instance Leporello's recital of his master's conquests, in Don Giovanni.

---

True success consists in achieving a position where you are able to be of service to the world.—Dolly Machold.

---

Moderation is the silken string running through the pearl chain of all virtues.—Bishop Hall; 1600.

### Birth Control

**W**E are hearing much nowadays about birth control, or restriction of offspring.

The first unwise law against giving information about birth control was passed in 1872, at midnight, in the closing hours of one of the most disorderly sessions of Congress. The punishment provided was severe, yet the law has remained practically a dead letter, as must all laws that have not the approval of a majority of the people.

In Germany books by government professors have been published, giving specific information on the subject. The Hungarian Senate recently declared such methods to be necessary, to check the widespread evil of abortion. In Holland a society to instruct the poorer classes as to means of restriction has the countenance of ministers of State, and since 1896 has been recognized by royal decree, as a society of public utility.

On the other hand, in the United States, several medical associations—including the Los Angeles County Medical Society—have pronounced against the dissemination of such knowledge. I hesitate to believe that these members of what should be a noble profession could possibly be influenced by the fact that the movement would lessen the profitable business of abortion. There are more abortions procured in the United States than in all other countries of the world combined. And the practice is not by any means confined to “unethical” practitioners. The poor friendless girl may seek such a way out in vain; the society woman finds no trouble whatever in securing medical services.

When I see a tired mother, in a shabby cottage, sweating over a kitchen stove to prepare a meal for her husband, who, perhaps, comes home fagged out and ill-tempered, while half a dozen children squabble and tug at her skirts, I lose patience with those who prate about the immorality of controlling births. It is a mockery to talk to such women of their duty to the State. Let the State first provide them with decent conditions for the bearing and rearing of children. Even in “barbarous Mexico”—in the State of Yucatan—women workers are by law allowed a period of rest, at full pay, before and after confinement.

If men had to bear and raise children, we should hear less objection to birth control.

It is true that no methods of restriction are quite harmless. They cannot be, because they are unnatural. However, any of them are better than pre-natal murder, or than the bringing into the world of an unwelcome child, that is not assured of proper physical, mental and moral care.

You may perhaps say that parents should exercise self control. That is a dream, and will always remain a dream, so long as people eat to repletion of foods that over-stimulate the nervous system.

All normal women want children, if they can care for them, but they do not want, nor should they have more than they can bear and rear, without over-taxing their strength.

A boy less than three years old was found in a dark New York tenement, holding down a daily job, helping his mother make artificial flowers.

When we have no more sweat shops, or bread lines, or child labor, it will be time enough to discuss the danger of "race suicide." Let us have not more, but better children. To beget children to whom parents cannot give them proper physical, mental and moral training is a crime.—Harry Ellington Brook, in Los Angeles Record.

### Commercial Wars

**C**OMMERCIAL or real estate squabbles are at the bottom of most modern wars.

In February, 1914, Russia gave notice of its denunciation of the existing commercial treaty with Germany. The step was taken as a result of the increasing demand by Russian manufacturers and producers that Russia shake off the shackles of German commercial domination, which had existed for many years. Immediately there was a demand for war with Russia in a goodly proportion of the German press. In high official quarters the view is entertained that this incident and the following partial mobilization of both Russia and Germany, completed in March, 1914, was a step preliminary to the great outbreak in the following August.

And now some are talking of a commercial war after this war is over. As if the poor old world has not had enough war.

Lloyd George recently said: "The world is large enough for all of us." James A. Farrell, president of the U. S. Steel Corporation, said, at a banquet: "We shall greatly lessen the possibility of perpetuating in the domain of commerce the bitterness and hatred engendered by the war, if we refuse to be drawn into any agreement that would make us parties to a boycott of the commerce of any of the nations now arrayed against each other."

The United States army and navy should not be used as collection agencies for debts due by citizens of foreign countries.

The man who works up a commercial war is an enemy of the human race.

### Sex

**S**EX exists for two purposes: the development of the personality of its possessor and the perpetuation of the species. Normal sex development is as necessary for the girl as for the boy. It is, first and last, the ultimate expression of a perfectly nourished body. Never until the masses know this can they intelligently and economically develop their sexual powers, nor create their dream-children, nor possess that personal magnetism, poise, and peace, that they each long for, and that all may possess, through persistent, intelligent obedience to all the laws of mind and body that control nutrition.—Viola Mizzel Kimmel, in "The Double Standard."

That a state socialism is possible Germany has demonstrated. She has also illustrated how difficult it would be to maintain in time of peace. The history of the past two years has confirmed the age-old dictum of the socialist that the producer class and the traders have no thought for the consumer—just as it was at the time of the French Revolution.—A. E. Taylor, M.P., in Saturday Evening Post.

## Light Wines and Beer vs. Whisky

**A**S I have said, encouragement of the consumption of light wines and beer in place of distilled spirits would be a long step in the direction of true temperance. So, also, as Mr. Busch has suggested, would be the "humanizing" of saloons.

A Los Angeles city ordinance, forbidding the sale of alcoholic beverages containing more than 21 per cent. of alcohol, was recently defeated. There is now a bill before the California legislature introduced by Senator Rominger of Long Beach. It is to the same effect, as regards alcohol content of beverages, although it goes further in other respects. It was reported favorably by the Senate Committee on Public Morals on March 18 and its fate may be decided before this number is published.

The bill, as at first introduced by Senator Rominger, placed the maximum alcohol content at 10 per cent. This was somewhat too low to include all natural wines, some of which run to 12 per cent. Then he raised it to 14, and later made a jump to 21, taking in sweet wines, fortified with brandy.

This is a wrong step. Sweet wines are made by fortifying partially fermented wines with brandy. Fortified sweet wines are worse than whisky and water. It is better to take whisky, in the shape of a "high-ball," than to take brandy mixed with half-fermented wine. Allured by the sweetness and the pleasant flavor, those who are not accustomed to alcohol will drink more of it in this form than they should. This is especially true of women and young people who do not care for whisky. They thus acquire a taste for spirits. You can get a worse headache and "dark brown taste" from California port, sherry, Angelica, or Muscatel than from almost any other form of alcoholic beverage. Yet, you often see men who are giving up whisky "weaning" themselves on port wine.

For one who undertakes to regulate a great industry like that of California wine making, Mr. Rominger displays an amazing ignorance of the subject. In an explanation of his bill, given to the press, he says frequently: "I am told" and "I am assured." He says he aims to prevent the sale of liquors "including fortified wines." Yet, by permitting the sale of liquors up to 22 per cent., he includes fortified wines, for there are no natural wines containing over 12 per cent. In northern California they seldom run higher than 22 per cent. of sugar, which makes about 11 per cent. alcohol. The wineries aim to keep their clarets down to 11 per cent. alcohol. While sometimes grapes run higher in sugar than 22 per cent., they are always blended with grapes of a lower percentage of sugar. California white wines show, on an average, from 10 to 11 per cent. alcohol, except Sauternes, which may run as high as 12 per cent.

Very little dry wine is made in the Fresno district as the grapes run generally too high in sugar, while the high temperature of the atmosphere retards fermentation. In order to make good dry wine in the San Joaquin Valley, the grapes must contain not over 22 per cent. of sugar, and the fermenting tanks must be kept cool by means of specially constructed cooling apparatus.

A measure of this importance should be prepared by one who has at least a fair knowledge of the subject. A law placing the maximum

alcohol content at 12 per cent. would include all natural wines and beer. This, of course, would not suit the fortified wine manufacturers of Fresno, any more than it would please Kentucky, but it would be a good thing from the viewpoint of health and temperance.

Should this bill pass whisky drinkers will of course take to the fortified sweet wines, and their last state will be worse than their first.

### A Physician on Birth Control

**E**VERY day I see examples of heart-breaking misery caused by the lack of knowledge of the proper means of prevention, and I consider the problem of limitation of offspring the most important problem affecting the welfare of humanity.

Because I know of thousands of families who would be perfectly happy if they only knew the proper method of regulating the number of their offspring.

Because I know of thousands of young men who would be glad and happy to get married, but are restrained from doing so by the fear of too many children.

Because I know of thousands of young men, who, restrained from marrying by the fear of too many children, have, in consequence, contracted venereal disease or have become addicted to dangerous sexual irregularities.

Because I know of thousands of women who have become chronically invalided by too frequent childbearing and lactation.

Because I know of thousands of women who have become incurable invalids by improper attempts at prevention.

Because I know of thousands of men who are pitiable sexual neurasthenics from a method which they practice through ignorance of better methods of prevention.

Because I know of thousands of women who have actually killed themselves, have been driven into early graves by abortions or attempts at abortion.

Because I know of thousands of children whose education has been neglected, who have been improperly brought up on account of the mother's inability to attend to too many.

Because I know of thousands of children who, borne by their mothers unwillingly, in anguish and in anger, were born mentally and physically below par, only to be a burden to themselves and to others.

Because I know of thousands of children, born of epileptic, syphilitic or tuberculous parents, who should not have been born at all, because they came into life handicapped, had to fight against severe odds, lived a poor life and died an early death.

Because I know of many other things which on account of our prudery cannot well be spoken of, but which cause boundless misery to men, women and children; and this unnecessary misery will disappear only when the people have learned the proper method of regulating the number of their offspring.

Human beings are not animals, and they should have a right to say how many children they will have, how frequently they will have them and when they will have them.—William J. Robinson, M.D., in Critic and Guide.

### Preparedness Leads to War

**F**OLLOWING is from an article I wrote in BRAIN AND BRAWN for January, 1913, a year and a half before the war:

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.

Precisely. Some people claim that a big standing army is a guarantee of peace. Nonsense. One might as well give a new gun to a boy and expect him not to use it. With army officers, as with lawyers, fighting means money, fame and promotion. It is their business. \* \* \*

As I have said, war will cease when the people refuse to fight, and let those who raise the row do the fighting. When will that time come? I cannot say. It will not come until more people learn to think for themselves, not as a mob.

Preparedness inevitably leads to war, yet it is difficult to say how a country can avoid arming, so long as the other countries are prepared. It is a satire on Christianity and civilization that the great nations of the world must sit around like groups of bandits, guarding their ill-gotten spoils.

The answer of the problem is universal disarmament, and surely that must come, sooner or later.

A long step in the direction of peace would be for all countries to take the manufacture of munitions out of the hands of selfish private interests. Then we should see a sudden falling off in the cries for preparedness and war.

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### Picking Oranges

**O**NE of the delights of the "tenderfoot" in California is to pick real oranges from a real tree. Cheap photographers rig up a background of this kind.

Two oranges, picked by an automobile party in the San Fernando Valley, near Los Angeles, caused an arrest and a complaint charging petty larceny.

This looks like a small matter. As usual, however, there are two sides to the question. If every automobile party stopped by the wayside to pick a few oranges there would not be many left in a small grove. And oranges, you know, are today almost as valuable as potatoes and onions.

Then again, oranges must be picked carefully. Amateurs, in picking them, often destroy limbs.

It might be a good idea for some one with a small grove of seedling oranges, near town, to advertise: "Pick your own fruit," and charge for the privilege.

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Some have too much, yet still do crave;  
 I little have, and seek no more;  
 They are but poor, though much they have,  
 And I am rich with little store:  
 They poor, I rich; they beg, I give;  
 They lack, I have; they pine, I live.

—Edward Dyer; 1570.

### The Scarlet Woman

**C**HRISTIAN Japanese are endeavoring to secure the abolition of the "red light districts" that are the rule there. In this country, on the other hand, some social reformers admit that as prohibition does not prevent alcohol consumption, so the scattering of public women does not to any appreciable extent decrease prostitution. A bill was introduced in the present California legislature to legalize segregation of prostitutes.

Rev. Johnston Myers, for 22 years a friend of these unfortunates, in Chicago recently said:

There is no cure for prostitution. We must segregate the men and women who carry on the business. What we cannot cure, we must curb. We must remove the dead from the ranks of the living. \* \* \*

Three years ago the reformers closed the "levee" and thought they stamped vice out in Chicago. They didn't. They only scattered it. I have not heard of a single woman being reformed by that crusade.

When the "levee" closed, the women moved into the residence districts, and the business blocks, where innocent boys and girls come in contact with them in flats, in corner stores and at soda fountains. The underworld is being recruited by fresh victims, every day. \* \* \*

Segregation will not cure the social evil—the cure must reach deeper than that; it must search out the physical and mental twist that leads to sexual depravity. But until we find this preventative, we owe it to society to keep prostitutes segregated.

Like the disposition of sewage, "woman's oldest profession" is a difficult problem to deal with. In both cases, it is equally foolish to ignore the condition, or to scatter it.

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### Too Much Gold

**W**HEN gold is high the things that it buys—and that is about everything except health, happiness and friendship—are cheap and vice versa.

Gold is an artificial measure of value. It is kept at a fixed rate by the fact that nations use it for coinage. If gold were ten times as plentiful as copper, that metal, without any artificial support, would be worth ten times as much as gold. Platinum is today worth twice as much as gold. An ounce of silver is today worth on the market about 75 cents. Forty years ago it was worth more than a dollar.

Prof. Irving Fisher of Yale University shows that some countries are already beginning to protect themselves against a gold deluge. Sweden has stopped its importation. Prof. Fisher has a plan for "stabilizing the dollar" by increasing its weight from time to time, to offset the depreciation of gold. He expects before end of the year to publish a book on the subject.

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We do not take into consideration the fact that it is often outside influence which affects us far more deeply than our own feelings and, accordingly, we are not always careful in our disposition of friends and associations.—Charleston News and Courier.

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Get the habit of early rising, retiring early, being grateful, being punctual, fearing nothing, speaking kindly, radiating sunshine, speaking correctly, closing doors gently, neatness in appearance, a forgiving spirit, being industrious.—E. B. Warman.

### Cruelty and Uselessness of Vivisection

HERE is a bill before the California Legislature, introduced in the Assembly by N. J. Pendergast, providing that all pound keepers shall turn over all unclaimed dogs for vivisection, making it a misdemeanor for them not to do so.

It may be your dog next, dear reader—your dog, that looks up to you with soulful and trusting eyes—that will be snatched up and submitted to such excruciating, prolonged tortures as might even cause the fiends of hell to hesitate. And all this in the name of “medical science.”

It may be mutilated, its nose burned, its entrails flogged, its testicles crushed, its eyes gouged out, its vital organs torn out—and all in the name of medical science.

By aid of that “damnable drug” curare, its sense of suffering may be greatly intestified, while it is rendered powerless to move.

Vivisectionists have become as skillful in prolonging the life of their agonized victims as have the Chinese executioners, who slice a criminal slowly to death. In one case a dog was kept in suffering for 145 days, before it was relieved by death.

An Italian surgeon took a dog that had recently had a litter of puppies, placed the young ones by her side, and then subjected her to all the excruciating tortures that a fiendish ingenuity could devise, in order to see if mother love would triumph over agony. Whenever he let up on his devilish work for a few minutes, the suffering animal turned and licked her pups.

What would you like to do to that man?

Another investigator, in the interest of “science,” cut away the legs and viscera of a turtle, cut away everything except the head and the spine, just to see how long the poor creature would live as an animated backbone.

A dog at the University of Pennsylvania recently walked backward for a week before it died, as a result of an interesting experiment in the removal of the pituitary gland. Other dogs lived several weeks with their brains exposed.

I could fill a page of this paper with similar, or even worse, brutalities from the records of medical men, but I shall not harrow your feelings any further.

Even high school students are permitted and encouraged to familiarize themselves with cruelty and to brutalize themselves by undertaking “medical research.”

Their appetites whetted by the cutting up of live animals, and gradually realizing the truth that experiments on animals are useless, the doctors are now turning to experiments on human beings. So far human “material” has been mainly confined to charity hospitals and founding asylums and similar establishments, but there is no telling where it will stop.

The cruelty developed in vivisectionists must naturally react on themselves. In some cases it grows to be an obsession with them, and experiments are carried on simply to gratify a ghastly curiosity to see what pain an animal can suffer, and yet live. While it is true that many perform these cruel operations under the impression that they are making useful discoveries, on the other hand there are some who

perform them simply from the love of witnessing agony. This spirit crops out in the boy who pulls the legs from a fly. Such men are a danger to the community, for one never knows what form their cruel lust may next take. It is not surprising that the medical college sometimes develops a human monster like Durrant, or a "Jack the Ripper."

Vivisection is not only cruel but useless. The anatomy of the appendix of a dog is entirely different from that of a human being. In the dog the appendix is practically a continuation of the intestine. The construction of this part of a dog's anatomy would make it natural to assume that his free and open appendix could be obstructed by substances passing through it. On the other hand, as M. J. Rodermund, M.D., has pointed out, anatomy shows that it is an absolute impossibility for the appendix in man to become obstructed by foreign substances any more than the glands that secrete the saliva can be obstructed by the food in the mouth. Inflammation may spread from the bowel to the appendix.

Dr. J. B. Murphy, of Chicago, has a hobby for experimenting upon dogs. He is also regarded as the father of the foolish and criminal operation for appendicitis.

Defending vivisection, the carving fraternity urges that it is foolish to risk the lives of millions of babies on account of a "few guinea pigs." It is not a question of a few guinea pigs, but of hundreds of thousands of dogs, the best friends of man, who are needlessly sacrificed to atrocious torture. All this not only produces no good results for human beings, but, on the contrary, is harmful, because it leads to misleading conclusions, the reaction of an animal under torture being quite different from that of a normal human being.

If the people at large realized the barbarous cruelty and utter uselessness of vivisection, they would rise in their wrath, and sweep the practice from the earth. As it is most of them think, in a vague way, because the doctors tell them so, that it is a benefit to the human race, and therefore, should be permitted. Even if it were of benefit to man, it is more than questionable whether we should have the right to submit innocent animals to such horrible tortures. It is not, however, of benefit. Not one fact of use to humanity has been discovered by means of vivisection. On the other hand, it has indirectly caused the death of thousands of human beings, because as I have said the conclusions arrived at are misleading.

Not long ago an eminent English physician, who for over twenty years has been in charge of the greatest cancer hospital in England, declared, in an interview published in a New York paper, that cancer investigation on animals was absolutely useless and misleading, because animals react to poison otherwise than do human beings. \* \* \*

Yet, for this useless and cruel practice, politely termed "medical research," millions upon millions of dollars are spent by Rockefeller and others.—Harry Ellington Brook in Los Angeles Record.

Nathaniel Dwight in his "Geography of the World" wrote thus of the people of California: "They do not care to publish the natural advantages of their country, lest other nations should be induced to visit it." His geography was published in Hartford, Conn., in 1795, and customs change in the course of a century and a quarter.—Christian Science Monitor.

### Capital and Labor

**I**T is encouraging to note a tendency among capitalists to express themselves more moderately in regard to the labor question. Here are two recent expressions of opinion:

Frank A. Vanderlip: There is unfortunately an element of employers who are greedy, who fail to recognize their duties to society, and who are unfair in their treatment of labor. Likewise, there is an element of labor that makes its living by perpetuating discord, an element that is without true patriotism even to its own class, and is blind to the economic principles that must rule all society, employing and employed.

John D. Rockefeller, Jr.: It is regrettable that there are capitalists who regard labor as their legitimate prey, from whom they are justified in getting all they can, for as little as may be. It is also true that on the part of labor there has been a growing feeling that it is justified in wresting everything possible from capital.

