

# Herald of Health and Naturopath



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No. 7

*A Magazine for Those Who  
Desire Health*



*Dedicated to*

Medical Liberty • Natural Living  
Natural Methods of Healing

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**BENEDICT LUST, N.D., D.O., M.D.**

*Editor and Publisher*

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NEW YORK, N. Y.

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# Herald of Health and Naturopath

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THE KNEIPP WATER CURE MONTHLY (1900-1901)

THE LIBERATOR OF MEDICAL THOUGHT (1902-1908)  
THE PHRENOLOGICAL JOURNAL (1838-1914)  
THE GERMAN AND ENGLISH EDITIONS OF THE NATUROPATH (1902-1915)

**BENEDICT LUST, N. D., M. D., Editor and Publisher, NEW YORK, U. S. A.**

OFFICIAL ORGAN OF THE AMERICAN NATUROPATHIC ASSOCIATION AND OTHER SOCIETIES, FOR NATURE CURE, CHIROPRACTIC, OSTEOPATHY, NEUROPATHY, MECHANOTHERAPY, ELECTROTHERAPY, NATURAL LIFE, ANTI-VACCINATION, ANTI-VIVISECTION, VEGETARIANISM, MEDICAL FREEDOM, ETC.

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A monthly magazine devoted to Naturopathy, the art of Natural Healing, and the Science of Physical and Mental Regeneration, on the basis of Self-Reform, Natural Life, Clean and Moral Diet, Hydrotherapy (Pneumatics, Kneipp, Lehmann and Just Systems), Osteopathy, Chiropractic, Mechano-Therapy, Heliotherapy (Sun, Light and Air Cure), Diet, Phytotherapy, Physical and Mental Culture, to the exclusion of poisonous Drugs and Non-Accidental Surgery.

Responsibility for Contributed Articles. The Editor does not assume any responsibility for signed articles. It is the desire of the Editor to give the widest possible latitude for discussion to those who may have different ideas concerning drugless matters, and in consequence, we shall publish articles from time to time with which we may differ radically. Original articles of interest to the profession and the laity without any compensation from us are solicited. No anonymous letters or discourteous communications will be printed. No compensation will be paid for contributed articles.

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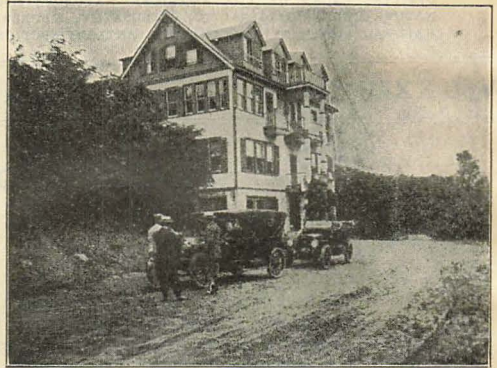
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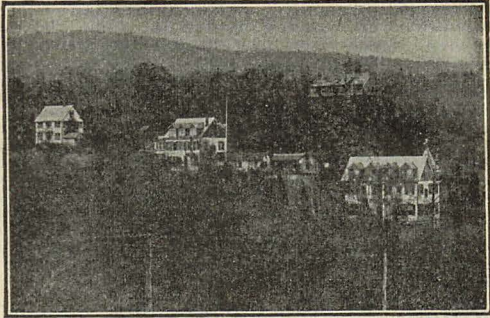


It need hardly be mentioned that not only those requiring cure, but also those in need of rest, the weakened and convalescing derive the best possible benefits of lasting effect from a sojourn at the Yungborn.

**Fall, Spring and Winter Cures**—We wish to call the reader's attention particularly to the fact that the *Yungborn* is also splendidly suited for a stay in winter time. Not only the Regeneration but also the Strengthening Cures are immensely successful in winter. In addition, the delightful, mild forest and mountain air so rich in ozone and oxygen, is of extraordinarily vivifying, refreshing and strengthening effect upon the entire organism (which is true of every season).

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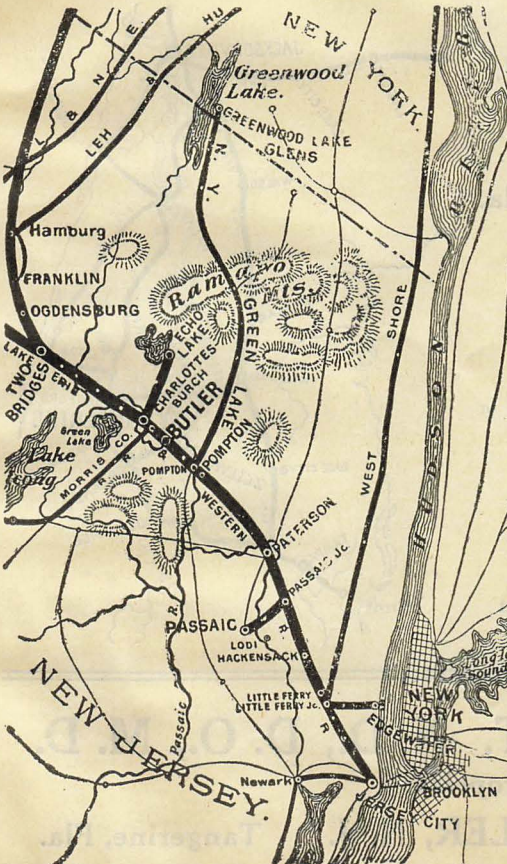
**Stillness of the Forest—**In one minute's time you find yourself in forest's deepest peace. Directly adjoining the orchards and parks spread the woods with their quiet resting places and panoramic view-points. All around you reigns a wonderful tranquility. You see the mountain-woods stretch out for miles and miles, and you can stroll through them in every direction on convenient, dry trails.

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ordinarily by the unconstrained and even intimate tone which quickly develops among all the members of the Yungborn family, thus making life in Yungborn doubly pleasant and greatly contributing to the general well-being.—It may be stated here, though, that Yungborn is not a place of luxury, but a strictly curative resort, with the sole purpose of really improving health and making a lasting success for life of the cures and treatments applied.



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tarrs and inflammations of the organs and of the mucous membranes. Swellings, enlargements, conditions of weakness, especially of the abdominal organs, diseases of the bones, muscles, sinews. *Diseases of the Central Nerve System* of the brain and spinal marrow, for instance, nervous diseases of all kinds, *neurasthenia*, especially also the sexual nerves, nervous asthma, over-excitation and relaxation of the central nerve system, elimination of conditions of trepidation, nervous breakdown, etc., insomnia, St. Vitus' Dance, Ischias, Basedow's sickness, megrim, weakness of memory, impotency, sterility. *Poisonings*, for instance, by mercury, arsenic, consequences of sexual diseases, vaccination defects and other blood poisonings.

Many a man who had already given up all hope and came to Yungborn as to a last anchor of emergency, regained here complete health and strength and is to-day happy, active and efficient in every respect. Many a husband who was lacking his best powers (the reason for this is varied) has become a happy father due to our regeneration cure, and many a wife, formerly unhappy, almost despairing, is now a happy mother.

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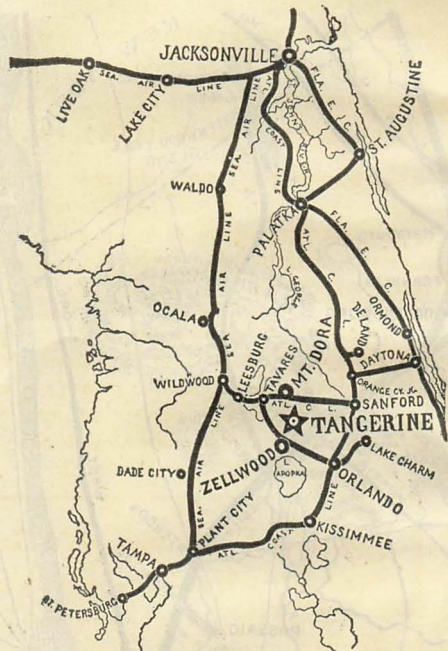
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# Herald of Health and Naturopath

Vol. XXIV, No. 7

JULY, 1919

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## EDITORIALS

### Diplomas

THE day has passed when a practitioner is respected for the number of diplomas hanging on his office wall. The public has come to know that these things do not represent ability and are no measure of a professional man's true worth. Diplomas can be purchased for sums ranging anywhere from ten to five-hundred dollars, and there are recent cases on record where dupes have paid as high as fifteen-hundred dollars for scraps of paper that they do not dare to display for fear of arrest and prosecution. The time has come when this illicit traffic must be stopped in the drugless colleges.

The American Naturopathic Association has started an investigation which has already brought to light many astounding facts which will be made public when the right time arrives. The practitioner who thinks that an illegally acquired diploma will secure him a license will find that time and conditions have changed. In the future all examining boards will require all applicants for license to prove their residence at a duly qualified college teaching some branch of the healing art. Diplomas will not be considered satisfactory evidence owing to the fact that there are so many of the questionable kind in existence. This then is a warning to all students and practitioners of drugless healing. Do not be enticed to buy a diploma, because it will not be honored by a board of licensure.

At the last session of the New York Assembly a bill was introduced to license drugless physicians. The framer of the bill knew that it would never pass any legislative body. It was designed to catch suckers and suckers it did catch galore. It was not meant to pass. It was designed to sell diplomas and it apparently accomplished its object, for the evidence is in our hands. We know those who bought diplomas with the promise of a license when the bill passed. We are sorry for them, for when a real bill is introduced and does pass, they will of necessity be excluded. It is really a deplorable condition when professional men will sell their honor for a scrap of paper. To such individuals knowledge and ability are secondary considerations. They will go out and prey upon the public without a qualm of conscience. These persons would rather pay a big price for a diploma than to educate themselves by hard study and a real course in an educational institution.

**To the public we issue this warning:** Be not deceived by the diplomas on the practitioner's wall. They mean absolutely nothing unless you have

further assurance that the individual has actually pursued a real honest course of study in a real honest institution. The Naturopathic and drugless colleges in general, which have the recognition of the A. N. A., are only those which conscientiously prepare their students for practice and who do not turn them out as physicians until they are duly qualified to treat human ailments.

We regret that our directory of drugless physicians has enabled a certain diploma seller to unload his spurious paper upon many victims, not only in this country, but in England, India, South Africa, Australia and New Zealand. It provided him with the names and addresses of practitioners to whom to send his **come-on** literature. It has evidently proven more lucrative than the sale of mining and oil stock, which we suspect must have been his former profession. Such ill-gotten diplomas will never prove an asset to the holders, but rather a detriment, as they are a proof of dishonesty.