These two great forces have come too often to think that their interests are antagonistic and have worked against each other, each alone seeking to promote its own selfish ends. This has resulted in the strike, the lockout and the various incidents of industrial warfare so regrettably common.

Any one who thinks that all the evil of labor disputes is due entirely either to capital or labor is prejudiced or purblind.

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### Scaring the Children

**F**OLLOWING is an article in the "Worth While," a monthly magazine published at Long Beach, Cal. The author is Dr. Lewis Pinkerton Crutcher, president of the Board of Education of Long Beach:

The American parent now faces the significant fact that the Bible has been taken from the public schools to be reclaimed by the home, and that it has been supplanted in the curriculum by stereopticon views of tuberculous lungs, emaciated infants, the grimy feet of the festive house fly, and other delectable horrors offered by the fraternity of fright, but just as no child was ever made more moral or more truly religious by having presented to his vision and imagination a devil with horns and hoofs and forked tail, in brimstone environs, so also no child was ever made healthier or happier or better able to resist disease from observing the uncanny and disgusting specimens exhibited in these modern times by a substitute propaganda.

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### Marriage

**T**HE State of Georgia, which has achieved undesirable notoriety for its lynchings, recently proposed a good marriage law. The bill provides that five days must elapse, from the time a marriage license is taken out, before a ceremony can be performed. There must be at least two competent witnesses. The issue of a license must be published, and sworn statements must be made, as to a previous marriage.

This is a good idea. As I have often said, it is not so important that divorce should be made more difficult, as that marriage should be surrounded with more safeguards. Hasty marriages naturally lead to divorce. "Marry in haste and repent at leisure."

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I am not bound to win but I am bound to be true. I am not bound to succeed but I am bound to live up to what light I have. I must stand with anybody that stands right.—Abraham Lincoln.

### Unfortunate Girls

**A**T the annual meeting of the Florence Crittenton Home, Los Angeles, held in February, Mrs. M. E. Stoddard, president of the board of managers, said that 103 girls and women had been cared for at the Home during the past year. Of that number, one girl was only 12 years old, one was 13 years old and four were 14 years old. The others were from 15 to 18 years of age.

Ignorance in nearly every case was the real cause of their trouble, ignorance and the lack of home training, she said. Forty-one of these girls were in trouble because they had been deceived through promise of marriage, six had run away with married men and four were considered incorrigible, a few had fallen for money and six were not mentally right.

She told of the way the girls are cared for, after they have left the home. Positions are secured for them and they always have the protection of the home, once they have been inmates.

The question came up as to whether wayward girls should be protected, by keeping knowledge of their misfortune from relatives. One of the woman directors opposed such leniency, but Rev. J. W. Saunby, a Canadian parson, pointed to Victor Hugo's story of Jean Valjean. He said that as the old bishop lied for the thief so he would lie for the woman. A good parson. How about exposing the man in the case?

This institution is doing good work. Help it along.

### A Parisian Menu

**F**OLLOWING is a menu of the Cafe Voisin, a first-class Paris cafe, during the siege of Paris by the Germans in 1871:

Hors d'oeuvre: Butter, radishes, donkey's head stuffed, sardines.

Soup: Red beans with crusts, elephant consomme.

Entrees: Dried perch, roast camel, jugged kangaroo, roast ribs of bear with pepper sauce.

Roasts: Haunch of wolf, cats and rats, cress salad, potted antelopes with truffles, mushrooms, peas.

Entremets: Rice with jam.

Dessert. Gruyere cheese.

This almost justified Bismarck's little joke, when he expressed surprise that the Parisians had not yet eaten the babies.

### A Fine Club

**I**N taking farewell of Congress, William Kent, of California, said:

This is the finest club I know of. It is the most misunderstood body in the United States. People have an idea that because we wrangle and jangle, it is our fault; it is not our fault. It is the fault of our perfectly insane system under which members represent their individual districts and not the welfare of the whole country. If things do finally come right it is to the credit of the individual members, and not to the credit of the system.

Sweet are the uses of adversity,  
Which like the toad, ugly and venomous,  
Wears yet a precious jewel in his head.

—Shakespeare.

## Los Angeles

**F**OLLOWING figures, regarding Los Angeles, are from a card, issued by the Los Angeles Chamber of Commerce:

P. O.	Business	Bank Clearings	Building Permits
1906	\$ 929,098.54	\$ 578,635,516	9,072 \$18,158,520
1907	1,037,785.81	581,802,982	7,599 13,304,696
1908	1,089,493.04	505,588,756	7,371 9,931,377
1909	1,276,664.05	673,065,726	8,571 13,260,703
1910	1,476,942.02	811,377,487	10,738 21,684,100
1911	1,646,001.84	942,914,424	12,498 23,004,185
1912	1,906,398.91	1,168,941,800	16,455 31,367,995
1913	2,152,749.20	1,211,168,989	16,442 31,641,921
1914	2,215,114.71	1,145,167,110	9,979 17,361,925
1915	2,241,992.43	1,048,090,667	7,845 11,888,662
1916	2,437,356.18	1,292,961,997.13	7,565 15,036,045

## Teaching People to Think

**"D**O the people rule?" inquires the Fort Worth Texas, Record, and it answers in the negative. It says: "Men are much like sheep. They follow their self-appointed leaders. The pulpit, the press and the politician do the thinking for thousands." Reluctantly we agree with our esteemed contemporary. But is this a reason why the people should not do more of their own thinking and qualify themselves to rule. The purpose of Leslie's is to make its readers think. The day will come when that will be the purpose of every exponent of public opinion. Then the thinking people will rule. Hasten the day!—Leslie's.

That is what BRAIN AND BRAWN, also, is trying to do.

## Under the Desert Sky

**H**AVE you slept in a tent alone—a tent  
 Out under the desert sky—  
 Where a thousand, thousand desert miles  
 All silent 'round you lie?—  
 The dust of the Aeon of Ages dead,  
 And the peoples that tramped by.

Have you looked in the desert's painted cup,  
 Have you smelled at dawn the wild sage musk,  
 Have you seen the lightning flashing up  
 From the ground in the desert dusk?  
 Have you heard the song in the desert rain  
 (Like the undertone of a wordless rhyme).  
 Have you watched the glory of colors flame  
 In its marvel of blossom time?

If you have, then you know, for you've felt its spell,  
 The lure of the desert land.

If you have not, then I could not tell—  
 For you could not understand.—Madge Morris.

## Briefs

Twenty-six States now have "blue sky" laws.

On March 31, the opium traffic in China ceased absolutely.

On March 20 over 13 inches of rain fell in Hawaii within 24 hours.

There is no public library in Richmond, Va. They prefer conversation.

Bagdad, recently captured by the English, is said to have had a population of 2,000,000 in 800 A.D.

Americans consumed more whisky in 1916 than in any previous year since 1909.

Of the 38,000,000 gainfully occupied persons in the United States 8,000,000 are women.

Of 28 presidents, half came from Virginia and Ohio—8 from Virginia and 6 from Ohio.

Rev. J. W. Brougher opened a circus performance in Los Angeles with religious services.

A Russian colonization of Siberia is going forward like that of western America 50 years ago.

Fewer men lost their lives in American coal mines during 1916 than in any year of the past ten.

The increased cost of tobacco has caused many smokers to substitute pipes for cigars and cigarettes.

Frank W. Woolworth owns 920 stores in the United States and Canada and controls 75 stores in Great Britain.

Enterprising subdivision real estate dealers have been forbidden to ply their trade on the streets of Long Beach, Cal.

On March 10 Lucy Vaughn, a negress who was a slave of Cassius Clay, celebrated her 99th birthday anniversary in Riverside, Cal.

The Secretary of Agriculture estimates that American families waste annually in the kitchen more than \$700,000,000 worth of food.

At Jacksonville, Fla., Col. Roosevelt offered to take a division of American troops to France. Then he went to Fort Meyer, to catch devil fish.

When the break with Germany occurred hundreds of the 15,000 Japanese reservists in Hawaii declared their intention of responding to any call from the United States.

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, APRIL, 1917

No. 11

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## German-Americans

**S**HOULD war be declared between the United States and Germany, as may happen before these lines are read, the position of German-Americans in this country will not be altogether a happy one. For in all countries there are many men and women who are unthinking, inconsiderate and unjust.

In case of war a German-American will find himself under the unpleasant necessity of choosing between the country of his birth and the country of his adoption, as when a man's wife quarrels with his mother. If the German-American is condemned and flouted in America, he finds himself practically a man without a country. Put yourself in his place.

To hold each individual of German birth responsible for the actions of a few dynamiters and assassins, whose deeds he deplors as much as you, is illogical and unjust. Nor are they responsible for the policy and actions of the German government.

I know something of Germany and of German-Americans. Of the 8,000,000 in this country, I do not believe that one per cent. will prove disloyal to the land of their adoption.

On the other hand, German-Americans should be discreet, and avoid any appearance of evil, carefully guarding their public statements, so as not to arouse unreasoning racial hatred.

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## One-Man Publications

**I**N the Advertising News, W. Livingston Larned of New York says: "A one-man publication is doomed to bloom unread. It's never been done yet—even by a genius."

Oh well, I don't quite know about that. **BRAIN AND BRAUN** is read by a large number of people—and I'm not a genius.

I have a message to deliver to those who think, and perhaps I have a knack of presenting the message in condensed, comprehensible and convincing form.

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Not before Los Angeles gets rid of unsightly billboards and hideous poles and establishes free music may we begin to boast of being an "art center."

## Back to Europe

IN order to replace wasted men and money, the Hungarian government has started a movement to induce Austro-Hungarians in America to return home, after the war, and acquire cheap lands, by lease or purchase. A Buda-Pest correspondent of the *Christian Science Monitor* ingenuously remarks: "It is intended to purchase the services of the American Hungarian papers that are known to be ready to comply with the wishes of the government, partly because they are in the pay of the government already, and partly because it is a patriotic scheme, although they are blowing up their own bridge, by agitating in favor of the repatriation of their subscribers." An interesting side light on the subsidizing of American papers by European governments. How far does the practice extend? And is it confined to the foreign language press? The correspondent adds: "In any case, among American Hungarians, the exodus homeward is expected to be enormous."

Scarcely. Hyphenated Americans are likely to pause, before they rush home, to bear their share of the intolerable burden of monstrous war debts.

Yet, a committee of steamship passenger agents, who recently toured the country, are reported as asserting that the exodus to Europe, after the war, will amount to 1,000,000 persons.

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## The Whirligig of Time

A HUNDRED years ago England and Prussia, aided by Russia, conquered Napoleon.

One of my first recollections is the fireworks in London in 1857, celebrating the victory of the French, English and Turks over Russia, which country was thus kept out of Constantinople.

In a footnote to the preface to the sixth edition of "Tom Brown's School Days," published about 1860, Thomas Hughes wrote:

Our alliance with Prussia (the most natural and healthy alliance for Protestant England) is now likely to be much stronger and deeper than heretofore.

Thirty years hence some of the now loving allies will probably be tearing each other to pieces.

What a bloody farce it all is.

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Senators may no longer balk legislation by reading the Psalms of David and the Lamentations of Jeremiah.

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If Rockefeller should take it into his head to finance the European war he could keep it going for about three weeks.

## Henry Ford

IT is popular to joke about Henry Ford and his machine. It is a good machine. Perhaps if he had to advertise there would not be so many jokes about it, in the papers.

Ford made mistakes in selecting his peace party and the plan was more or less chimerical, but it is refreshing to find a manufacturer who is as willing to spend his money for peace as some are to spend to promote war.

Mr. Schwab, for instance, is quite another kind of a patriot. Although he recently stated that for purely patriotic purposes he was ready to manufacture munitions and armor plate for the United States Navy at cost, yet his most recent bid was about \$24,000,000 in excess of the estimated cost of manufacturing the material at a Government owned plant. Perhaps, as a writer suggests, he remembered that the Government at the present time owns no plant at which the work might be done.

And then, if there must be war, Ford offers his fortune and his factories to his country without any strings on them.

I take off my hat to Henry Ford. He is a true humanitarian.

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## The President

SENATOR WORKS has been bitterly denounced of late. Yet there is much truth in what he says about the growing subserviency of the Congress and the increasing power of the President.

The President of the United States has more power than any European sovereign, except the Emperor of Germany.

The President is good and wise, and I believe he will use his great power with discretion, but except in time of war the people should guard against giving too much authority to any one man, be he President, King or Kaiser.

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The passing of European monarchy hastens the coming of peace among the nations. This cruel war has not been fought in vain.

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If the war continues two years longer, most of the neutral countries will be drawn in.

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Some public service corporations are discovering that it is cheaper to pay "glad handers" than to hire lobbyists.

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It is urged that abolition of billboards would deprive many men of work. The same argument might be used against almost any undesirable enterprise.

## Brooklets

The over-rich are as much to be pitied as the abjectly poor.

\* \* \*

One advantage of old age is that you may dress as you please.

\* \* \*

Remember that not money but the love of money is the "root of all evil."

\* \* \*

Some of the lowest forms of life multiply by splitting. Some churches do the same.

\* \* \*

So long as war and vivisection persist, I favor "race suicide," for human beings and dogs.

\* \* \*

Coast fortifications would be more valuable if you could persuade the enemy to land near them.

\* \* \*

Why this fuss about trousers for women? They are more modest than present style skirts.

\* \* \*

"Continued on page —," in magazines and newspapers, is a nuisance that readers resent.

\* \* \*

Only a few exceptional men in each generation remain well-balanced without a god of some kind.

\* \* \*

With disinterested unanimity the newspapers denounce billboards and defend juvenile newsboys.

\* \* \*

Despots sometimes quarrel, but they always agree about keeping the people in ignorance and superstition.

\* \* \*

A man deserves no more credit for a strong brain than for a strong arm. It depends upon how he uses them.

\* \* \*

There are many who would not subscribe to a monument for the man who introduced the worship of Efficiency.

\* \* \*

On March 21 spring begins, when the sun passes the vernal equinox. On that day I was born. Hence the "cussedness."

\* \* \*

"The moon looks on many brooks; the brook sees no moon but this." Fifty years ago I quoted Tom Moore's lines to my best girl. What fools young mortals be!

# Care of the Body

## Feeding Children

**T**HERE is no doubt that "infantile paralysis" and other diseases of children are mainly caused by eating too many white flour products, artificial sweets and the use of cow's milk, particularly pasteurized milk. The value of fresh fruits, fresh fruit and vegetable juices, with their abundant supply of organic salts, essential for sound bones and tissues, is not yet recognized.

Pasteurizing milk always disorganizes more or less its mineral elements and renders it less digestible. Rickets and scrofula are always produced by a prolonged feeding of boiled or pasteurized milk.

Cow's milk, even if coming from a perfectly healthy animal, is difficult of digestion for both infant and adult. It contains too large a percentage of casein and too little milk sugar. Furthermore the fat globules of cow's milk are sometimes so large that instead of passing through the mesh-like lining of the delicate intestinal wall and on by the devious route into the circulation, as nourishment, they form a sticky, greasy coating, and thereby work injury rather than the desired result—tissue building. While apparently children may thrive on cow's milk, the tissue formation is not normal, the digestive power is overtaxed, and in consequence the vitality is reduced.

All these disadvantages of cow's milk are avoided by the use of goat's milk, which is far richer, more nutritious and more easily digested than cow's milk. The statement has been made—and I believe it can be proved by statistics—that infantile paralysis cannot exist where children are fed on goat's milk. While for ages people in all lands have known that goat's milk is good for well babies and far better for ailing ones, the reasons were not fully understood and appreciated until a scientific study of the properties of goat's milk were made.

The fat globules of goat's milk are very small, and resemble those of mother's milk, while the casein also forms smaller curds that are more easily digested. The most important of all is the fact that the goat is the only dairy animal that is practically immune from tuberculosis, which fact proves its remarkable vitality and healthfulness. Thousands of children could not only be saved but could be well nourished by goat's milk, instead of cow's milk, especially in cases where the supply is not only liable to contamination, but is subject to wide variation, even if it is obtained continuously from the same herd.

\* \* \*

A diet of fresh cow's milk is best modified by small quantities of fresh fruit juice, as orange or apple juice. The general opinion is that children should not be given fruit until the period of infancy is well passed. While this may be true of fruits in general, the giving of the strained juices of certain fruits is not only conducive, but actually essential to the baby's health. A teaspoonful of orange juice, three times a day, has been found very beneficial, especially in cases of rickets and other disorders of nutrition. In giving fruit juices to infants, several points have to be observed: The juices must be made

from perfectly ripe fruit and carefully strained; they should be given about two hours after milk feeding, and at least half an hour before the next feeding of milk. In nearly all cases the infants greatly enjoy this pleasant modification of their diet. While it is not necessary to give fruit juice to breast-fed infants, since mother's milk is free from the objections made to other foods, it will be found advantageous to do so. Fresh fruit juices are the best preventive of infantile diarrhoea, as their mild acids and alkaline salts are natural disinfectants of the alimentary canal.

Overfeeding is the most frequent mistake in the feeding of infants. Nearly all cases of colic and diarrhoea in babies are due to this cause. A large number of infantile diseases can be overcome by regulating the hours of feeding. The child is not always hungry when it cries, and a few sips of water, especially during the night, will produce better sleep, and give the stomach a much needed rest.

Children should not be given refined sugar in any form. The extensive use of artificial sweets is responsible for a large number of diseases of the digestive organs. Not enough can be said in warning against the prevalent use of refined sugar in the various forms of pastry and confectionery.

The use of artificial sweets and of fine white flour products is one of the most pernicious customs of the day, causing defective development of the skeleton of the infantile body, and in later years a morbid softening of the bones, making dentistry one of the most lucrative professions in this country. Of 1500 children examined carefully by the Board of Municipal Research of New York, 75 per cent were found to be in need of dental treatment.

The taste for sweets is natural and indicates a physiological demand. This demand, however, can be met without injury only by a use of the natural sweets, existing principally in fresh fruits. Like all other acquired tastes, the sugar-eating habit is hard to give up, but numerous tests have shown that when once broken the natural taste of food is more pleasant than when it is disguised by manufactured sugar.

The feeding of growing children with an excess of bread, breakfast foods, ice cream, confectionery, meat and eggs, furnishes too much nitrogen and phosphoric acid and not enough of the alkaline salts to the systems, causing anemic and scrofulous conditions. At the same time these foods favor a morbid overgrowth of the tissues, as enlarged glands, adenoids and a catarrhal condition of all the mucous membranes. To relieve these conditions by surgical operations betrays little knowledge of the physiological functions of the human body. Such illogical treatment is the outcome of the ruling medical system which constantly confounds cause and effect. Children, as well as adults, cannot keep in the best of health without an adequate supply of fruits, during all seasons of the year.—Otto Carqué in *Herald of Health*.

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Woods Hutchinson says everybody should eat three "square meals" a day and should gorge occasionally. Most of them do, when they have a chance. Also they die before their time as Hutchinson will unless he reforms.