It would be better for a practitioner to subscribe to an extension course and study the lessons earnestly, or to buy a set of good books on the different methods of drugless healing, and then he would at least be assured of some value for his money.

Of course some "boards" have been crooked in the past and through participation in the dishonest gains of certain diploma-mills have granted licenses to the holders of these diplomas. We are sick of the whole dirty, crooked business, and it is the intention of the A. N. A. to expose at the next convention this piece of cheap graft and lay the facts as we have gathered them before every license board in the country.

We are writing this because we are informed on good authority that, due to a former exposure published in this magazine, the business of a certain diploma-mill has increased many-fold. We are sorry that so many gullible drugless practitioners have been duped out of their money, but then it must be supposed that they are tarred with the same stick as the seller and that they know how to milk the money out of the gullible public to compensate them for their loss.

Be sensible, dear friends, and do not delude yourselves with the belief that such practices will ever gain for you one small particle of recognition as a physician. Sooner or later the trick will be discovered and you will be discredited in the eyes of your friends and patients. Be honest with yourselves, go to an institution where you will gain valuable knowledge, and then people will be assured that you will deal honestly with those who place their health in your hands.

\* \* \*

**Medical Apes** FROM present indications the osteopathic profession is headed for the rocks. It is a safe prediction that when the present generation of osteopathic practitioners die out osteopathy will be a branch of medicine. The teachers in osteopathic colleges are either medical practitioners, or have aspirations in that direction. It is becoming increasingly difficult to find a simon-pure osteopath, except among the older graduates. The present-day osteopathic student is nothing short of a medical ape.

Gradually the osteopathic colleges are falling into the trap set for them by the A. N. A. One college in California has already been forced to close its doors. In Illinois the osteopaths are asking the legislature to grant them the right to use narcotics, anesthetics and to perform major surgery. When the osteopath takes up medicine as a side line, what excuse is there for the existence of osteopathy as a separate, distinct system of healing?

The trouble with osteopathy lies in the fact that it was founded on a partial truth. Ever since the practitioners discovered that the "bony lesion" theory of disease was inadequate and that a shift of foundation was necessary, there has been a steady drift toward the old-school practice of medicine. Had osteopathy continued to progress instead of backsliding it would be the bulwark of natural therapeutics. A few years more at the present rate and we shall be obliged to sing a sad requiem over its emaciated form.

\* \* \*

### Square Pegs in Round Holes

I KNOW many men who as doctors would make real good blacksmiths. I know many young men who are sacrificing the best years of their lives as clerks, bookkeepers, stenographers when they have the ability and qualifications for making an independent livelihood in a profession.

Lack of vision and imagination keeps them at the grind to which necessity has driven them. Many of them are dissatisfied, but cannot see their way out. To these opportunities must be pointed out. How many times in our own life has a well-intentioned suggestion changed our trend of thought and led us on to better things! How many times have we received our best inspirations from the enthusiasm with which others attack their work!

To-day we are surrounded by unlimited opportunities, new avenues are opening on every hand, new professions are springing up over night, all holding out promises of success to the earnest worker.

Are you on the lookout for the right timber to build our own structure? If you are convinced that naturopathy is a noble profession, can you not find a young man or woman with the right possibilities for success whom you might encourage to take it up as a life work? Look around and see if there is not someone that you might lift out of the grind of monotonous office work and to whom you could give an opportunity at a life of greater usefulness.

Naturopathy is one profession that is not overcrowded. The demand for skilled practitioners is greater than the supply. Requests come to us almost daily to send qualified doctors to localities that are in need of them. We want men and women to fill these places, but they must be fearless of opposition and persecution.

Practitioners are foolishly rushing to states where they can secure some sort of limited license, while the greater opportunities and the greater need lie in those states that are hard and fast in the grip of the medico-political gang.

Try to find a few square pegs and fit them into square holes.

\* \* \*

### Governor Refuses to Hold the State of New York Responsible for Damage Caused by Impure Vaccine

GOVERNOR SMITH vetoed a bill making the State of New York liable for damages caused by the use of impure vaccine. Who ever heard of pure vaccine or pure filth? It is not customary to use the adjective "pure" in connection with disease products. The state sanctions vaccination and makes it compulsory under certain circumstances, and to acknowledge that an individual incurs any danger from submitting to this relic of a superstitious age by asserting willingness to pay damages would weaken the position of the almighty medical trust. The unholy trinity of medical trust, serum and vaccine manufacturers, and deluded lawmaking bodies is fast succeeding in poisoning the best blood of the nation. This is commercialism in its worst guise.

## Natural Healing

By BENEDICT LUST, N.D., M.D.

Without over-reaching the mark in the least, it may be said that art whenever applied to the well-being of mankind, or animals either, is in direct antagonism to nature. Every sane normal individual is provided with a thinking apparatus—but they do not make proper use of it. In ninety-nine cases out of every hundred people follow—imitate some one else.