### Sugar and Alcohol

**T**HE Medical World (Philadelphia) recently acclaimed candy as a substitute for alcoholic beverages. Commenting on this, in the February number, I wrote:

The explanation of this is easy. As I showed in my article on alcohol, in the October number, cane sugar when mixed in the stomach with other foods or the remains of foods causes fermentation and the production of alcohol, turning many Prohibitionists into perambulating distilleries. Especially is this true when the sugar is mixed with starch, as in mushes, or cakes. A liberal portion of these foods produces more alcohol in the stomach than a drink of whisky.

To quote Dr. Axel Emil Gibson: "Candy eating is practically a subjective and disguised form of alcohol inebriety."

It is more wholesome to take a little alcohol from the outside, than to turn your stomach into a still.

To this, in its March number, the Medical World replies, in part, as follows:

The editor of BRAIN AND BRAWN makes a bad guess, for sugar will not remain long enough in the stomach to undergo decomposition into alcohol. It takes some days for sugar to ferment into alcohol. \* \* \* It is known, however, that fermentation of sugar and starch may occur in the stomach; but the results are not alcoholic intoxication.

I did not say that sugar ferments. Refined sugar is a starvation food, containing no organic matter, therefore it cannot ferment. I said that sugar causes fermentation, when mixed in the stomach with foods or the remains of foods, especially starch. The editor of the World admits that fermentation of sugar and starch may occur in the stomach but says the results are not alcoholic intoxication. How can there be fermentation without the formation of alcohol?

Dr. Gibson, whom I quoted above, writes to me as follows about this World article:

In the first place he shows that he has his wires twisted in assuming that "sugar ferments into alcohol." Nothing is farther from the fact. It is not the sugar that ferments, but the substance acted upon by the sugar. And that such a process occurs whenever and wherever as in the stomach sugar and starches come together under a temperature of 97° Farh., and in an alkaline medium, is recognized by every student of physiological chemistry. Out of this fermentation, whether the field be a chemical laboratory, a winery or the human stomach, springs alcohol.

Alcohol is the by-product which follows the combination of sugar, hastening the orderly processes in the digestive field. In place of evolving into peptons and nutritive compounds, the digestive processes, due to the explosive action of sugar, break down into series of decompositions, of which the most frequently occurring types are carbonic acid, alcohol and vinegar.

Furthermore, indulgence in sugar is followed by the same reactions as in alcohol—stimulation, with its subsequent phases of sluggishness and recurrent craving for renewed indulgence. A fermenting stomach differs in no way from a baker's yeast pot, or a brewer's mash tank, where fermentation and alcoholization mark the quickly concurrent steps in the descending scale of decomposition. And the pimpled, bloated face of the habitual candy and pastry eater is due to the same muscular disorganization into forms of fatty degeneracy as is featured in the appearance of the alcoholic inebriate.

To change from whisky to sugar is only to substitute one form of alcoholic stimulation for another.

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It is obvious to what an intellectual level people have attained when they will take drugs, or be vaccinated, to cure diseases caused by bad habits.—Philosophy of Health.

### “Roughage”

**A**RTHUR R. REYNOLDS has an article in the American Magazine for March, in which he advocates the daily use of “roughage” in food. In roughage he includes chewed grape seeds and fruit skins.

Many books have been written on this subject. I wish to give my personal experience. I was constipated and diseased for the first sixty years of my life. Now I am well, have a clean colon and bowels with two daily movements, and everybody remarks about the clearness of my complexion.

I have cut out all roughage, and rabbit and cow fodder. I don't believe I have a stomach adapted to such food. My chief food is fruit, nuts, whole wheat and rice. All roughage like skins and seeds I spit out, as do monkeys. I have experimented on these lines for seventy years, and I believe I am right.

Remember this fact: During the first year of life, when a child is frail and tender, the food has no roughage. Yet every healthy normal baby has at least two good bowel movements daily. And I believe if properly fed they would never be constipated.

Sugar, starches and fats are not normal foods. Natural fruit eaters always reject seeds and pulp.

Santa Ana, Cal.

D. EDSON SMITH.

Mr. Smith gets his roughage from the bran in the whole wheat he consumes. If you use white bread add a little bran to your food.

### Cooking Potatoes

**A**MAN near Los Angeles, who has several hundred tons of fine seed potatoes, offers them at five dollars a sack. If you let him cut the eyes out, he sells them for three dollars a sack.

This, of course, involves peeling deeply. To peel potatoes is a grave mistake. Most of the mineral elements are just underneath the skin. Especially at present prices, peeling potatoes is an economic crime. Potatoes should be either baked or boiled in the skin. In baking prick them first with a fork, and they will come out mealy.

In the second volume of his book “Food,” J. H. Tilden, M.D., says: The best manner of cooking is baking. The potato should be washed with a brush, then scraped. Next a few punctures with a fork should be made, to allow the gas to escape. If the potato thus prepared for cooking is of a good variety, it should come out of the oven mealy.

When boiled in water, the potatoes lose much of their salts. The jackets should be left on when boiled.

I think it is a mistake to add salt to the water when they are being cooked, because salt increases the density of the water, and, as the lighter fluids go to the dense, the fluids of the potato would be drained into the water in which they are being cooked, and in this way more of the salts would be extracted than necessary, or more than would be the case if cooked in plain water. The salts are retained by baking or roasting, and cooked in this way the potatoes are rendered much more easily digestible.

Men are, by instinct, sex wanderers, whereas women instinctively desire to love one man, and only one.—Cleveland Moffett.

Cutting makes corns grow. It also makes cancers, and tumors, adenoids, and other abnormal grows grow.

### The Demon Dyspepsia

**D**ESPAIR is a common symptom of dyspepsia, as hope is a symptom of pulmonary consumption. If a man has consumption, he will keep up courage to the last. The very day he dies he will tell you what he is going to do when he gets well. If a man is dyspeptic, he is despondent and often wants to die.

Dyspepsia makes a man mean, sneaking, unreliable. The massacre of St. Bartholomew might not have occurred, had not Charles IX been a sufferer from chronic dyspepsia and constipation. Many cruelties and wars may be traced to the same cause. This is not surprising, because the seat of the trouble is in that sensitive organ, the solar plexus, or abdominal brain. The Chinese believe the soul to be located there, a guess that is as good as any other.

The chief causes of dyspepsia are errors of diet and lack of physical exercise. To these many would add mental worry, but that is an effect, not a cause. If your digestion is thoroughly sound, you may be anxious, but you will not worry.

Now, as to the cure. I take it that my readers are too intelligent to believe that they can cure themselves of dyspepsia by eating what they please, so long as they follow a meal with a "digestive tablet." Here is what you must do, to relieve yourself of dyspepsia, the forerunner of many more serious troubles, for all ailments, including tuberculosis, begin in the stomach:

1. Do not eat unless you are hungry. Appetite is not hunger. When you enjoy a piece of stale, dry bread, you are hungry. When not hungry, miss a meal, or a dozen meals, until hunger comes. Never tempt the appetite.

2. Do not eat when not feeling well, or tired, worried, angry or excited. At such times food is a poison.

3. Eat only twice a day.

4. Eat absolutely nothing between meals, either solid or liquid. Not even a raisin, or a caramel, or a glass of buttermilk, or grape juice. If you feel like nibbling, it shows that your stomach is inflamed. Sip slowly a glass of water—cool, not ice cold.

5. Eat only enough to satisfy real hunger. Every ounce beyond this harms you. It is not what you eat, but what you assimilate, that nourishes. Before you begin, take on your plate what you think you ought to eat.

6. Do not mix many foods, especially foods that do not agree together, as sweets and starches, which cause fermentation, acids and starches, that arrest digestion, or milk and meat.

7. Eat absolutely dry. This bars out soups and slops. You can take a small cup of something warm at the end of the meal.

8. Chew all food to a pulp.

9. Avoid cane sugar altogether, in every form.

10. Do no concentrated mental work, reading, writing or smoking, within half an hour of a full meal.

11. Avoid all drugs, "ethical" and "unethical," and go slow on stimulants, condiments and tobacco.

12. Avoid "palate ticklers." Learn to distinguish between appetite and hunger.

13. Sip slowly one or more glasses of cool water on rising, and about an hour before each meal.

14. Take a little physical exercise of some kind between each meal, if only for five minutes.

15. Knead and slap the abdomen and bowels night and morning. At first the parts will be tender, but persevere.

16. When you can, after each meal lie for ten to twenty minutes, face downward, with a pillow under the abdomen.

There are, of course, wholesome and unwholesome foods, and medicinal foods, of which I shall write in later articles, but if you observe these directions, the question of what you eat is secondary.

If you follow these rules faithfully, for three months, and still suffer from dyspepsia, you are at liberty to write and tell me that I am a "food faker."—Harry Ellington Brook, in Los Angeles Record.

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### Skim Milk and Veal

**A**S an off-set to the high price of food in New York, a bill is before the New York State Legislature which would permit the sale and distribution in New York City of skim milk, and remove the present restrictions on the sale of "bob veal."

The first of these suggestions is a good one. The second is bad.

Skim milk is a valuable food, that should not be fed to animals. It contains all the nourishment of fresh milk, except a little more than three per cent. of fat. The Irish, who are not a feeble race, live mainly on skim milk and potatoes.

As for immature veal that is as bad as skim milk is good. In Switzerland they eat calves almost as soon as they are born. You may often see a postman leading, for delivery, a little animal that is nearly all legs.

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### Turnip Tops

**T**URNIP tops, as a diet for patients suffering with certain intestinal diseases, is said to be the "unique treatment" adopted for experimental purposes at the Johns Hopkins hospital, in Baltimore.

Wonderful! So they are really coming down to "greens." Not only turnip tops, but any other green tops, including mustard, of which many tons are going to waste in and around Los Angeles, may with advantage be added to the regular diet. These greens all contain a large amount of mineral salts, most of which, however, is thrown away or changed into the inorganic form in ordinary methods of cooking.

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At a county fair in Missouri, two children, aged two and six, smoked big cigars, like veterans. In Europe I have seen a gipsy woman let her suckling infant draw at a cigarette, between "drinks."

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All healing power is inherent in the living organism. This power is vitality, the life force. It builds up, constructs, and in sickness heals.

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Drug medicines create obstructions, thus complicating the disorder, and changing acute into chronic diseases.

### Influence of Heat on Fats

**F**OLLOWING letter was addressed by Gaylord Wilshire, of Pasadena, to the Health Bureau of the U. S. Department of Agriculture:

Could you inform me what has been found out as to the deleterious effects—if any—of heat upon certain food oils, such as olive oil, in olives and upon cream.

When I first came to California, some thirty years ago, the ripe olive was prepared by using lye and salt water to get out the bitter. The process was an entirely cold process, and while the black olives so treated tasted delicious they did not keep very well. There was a season for olives and then we had no more till next season.

At present we have the black olives all the year round for they are put up in cans and sterilized by heat like preserved peaches. While this undoubtedly does make them keep it just as undoubtedly also destroys the flavor the cold processed olives have and in my own personal case makes them quite indigestible. It is practically impossible to get the old fashioned cold olives in California.

It seems to me that the heat used in the new process cracks the oil, similarly to the cracking when you melt butter. There is quite a different and an inferior flavor developed. Also the product is less digestible.

I am wondering if the same thing does not occur with cream when heated. That is, if when you put cream in hot coffee you do not by the cracking of the oil in the cream make it decidedly indigestible as compared with cold cream or rather cream which has never been heated. And I wonder if therefore, since skimmed milk has no such cracking when heated, if milk in hot tea or coffee is not considerably more digestible, and if this does not possibly account for the fact that in no country but America is cream used in either tea or coffee?

While the walnuts out here are not heated when bleached, yet there is no doubt but that the chlorine used injures the flavor and decreases digestibility so much that many of the shops advertise "unbleached nuts." It seems to me that the Interstate Commerce act should be invoked to prevent the shipping of bleached nuts, on ground of their being a fake product and injurious to health.

Ordinary pickled olives contain too much salt. The best were the olives cured by the slow Mexican running water process. We don't often see them nowadays. Everything has to be hurried and spoiled, from the point of view of appetite and health.

Dried olives are put up in oil, by Portuguese and Greeks, and may be purchased at some stores in Los Angeles. They also contain altogether too much salt.

Dried olives "straight" may be had of Otto Carqué, the dealer in health foods. They have to be soaked in hot water over night, to be eatable. Some people object to their pronounced tannin flavor.

Heating fats makes them harmful, because it splits them, and frees acids which irritate the stomach. This is one reason why frying is objectionable, the other being that the food is coated, and made more difficult of digestion.

In Germany cream is taken with afternoon coffee. In the morning, on the continent of Europe, milk coffee is served, porcelain pitcher full of hot milk, and a small nickel pot containing the coffee, the proportion taken being usually about five parts of milk to one of coffee.

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To attempt to cure the sick by adding to the causes of disease is irrational, and therefore absurd.

### Starch and Acid

**Y**OUR views and mine on mixing starches and acids coincide, or very nearly so. This is what I teach: Delicate people and those with weak digestion, those with a tendency to gas formation should avoid starch and acid combining. In fact they have to avoid many combinations and eat very simply, if they would have health.

Robust people, who are reasonably active, can combine starch and acid, and if they do not make a daily habit of so doing they will not suffer from it. Of course, there is a right way and a wrong way of eating all things. Those who wish starch and acid in the same meal should eat their starch first, and their acid afterwards. In this way the starch gets the benefit of the alkaline saliva.

As you know, the gastric juice is quite acid, and it is secreted when starch is eaten. So the starch becomes acidulated in the stomach anyway, and no harm results, unless the acid is excessive. Hyperacidity produces starch indigestion. So I believe you will agree with me that from a theoretical standpoint it is not such a crime to eat starch and afterwards some acid, provided an excessive amount is not taken.

But I do not go entirely on theory, for I have experience with both the sick and the fairly well. My experience is that if the eating is moderate and the combining is kept within bounds and the individual has good digestion, there are no evil results following a meal of say, baked potatoes and tomatoes; or toast and a good eating apple.

But let a person do as some vegetarians recommend—take large quantities of rice and whole wheat bread and peanuts and apples in the same meal—and you can look for a perambulating gas factory.

I am opposed to cooking acid fruit and starch together.

R. L. ALSAKER, M.D.

St. Louis, Mo.

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### Pine Nuts

**T**HEY'RE on the market now and have not advanced in price, either. The native-born Californian will tell you that the pine nut is as good as any other nut grown in the world. In the olden days it was common sight in California to see ranchers carry about a coat pocket full of them, into which they would dip with a relish.

The peanut isn't in it with the pine nut, according to a native-born Californian. But the tourist generally hasn't the patience to get at the savory kernel.—Los Angeles Record.

Shelled pine nuts may be had at health food stores. They usually come from Italy and are larger than the California nuts. Also they contain more protein.

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One cause for ill health is that people fail to remember that a different diet is needed for different occupations. Thus, baked beans, pork and brown bread and other coarse fare required by the lumberman, would not be suited to the business man at his desk.—Healthy Home.

### Orange Peel for Constipation

**A** FRENCH army surgeon reports satisfactory results from the use of orange peel for correcting constipation among soldiers in the trenches. Following is the method employed:

Fresh orange peel is boiled for half an hour, in plenty of water. This removes the bitter substance that the peel contains, which is dissolved in the water. The water is then poured off and the softened peel is placed in slightly-sweetened water and again boiled for a few minutes. It is then dried and is ready for use.

The average dose of this preparation is the peel of one orange, which acts in a mechanical manner as a laxative. It is not purely an "irritant," however, as it increases the flow of bile and also the muscular movements of the intestines. In administering it, it is found advisable to give it three successive nights, skipping the fourth and possibly the fifth night. Later on one dose taken every third night is found to be sufficient.

This type of laxative is found to be somewhat more effective in persons who are relatively small eaters, as it helps to supply the bulk that is essential to proper intestinal action.

The orange peel, being indigestible, works on the same plan as agar agar, or Japanese seaweed, sold under various names. A simpler method would be to swallow the white pith under the skin, when you eat oranges. However, oranges and other decidedly acid fruits tend to favor constipation.

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### How to Keep Young

**I**F you should ask me what counsel I would give to a young man starting life—how I would attempt to set him on the road to happiness—it would run something like this: Be industrious. Be honest. Be serious and sincere; don't slur your work. Deal fairly; like your neighbor; lend a helping hand. And don't forget how to play. Play will keep you young. Lucky is he who gets his grapes to market with the bloom on.

Reading the lesson of my life to myself, it seems to teach one thing; that one may have a happy and not altogether useless life on cheap and easy terms. The essential things—the true values—are simple and near at hand—home, friends, health, books, Nature, a little leisure, a little money and, above all things, congenial work—something you can put your heart in. But uncongenial work, even drudgery, is better than idleness and indifference.—John Burroughs.

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Never think of that which you should not do but always of that which you should do. Nerve power has enormous influence over the thing thought of. Think of evil to be conquered, and the evil will fight like fury. Think only of the good to be achieved, and the battle is already half won.—Frederick Stevenson, in *Music Student*.

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The great secret of clear expression is sincerity. If your deepest desire is to speak the truth, your utterance will have the beauty and power that belong to sincere speech. Say the thing you know, the thing you heartily believe, and nothing else. Let your discipline in speaking or writing be a discipline in truth telling.—W. Gladden.

Aged Law Breakers

**W**RITING of the late Prof. Melchnikoff, in the Chicago News, F. J. Haskins says:

He announced his belief that 150 years is much nearer the normal lifetime of man than the accepted 70 years. In support of this contention he gathered from all over the world records of persons who had lived to be more than 100. He cited as well authenticated the case of Drakenburg, the Norwegian, who lived to be 146 years of age; that of Thomas Parr, a Shropshire peasant, who did hard work until he was 130 years of age and died at 152, and a long list of others. He showed by specific cases that, although sobriety was conducive to long life, neither tobacco, coffee nor alcohol are at all fatal. Thus he cited the case of Elizabeth Durieux, who lived to be 120 and made coffee her principal food, taking sometimes forty small cups every day; and that of the famous Irish land owner, Brawn, who also lived to be 120, and who had an inscription on his tombstone to the effect that he was always drunk, and when in that condition was so terrible that even death had been afraid of him.

I would not advise you to imitate these examples. They undoubtedly inherited vigorous constitutions, and they transmitted weakness to their children, if they had any.

In health, vitality is constructive; it organizes. In disease, it is defensive as well as constructive. It resists that which is injurious, and endeavors to expel it; it also heals or reconstructs.

There is no curative virtue in anything outside of the living system. To give drug medicines to the sick is both false in theory and fatal in practice.

## Back Numbers of Brain and Brawn

We have a Few Back Numbers that We Offer for Sale at the Following Prices:

June, 1912, Quacks.....	75c	July, Food Value of Nuts.....	30c
July, Human Gas Tanks.....	75c	August, The Bible.....	50c
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**SPECIAL OFFER.**—Complete Sets of above numbers, while they last, \$22.00 by express, prepaid. Each a complete booklet. Prices subject to change monthly. Send orders early, as they will not last long. Subscribers who wish to begin with back numbers should note prices.

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.]

#### STARCHY AND NON-STARCHY VEGETABLES.

What are starchy and non-starchy vegetables?—H. A. M.