That is the secret of the success of all the schemes that are concocted to fleece the credulous. The symptoms described in the patent medicine circular fit everybody who has neglected the plain hygienic laws. Absolutely ignorant of everything relating to the self, as the vast majority are, it is the easiest thing in the world to make them believe that their kidneys are affected; that their liver is out of order; that their blood needs purifying; that their lungs need mending, etc. These miserable dupes swallow anything that is recommended to them, and have no idea, give no thought, to the vile mixtures they so confidently pour into their stomachs. Of course such proceedings must lead to some specific result—sooner or later.

Why go further? The evidence is at hand at every turn. Very few answer your "How do you do?" with a cheery "I'm first rate, thank you." There is an ache, or a pain, or a limp, or nervous excitation, or sleeplessness, or some other of the hundreds of common complaints to be heard. If nothing more it is indigestion. Nothing more? That is the beginning of most complications.

The entire physical organism is dependent upon the stomach for its various requisites. In our new course of instruction in Natural Healing the importance of food selection, of keeping this wonderful automatic laboratory in perfect working order, is clearly demonstrated, and no less the proper way to do it, and moreover

how, and only, existing disorders may be permanently corrected.

As further evidence of the great change in progress in the treatment of disease we have but to note the extraordinary efforts on the part of science to fathom the unmistakable influence of the human mind upon the body which it occupies. Science has been rudely awakened from its long slumber by the sudden clamor of a rapidly enlightened multitude that demands an explanation of the numberless phenomena that, with constantly increasing facilities of communication, are brought to our notice every day. The human mind! Its wonderful variations, its astounding reach, its tremendous power! The human mind is the greatest of all mysteries—to those who do not understand themselves.

After a few centuries of organization, the absorption of enormous wealth, the perpetual assurance that all that is knowledge is in possession of science, this self-same arrogant intolerable class of professed monopolists of knowledge are compelled to return to the root of the tree and search for the primary causes of things. Here they find ample proof that a great many have been digging around these roots throughout all the ages—and what was found was theirs for the asking—but no! that would never do! What? Science stoop to accept information from members of the untutored rabble? From individuals devoid of college titles; from men not of their class and rank? The idea is preposterous!

And yet it is conclusively proven that every genuine and valuable advance in the sciences, and notably in medical science, came from the untitled—the children of the people, from those who are yet near to nature. For, be it known that mystery, occultism, so-called miracles even, are merely

perfectly natural results of causes that are simply not understood.

Science having so disdainfully ignored the "natural" so long, is now compelled, by force of the pressing demands made, to fish for the fragments of truth so persistently ignored and so unceremoniously rejected.

Thus we find science extremely busy now with all such phenomena as have engaged the best independent students of all times—namely, the phenomena of magnetism, of mesmerism, and of every other experimentalism that of necessity has its rise in the human mind.

Unwilling to admit such a simple solution of what has been so long termed an "insoluble problem," and still more reluctant to confess that a perfectly natural power, that can be aroused and developed in every person, could possibly be more potent than anything fashioned in the factories where the populace are expected to buy their thoughts ready-made, science has dusted off the old theories behind tightly closed doors—polished them, rejuvenated them, and in order not to be suspected of utilizing the oft-rejected material, has made a brand new catalogue of names, hence we have the various schools of what is now termed hypnotism, and its one best feature, suggestion.

That brings us where? To the unquestionable superiority of a trained mind over others; to a mental development, whether consisting of increased strength or acquired knowledge, or both, through which the emotions, the passions, the habits—even the organic functions of others, can be controlled by an exercise of the Will of one who has cultivated this capacity.

Here we may again ask: Why were the able suggestions of Dr. Daniel Hack Tuke unheeded? He said: "We have seen that the influence of the mind upon the body is no transient power; that in health it may exalt the sensory functions, or suspend them altogether; excite the nervous system so as to cause the various forms of convulsive action of the voluntary

muscles, or depress it so as to render them powerless; may stimulate or paralyze the muscles of organic life, and the processes of nutrition and secretion, causing even death; that in disease it may restore the functions which it takes away in health, re-energizing the sensory and motor nerves, exciting healthy vascularity and nervous power, and assisting the vis medicatrix of nature to throw off diseased action or absorb morbid deposits."

Here we have proof of the full comprehension of the mind as a curative agent in disease. This learned man says: "We have seen," etc. This statement is positive; there is no speculative "if" anywhere. That being true, and it is true, why is there not an application of this principle in operation, long ere this, as a regular system?

Those who have until this time remained unaware of the fact that "Thought is a force," are indeed entitled to our commiseration! It is moreover a most venerably antique fact, well known to all thinkers who are not in leading strings to what is called science, that in many, indeed, a great many, instances, an unconscious mental action is solely responsible for chronic complaints. Here then, we find science industriously at work to solve this riddle, under such classifications as "the sub-conscious mind," "the threshold of the sub-conscious self."

Another deluge of theories is the sequence of this new scientific energy, each more complicated and confusing than the other, and, therefore, of course, even less practical.

However, mankind may be thankful for any diversion that will stop, or at least diminish, the drug store craze and serum folly.

If we search the records of those past ages that precede the Christian era; that mark the rise and fall of other civilizations, we still find proof in abundance of the employment of the true remedial forces in nature, from water cure to mental dominance. We find about the same sequence of things in all ages; peoples in primitive

states relying on their instincts, closely in touch with nature; taking plenty of exercise, bathing frequently, living much in the open air, consequently well and strong, attaining high ages, and retaining their mental and physical powers to the very end, ceasing to live, in the true sense, only when their full time has elapsed.