All vegetables contain starch. Those that contain little starch are usually referred to as "non-starchy" vegetables. Starchy vegetables are potatoes, carrots and parsnips. "Non-starchy" vegetables are green leaves and stalks—watercress, nasturtium leaves, mustard, chicory, endives, spinach, lettuce, celery, etc., etc.

#### THE HAWAIIAN ISLANDS.

I intend to go to the Hawaiian Islands some time next year, on a three months' vacation. What is the fare on the steamship, or can one work one's way over? Do you think it would be advisable to spend three months' vacation in the Islands? What class of people live there, and what nationality predominates? If I like the climate, and the people, and am able to secure work there, I intend to make my future home in Hawaii.—J. P. F.

Hawaii is an interesting place to visit, but it is no place for a white man to do manual labor. Such work is done by Japanese, Filipinos, Portuguese, and others who work at low wages.

#### MOUTH BREATHING.

Do you know of a remedy for mouth breathing during sleep?—S. J. W.

The best method is to cultivate a habit of deep or abdominal breathing, until the habit becomes fixed. This necessitates breathing through the nose. There is an appliance on the market, to be worn during sleep, that is claimed to be of great assistance in overcoming the habit.

#### FIGS WITH BREAD.

May I eat figs with bread?—R. J. M.

Yes, figs contain no acid, therefore, they may be eaten with starch foods. However, if your stomach is weak, it is not well to mix even fruit sugar with starch, until your digestion improves.

#### SWEATY FEET.

What do you recommend as a cure for sweaty feet?—K. L.

Some time ago a correspondent sent me the following method:

Twice weekly bathe the feet with alum water. To two quarts of as hot water as can be comfortably used, add one teaspoonful of powdered alum. After bathing, rub the feet very dry, and powder them with the following powder: Seven tablespoonfuls corn starch, one tablespoonful powdered alum, mixed thoroughly. Besides the alum bath, bathe the feet night and morning in cold water, and use the powder.

This is only a remedy, not a cure. To cure, you must improve the condition of the body, which causes sweaty feet.

In the days of Queen Elizabeth a pound of sugar cost a pound (five dollars); yet the general health during that era was in every respect superior to ours. The case of sugar versus health is quickly made.—Dr. Axel Emil Gibson.

### 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.

**CARE OF CHILDREN;** J. H. Tilden, M.D. Order through BRAIN AND BRAWN; 250 pp.; price \$2.50.

This is a book that every mother should have. It not only gives complete directions for the care of children, but in the introduction is invaluable advice for the prospective mother, and for the mother after childbirth. This, if followed, will save much suffering. The chapters are as follows: Care of Children From One to Five Years; Feeding During First Year; Feeding Second to Fifth Year; Care of Children From Five Years to Full Development; Children's Diseases and Their Treatment.

**FOOD;** Vol. 2; J. H. Tilden, M.D. Order through BRAIN AND BRAWN; 300 pp.; price \$2.50.

This is the second volume of Dr. Tilden's most valuable work on food. It is thoroughly practical, and the result of long experience. In his foreword he says:

Overeating is so common, and its sequences are so little known, that too much cannot be said on the subject of food, in its relation to health and disease. Every person should have sufficient reasoning power to realize that tainted food—food in a state of decomposition—is dangerous to health when eaten. This being true, why is it not dangerous to health to take into the stomach more pure food than can be digested? Decomposition is sure to follow, and certainly decomposition taken in is no more infectious than the decomposition developed within the alimentary canal.

Forty pages of the book are devoted to cooking recipes, among which is the celebrated "Tilden Salad."

"Get Acquainted" is a bright little monthly, issued by the Get Acquainted Publishing Co., 717 E. 9th St., Los Angeles. Howard Carleton Tripp, editor; 10c a copy, \$1.00 a year.

"The Worth While" is the unusual title of a monthly published at Long Beach, Cal., devoted to "uplift work, and a review and criticism of current events." D. M. Shreve, editor; 10c a copy, \$1.00 a year.

"A Million Years of Darkness," by Bernard A. McAleer; published by the author, Oklahoma City, Okla. This booklet aims to answer the question: "Why have human beings a religious belief?" The author claims that all the essential features of our present day Bible are a plagiarization of Oriental works.

## 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 half a dozen friends. In that case you may present each with a year's subscription for five dollars. We will tell them the name of the donor.

Chamber of Commerce Building, Los Angeles, Cal.

### 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 and commendation are 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.]

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#### REALLY AND TRULY.

Please enter my name on your subscription list for another year of your remarkable and justly popular health magazine. I have been reading it regularly now for a year, and really I couldn't get along without it, as it contains so many helpful suggestions not found in other magazines of like character. It is really and truly the most excellent health magazine published.—John P. Foy, Roanoke, Va.

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#### NO PADDING.

Of all the preachers and magazines I have known, in this and previous incarnations, I never knew one that did not fill in with uninteresting padding, until I met BRAIN AND BRAWN. Disclaiming any pretensions, I must say that every new number reminds me of the springtime.—Theo. Caldwell, Caldwell Health Home, Pasadena, Cal.

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#### A TROJAN TESTIMONIAL.

If there is any book or magazine published that can touch BRAIN AND BRAWN on health subjects I have failed to locate it. I will mail you my final remittance soon. I am improving slowly. I wish you and your magazine a wonderful success.—W. Edward Hamilton, 20 Fonda Ave., Troy, N. Y.

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#### GOOD MAGAZINE; GOOD ADVICE.

Something less than a year ago I consulted you, and received valuable advice, for which I paid you, in part. Having spent the summer in Colorado, we are now down here for the winter. I herewith enclose check for balance due you on contract, and one dollar renewal for BRAIN AND BRAWN.

Your magazine is excellent, and your advice has proved helpful.—C. H. Walker, 2107 S. Union Ave., Los Angeles.

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#### MULTUM IN PARVO.

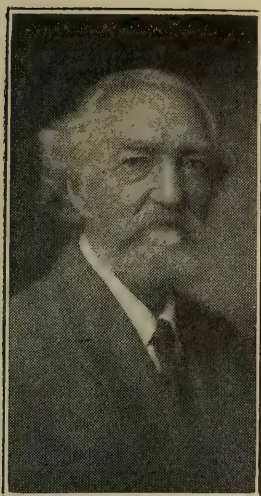
BRAIN AND BRAWN is head and shoulders and body ahead of any paper or magazine now published. On your page of "Brooklets" you certainly tell a very long story in a few words.—C. W. Dayton, Owensmouth, Cal.

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#### THREE FOR FIVE.

[Letter addressed to Dr. George B. Abbott, secretary Naturopathic Publishing Company:] I wish to thank you for sending me a copy of BRAIN AND BRAWN. It is certainly a splendid publication, and as I like to have others in whom I am interested enjoy the benefits to be derived I "got busy" with the subscription blank you enclosed. I am returning same herewith filled out, together with check for three dollars covering the five subscriptions.—Hugo R. Krohn, Los Angeles Trust & Savings Bank, Los Angeles, Cal.

## CURE OF CHRONIC DISEASE



**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.”

There are two, and only two, secrets of health—alimentation and elimination. If these are well balanced, there is health. If they are not, there is disease. And no tinkering with effects can do more than afford temporary relief, which is not cure, but often makes a cure more tedious and difficult.

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., and give, when requested, special advice on pregnancy, children and fasting.

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.

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In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brock M.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### NATUROPATHIC MEETING.

**T**HE monthly meeting of the Association of Naturopathic Physicians of California will be held on Monday evening, April 9, at 7:30 p.m., at Dr. Carl Schultz's Sanatorium, 1319 South Grand Avenue, Los Angeles.

As this will be the last meeting until October, a full attendance is urgently requested. Dr. Schultz will have some important things to say to you.

### SYPHILIS.

**I** HAVE never specialized in syphilis but I have treated quite a number of cases with good results. In the past I have not bothered with taking the tests and reactions usual among "scientific specialists." I have been content to bring the patients back to health and let it go at that. However, I am going to do differently in the future—as I have been doing differently in the recent past. And I shall illustrate with a case.

On November 11, 1916, a young man of twenty-three, O. R., came to me. He had been suffering from the trouble about one year or fourteen months. When he came to me his condition was as follows: Skin pasty, with eruptions, enlarged glands in the groins, enlarged tonsils and swollen throat (faucis), and the throat was so bad that he would have to stay in bed from time to time. He had been treating with specialists who had given him seven injections of salvarsan. They told him that three injections would cure him, but he was growing worse in spite of all. He had received about sixty intravenous injections of mercury and about thirty intramuscular injections into the buttock (gluteal muscles.)

And with all that curing the poor fellow was worse. He was badly in-

fectured. In fact the Wassermann test showed him to be four plus (which is a bad syphilitic infection.)

On November 11, 1916, he put himself under my care. I gave him absolutely no treatment, but I put him on a diet of fruits and succulent vegetables in generous amounts; starchy foods, such as baked Irish potatoes and dark bread in moderation; milk and buttermilk in moderation; meat, eggs and fish not at all; raw salad vegetables once a day. I had him take exercise, fresh air, and water, and asked him to apply friction to the skin the first thing in the morning and the last thing at night. With minor variations this was the "treatment."

His coated tongue cleared up; his swollen throat became normal; his eruptions disappeared; his swollen glands grew smaller and smaller. In three months he had nice, smooth, velvety, pink skin from head to foot.

On March 3, 1917, he returned to the laboratory and had another Wassermann test taken. It was negative indicating that the syphilitic infection had disappeared.

And that leads me to the conclusion: In syphilis, as in other diseases, if one feeds the patient and gets him to give himself such hygienic care that the body manufactures good blood, the disease will disappear. There is no special specific treatment for syphilis. A healthy body will not tolerate the trouble, and it simply vanishes.

Of course when one gets a case with big sores and ulcers local cleanliness, correct feeding and good hygiene make the treatment.

Very simple and very effective, and so far as I am concerned I have no desire to keep the knowledge to myself. I have met many doctors who one-tenth believe that rational treatment will cure syphilis but they lack the moral stamina and the faith in nature to put the patient on the right lines.

R. L. ALSAKER.

St. Louis, Mo.

## BAUNSCHEID TREATMENT.

**T**HE Baunscheid treatment, introduced in Germany many years ago, by a man of that name, is given by means of an instrument called a "lebenswecker," or "life awakener." It is a small instrument, furnished with many little needles, with which the skin is gently beaten. By means of this local irritation, which may be increased by applying an irritating oil, Baunscheid aimed to promote excretion, and counteract stagnation of blood. He applied his treatment to parts of the body opposite to those affected, in order to divert the increased flow of blood from the seat of the disease. The irritation produces an inflammation of the skin, with pustules. This treatment was introduced into the United States in 1878, by John Linden, under the name of "Exanthematic Method." He wrote a book on the subject.

Dr. Margaret Goettler, of Atascadero, reports having had good results from the use of this treatment. She insists on the patient staying in bed for ten days, taking internal baths regularly during this time, and fasting as much as possible. After that, a bath is given each day, until the body is healed, the treatment being repeated whenever the patient is ready to undertake the somewhat painful experiment.

The results aimed at may be attained more naturally, if more slowly, by means of hydrotherapy—stimulating hot and cold packs, compresses, etc.

## THE OSTEOPATHS.

**I** REMEMBER when the osteopaths in California, on their bended knees, as it were, promised that if they were admitted to practice they would "never raise their hand to prevent any other school of healing from having the same privilege." Now that they are on the inside, and have become the tool of the Medical Trust they play the part of the dog in the

manger, trying to keep chiropractors from showing what they can do. Homeopathy was an infringement on the allopathic school. Then the eclectic came along and included both of them. If the osteopath was wise he would take the chiropractor in and educate him. Also he would legislate for the good of the drugless healing art, not trying to kill everything outside of the Medical Trust.

## USELESS EXPERIMENTS.

**A** DISPATCH from Chicago announces that Dr. Shiro Tashiro, a Japanese instructor in the department of Physiological Chemistry in the University of Chicago, says he has discovered that every time an impulse passes through a nerve tissue, a chemical change is produced.

And to make this valuable discovery thousands of unfortunate dogs and other animals have been put to excruciating torture.

## M. D. CONSULTANTS.

**A** PHYSICIAN said to one of my acquaintances: "Oh yes, Brook writes some good articles, but we don't take him seriously."

Yet, during the past six weeks, two M.D.'s have obtained personal dietetic advice from me—and have paid for it.

Their names? Oh no. They would be ostracized by their "ethical" colleagues for having dealings with a "quack."

## GEORGE HAD PYORRHEA.

**I**N a paper on George Washington, read by Dr. John Haynes, of Los Angeles, before the Sunset Club, he said:

Washington was a sufferer from pyorrhea from 1754 to 1795, when he had his first and last tooth extracted. In many places in his diary he speaks of suffering from toothache and from swollen and inflamed gums. He had many attacks of sickness during these years, which were due to infection from his gums.

## SIGHT RESTORED

**A**N Arizona man, 31, who had been blind since infancy, was treated with atropin on the eyes, which helped his sight a little, but made him sick, so that he had to go to a hospital. Then a Los Angeles physician performed an operation, which restored his sight, and he saw for the first time since he was a child.

This is a constructive and helpful operation, and is praiseworthy. For every constructive and helpful operation a hundred are performed that are destructive, unnecessary and condemnable.

## SAME OLD STORY.

As usual, the drugless healers are fighting among themselves at Sacramento.

The chiropractors want a separate drugless bill all for themselves. They seem to think they are something apart from and above all other schools of drugless healing. Which, of course, is a delusion.

The result will be the same as it always is when a weak body of people quarrel among themselves, while they are opposed by a strong force of men.

As I have said over and over again, the drugless healers will never accomplish anything of importance until they learn to unite.

They should take a lesson from the enemy.

## A BAD SIGN.

Lerret—"You look worried, old chap."

Yadilloh—"Yes; I'm afraid my wife is sick. She stayed at home all yesterday afternoon."—Life.

## GOING TO WAR.

"Would you go to war for your country?" "Would I go to war for my country? I'd do more than that. I'd lick any man that tried to get my country into a war."—Detroit Free Press.

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Notes and Personals

C. S. Porter, M.D., of the Porter Milk Cure Sanatorium, Long Beach, expects to spend the summer in New York.

Dr. A. P. Davis of Los Angeles celebrated his 82nd birthday on March 10. Dr. Davis is a well preserved man, still in active practice.

Under the California Workman's Compensation Act, an injured man cannot collect if he employs any but an allopathic physician. This is a most unreasonable and unjust requirement.

The Public Welfare League asserts that a tuberculin serum, condemned by the U. S. Government, is being used, with harmful results, at the Los Angeles County Hospital.

During the past few years 75 qualified medical practitioners of California have been sued for mal-practice.

Our general death rate in the past few years appears at first glance to be improving and becoming more and more favorable. But this is due to the saving of infant life. The expectation of life in those over forty is steadily decreasing.—Dr. Eugene Lyman Fisk.

Doctors are a superior class, and superiority brooks no opposition. The physician's psychology gives him the right of way over those whom nature has placed in his hands, and the latter class acknowledges his superiority and his right by passively submitting. The distance between rights by superiority—divine rights—and oppression is not great; and that is where the matter stands today.—J. H. Tilden, M. D.

"Samplers," who go around trying one cure after another, are the bane of conscientious healers.



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[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.]

#### FOR WEAK FEET.

The Dr. Thomas Health Cushion Arch is highly praised, as affording relief from many kinds of foot trouble.

#### IRIDOLOGY.

The invaluable work on the diagnosis from the eye has now been translated from the German edition, and is published by the American School of Iridology, Rockford, Ill. It should be in the possession of every natural healer.

#### YOUR SAVINGS.

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**Date of Publication.** BRAIN AND BRAWN is published on the first of each month. It is mailed to subscribers about the 4th.

**News Dealers.** BRAIN AND BRAWN is for sale by all live news dealers. If your dealer does not keep it, ask him why, and notify us.

**Back Numbers.** We have a few copies of each back number for sale, at prices mentioned on another page. They are rapidly disappearing. Complete your sets.

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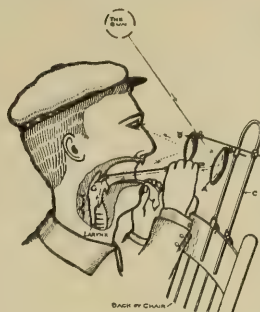
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**Agents.** We want reliable agents everywhere, to take subscriptions for BRAIN AND BRAWN. Good commission. Send references, and get particulars.

**Remittances.** Make all checks and money orders payable to Naturopathic Publishing Company.

**Change of Address.** If you change your address, notify us. Do not write indignantly to inquire why the magazine does not follow you. We are not mind readers.

The annual meeting of the Naturopathic Publishing Company was held at the office of BRAIN AND BRAWN, on the evening of Wednesday, March 21. The old officers and directors were unanimously reelected.



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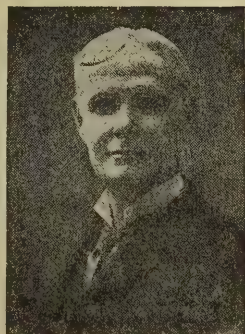
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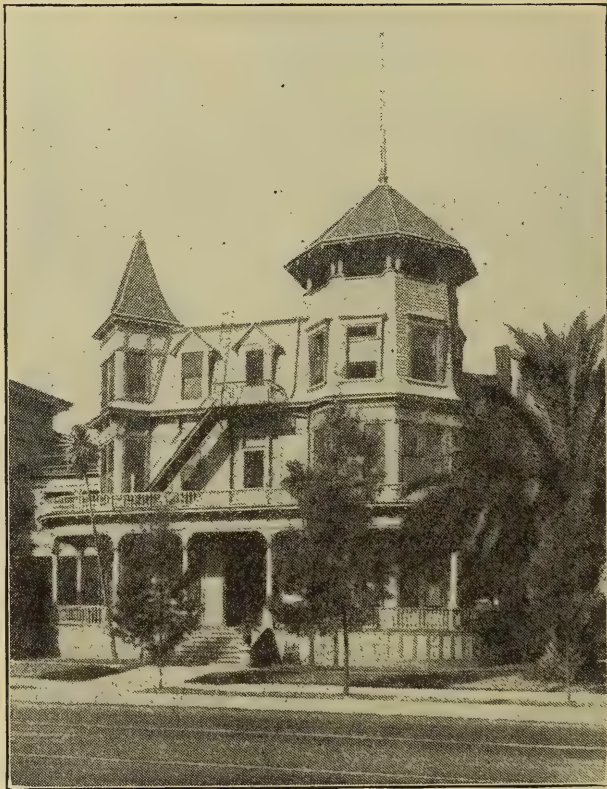
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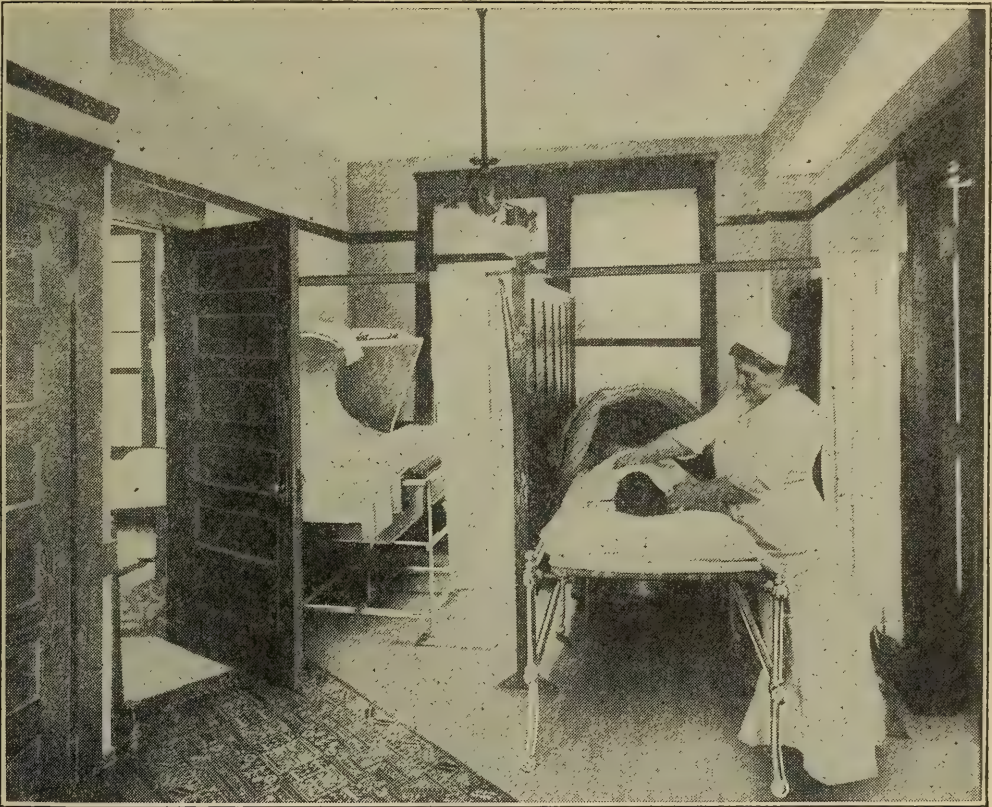
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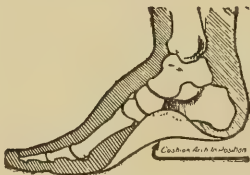


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# Brain and Brawn

## MAY, 1917

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.