Gradually they conform to customs and assume habits more and more in contrast with their prior true normal modes of living. The original ruggedness, splendid health, strength, suppleness and longevity diminish, imperceptibly for a time, but more and more markedly in subsequent generations.

These changes steal over nations and races like thieves in the night; they are robbed of their choicest possessions without being aware of their loss until it is too late.

Some few retain their old habits and live plainly, cleanly; they are not seduced by the dictates of the new fashions, and all the other absurd abnormal contingencies. These men and women remain strong and in robust health; their children are grand examples of perfect manhood and womanhood; but they are voted coarse, barbarians, unfit to associate with refined society. Is this picture overdrawn? You know that it is not.

And the sequence? With all such changes comes a proportionate crop of parasites who grow in number and audacity with the inevitable increase of corruption.

Suggestions have led the victims into evil ways. All sorts of ailments have been suggested, and the charm has worked to perfection. When the trick is discovered—when the game of “suggesting” people into trouble and misery is played out, the order is reversed, and science is going to “suggest” them out of it!

But the mischief done is grounded too deeply; suggestion will, in many instances, help to unfix, to dispel, the fixed ideas so ingeniously, so artfully engrafted on the plastic mind of the suggestible portion of humanity; but

to eliminate the active poisons engendered in the system by the culpable disregard of hygienic laws and the addition of poisonous drugs administered, that is another thing altogether.

Mercury, for instance, in any one of its fifty disguises, which has crippled and killed so many that the consequences of a prolonged war or general epidemic are in no ratio of comparison to the fatal results of this hell-hound invention alone, will not be expelled from any system no matter how amenable the individual may be to scientific suggestion. The same may be said of a score and more of similar deadly medical compounds that are in constant use.

There is such a thing as stimulating the vital principle in any and every body that is not yet dead, and mental influence has a great deal to do with giving this mysterious agent an effective impetus, but, if mercury or any other drug poison, or vitiated secretions are the cause of a real and seated disease, it does not require any extraordinary degree of perspicacity to see that neither artful suggestion, nor any other artificial expedient will serve to remove the cause of disorder.

A modicum of common sense suffices to recognize the plain fact that the system is incessantly at work endeavoring automatically to rid itself of unused material; that these normal efforts are increased if these wastes are not promptly ejected; that a further retention of these wastes causes fermentation and then corruption; and that brings us face to face with the chief primary cause of organic disorders.

Whoever has sufficient common knowledge of chemistry to be aware that oil will invariably rise above water; that milk turns sour from the least of a hundred simple causes; that the mixing of almost any two acids will cause a violent chemical disturbance; that meat will become putrid and deadly in effect under conditions as simple as those that affect milk, must certainly realize that any drug, of whatever description, can only be

prolific of increased discord in the human system.

Here then is where the good work of the natural healer begins. He assists nature in the effort to discharge the poisonous product caused by neglect, and the more difficult task of eliminating lodged precipitations, such, for instance, as gravel, stone in the bladder, that produces such excruciating tortures; or in another form causes stiffness of joints, enlargements, distortions and physical agony.

All the various complications resulting from disarrangement of the secretive functions are curable only by similar natural aids.

Where prolonged sickness, or those horrible drains upon the system entailed by disorders of the sexual organs, have caused an alarming lowering of the vital force, one must be dense indeed if he fails to see the fallacy of employing the arresting palliatives and worse stimulants professionally used, and from which the reaction and relapse are always followed by more distressing conditions than would have come from the original disease if allowed to run its course.

The fact that one certain chemical product will neutralize the direct effect of another has given rise to those numberless and entirely false theories which claim that the same results will follow the administration of such drug combinations to the sick, whereas the truth is that no regularity of action can be established in a living being that will in any mentionable proportion correspond with the laboratory experiments made upon matter taken from foul stomachs, from a corrupted circulation, or upon ejected disorganized tissue, because, to begin with, there is a vast difference between what is still under the influence of the life principle and any substance derived thereof.

A corpse filled with poison may be preserved thereby, but an infinitesimal quantity of the same ingredient will turn a living body into a corpse.

If, on the other hand, determinable

results following the administration of certain drugs were of sufficient frequency to warrant even the probability of surmised action in so great a ratio as say three in ten, that would still leave seven to run the risk of entirely unexpected consequences. For, be it remembered, that the old saying is very true: "What is food for one is poison for another." Some persons, for instance, become violently ill from drinking milk, or even partaking of foods containing milk; others are similarly affected by nuts; others again by certain fruits, etc.

Here we have natural foods highly recommended as being conducive to health that produce in certain individuals a series of serious disorders varying in intensity from simple colic to cholera, from an acute itching rash to an eruption of the skin that may necessitate strapping the sufferer to his bed to prevent him from tearing his flesh. Other simple food products affect others in a variety of equally distressing ways.

Here are the simplest of plain facts that prove that no two systems are constituted alike; that what may agree with one, may even kill the other; and yet we are here considering only what is generally looked upon as thoroughly fit and wholesome nourishment.

What then must be the consequence if poisonous elements are introduced into a system of which no knowledge is had—could not possibly be had without long association and careful study?

Enough has been said to show that the majority of ills endured could be avoided if people understood themselves—that the tendency to cast the responsibility of the individual well-being upon those who profess so much scientific knowledge, is a habit for which there is no parallel in the many absurdities of which the supposedly intelligent are guilty.