Entered as second-class matter, July 31, 1912, at the post-office at Los Angeles, California under the act of March 3, 1879. Copyrighted 1913, by Naturopathic Publishing Co.

Newsdealers Supplied by the Los Angeles News Company  
Subscription, \$1 a year; foreign countries, \$1.25.

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Vol. V

LOS ANGELES, MAY, 1917

No. 12

## The Search for the Soul

We shall never of ourselves know what spirit is. The word originally signified breath, and by its use we express vaguely and grossly that which inspires thinking. But if, even by a miracle—which is not to be expected—we should achieve some slight idea of the substance of this spirit, we should be no further advanced, and we could never imagine how this substance received sentiments and thoughts.—Voltaire.

**T**HE search for the Soul has been prosecuted since the earliest dawn of history. It is a mysterious subject. The mystery has been deliberately deepened by those who have sought to impress their power on the people, and to keep them in superstition.

Of late many have turned for light to the "Mysterious East" the birth place of civilization. We have heard much of the Occult and of Swamis, and the Vedas, and Karma. Hindoos who have visited the West have not all impressed us by their spirituality. On the contrary, some of them seemed more distinguished by big girth of body and sensuality of face.

Some among the Hindoos have developed spirituality by fasting and subordinating the Physical, while most Occidentals have given themselves up to the Material, but Hindoo religious thought has reached the height of philosophy and has remained essentially speculative and negative.

Sometimes these exponents of mysterious and awesome Oriental secrets are mercenary sensualists, who find it remarkably easy to fool empty headed or ill-balanced American women, with a lot of meaningless jargon, picturesque costumes, and silly ceremonies. Most of them have no religious or social standing in their own country. This is true of one of the pioneers, who made a sensation in America during the Chicago exposition, at the same time the United States was introduced to the fascinations of the Oriental "danse du ventre."

I recently received a letter from a native of India, saying that he wanted to come here to study "New Thought." Thus East comes West and West goes East. "A man is a prophet, save only in his own country."

Hanisch, disciple of Zoroaster and stage manager of "Mazdaznan," is not one of the grossly sensual kind, but rather an ascetic until recently, when he has begun to develop a "corporation." He is a clever little man, and nobody's fool, when it comes to business. Some of his teachings are good, some harmful, many only silly.

If you are not nosing after the carnal but really seeking spiritual uplift, where in any of these Oriental "mysteries"—in the doctrines of Buddha or Zoroaster—can you find anything superior to the simple unadulterated teachings of Jesus, divested of the tawdry veneer of modern religiosity and churchianity?

We do not know for sure whether we have a Soul, or what or

where it is. The Chinese believe it to be in the stomach, which is excusable, when we remember the importance of the solar plexus or abdominal brain, and the sinking feeling you have there, when you receive bad news.

Some say we are all soul—that this body is an illusion, and that “we are such things as dreams are made of.” However, as Byron said of Bishop Berkeley, who more than a century before Christian Science was discovered, declared “all is mind:” “When Bishop Berkeley said ‘there is no matter,’ and proved it—’twas no matter what he said.”

In England and America, of late years, the Society for Psychical Research has carried on much work. All it has definitely developed is that there seems to be plausible ground for the belief that at the moment of dissolution messages, or even forms, may be projected to relatives or close friends at a distance. This is not more wonderful than wireless telegraphy.

Sir Oliver Lodge recently announced that his departed son told him you may get cigars in Heaven, a statement that will not please tobacco haters, who hope some day to escape from the fumes of the “noxious weed.”

Spiritualism is impregnated and surrounded with so much that is mercenary and deceptive and foolish as to discourage sincere investigators. If spirits can fling around such material things as bouquets, why do they not sometimes drop a loaf of bread into the lap of a starving widow?

Messages that purport to come from dead celebrities are too silly for serious consideration.

Theosophists teach that the soul of man goes through periods of re-incarnation and growth, gradually rising to higher forms. This is about as plausible a guess as any.

Many misconceptions about the Soul are due to faulty translations of the Bible. In the 28th verse of the 10th chapter of Matthew the word “pseucha,” translated “soul,” has no reference to the spirit. It corresponds with the Hebrew word “nephesh,” meaning “existence,” or “animation.” The same word is translated elsewhere in the New Testament as “mind,” “us,” “you,” “heart,” “heartily,” and is twice applied to animals.

In all the 700 places where “nephesh” occurs in the Old Testament and the 1105 places where “pseucha” occurs in the New Testament, not once is the word “immortal,” or “immortality” or “never-dying” found in connection.

In a sermon preached about 25 years ago Archdeacon Farrar said:

There would be the proper teachings about hell if we calmly and deliberately erase from our English Bibles the three words, “damnation,” “hell” and “everlasting.” Yet I say unhesitatingly—I say, claiming the fullest right to speak with authority of knowledge—I say, with the calmest and most unflinching sense of responsibility—I am standing here in the sight of God and my Savior, and it may be of the angels and spirits of the dead—that not one of those words ought to stand any longer in our English Bible, for in our present acceptance of them they are simply mistranslations.

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." 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.

One of the few hints in the Old Testament at the continuance of the soul as separate from the living body is found in this beautiful passage of the poetical book named "Ecclesiastes, or The Preacher," in which the writer describes allegorically the gradual decay of the physical powers as old age comes on:

Remember also thy Creator in the days of thy youth, before the evil days come, and the years draw nigh, when thou shalt say, I have no pleasure in them; before the sun, and the light, and the moon, and the stars, are darkened, and the clouds return after the rain; in the day when the keepers of the house shall tremble, and the strong men shall bow themselves, and the grinders cease because they are few, and those that look out of the windows shall be darkened, and the doors shall be shut in the street; when the sound of the grinding is low, and one shall rise up at the voice of a bird, and all the daughters of music shall be brought low; yea, they shall be afraid of that which is high, and terrors shall be in the way; and the almond-tree shall blossom, and the grasshopper shall be a burden, and desire shall fail; because man goeth to his everlasting home, and the mourners go about the streets: before the silver cord is loosed, or the golden bowl is broken, or the pitcher is broken at the fountain, or the wheel broken at the cistern, and the dust returneth to the earth as it was, and the spirit returneth unto God who gave it.

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.

"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?

"'Tis the divinity that stirs within us;

"'Tis Heaven itself that points out an hereafter,

"And intimates eternity to man.

"Eternity! thou pleasing, dreadful thought!"

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."

I would not take from a fond mother the belief that she will meet her son in the Hereafter, but Belief is not Knowledge.

If man has a Soul, and that Soul is immortal, then we must also accept the immortality of animals, some of whom display human intelligence, fettered as they are by the lack of opportunity for development that man has enjoyed for ages.

As I have intimated, the word soul, in its original signification, stood for the principles which govern life both in man and the lower animals. It is true that the modes of explaining it were various. Sometimes it was regarded as the mere harmony of the bodily functions, and sometimes as a distinct entity of higher ethereal nature, but no essential distinction was made between the soul of man and the soul of the lower animals until a comparatively recent date. Solomon says of man and the lower animals, "They have all one breath; so that a man hath no preeminence above a beast."

In the Bible the phrase "living soul" is repeatedly applied to the animals. It would seem to mean the same when spoken of man that it does when spoken of beasts, viz., an animated being, a creature possessed of life and sensation and capable of performing all the physical functions by which life is distinguished. We find no terms in the Bible to distinguish the intellectual faculties of man from the brute creation.

The most eminent scientist of this country, Agassiz, thoroughly believed in the immortality of animals. More than one hundred and seventy English authors, lay and clerical, uphold it, and have written in its support, and the belief is gaining ground steadily.

John Wesley, founder of the Methodist Church, in speaking of a general restoration of all animal life, says: "Nothing can be more plainly expressed. Away with vulgar prejudice and let the plain Word of God take its place. They (the animals) shall be delivered from the bondage of corruption into glorious liberty, even a measure, according as they are capable, of the liberty of the children of God."

If there are animals in Heaven, it will not be a pleasant place for vivisectors.

---

### Alcohol

**T**HE Rominger bill, to forbid sale of spirits and to close saloons, was defeated in the California Senate by a vote of 45 to 32.

A move for reconsideration was announced, but it was not expected that the result would be changed.

As I said last month, this was not a temperance measure. Mr. Rominger made the fatal mistake of permitting the sale of fortified sweet wines, containing brandy. These are worse than diluted spirits.

The effect of this measure would be to transfer drunkenness from the saloon to the home. A man would buy a gallon of sweet wine at a liquor store and take it home. There the women and children, who would not drink whisky, would easily acquire a liking for the sweetened alcohol.

A few weeks ago, at Redondo Beach, near Los Angeles, a six year old boy was in a precarious condition, following his discovery and consumption of a quart bottle of port wine.

A national law to bar spirits, and encourage the consumption of light wines and beer, would be a good thing.

### First Discovery of Gold in California

**T**HE California Senate adopted a resolution creating a commission of three persons to clear up an existing doubt as to the date on which gold was discovered in California, question having been raised as to the authenticity of the January 19, 1849 date, engraved on the Marshall monument at Coloma.

This was not the first discovery of gold in California. The first gold in California, of which we have any record, was found in July, 1841, by Francisco Lopez, a vaquero. While hunting some of his master's stray cattle he stopped to rest and gathered wild onions on San Francisquito Creek, forty-five miles north of Los Angeles, near the border of Ventura County. In the roots of one of the plants he noticed coarse gold.

The first shipment to the U. S. Mint, at Washington, amounted to about \$300, and brought \$19 an ounce, showing a high degree of purity. For several years thousands of dollars of gold were shipped, annually, from this location, through Los Angeles merchants. Ever since, there has been desultory placer mining in the creek, mainly by Mexicans.

---

### The Medical Union

**I**HAD occasion once, back East, to present my simple health programme to one of the most prominent physicians in one of the foremost States of the Union. He was and still is the secretary of the State Board of Health in the commonwealth in question. We discussed the matter earnestly and sensibly.

"You are quite right," he said. "I agree with every word of it. The truth of the matter is," he continued, "when I started out to practice the science of healing I had just such a programme. I read an essay on the subject before the Academy of Medicine. I held that to get well and to stay well all that a man has to do is to do the right thing and leave undone the wrong things. The address created a genuine sensation in the academy. When a motion was made to expel me I decided that prudence was the better part of valor and that the best thing for me to do was to stay hitched."

Thus it is clear that the chief end of licensed medicine is not health so much as it is the practice of medicine.

I asked the man why he did not go out any way and practice according to his lights.

"The union," he said, "would make it too hot for me. They would take away my license—my card."

"The union?" I asked.

"Yes, of course," he replied. "The academy."—C. F. in Los Angeles Times.

---

Juvenal, who wrote in the First Century of this era, urged the poorer people of Rome to move into the country, where, for the same amount of rent which they paid in the city a small place of residence could be bought and they could be free from the dark and narrow quarters which they called home.—Christian Science Monitor.

### Satan

**I**N the "Authorized Version," or King James' translation of the Old Testament—the one in common use—the word "devil" does not occur. The plural "devils," is used five times; and in every instance refers to idols, or images, set up to be worshiped; as, for instance, Leviticus 17:7, "And they shall no more offer their sacrifices unto devils."

"Satan," a Hebrew word, (Sathan.) derived from the verb which means "to lie in wait, to oppose, to be an adversary," occurs in four places in this version of the Old Testament, and in no respect is the individual described like the devil of modern concept.

The word occurs in many other places in the Hebrew Old Testament but our translators saw fit to transfer it to the English in but four instances. In all the others they translated it by its meaning.

Job's Satan was an angel of God having right to a seat in the councils of the sons of God, and having neither the power nor disposition to harm even one of Job's camels, until specially commissioned by "the Lord" to try the quality of Job's righteousness by affliction. He has not a point of the characteristics of the ecclesiastical devil.

Cruden defines the word Satan thus: "Contrary adversary, a party in a process, an enemy, an accuser."—A. P. Barton.

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### Land Taxation

**F**OLLOWING is from the Christian Science Monitor:

What is the remedy for the vast accumulations of wealth that control the real estate of whole sections, and usually the choicest, of the great cities of the United States? The Chicago Tribune thinks that the imposition of an inheritance tax, so graduated that no family or group of families can ever accumulate so much property "as to destroy the fact of our republic" will solve the problem. It might help to do so, but does not the remedy really lie in the imposition of a single tax, and that on land values? If a better remedy is known it is time that it was being brought forward, for nothing is plainer than that a remedy is needed.

The Single Tax is right in theory but like the Prohibitionists the Single Taxers go too far and try to do too much all at once.

We might try a graduated tax on land ownings, before we resort to the single tax. As it is now big land owners usually pay less, in proportion, than those who own small homes.

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It was an evolution in social conditions that led to this war. That proves the inconsistency of the social doctrines of this world. It proves something is wrong in our human institutions. The only way to prevent such disasters is to follow the ideas of Christ, and to cease extolling the idea of patriotism and nationalism. Those are the same as egoism, one of the lowest instincts of the human race.—Ilya Tolstoy.

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Histories make men wise; poets, witty; the mathematics, subtle; natural philosophy, deep; moral, grave; logic and rhetoric, able to contend.—Bacon.

### A Village of Voiceless Men

**I**N the March number of MacLean's Magazine (Toronto) was a description of the monastery of La Trappe, near Quebec, Canada. There are 120 members, who never speak either to themselves or to others. Only a few who come in contact with the public enjoy speech.

They have 2000 acres in cultivation, and work hard from 2 A.M. until 8 P.M., raising a large amount of produce that finds ready sale. Their diet is Spartan, consisting of vegetables, bread, milk and butter. In summer two meals, in winter one. On this restricted diet are developed many of the best physical specimens in Canada.

These monks at least do something useful, which cannot be said of all who selfishly retire from the cares of the world to a monastery, like children who pout, and refuse to play the game any more.

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### Dancing and Marriage

**F**OLLOWING is from the Los Angeles Record:

“Dancing is more effective than a matrimonial agency.

“I believe that more couples determine to adopt the blissful yoke of marriage while they are dancing, than when they are engaged in any other pastime.”

“So declares George S. West, dancing instructor and manager of the Seal Beach dancing pavilion.

“Often when two young people float through a moonlight waltz or prance to a march-time one step, they want to continue floating and marching right through life together.”

Yes, but how often do such matrimonial alliances endure?

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### Philanthropy and Profit

**T**HE California Legislature recently had before it a bill to permit money lenders to charge “not more” than 42 per cent. interest on small loans. This gives some idea of what they are charging now.

One of the chain of Morris banks is to be established in Los Angeles. The system was launched ten years ago, with a capital of \$20,000. There are now over 70 branches throughout the country. Money is loaned on character and earning capacity. Two indorsements are required to a note. The interest charged is six per cent., with a small fee for investigation. Repayments are made at rates of \$2 to \$6 a week. Stockholders in the banks are expected to get 6 per cent. on their investment.

A combination of philanthropy and 6 per cent. is a good idea. It is a good thing both for banks and borrowers, as it teaches the latter thrift.

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Apparently Thaw is insane whenever he commits a crime, and in his right mind between times. Is it any wonder that the notion prevails that a rich man stands a better chance before American courts than a poor man?—The Independent.

### Psycho-Analysis

IT is said that some of the Rockefeller millions will be devoted to the foundation of a great educational institution, either in Chicago or Pasadena. The proposed endowment is for the purpose of developing the study of "psycho-analysis," a subject in which Mrs. Harold F. McCormick, only daughter of Rockefeller, is deeply interested. Mr. and Mrs. McCormick are living at Zurich, Switzerland, and are practically devoting their lives to this educational work, in conjunction with Dr. Carl Jung, who is regarded as the greatest teacher on the subject.

Mr. McCormick, who is treasurer of the International Harvester Company, explains psycho-analysis as follows:

It is a means of psychological investigation which puts in clear form our conscious thoughts and feelings about objective things, and in addition enables us to become aware of those thoughts, feelings, motives, tendencies, potentialities, etc., which are ours and which we may not know we possess.

Two American women who are much interested in the subject are Mrs. Gaylord Wilshire, and Mrs. Charmion London, widow of Jack London. Mrs. Wilshire has made two trips to Zurich.

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### A War Measure

THE Pendergast bill, to compel pound-keepers to turn over unclaimed dogs for vivisection, was passed by the California Assembly. If it had been left to a vote of the people, it would have been defeated more than ten to one.

It is at this writing in the Senate. At the behest of the vivisection people the legislators declared it to be a "war measure." So it is necessary to torture more thousands of miserable dogs, in order to save the country.

This shows to what methods the political doctors will descend, in order to achieve their aims.

The Los Angeles City Council telegraphed to Governor Stephens, asking him to veto this infamous bill.

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### National Honor

IN June, 1914, before the war was thought of, except by a few insiders, I wrote in BRAIN AND BRAWN:

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?

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Learn to relax both physically and mentally. If you cannot take daytime naps, you can at least sit down, occasionally, lean back, close your eyes, and momentarily rest. This in itself is most refreshing, lessens tension and increases power through repose.—H. Addington Bruce.