This persistent ignorance regarding proper natural modes of care of the body is the more incomprehensible when it is once seen how very easy it is to procure the most convincing proof from the men of greatest eminence in

the medical profession itself that each and every theory advanced by this dominant clique of usurpers is but an added cause of fatalities.

In the vaccination mania alone we find sufficient ground to dispel all lingering doubts as to the sanity, integrity, or even common intelligence of those to whom the welfare of the people is not only exclusively entrusted, but who are empowered by law to invade the domicile of citizens, and, by force, if necessary, inoculate the system of any person therein, from the child to the head of the house, with animal corruption which is believed—but never proven—to be a preventive against small-pox.

As the evil consequences of this scientific outrage come so frequently under the observation of the Natural Healer, a few brief notations are here included to show the true aspect of this unjustifiable violation of individual rights.

First of all, it will be readily surmised, even by those who are not well informed on the subject, that endless discussions have been waged over the utility of vaccination, as well as over the serious consequences that must follow the implanting of an active poison into a healthy organism.

The first question of the entirely unprejudiced inquirer who possesses the instinct of true natural science, is: "What is this vaccine virus, and what is its real origin?"

To obviate any possible suspicion of being biased in this demonstration of truth, the proofs presented here are taken from the most widely recognized authorities in the science itself.

Edward Jenner received £30,000 from the English government for his claim to the discovery of vaccination. When a demand was made for explanation of the true source of the virus, Jenner had to admit—uncertainty! He used pus obtained both from cows and swine as a preventive against small-pox. The general belief among the most scientific exploiters of this disgusting atrocity is that the principle of the corrupt matter used originates prima-

rily in one or the other of the disease of the horse known as farcy, grease or glanders! Jenner himself is reported as concurring in this view.

So many failures and fatalities followed from the inoculations with kinepox (cow-pox) that arm to arm vaccination was tried. That is where a postule has ripened on a supposedly healthy child, the crust and adhering pus being used to vaccinate others. In due time it was observed that certain dangerous diseases became more and more prevalent among children, notably syphilis and consumption, and the cause was traced to the poison transmitted through vaccination. About forty years ago the pox artificially produced on cows was altogether adopted as the only proper vaccine lymph.

In the "North American Review" (April, 1882) Dr. Martin shows that the Boston epidemic (1872-73) was more terrible and more distinctly contagious than the one in 1821, which was the year before vaccination was introduced. If it is claimed that those who died had probably neglected to avail themselves of this scientific preventive—there are the statistics to prove that nearly all who died had been vaccinated.

In the outbreak in Montreal during 1885-'86 1,400 persons positively known to have been vaccinated died of the dread malady.

Dr. Copeland (in his work on Practical Medicine), says: "Vaccination favors the several forms of scrofula."

When vaccination was tried by the French government on 25,000 soldiers stationed in Paris, the reports proved that the mortality was doubled, and that cases of fevers had increased to six times the number on record prior to the introduction of inoculation!

Vaccination was finally prohibited in France by Government decree, on the ground that infection was thereby largely increased.

Dr. F. B. Cornell says: "It is my firm conviction that vaccination is a curse instead of a blessing."

Alexander von Humboldt said: "I have clearly perceived the progressive and dangerous influence of vaccination in England, France and Germany."

Dr. Gregory, who for half a century

was the head of the smallpox hospital in London, said: "The idea of extinguishing smallpox by vaccination is as absurd, as chimerical, as irrational as it is arrogant."

## For Mothers and Children

By MARTHA B. OPLAND, N. D.

In this department we shall endeavor to help mothers in the care of the children, for not many years and they too may be parents confronted with the same problems.

How necessary it is to do the right things for a child the majority do not realize. The first year of a child's life, when it is so dependent on others for its existence, is often the time when it is deprived of things it is able to help itself to as it grows older, such as fresh air, sunshine and exercise.

Mothers often complain how hard it is to keep their children indoors. A child is always running to an open door or window, and rightly so, as it soon learns the bracing effects of fresh air and sunshine.

If your house is not sufficiently heated it may not be possible to have a window open at all times, especially if there are small children playing on the floor. One way of changing the air in a house four or five times a day: Open wide all doors and one or two windows in each of all but one room, for about five minutes. In this one room the family may stay while the rest of the house is being aired, and this room aired by itself later. You will be surprised how these few minutes of airing will freshen your house. On a real cold day do not air the house too long at a time, rather air oftener. Keep a steady fire, as it takes extra fuel to start new fires, and your house will always be comfortable even if you air often.

Now if you have but one room to live in, put on your wraps, open the windows and go out for a five or ten minute walk, or if for any reason you cannot do this, take physical exercises

while the windows are open, the children will enjoy it and be benefited as well as you. If there is a baby in the house or some one sick, cover the body and head well while airing the house and there will be no danger of taking cold. Do not shut off the heat, as the heat helps the fresh air to circulate and also it will not take as long for the room to get back to the right temperature, which is about 68 degrees, or less.

At night when the children have been put to bed open a window in the room, top and bottom, if possible. The fresh, cool air enters at the bottom, the warm impure air escapes at the top. A screen placed in front of the window, or a board or piece of cloth arranged across the lower opening of the windows, will prevent a draught.