### An Indian Father's Devotion

**S**EAMED, stooped, worn and weary was Ignacio Dabilo, the grandfather, 74 years old, cobbler and newspaper vendor—a rugged old relic of the race of Maya Indians, without a tooth in his head or a selfish thought in his heart. With him was his little grandson, Cornelius, 8 years old.

In Juvenile Court yesterday, the old man was informed that in the opinion of the juvenile workers he was not taking the proper care of his little grandson. Perhaps not, he said, but he is doing his best, and his best is this:

Each morning he arises early, prepares the breakfast, gets the room warm, awakens his little Cornelius, clothes him, feeds him, takes him to school. Then after he has worked, he goes when school was out to bring his little ward home, feeds him again and finally tucks him in bed.

All he earns is 30 cents daily. With this he purchases food, and not one morsel of it will he touch until his fat little grandson sits back from the table, and says enough.

When old Ignacio was taken into court and was told of the purpose of the charity workers to take the boy from him, he said: "If you will, do it. But dig for me a grave, a shallow grave in a meadow where the blossoms are. If you must have him, then I must die, with only the memory of him to support me in the Beyond.

"His father, who was my boy, he died. His mother, she run away with another man. Little Cornelius they leave to me. I give him all I make. That muchacho, I love him, like my blood, I love him—no, better than my blood! Take him, great senor, but dig for me a grave."

Such a plea so moved Superior Judge Reeves that he recommended the case be continued for one week, and suggested the charity workers attempt to secure some place where the two can be together.—Los Angeles Times.

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### A Flag of Distress

**A** SHIP'S crew is seized with some fearful malady. They hang out a flag of distress. Another ship passes near the infected vessel. Its captain discovers the flag of distress. A boat's crew is sent to cut it down. The captain turns to his passengers with the triumphant exclamation, "We have saved them. All signs of distress have disappeared!"

A human body is diseased in every part. A flag of distress is hung out, in the form of an ulcer at the ankle. Some ignorant physician sees it. He covers it with a salve, which compels it to close. Then he cries, "See, it is all gone!"—Dr. Dio Lewis.

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The man who seeks one thing in life, and but one,  
May hope to achieve it before life is done;  
But he who seeks all things, wherever he goes,  
Only reaps, from the hopes which around him he sows,  
A harvest of barren regrets.—Owen Meredith.

### Spiritism

**S**PIRITISM is becoming quite the thing, isn't it?

Dear Sir Oliver Lodge has been proving some more things quite recently, you know. How anyone could doubt a man with such a lovely head and face I can't imagine!

Spiritualism and Spiritism are quite different, you know. It has been a long time, really, since Spiritualism was taken seriously.

Except by superstitious people, of course.

But Spiritism has come to stay. It has nothing to do with superstition at all. It's part of Advanced Thought—quite scientific, you know, while Spiritualism was just a fad.

And Spiritualism is somehow more—well, er—vulgar, if you get what I mean. The sort of people one cares to know well have dropped Spiritualism for Spiritism.

Though, of course, a ghost is a ghost, whether it is materialized by Spiritualism or Spiritism.

I have been often told that I am naturally very clairvoyant—if I were developed I would make a splendid medium. Mediums have seen shapes hovering around my head, and once when I was at school I did some automatic writing. \* \* \*

Isn't Psychical Research simply wonderful!

Not that I'd care to go in for any vulgar thing such as tin trumpets, you know, but—

Well, there's the Astral Body. That hasn't been vulgarized at all, if you get what I mean. Really, the Best People have them.—From "Hermione," by Don Marquis.

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### The Pity of It

**T**HE young German students who, in defense of their state concept, advanced in close formation, under a hellish British fire, singing "Die Wacht am Rhein," saw themselves fighting for a modern Athens, menaced by all the world's evils and by barbarians of every hue.

To the flower of England, fresh from the public schools, who freely and in the cause of freedom had thrown up their careers with a gallant gesture, it was those very students who were barbarians and devils.

Here is the true tragedy of the war, here the core of its pathos. "For the masses," writes the New York Times, "it is a purely defensive war, brought about by a wanton attack of jealous foes upon the most peaceful country in the world." He happens to be writing of Germany, but the description will fit any of the many belligerents. "The people are inspired by faith that their cause is absolutely justified. They take their losses as a kind of religious sacrifice."

There lies the spiritual tragedy of our mutual murderings.—Metropolitan.

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To grant praise freely to a public utility that strives to deserve the privileges it enjoys is as commendable as silence regarding a public utility that abuses its privileges is reprehensible.—Christian Science Monitor.

### What Washington Said

**T**HE great rule of conduct for us in regard to foreign nations is, in extending our commercial relations, to have with them as little political connection as possible. So far as we have already formed engagements, let them be fulfilled with perfect good faith. Here let us stop.

Europe has a set of primary interests, which to us have none, or a very remote, relation. Hence she must be engaged in frequent controversies, the causes of which are essentially foreign to our concerns. Hence therefore it must be unwise in us to implicate ourselves by artificial ties, in the ordinary vicissitudes of her politics, or the ordinary combinations and collisions of her friendships or enmities.

Our detached and distant situation invites and enables us to pursue a different course. It we remain one people, under an efficient government, the period is not far off when we may defy material injury from external annoyance; when we may take such an attitude as will cause the neutrality we may at any time resolve upon to be scrupulously respected; when belligerent nations, under the impossibility of making acquisitions upon us, will not lightly hazard the giving us provocation; when we may choose peace or war, as our interest, guided by justice, shall counsel.

Why forego the advantages of so peculiar a situation? Why quit our own to stand upon foreign ground? Why, by interweaving our destiny with that of any part of Europe, entangle our peace and prosperity in the toils of European ambition, rivalry, interest, humor, or caprice?

It is our true policy to steer clear of permanent alliances with any portion of the foreign world—so far, I mean, as we are now at liberty to do it; for let me not be understood as capable of patronizing infidelity to existing engagements. I hold the maxim no less applicable to public than to private affairs, that honesty is always the best policy. I repeat it, therefore, let those engagements be observed in their genuine sense. But in my opinion, it is unnecessary and would be unwise to extend them.

Taking care always to keep ourselves, by suitable establishments, on a respectable defensive posture, we may safely trust to temporary alliances for extraordinary emergencies.—From Washington's Farewell Address.

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### Sentiment in Business

**S**ENTIMENT in business was never more alive than it is today. Any able employer of labor knows that kindness and fairness build the cornerstone to a man's best effort. From a purely commercial standpoint, discarding all other reasons, they are the soundest investments in the world. You can buy a man's work, but you cannot buy his loyalty. That can be gained only by treating him fairly. I have declared repeatedly that any success which has come to me has been due almost entirely to the loyalty of my men and their eagerness to please me. I consider this sentiment of more value in dollars and cents than the entire financial investment in our business.—J. Ogden Armour.

### Shoot Them

**S**HOOT the first contractor caught grafting in this war! Stamp out with an iron heel this breed of traitors at the outset. There must be no repetition of the embalmed beef scandals of unpleasant memory.

There are just as many dyed-in-the-wool crooks today ready to make money out of canned offal, spavined horses, woolen shirts made out of cotton, paper-soled shoes, rifles that explode and powder that won't go off as there were in Civil War times and during the Spanish-American War. The type is not extinct.

In my opinion the man who deliberately defrauds the government in war time and who is responsible for sending soldiers out into the training camps and later the trenches to be poisoned with bad food, to suffer from poor clothing, and to face the enemy with deficient arms is the very worst kind of traitor.

As soon as discovered he should be tried at once, and, if found guilty, shot the next morning.

The contractor who tricks the government in this way is just as traitorous as the man who hurls a bomb or blows up a bridge.

In fact, he is worse, for the alien enemy, unlawful as his act may be, believes that he is doing a patriotic act for the country of his birth.

Grafters among war contractors are more contemptible than spies. They should be shown absolutely no consideration. These men are all cowards at heart. The sight of one of their number paying the death penalty for his treachery will act as a salutary warning to the rest.

I feel particularly strongly about this because I know from personal experience of the suffering of many men who enlisted for the Spanish-American War.—Joseph Hartigan; Commissioner of Weights and Measures, New York, in Los Angeles Record.

### Another Dietetic Lesson

**E**ARLY in the war, most of the wheat and corn of the Austrian empire was taken over by the government. The corn amounted to about 30 per cent. of the wheat.

This was mixed and ground together and doled out to the people at the rate of nine ounces a day. It made a rather coarse grade of food which the people called "war bread" and complaints were frequent and numerous, but all to no avail. It was that or nothing. Garden vegetables were quite plentiful, and the amazing thing was that at the end of the year the health of Vienna was better than it had ever been before. Many cases of chronic constipation, rheumatism, neurasthenia, auto-intoxication and stomach and liver troubles had been entirely cured.—Exchange.

Cowards die many times before their deaths;  
The valiant never taste of death but once.  
Of all the wonders that I yet have heard,  
It seems to me most strange that men should fear;  
Seeing that death, a necessary end,  
Will come when it will come.—Shakespeare.

### Dust to Dust

**A**CCORDING to a Rome dispatch, the Pope has been horrified at a report from Belgium that the Germans, with their usual efficiency, are using corpses of dead soldiers to obtain fats and fertilizers. The asserted refinery is said to be near the Belgian-German frontier, at Gerolstein, made famous by Offenbach, in his "Grande Duchesse."

The report may be false. Rome and Amsterdam rival El Paso in the manufacture of fake news.

However, suppose it to be true. Fertilizer is what we must all come to, sooner or later, although not often in so prompt and efficient a manner. "Dust thou art and unto dust thou shalt return." Or, as Shakespeare says:

"Imperious Caesar, dead and turned to clay,  
"Might stop a hole to keep the wind away."

You may postpone your ultimate fate by having your remains sealed in a lead coffin, but even then you are not safe. Before the war, shiploads of mummies were carried from Alexandria, to fertilize the fields of Europe. Some of them had been great men in their days. For many years to come the fields of Belgium and Northern France will need no mummy dust.

Cremation is the most rational and cleanly method of disposing of the dead, as you will agree, if you have ever seen a body exhumed, after lying for a few months in an air-tight coffin. Then, the ashes should go back to Mother Earth, to help grow food and flowers to nourish the bodies and gladden the hearts of the living. Usually the remains—or a portion of them—are saved in a vase. I would rather have a good picture of a departed dear one. Although, of course, you may have both.

There is little left of this uneasy body, when it is reduced to its elements. A few pounds of carbon, calcium and phosphorus, and a few ounces of sulphur, potassium, sodium, magnesium, iron, silicon and manganese.

"Oh why should the spirit of mortal be proud."

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### When Man is Most Efficient

**A**MAN is most efficient when he is doing the work that gives him the greatest satisfaction. From the laborer to the business executive, every man should get three things out of work; a decent living, development and discipline, and satisfaction in the doing.

If your job gives these to you, give back to it the best work of your hand and brain. If it fails to give you these, face the fact that you are a misfit, and seek your appointed place. You have no right to let life remain separated from its two handmaids—liberty and the pursuit of happiness.—Dean Herman Schneider, in *American Magazine*.

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Love truth, but pardon error. The mortal who goes astray is still a man and thy brother. Be wise for thyself alone; compassionate for him. Achieve thine own welfare by blessing others.—Voltaire.

### 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. 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 often 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 worshippers. Religious "revivals" have driven many to insane asylums. The churches patronize these performances, hoping thus to increase their decaying attendance and declining incomes. They do so, for a short time, but people who "get religion" in this emotional way are seldom stayers.

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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.

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Reading maketh a full man, conference a ready man, and writing an exact man.—Bacon.

## Briefs

Child crime has greatly increased in Germany.

Ezekiel McFadden, age 124, died in Owensboro, Kentucky.

The war has caused a shortage of Catholic priests in Europe.

Reform prisons in the Philippine Islands are a brilliant success.

Great Britain now has as many "verboten" things as Germany.

There are 75,000 non-English speaking persons in Los Angeles.

Herlinda Galindo, woman suffragist, was elected to the Mexican Congress.

Congress will see whether flag makers are getting exorbitant patriotic profits.

Cherry leaves, used in Germany as a tobacco substitute, are rapidly rising in price.

Nearly a third of Norwegian shipping has been sunk by German submarines and 450 sailors killed.

The Southern Pacific has given up yellow stationery, owing to the high cost of dyes. Here too.

There are now more than 200,000 automobiles registered in California, or one for every 15 persons.

The latest theory is that the so-called craters in the moon were caused by a bombardment of meteors.

Women and girls in British munition factories are getting drunk on cordite, a smokeless explosive, which they chew.

A man of 76 shot and killed himself at Fullerton, Cal., because he had been unable to find employment. An argument in favor of old age pensions.

Mrs. Anna Miller, of Lancaster, O., who celebrated her one hundredth anniversary by dancing a minuet with great-great-grand children, says: "Eat plenty of sauerkraut and get lots of sleep."

Adelaide Atherton, aged 3, daughter of a "living skeleton" and a bearded lady, won first prize in a New York competition, as the best physically and mentally developed child of her age.

England has an "Emergency Committee for the Assistance of Germans, Austrians, and Hungarians in distress," and Germany has a "Bureau of Enquiry and Assistance for Foreigners in Germany."

# Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

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Vol. V

LOS ANGELES, MAY, 1917

No. 12

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## Desecrating the Flag

**T**HERE are other ways of desecrating or demeaning the flag, besides treading on it, or using it for advertising purposes. It may be made too common, so that it loses its meaning.

When you see strings of little flags hung across a street, at a fiesta, they arouse no patriotic feeling, and serve no purpose, useful or ornamental, except to enrich flag makers.

When, in a distant land, you see Old Glory floating from a mast, if you are a true American, and realize fully what that flag means, your heart swells with pride, and your eyes grow dim.

When, among enemies of your country, you wear an emblem on your coat lapel, you evince your courage and patriotism.

Those who flaunt the flag on all occasions are not always the most truly patriotic.

Patriotism consists in something more than waving a flag and singing the national anthem.

A good woman does not go down the street proclaiming that she is virtuous, nor does a merchant constantly assure you that he is honest. We take those things for granted.

When I see the Stars and Stripes used for merely decorative purposes, it impresses me as unpleasantly as does the wearing, as an ornament, by a frivolous woman, of a miniature of the cross on which Jesus suffered agony.

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## War and Reform

**I**T is claimed, and with truth, that war brings reforms. But at what an awful price.

Is it not a satire on Civilization and Christianity that we should have to slay millions of men, in order to achieve progress?

Surely we should do better than the Chinese, who, we are told, required 2000 years to discover that they could get roast pork without burning down pig houses.

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International Socialists failed to prevent the war, because they were taken unprepared. It looks as if they would be influential in bringing the war to an end.

## Democracy

A WAVE of democracy is sweeping over the world. The only autocratic governments remaining in Europe are Prussia and Austria.

It is true that a good king is better than a bad president, but we can change our president every four years, whereas a monarchical country is saddled with its ruler as long as he lives, even though he may be cruel or insane.

The abolition of autocracy and of secret diplomacy will be a long step toward universal peace.

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## Conscripting Wealth

THERE is a general sentiment that this war should be paid for directly, from superfluous wealth, rather than from interest-bearing bonds. It is encouraging to note that several men of great wealth have already approved the suggestion. More will doubtless follow.

What is money that you do not need and cannot spend, in comparison with the lives that many thousands are expected to risk?

Let us play fair.

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## White Feathers

EVEN before war was declared, some pro-fervid or notoriety seeking young women, at a seaside resort near Los Angeles, began pinning white feathers on "slackers."

This is often a cruel injustice, as was seen in England. Sometimes men subjected to such public humiliation were unable to join the ranks. At other times men who had served with distinction were thus "feathered."

There will be jobs open to female patriots in army hospitals, munition factories, and elsewhere.

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A newspaper heading reads: "Better Business Watchword for War." I thought this was an altruistic fight to aid world Democracy.

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Shipping away food, while it is scarce at home, is like supporting your neighbor, while your children are threatened with starvation.

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Baron Shibusawa, the "Morgan of Japan," has retired, to devote himself to cementing ties of friendship between his country and ours. A worthy object.

## Humbug

SENATOR KENYON introduced a bill to raise the internal revenue tax on distilled liquor to \$10 per gallon "excepting liquor used for sacramental, medicinal, or scientific purposes."

Humbug!

Most Christians claim that the wine Jesus made at Cana was unfermented. Also that drinking alcohol is a sin. Why, then, do they not use grape juice, instead of fortified sweet wine, containing brandy, a drink more harmful than whisky and water?

As to "medicinal use," that which will make a well man sick will make a sick man "sicker."

Most people take whisky because they are out of sorts, or depressed—in other words, sick.

For scientific purposes, denatured alcohol can be used.

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## A Simple Solution

VAN HOUTEN, of Los Angeles, has a simple solution of the high cost of food problem. He says: Eat half as much and chew four times as long.

This is a good suggestion. In this way you will not only reduce your food bill, but also greatly improve your health and efficiency.

If every one would do this, there would be food enough in America, and some to spare, even though the coming crop should be worse than the last.

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## The Farmer

THE war has again brought prominently before us the fact that the farmer is the one indispensable man in society. Fools may sneer at the "hayseed" but they cannot do without him.

California is short of agricultural labor. We should encourage men to settle on small farms, so that in harvest time they may give assistance.

To depend on nomadic labor is a bad thing.

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The war has taught millions that they can live without meat, to the advantage of their purses and their health.

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Why not conscript for home defense, and ask volunteers for Europe? There would be little opposition to this.

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Nicholas and his wife are more fortunate than Louis XVI and Marie Antoinette.

## Brooklets

After writing an able article on reform, try it on yourself.

\* \* \*

Remember the maxim: "Old men for counsel; young men for war."

\* \* \*

Misuse of a giant's strength applies to gigantic intellect as well as to big muscles.

\* \* \*

Banks that underpay men who handle millions should not be surprised at defalcations.

\* \* \*

One easy way to abolish billboards would be to cease trading with those who use them.

\* \* \*

Those who dig symmetrical trenches are truer artists than those who paint "futurist" pictures.

\* \* \*

Money taken from the soil is more wholesome than money taken from others, by competition.

\* \* \*

Formerly children supported their parents in old age; now parents often have to support the grandchildren.

\* \* \*

If the war continues we shall feel, when it ceases, as a man does on a steamship, when the propeller stops.

\* \* \*

Those who throw fruit skins on sidewalks are either fools or criminals. In either case they should be restrained.

\* \* \*

Most men are either absolutists or anarchists. Moderation—which is true temperance—has never been a popular quality.

\* \* \*

Sometimes I sympathize with Jesus, who turned away from the Scribes and Pharisees, "and the common people received him gladly."

\* \* \*

This is not the best of all possible worlds, but it is the best we are likely to know. Instead of growling, do your "bit" to make it better.

\* \* \*

We are all poor weak creatures, struggling with inherited tendencies and often with unfavorable environment. Let us be charitable to each other.

# Care of the Body

## Diabetes

**W**HAT is known as diabetes mellitus involves the constant presence of sugar in the urine, and excessive discharge of urine.

In diabetes insipidus, sometimes called polyuria, large quantities of pale urine are discharged, but it contains no sugar or albumin.

According to medical authorities, diabetes has been regarded as incurable. However, many diseases that are incurable under drugging, and serum injecting methods, yield readily to natural treatment. Diabetes is no exception.

In the first number of BRAIN AND BRAWN Otto Carqué wrote as follows:

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.

Following sensible remarks are from "Fundamentals and Requirements of Health and Disease," by the late Thomas Powell, M.D.:

The diabetic, like the consumptive, is literally consumed by the things that he consumes—that for some reason or reasons he is unable to reduce his food, particularly the starchy element thereof, to the proper condition to enable it to meet the requirements of nutrition, and that he is disabled and destroyed by this ill-prepared material. In other words, the diabetic is gradually starved to death, while consuming an ample quantity of food—perishing for the want, not of food, but of digestive capacity. The so-called starchy foods prove hurtful to him, not because they are essentially injurious, but

because his stomach is the victim of inflammation and its concomitant, catarrhal transudation, a condition of which he is, as a rule, wholly oblivious, making his destruction all the more certain, because it finds expression in a species of irritation which is mistaken for a "good appetite," when it is in reality a craving similar in its origin and consequences to inebriety.

The old medical treatment of diabetes, still pursued by many, is to withhold as far as possible all starches and sweets, feeding much meat and gluten, the latter a starvation food, although almost all gluten foods on the market contain a considerable percentage of starch.

This high protein diet of course led to more serious diseases, including Bright's disease. Then medical experimentors went to the other extreme. Von Noorden introduced an oatmeal diet, others a potato diet, these foods consisting mainly of starch.

If a man has a weak limb, you do not put it in splints. If he has weak internal organs, they should be exercised reasonably to strengthen them.

The Allen treatment for diabetes, recently introduced, begins with a short fast, and the drinking of a considerable quantity of whisky. Fasting is good for other diseases than diabetes. Whisky is supposed to decrease the acidity. On the contrary, it usually increases it, because oxidation of alcohol withdraws oxygen from the blood. Consequently, urea compounds cannot sufficiently be oxidized, and half burned waste remains in the system.

Exercise—walking especially—is of the greatest importance in diabetes, as it aids oxidation. Keep the body warm and stimulate the skin by friction and sun baths.

"The New Method in Diabetes," (Good Health Pub. Co., Battle Creek, Michigan; price \$2.50 net), is a recently published book by Dr. J. H. Kellogg, in which he gives a treatment of diabetes as conducted at the Battle Creek Sanatorium, adapted to home use, and based upon the treatment of more than 1100 cases. He gives tests for urine, and advocates electric light baths, sun baths, artificial sunlight baths, air baths, oil rubbing and massage. Fresh air sleeping and out of door life are declared to be nearly as valuable in the treatment of diabetes, as in the treatment of consumption.

The author says the free use of water is highly important in diabetes. I doubt the wisdom of this, as it involves some strain on the kidneys. On the other hand, I have seen many good results from the Schroth or "dry diet" treatment of this and other diseases.

A number of menus for diabetics are given. These seem to be more than ample, as it is of great importance that the diet should be restricted to the amount the diabetic can digest and assimilate.

Dr. Kellogg recommends "extracting" vegetables by repeated boiling, so as to remove the small amount of starch they contain. This makes a starvation food, depriving them of the organic salts so highly necessary to aid in oxydizing the blood. The small amount of starch contained in raw salad plants and green vegetables is more than offset by the valuable minerals these foods contain.

The author properly warns against the use of saccharin, which as he says is a poison, even minute quantities used during a considerable length of time producing injury.

This is a valuable book for diabetics. I recommend it.

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Every dose of medicine diminishes the vitality of the patient.

### Hot Water

**I**N April Physical Culture Senator Tillman tells how he recovered his health, and avoided what he calls "Congressional disease," which kills many Congressmen and Senators. It is caused by eating too much, and taking too little exercise.

Seven years ago Tillman was paralyzed and his death was expected at any moment. Then he took himself in hand and adopted measures that have preserved and improved his health. He now weighs 168 pounds, and is in his seventieth year.

The four chief things in Senator Tillman's system are hot water, diet, deep breathing and physical culture. His diet is simple, and mainly confined to vegetables, spinach and Irish potatoes being his favorites. He eats spinach every day, when he can get it; also raw onions. He eats much fruit, and uses wholemeal and corn bread, with fresh butter. Meat is chiefly replaced by cheese, eggs and milk.

In regard to hot water he says:

I cannot say too much in favor of hot water drinking. I don't believe I would live two months without it. I use never less than three quarts of hot water a day, and some days I drink five or six. If I omit this water drinking, I notice that I have trouble. I drink, when I can get it, nothing but hot water. It is the quantity of water that is important for maintaining health rather than to have it hot. Nevertheless, since heat and oxygen are both necessary to human life, there is a conservation of heat and vitality in drinking hot water, and vital energy is not uselessly expended as in having cold water warmed by the body.

I drink my water as hot as I can. A great many people do not like hot water, but when one gets used to it he will prefer it. It cleanses the stomach in readiness for food. It aids digestion. It is the best remedy for indigestion, and it assists in keeping the bowels regular.

I do not believe in the frequent use of hot water, or any other hot drink or food. A little hot water may be taken occasionally as a stimulant, as you would take a drink of whisky. Or when the stomach is badly coated with mucus a glass of hot water, with or without a pinch of baking soda, may be taken in the morning.

I had my say on the injurious effects of hot foods and drinks in the December, 1916, number of BRAIN AND BRAWN.

### Rest After Meals

**F**OLLOWING is from a health exchange:

One investigator has observed that sleep during digestion always weakens the muscular activity of the stomach, and increases the acidity of the gastric juice; that repose in a horizontal position after meals, not accompanied by sleep, stimulates the functions of the stomach without increasing the acidity. This would indicate that one who is subject to acidity of the stomach might be benefited by rest after meals, but decidedly injured by sleep after meals.

To this I add always rest lying on the abdomen. It is a great aid to digestion.

There are said to be 160 different germs that live in the intestine, each capable of making a different poison. It is a wonder we are all alive, is it not?

As a rule, those operated on for cancer do not live so long as when left without an operation.

### Prunes and Raisins

**A** BULLETIN issued by the Health Department of New York gives recipes for the use of prunes, and another deals with raisins.

The small black prunes from Santa Clara County and other parts of central California do not contain so much acid as the large reddish prunes, which come from the state of Washington. California prunes are not so good to look at, but they are more wholesome.

The plum like the cherry has a firm flesh which makes it difficult to digest by those with weak stomachs. They should be most thoroughly chewed and never eaten with other foods except a few nuts. Prunes readily form gas where the digestion is not sound.

Prunes should be soaked or simmered slowly in an earthenware jar, or in a fireless cooker. When cooked to rags as one often sees them on restaurant tables they are poor food and not appetizing.

Raisins being riper than grapes are more wholesome. They should be thoroughly masticated or the skins will cause trouble. One raisin taken with a starch meal may upset a weak stomach.

The mistake usually made is in eating such fruits on top of a full meal. Eat dried fruits with a little milk, or with ground nuts, as a meal. To this you may add a little lettuce or watercress.

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### "The Doctor Says"

**F**OLLOWING is from a newspaper syndicate "health department" under the heading "The Doctor Says," conducted by John B. Huber, A.M., M.D. The doctor is replying to an enquiry: "What is a good diet to enable me to put on flesh?"

For breakfast select some of the following foods: Tea or coffee, half milk and plenty of sugar; cereal with cream, also butter and sugar; eggs with bacon, fresh fish, steak, chop, tripe, potatoes, fresh fruits in season, cooked apples or prunes. For dinner: Soup or puree, fish, roasted or broiled beef, mutton or lamb without high seasoning; potatoes, rice or macaroni, fresh vegetables, simple salads or green vegetables, rice, tapioca or cornstarch puddings, custard or ice cream or fresh fruit desert. For supper: Bread, toast with butter or milk toast, bread and milk and cream, eggs, stewed or baked fruits in season, cocoa. Buttermilk taken with any meal. At least six tumblers of water a day. Stow away all the butter you can digest, a quarter of a pound every day; put it on bread, cereals, eggs, potatoes, meats and so on. Sugar also is fattening. With all this be sure the bodily functions are right. You should be thoroughly examined. Underweight is a symptom of some serious diseases.

I leave my intelligent readers to make their own comment on this.

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### Dyeing the Hair

**S**AGE is slightly astringent. To that extent it may keep hair from falling out. It has no effect on the color. If the hair is colored by what you apply it is due to the presence of a poisonous lead, salt and sulphur which react and darken the hair. There is no healthful, cleanly, successful way of dyeing the hair. Be serene, no matter what tint nature or age gives you. Be glad you have hair to dye—but don't do it.—Healthy Home.

### Bananas

THE banana is not a luxury, but an important food like grain, apples and potatoes.

In parts of South and Central America, where the natives live mainly on bananas, they are strong and have endurance. They also make flour of bananas, and coffee.

In 1870 the first bananas were imported to Boston. Now the importation keeps a large fleet of vessels busy.

Bananas are not so cheap in this section as they should be, when we consider the low price at which they are sold by the growers, and the short distance from the source of supply.

Bananas are picked green for export. A writer in Physical Culture gives the following as a good method of ripening them:

"It is best for you to buy the fruit in bunches as green as you can possibly secure it. If you want the fruit to ripen speedily, place it where it can secure a certain amount of sunlight, also cut off the lower part of the stem and place it in water. This process will enable the banana to retain its life as long as possible, so that the fruit will secure its full supply of flavor."

Bananas should only be eaten when they are ripe—when they are black, or nearly black. In ripening they change from starch to sugar. In reply to an inquiry, Prof. M. E. Jaffa, of the University of California, sent me the following tables, showing the sugar and starch contents of green and ripe bananas:

Green bananas, sugar .94, starch 22.26; ripe bananas, sugar 16.93, starch 6.34; over-ripe bananas, sugar 18.87, starch .82.

So you see that when the banana is quite ripe the starch has been almost entirely transformed into sugar.

When the bananas are not quite ripe, remove the white stuff that underlies the skin.

When you eat yellow bananas you may bake them. Cut the skins open, remove them from the skins, scrape off the white matter, replace them in the skins, and place them in the oven. Like other fruits, they are, however, far more valuable when eaten raw.

A New York firm has placed on the market dried ripe bananas. They are appetizing and convenient for travelers. Also, an excellent food to give children as a meal. The same firm also sells flour, biscuits and jam made of bananas.

Some say bananas do not agree with them. This is usually due to the fact that they eat them as a supplement to a meal, not as a meal. Make a meal of bananas alone. Three or four bananas make a good meal.—Harry Ellington Brook in Los Angeles Record.

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In diseased conditions, there are obstructions in the circulation and elsewhere, owing to the presence of poisons or other impurities in the system.

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When you are not hungry, a glass of claret or beer is more wholesome than a glass of buttermilk or grape juice.

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In order to make one pound of pork it is necessary to feed a hog 4½ pounds of grain. Great waste.

### A Rest Cure

**A** HEALTH writer gives the following description of the rest cure, as advised by the late Weir Mitchell, talented physician and author:

It is designed especially for restoring the vitality of feeble or over-worked people; of convalescents from such serious diseases as typhoid fever, pneumonia or malaria; and of chronic dyspeptics, hysterics and people having what is known as a "shoddy nervous system." The cure is a combination of isolation from sympathetic friends and relatives, four to six weeks of rest in bed, excessive or forced feeding, massage and electricity and above all a nurse in charge who knows her business and won't stand for any nonsense, especially from the last class of patients above mentioned.

This is all right, except the stuffing. No rest for the poor stomach, which in most cases is the seat of the trouble.

When you take a rest, give your stomach a rest also, eating nothing, or at the most a little fruit, or gruel, or vegetable soup, or something of that kind.

Also keep trained nurses away.

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### Cereals and Sweet Fruits

**T**HOSE who have good digestion and masticate well and eat within reason can make the mixture of one sweet fruit and one cereal without any trouble.

Those with weak stomachs who make this mixture are very likely to fill up with gas. This is especially true, I have found, when sweet prunes and cereal foods are combined.

As both the whole wheat products and the sweet fruits are rich in fuel value and the mineral salts it is really not necessary to mix them. In cases of weak stomach my practice is to advise sweet fruits for the fuel food a part of the time and cereal foods a part of the time.

The general rule has been, among those whom I have observed, that the digestion has improved so that individuals who at first could not take starchy foods in combination with sweet fruits (figs, dates, raisins and sweet prunes) would be able to combine thus later on.—

St. Louis, Mo.

R. L. ALSAKER, M.D.

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### Raw Vegetables and Worms

**S**OME people have a superstitious idea that raw vegetables cause worms. They cause worms in this way: The minerals in which raw vegetables abound act as a natural medicine, and expel any worms that are in the bowels.

If you suspect any of your children to have worms, feed them liberally on raw grated vegetables. Carrots are specially adapted to this purpose.

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I have a copy, in perfect condition, of the late Dr. August Reinhold's book "Positive Prevention and Cure of Tuberculosis." It is out of print. I will sell it for five dollars. Postage 25 cents extra. Harry Brook, care of BRAIN AND BRAWN.

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Don't forget that so-called disease germs are the effects or results of disease, not the cause.

### Rational Exercise

**D**O simple setting up exercises, especially rotary abdominal exercises for five or ten minutes every morning. Form the habit of doing abdominal exercises or muscle tensing and flexing exercises at odd times through the day. You can do these anywhere without attracting attention.

Walk three or four miles a day and form the habit of breathing deeply and rhythmically through the nose as you walk—so many strides (usually five or six) to the outgoing breath, then the same number of strides to the incoming breath. Do this rhythmical breathing occasionally as you feel like it, and avoid making this or any other part of your plan irksome or monotonous. Do these things because you wish to do them. Do not force yourself to do them against your will. Train your will to be a consenting, an approving, a controlling power behind your actions.—Cleveland Moffet, in McClure's.

### The Children's Daily Poison

**P**ROF. D. R. HODGDON, of the State Normal School, Newark, N. J., has arranged a doll, which he calls the "Fraudulent Miss," to show the effects of coal tar dyes, obtained from candies. The Literary Digest quotes him, as follows:

The doll is eighteen inches high. Its dress and stockings are dyed from coal-tar dyes obtained from lollypops. Its shoes are blackened with lamp-black from licorice candy. The lampblack was extracted and used in its proper place, as shoeblackening. The shoes are made to shine with shellac which was used on peach-piths, a penny candy which may be purchased from the usual penny candy-shop next to a school building. The hair was glued on with carpenter's glue obtained from the "All-Day Suckers." She holds in her hand a steel kitchen-knife which has been copper-plated with copper obtained from a can of French peas, and beside her hangs a baby's stocking colored pink with a dye obtained from peach-pith candy.

Yet, some people wonder when their children get infantile paralysis, and other ailments.

### Orange Cake

**A** CORRESPONDENT of a local paper gives a recipe for orange cake and waffles. She adds: "The above mixture will make twelve large cakes, or four large waffles. The cost is about four cents. Can you beat it?"

Yes, you can easily beat it, if you have regard for your health. A mixture of acid fruit and starch is very harmful to those having weak stomachs. Even those with strong stomachs will suffer from a long continued course of such eating.

Making talk and eating cake are bad for nerves and stomachs.

In pneumonia, one of the most important things is to give warm enemas, to keep the intestines clear, clean, and free from gas.

Individuals and conditions vary so much that a certain food supply can not be fitted to all. Try to fit everybody with the same style and size of shoe and see what happens.—R. L. Alsaker, M.D.

### Signs of Sickness

**A** COATED tongue may indicate many kinds of digestive wrongs, but always shows that the digestive tract is not properly performing its function. For instance, a white tongue indicates hyperacidity, based on abnormal fermentation. A tongue coated heavily at the base (back) shows a foul condition or a sluggish condition of the lower bowel (colon). A nasty brown coat (if it is not due to tobacco or other coloring substance taken into the mouth) shows a toxic condition of the alimentary tract and the blood.

A red nose is generally due to indigestion or too much alcohol. Some have a shining nose without sinning in diet and drink, but not one that we call a "lamp."

Bags under the eyes generally mean poor circulation, and often accompany heart and kidney diseases. Black rings under the eyes are common in liver troubles. Slight puffiness is normal to some people, they having had it since childhood. Children of drunkards are sometimes born with puffy eyes.

Greenish or yellowish tinge in the white of the eyeballs shows an engorged state of the liver, with too much bile pigment thrown into the blood. It is due to dietetic abuse. Excess of milk, cream, meat and alcohol will produce the condition. Wrong eating and drinking is always at the bottom of this trouble.

Grayish skin, of a dull dead color, shows that the circulation is bad and the blood impure. Digestive disorders always play a part in causing it, but so may laziness, impure air, tea and coffee.

Dry parchment skin with a yellowish tinge is frequently seen on those who overeat of starch and sugar. It indicates hyperacidity and hardening. It is due to improper eating. Vegetarians with a cereal bent are liable to get it.

Pimples always indicate wrong living. They are easy to prevent, and no one needs to have them. Wrong eating is the cause, especially overeating of rich, heating foods, such as cream, sugar, chocolate and meat. Germs are blamed for producing them, but that is nonsense. Pimpily individuals recover in a very short time, on a correct diet.

Boils are pimples on a large scale, and so are carbuncles. Improper feeding is always the chief cause.—R. L. Alsaker, M.D.

Drugs are themselves causes of disease. Instead of curing, they retard or suppress remedial effort, and obscure or conceal its symptoms. They also produce drug diseases.

### 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 half a dozen friends. In that case you may present each with a year's subscription for five dollars. We will tell them the name of the donor.

Chamber of Commerce Building, Los Angeles, Cal.

### Care of the Ears

**I**N his treatise on "Physiology," Mr. Hinton is quite emphatic in his effort to make us understand that the passage of the ear does not require clearing by us. Nature undertakes the task, and in a healthy ear it does it perfectly.

Her means for clearing the ear is the wax, which dries up into thin scales, and peels off and falls away imperceptibly. In health the passage of the ear is never dirty, but an attempt to clean it will infallibly make it so. Washing the ear out with soap and water is bad; it keeps the wax moist, when it ought to become dry and scaly, and makes it absorb dust. But the most hurtful thing is the introduction of a corner of a towel, screwed up and twisted around. This proceeding irritates the passage, and presses down the wax and flakes of skin upon the membrane of the tympanum, producing pain, inflammation and deafness. The washing should only extend to the outer surface, as far as the fingers can reach.—Health Culture.

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### Dread of Childbirth

**P**ROFESSIONAL ignorance plus lay stupidity has brought us to a stage of evolution wherein the dread of childbirth has killed out much of the mother instinct.

The nightmare brought on by food drunkenness, plus twilight sleep and other drugs, instruments, lacerations, hospitals for repairs, injured and killed children has almost prepared our women for race-suicide.

This horrible incubus may be done away with. It is not necessary.—J. H. Tilden, M.D.

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### Rice-Nut Roast

**T**WO cups of boiled rice, one cup of ground nuts, two eggs, half a cup of bran, three young onions chopped. Mix well. Place in buttered dish, cover, and steam one hour.

This is a rich, concentrated food. It should be eaten in small quantity, and always with plenty of raw green stuff or green non-starch vegetables.

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One of the most important means of overcoming constipation is to have a rigid rule in regard to inviting the bowels to act at the same hour every day, regardless of anything that may happen to interrupt.