Many people think it is the coldness of a room that is beneficial to health, that is true, if the window is open and the occupants comfortable. Where there are children it is much better to admit heat to the room at night and open window from a few inches to full length according to weather, if it is very cold a few inches is enough. If you cannot open window at top be sure to open a window in some other room, in this way the impure air can escape.

If the children are small and must be taken up at night, an adjoining room may be kept warm to which you may take them quickly for attention; or if you have but one room, close the window before you take up the child, open again when the child has been put back to bed. Have a kimona and slippers handy to put on while attending to the children.

Do not forget to supply moisture to heated houses, keep a pan of water on the radiator, hot-air register, heater or cook-stove. Hot-air furnace, or stove heated houses need more moisture than steam or hot-water heated.

### Sunshine

Children dislike dark rooms, so let the sunshine in, keep the shades within twelve inches of the top. We need all the sunshine there is, especially in the winter. Never mind if your neighbors are not doing the same. By using light colors for wall finishings the whole house will look pleasant even on cloudy days.

In Summer, if trees are shutting out the sunlight, trim them or cut them down. There are many houses so surrounded by trees and shade that the sun never enters. Such houses are damp, musty and unhealthy. The sun is the best germ-killer. I have been in houses where rugs and carpets were actually mouldy on the underside, also wearing apparel in clothes closet, and shoes. There is no need of this if people would admit plenty of fresh air and sunshine, also in the clothes closets.

Then there are many windows covered with vines, these shut out the sunlight and fresh air. The poorest and darkest rooms in a house are usually selected for sleeping rooms, this is wrong, as we spend at least one-third of each day in bed. The other two-thirds of the day we spend in different rooms of the house and should spend some hours out of doors. Use the sunniest rooms for sleeping and let the sun in all through the day.

The sun rooms, most modern houses have, are used for parlor, dining-room, play-room, etc., during the day and as sleeping rooms at night. Thus often, people in large cities get more sunshine than those in small towns or in the country, whose homes are surrounded by trees and shrubbery.

### Exercise

Children need exercise in order to develop their bodies and internal organs properly. Even this a child is often deprived of in its first year be-

cause of clothing and lack of room in its bed or carriage. Too much clothing and too snugly applied is unhealthy, because it keeps the body too warm and shuts out the air the skin needs, and hinders proper exercise. Poor little babes, you who are always tucked in so snugly may be longing for a chance to stretch on some flat surface.

Mothers, you can do no better than get your child a bed, even if it is but a few weeks old. You also need a carriage in which to take it out of doors and to wheel it about in the house where it can get fresh air and sunlight. This does not mean that the sun should shine into its face or on its head, turn the child's back to the sun or place the carriage just out of the sun's rays, the air it breathes will be sun-purified.

The bed will give the child a safe place for exercise as well as sleep and as the child gets older there is no danger of its falling out if the sides are high enough and it needs less watching than in a carriage. Many thicknesses of newspaper or plain paper, basted together, and placed under a pad on the bed will protect the mattress from wetting when the child is using the bed for play and exercise. Other devices for play and exercise will be mentioned later, this one referring only to children before they are able to stand or walk. Do not place a child in the same position in bed at all times, as on its back, learn to turn it on its stomach instead with its head turned first to one side then the other.

It will grow strong this way and there is less danger of choking but do not use a large pillow. If the bed seems too hard, a very flat pillow may be used, getting the child's shoulders and chest on it, too.

When a child sleeps on its side the pillow should be just thick enough to fill up the space from the shoulder to the head so that the head lies straight with the spine.

Let the children get all the out-door exercise possible. In cold weather it

is better for them not to stay out too long, rather go out many times a day. Helping them with their wraps ought to be a pleasure, if troubled ever so many times, rather than a long spell of sickness to nurse. Have the children keep busy while out-of-doors in cold weather, shovelling snow, sliding, sledding, running, etc.; standing around and getting cold is no benefit.

Other exercises will be mentioned at times, also all subjects dealing with health and welfare of mothers and children.

Any questions regarding Mothers and Children should be sent to Dr. Martha B. Opland, care of "Herald of Health," 110 East 41st Street, New York City, New York.

## Stenographic Report

*of the*

Twenty-second Annual Convention of the American Naturopathic Association, held on June 6th, 7th and 8th, 1918  
at Hotel Winton, Cleveland, Ohio

(11th Continuation)

Address of Dr. Wm. F. Havard on the  
Subject of "Rational Healing."

DR. HAVARD:

All therapeutic measures are forms of irritation, just remember that, I make no exception. Normal nerve response to irritation is in accordance to the function of the motor unit or the motor center with which the afferent fiber communicates.

We have said that all of the animal functions of the body are controlled from the sympathetic nervous system, and this sympathetic nervous system is a motor nervous system; it controls the action of the involuntary muscles. To be specific, it controls the actions of all of the organs of the body which have muscular coats in their walls. It controls the action of all of the tubes of the body. In the case of blood vessels it controls their caliber. It regulates the distribution of the blood.

When we stop to consider the fact that every disease manifestation is due to the changes in circulation, we can see that through these methods of physiological therapy, through these various treatments of irritation, which we have been schooled in the application of, we can effect the changes in circulation and can clear up certain diseased manifestations. To illustrate: suppose I take a case of pneumonia.