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During the years I spent at medical college not one full lecture was devoted to feeding adults; and this is true in spite of the fact that feeding is absolutely the most vital matter in the practice of the healing art.—R. L. Alsaker, M.D.

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It should not be forgotten that it is just as necessary to try to correct the mental state as it is to try to correct the physical. An irritable state of the mind, once started, is governed by the law of motion; hence its tendency is to continue, unless the will is brought into play to stop it.—J. H. Tilden, M.D.

How to Give a Fomentation

**A** FLANNEL cloth may be folded, wrung out of hot water and applied directly to the skin; nevertheless, it is much better, after wringing out the flannel as dry as desired, to fold it in a dry flannel cloth of one or two thicknesses before applying it to the patient. A little time is required for the heat of the fomentation to penetrate the dry flannel, and thus the skin is allowed an opportunity to acquire tolerance for the heat, and a greater degree of temperature can be borne than if the moist cloth is brought directly in contact with the surface. The outer fold of dry flannel will also serve to keep the cloth warm by preventing evaporation.

A fomentation is sometimes needed when no hot water is at hand. It is not necessary to wait for water to be heated in the usual way. Soak the flannel in cold water, wring as dry as desired, fold in a newspaper, and lay upon the stove or wrap it about the stovepipe. In a few minutes it will be as warm as the patient can bear. The paper keeps the pipe from becoming moistened by the wet flannel, and at the same time prevents the flannel from being soiled by contact with the pipe.

Fomentations, thoroughly applied, will relieve most of the local pains for which liniments, lotions and poultices are generally applied, and are greatly to be preferred to these remedies, since they are cleaner and aid nature more effectually in restoring the injured parts to a sound condition.—North American Practitioner.

The man worried, his son was neurotic, his grandson an alcoholic, his great-grandson an imbecile.—Austin O'Malley.

Back Numbers of Brain and Brawn

We have a Few Back Numbers that We Offer for Sale at the Following Prices:

June, 1912, Quacks.....	75c	July, Food Value of Nuts.....	30c
July, Human Gas Tanks.....	75c	August, The Bible.....	50c
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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.]

#### READ THE RECORD.

H. M.—No, I have not written a book. I have no time to write a book, or money to publish it. Besides BRAIN AND BRAWN, I do a daily article for the Los Angeles Record. All readers of BRAIN AND BRAWN should buy the Record, or subscribe for it.

#### CORNARO

How do you account for the fact that Cornaro lived to such an age, and never ate any natural food? He says that he had tried salads, but could derive no benefit from them, could only take one slice of bread at a meal, and that most of his food consisted of protein, when now it is claimed that such a diet is bad. I would thank you very much for an explanation of the above. W. E. H.

The best answer to this is to repeat what I have heretofore said in BRAIN AND BRAWN and shall again say, namely: "It is more harmful to over-eat of good food, than to eat abstemiously of bad food."

#### CANNED MILK.

Is canned milk wholesome?—T. M.

No. You should not use canned milk, when you can get fresh milk. Milk that has been pasteurized or sterilized rapidly decomposes when exposed to the air, whereas fresh milk sours, but does not rot.

Also, in canned milk, by the heating the organic salts have, to a great extent, been deorganized, so that it is a starvation food for children, who live on it exclusively.

When you use canned milk, buy small cans, and use it all as soon as you open the can—or else throw away the remainder.

#### SUN AND AIR BATHS.

What is your opinion of sun and air baths?—R. L. D.

Man was never intended to wear clothes. The wearing of clothes, thus choking the skin, is the cause of many ills. Therefore, one should always get into the sun and air, as much as possible.

Sun baths have been used as a most important phase of the Nature Cure, in Germany, for over fifty years. In Switzerland the "regulars" have taken it up, and are making wonderful cures of tuberculosis of the bones, in children, by exposing them to the sun in the middle of winter, with snow all around.

Begin by sun baths of, say, ten minutes, gradually increasing to half an hour. Protect the eyes. If you cannot do it in the open air, then do it in a room where the sun shines. Also, air the skin, as much as possible. Go nude in the morning, while you are taking your sponge-off and exercises, and at any other time you can.

Go bare-foot whenever you can possibly find a chance, particularly on damp grass, and be careful not to smother the skin.

### The Printed Page

THE HOME NURSE'S HAND BOOK OF PRACTICAL NURSING; Charlotte A. Aikens; W. B. Saunders Co., Philadelphia, publishers; Second edition; 300 pp.; Price \$1.50 net.

This book deals with home nursing as distinct from the more elaborate hospital practice. It contains warnings about germs, which are not the cause, but an effect of disease.

Several chapters are devoted to "feeding the sick." One of the principles of rational healing is stop feeding the sick immediately. For every invalid who dies of sickness a thousand are killed by drugs, and unnecessary food, which cannot possibly be digested, because the digestive juices are not there. Nothing whatever should be given in sickness, except a little fruit juice and water. Then the patient will soon recover. The author says: "Food is more important than medicines in most forms of sickness." Neither food nor medicines should be given.

The author also says: "Milk stands first as a food for invalids in general desirability and value as nourishment." Milk and "beef tea"—about equivalent to urine—are the very worst things you could put into the stomach of a sick person. They are used in laboratories to breed bacteria.

The author's ideas on diet are confined to the "regular" meaningless outline of: (1) Food, or liquid diet. (2) Semi-solid diet. (3) Light diet. (4) Regular, or full diet. That is about all that regular physicians and trained nurses know about feeding the sick.

Otherwise, the book contains much useful information in regard to nursing, and may be read with advantage by those who have sick people to take care of.

---

EATING FOR HEALTH AND EFFICIENCY; R. L. Alsaker, M. D.; 5 volumes; Frank G. Morrison, publisher, 1133 Broadway, New York; price \$5.00.

Printed in bold type, each volume easily carried in the pocket.

This work is apart and different from Dr. Alsaker's book "Health and Efficiency." It is plain, clear, simple, logical, dispassionate, convincing.

There is nothing—or next to nothing—of dry laboratory stuff about "food chemistry," "calories," "protein," and "carbo-hydrates."

The author is not a fanatical adherent of any dietetic cult. He is strict in regard to essentials, while liberal in details. Thus, writing of stimulants he says: "A glass of light wine or light beer daily does no more harm than a cup of coffee or tea, but alcoholic drinks are not needed, and the body is better off without them."

The chief subjects covered in these volumes are: Meat eating; cold and hot weather eating for meat eaters and vegetarians; cooking for health; food combining; eating to reduce and gain weight; eating in pregnancy and nursing; feeding babies and children; eating after middle age; laxative and constipating foods; when, how and how much to eat; feeding in acute and chronic disease; raw vegetables; candies; diet hints for various types; what to drink.

There is a dictionary of words that some may not understand, and there are a number of rational menus.

This work should be in the possession of all who are interested in the care of the body, which should mean everybody.

### 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 and commendation are 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.]

#### COOKING HONEY.

The U. S. Farmers' Bulletin you mailed me I was glad to see, but I do not advise cooking honey in any way. It might increase the sales if it was used instead of sugar, but heated, or cooked, honey might be worse for the diet than sugar. It must disorganize its molecules.

I do not advise honey to increase sales, but to increase health.

C. W. DAYTON, Owensmouth, Cal.

#### CAN'T KEEP HOUSE WITHOUT IT.

Thanks for sending the March number of BRAIN AND BRAWN. You bet I want your magazine. I can't keep house without it. It sure is a nut to crack, and to digest. Its contents form a pleasant and helpful task, worth while. I have been letting a man read my copies, and now he is the subscriber whose name I am sending.—Mrs. Geo. Salmons, Baraboo, Wis.

#### A WARNING .

Following important communication was received by registered mail, too late for insertion in the April number:

Warning: This Country is to be Destroyed. Written by the Prophet, God's Second Son. He Whit the Sword and the Golden Crown.—H. Diehl, Homer's Rooming House, Upland, Cal.

#### WISDOM, TACT AND COURTESY.

Yes the fight for Right and Truth is a hard, uphill one. It is, however, the only satisfying course open to us when Knowledge or Wisdom have been sent our way. Please be assured of my sincerity when I say I admire the wisdom, tact and courtesy with which you season your teaching. May God continue to bless and prosper your efforts.—Arthur D. Eteson, Glenhaven, Egerton Road, Ashton, Preston, England.

#### SENSE IS NOT COMMON.

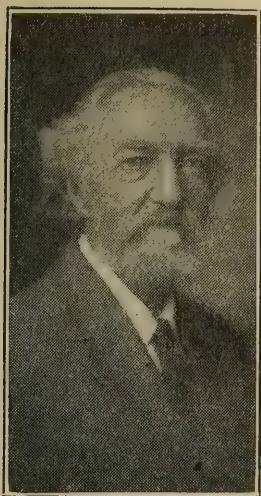
One of the biggest men in the city called on me the other day and said: "Doctor, BRAIN AND BRAWN is one of the finest magazines devoted to health that I ever saw. Common sense all the way and Dr. Brook's articles are splendid." He said this magazine ought to be in every home.

I am contemplating making a house to house canvas, to work all the towns near here, to see what can be accomplished.—Dr. Albert R. Naidl, Mission Block, Marinette, Wis.

#### A THOUGHT PROVOKER.

I wish to compliment you upon the article on "Restriction of Offspring," in the April number. Independent, thinking people cannot help giving this article serious attention. It is full of food for thought. And this subject needs to be thought about. How soon some of the injustices would vanish if we would only substitute honest thought for barnacled prejudice.—R. L. Alsaker, M. D., Chemical Bldg., St. Louis, Mo.

## CURE OF CHRONIC DISEASE



**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.”

There are two, and only two, secrets of health—alimentation and elimination. If these are well balanced, there is health. If they are not, there is disease. And no tinkering with effects can do more than afford temporary relief, which is not cure, but often makes a cure more tedious and difficult.

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., and give, when requested, special advice on pregnancy, children and fasting.

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.

In special cases, personal interviews may be arranged. Write as above or telephone (Sunset) Wilshire 3548.

*Harry Ellington Brook, N.D.*

## The Healing Art

Nature, Not the Physician, Cures.—  
Hippocrates.

### WITH A BROKEN SPINE.

**T**HE Los Angeles Times told the remarkable story of Charles E. Stock, of 1043 Valencia Street, Los Angeles, said to be the only man living with a broken spine. Since three years ago, when it was broken, he has been given up by 122 doctors. Dr. Murphy, formerly president of the American Medical Association, performed a bone grafting operation, but it was not a success. He told Stock he could not live more than a few weeks. This was over two years ago. He has been in ten hospitals.

However, Stock determined to live. He had a harness made, like that which Dr. Lorenz, of Vienna, made for Miss Armour, who helped pay for the apparatus. It keeps the broken bones of the spine apart, and thus prevents irritation.

Mr. Stock also adopted a natural method of living. He lives on raw food — vegetables and fruit — and drinks nothing but water. He is endeavoring to arrange for the establishment of a nature cure institution, where Los Angeles cripples may live, and be helped to help themselves.

### CHRISTIAN SCIENCE.

**C**HRISTIAN SCIENCE is comparatively young. The cult is prosperous, as evidenced by the beautiful churches of classic design which ornament our large cities.

Having lived a long time with a Christian Science family, attended their meetings and read a good deal of their books and periodicals, I ought to be able to give a brief outline of the most important points, even if I am unable to understand some of Mrs. Eddy's writings.

The Scientists say that God is Good and God is All. God being perfect, and we a part of God, no such imper-

fection as disease exists. Disease is an error of mortal mind, and the healers give mental treatment to overcome this error.

"God is Love," is a prominent and beautiful tenet of the faith. "All is mind," is another firm belief. All being mind we need not pay any special attention to this material body of ours. Now I am getting into deep water, for there is no material body, according to Christian Science, but my mind will not divorce itself from the idea of body. Anyway, it is not necessary to pay particular attention to diet. But I notice that good Christian Scientists stop smoking and drinking alcohol and such foolishness, and that is a good thing.

The Christian Scientists believe in good will, good thoughts and cheerfulness.—R. L. Alsaker, M. D.

### RUPTURE.

**I** DON'T often give a free "poof" in these columns, but I am not afraid to do so, when I consider it my duty.

To those of my readers who may be so unfortunate as to be suffering from rupture I recommend that they should, without fail, go and consult Mr. Benjamin. He will do them good. I know it, because he has helped relatives and friends of mine.

### "HALSOHEM."

**I** RECEIVE many good reports of Dr. Berggren's open air cure resort "Halsohem," on the bay of San Diego. Dr. Berggren is not an extremist, believing in all natural methods of improving health. At Halsohem you may indulge in boating, swimming and other water sports, with an ideal climate all the year round. Special inducements are offered to school teachers.

Dr. Berggren is establishing a physical culture home on a large tract of land in the back country of San Diego, where there are hot springs. If you are interested, write to him for particulars.

## "LIFE EXTENSION."

**T**HE Life Extension Institute, Inc., was founded several years ago under the auspices of Prof. Irving Fisher of Yale, with the ostensible purpose of improving the health of the people. It is really another insidious movement to increase the business of the drugging, serum-injecting and carving school of medicine.

One of my consultants sent me a blank, in which his condition was noted. In the last paragraph under the printed head: "Medical Advice or Treatment Needed," is this statement, which undoubtedly goes to everyone who sends to them for advice: "Important that family physician be consulted regarding measures necessary for improving the general health."

Precisely. "See the doctor." And what will the doctor tell you in regard to diet, for instance? Nothing of value, for he does not understand the subject, not having been taught it in college.

## IGNORANCE OF DIET.

**T**HE one great weakness in medical practice today is its lack of knowledge of dietary requirements, not only for the well but also for the sick. The older schools of medicine were woefully deficient in dietetic instruction, and it is only now that the young doctors who take their degrees from reputable schools have been well trained in this line of medicine.

The unscientific and sometimes absurd prescriptions of diet given by physicians of repute and attainment vividly illustrate the fault just mentioned. If one who was suffering from some digestive disease should consult at random six physicians and get each one of them to prescribe a diet, he would have a collection of dissimilars and incompatibles which might well be the theme of a comic opera.—Dr. Harvey Wiley.

## ANTISEPTICS.

**E**VERYBODY whose opinion was supposed to be worth knowing has been proclaiming that the success of surgery was due to the use of strong antiseptics which destroyed germs. It is nevertheless true that antiseptics have been practically abandoned, owing to the serious results which follow their use.

As a consequence, the volumes which have been written in praise of Lord Lister and the newspaper panegyrics bestowed upon his memory, may be looked upon as so much waste paper and verbiage. Lawson Tait found plain hot water to answer every purpose. He did not trouble about germs so long as he could get rid of decayed material which, by its absorption would poison the system.—Stephen Thomson, M.D.

## VACCINATION.

**R**EPORTS of the Registrar General of England for several years show that there were more deaths from vaccination than from smallpox.

Hon. John Burns, Minister of Health for England said in the House of Commons, on April 12, 1911:

"Just in proportion as in recent years exemptions from vaccination have gone up from four per cent. to 30 per cent. so deaths from smallpox have declined."

Experiments by R. F. McDonald have shown, as lately reported in a government publication of the U. S. Public Health Service, that mineral oil may act as an irritant, producing gastro-intestinal disturbances, and that it may cause tissue proliferation, simulating cancer.

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## Notes and Personals

The National Chiropractic League has been formed. S. Gerschank, secretary, Aeolian Bldg., 33 W. 42nd St., New York.

Dr. Binford, of Riverside, is a regular attendant at the monthly meetings of the Association of Naturopathic Physicians of California.

The Supreme Court of Texas has decided that all local laws compelling vaccination of school children as a precedent to entering school are unconstitutional.

California drugless healers lost their fight for a separate examining board. As I have heretofore said, there is no chance for the drugless healers to succeed until they cease to squabble among themselves.

Referring to the unreliable Wassermann test for syphilis, a physician of Portland, Ore., says: "A single drink of whisky would nullify the result of the blood test. The tests would not be conclusive, without the active desire of the applicant to assist the work."

The California Senate voted down by 24 to 11, a proposed constitutional amendment for the establishment of health insurance. This is well. Health insurance controlled by the allopathic school of medicine would be a bad thing. When we get medical freedom, then we may have health insurance.

Samuel R. Chamlee, author of the cruel and false statement that "every lump in a woman's breast is a cancer" was convicted of practicing medicine without a license, fined \$100, and ordered imprisoned 100 days in the Los Angeles County jail. The jail sentence was remitted on his promising never again to practice in California.

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**HERNIA.**

The many readers of BRAIN AND BRAWN in and around New York State will be interested in a card of Ward B. Edwards, rupture specialist, of Utica, N. Y. He also accepts mail orders. He makes, also, a specialty of fitting elastic hosiery, abdominal supporters, ankle supporters, arch supporters, etc.

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**VITALITY FOOD.**

Van Houten tells me he is still taking his own medicine, and eating Vitality Food. He looks like it. I recommend this food highly to my readers.

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**PROPHECY.**

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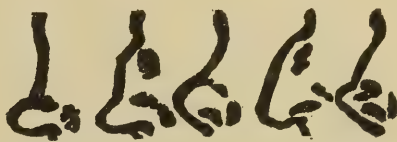
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**Change of Address.** If you change your address, notify us. Do not write indignantly to inquire why the magazine does not follow you. We are not mind readers.

### THE DAY AFTER.

Jack: "Who is that fine-looking girl that just bowed to you?"

Tom (gloomily): "Oh, that is my sister."

Jack: "Why, old man, I wasn't aware that you had a sister."

Tom: "Well, I wasn't aware of it myself until last night."—Indianapolis Star.

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Editor: Harry Ellington Brook, 508 Chamber of Commerce Building, Los Angeles. Managing editor, the same. Business manager, Clara Brook, same address. Publisher, Naturopathic Publishing Company, same address.

Owners, Naturopathic Publishing Company, 508 Chamber of Commerce Building, Los Angeles.

Names and addresses of stockholders holding one per cent. or more of total amount of stock: Carl Schultz, 508 Chamber of Commerce Building, Los Angeles; Harry Ellington Brook, same address; Henry Gross, 1257 South Hoover Street, Los Angeles; George B. Abbott, 712 Union Oil Building, Los Angeles.

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CLARA BROOK, Business Manager.

Signed and sworn to before me, April 5, 1917.

F. J. McClary, Notary Public.

Commission expires February 18, 1920.

A LESSON IN GRAMMAR.

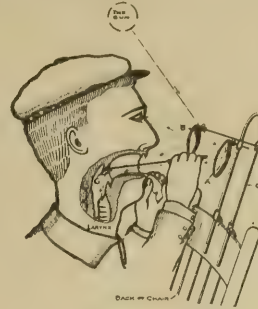
Grace's uncle met her on the street one spring day and asked her whether she was going out with a picnic party from her school.

"No," replied his 8-year-old niece, "I ain't going."

"My dear," said the uncle, "you must not say, 'I ain't going.' You must say, 'I am not going.'" And he proceeded to give her a little lesson in grammar: "'You are not going. He is not going. We are not going. You are not going. They are not going.' Now, can you say all that?"

"Sure I can," responded Grace quite heartily. "There ain't nobody going."  
—Harper's Magazine.

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