Now, in this case of pneumonia I find there have been several progressive stages. First of all, there has been an accumulation of some kind of poison within that individual's body, waste products to a large extent, which have been unable to gain the proper exit, first because they have not been properly oxidized. That is the first step in the elimination of waste products, first, proper oxidization. These waste products are of protein origin turned into violent irritating acids. That in the second place the liver has been unable to handle this great surplus, and as a consequence these acid products have not been properly broken down and converted into soluble salts, so that the kidneys and sweat glands could eliminate them; consequently they must remain bottled up in the system and they are drawn into the lymphatic tubes that carry them back to the blood stream. On these vessels are certain glands whose function it is to neutralize these products, or, in other words, to combine them with certain elements which we call antibodies, which will render these waste products non-irritating. An individual may go around apparently in perfect health, but with his body absolutely loaded with neutralized waste. Now then, there comes a time when some changes in external conditions occur,

which temporarily change the chemical action of the body, and as a result allow these waste products to fly into the circulation in an irritating form. In other words, through this chemicalization, the neutralizing agent is separated from the irritating waste products and this poison is free to set up irritation throughout the body. The sudden precipitation of these waste products may be due to exposure, it may be overloading the stomach, it may be the introduction of certain other poisons into the body.

And now, in accordance with the individual tendency,—and as we started out with a case of pneumonia, we will stick to it,—the system becomes irritated, and the first response to that irritation is the change in circulation, and that change in circulation is a temporary rise in blood pressure due to the constriction of the minute arteries, the little arteries just before they break up into capillaries. This increases the arterial tension and the first thing we know the individual is in a fever, and the reaction from this constriction of blood vessels is dilatation of the blood vessels in the part of the body that is destined to conduct the healing crisis. In this case it is the lungs. The history of pneumonia from the medical standpoint, we find begins with the period of incubation. This period of incubation terminates in the on-set. The on-set is very sudden. The on-set occurs when reaction takes place in the body. The condition proceeds to a crisis which terminates either in death or recovery. The task that the body has set itself to perform is to drive those poisons out of the body through the lungs. In their present form they cannot pass through the kidneys, they cannot pass through the sweat glands because they are colloid products. There are two classes of products, if you know anything about chemistry, the colloid material and the crystalloid material. The crystalloid materials being soluble readily pass through the eliminating glands, but the colloids will not pass through an animal membrane. If you know

the principle of osmosis, you know how the body gets rid of waste products and how the cells are nourished and get rid of their waste products. You know the sweat glands pass off those products in a soluble form, but before they can be rendered soluble they must be changed from colloids into crystalloids. It is not until they are turned into their crystalloid form that they can be eliminated through the proper channel. If they are still in their colloid state it remains for some other structure to eliminate them through force, through increased internal pressure, where they are actually driven out, and in this case we have the mucous membrane giving proper assistance, and the acute catarrhal condition of pneumonia is nothing more or less than the elimination of waste from the blood which could not get out by any other channel, under the circumstances.

Now, what does it require to uphold this acute condition? Why, it requires an enormous dilatation of the blood vessels of the membranes of these structures, and it requires in back of that a compensatory action which will keep up the driving force or maintain the blood pressure and force everything out through that outlet which has been created.

What is the compensation that occurs? Why, in the first place it is a constriction, a compensatory constriction of the many blood vessels in some other part of the body, some part of the body other than that which is undergoing this process of acute inflammation. That compensation failing it means a more rapid action on the part of the heart.

Now then, we have thrown back into the blood stream or reabsorbed under these circumstances certain poisons which irritate every cell in the body, and when the cells are under irritation they become increasingly active. Their activity mounts as the dilatation of the blood vessels mounts. In other words, as they are supplied with more oxygen they are capable of increasing their activity to a greater

extent and it requires an increased amount of oxygen in order to keep up or maintain this activity. Every individual cell in the body becomes active in helping to oxydize these waste products which are being absorbed back into the circulation, and as a consequence the entire body undergoes irritation and there is a dilatation of practically all the blood vessels throughout the body. The oxygen supply to the cells must be increased in order to burn up this waste material. Therefore, the fever which occurs with pneumonia is an absolute necessity, it means increased activity. There has to be a greater fire in order to assist in the oxidation, or the burning up of these surplus waste products.

Now, another point. With all of these blood vessels throughout the body actively dilated, there is a tendency for the blood pressure to fall. We have to consider the two following activities of the cells: the activity of the cells which is for the purpose of maintaining their own life, and that activity of the cells which is a contributory work, or a contributory energy towards the up-keep of the body. For instance, the contraction and relaxation of muscles, their specialized labors, is work performed for the purpose of moving parts or the body as a whole. The function of the individual muscle cells for the purpose of maintaining their own life is of an entirely different character.

(To be continued)

## NO COMPROMISE; NO POLITICAL TRADING

By EDWARD O. JOHNSTONE

"Hew to the line, let the chips fall where they may," is a very timely slogan which the bona-fide Drugless Healer would do well to take to heart, ponder over, and follow as unswervingly as did the wise men of the East centuries ago.

In his following the straight path, the honest, sincere Drugless Physician has no time nor inclination to hob-nob with the "Regulars". Like the battle

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### SPECIAL FEATURE

Beginning in the August number Dr. Wm. F. Havard will commence a series of articles on his system of Basic Diagnosis.

This is a subject which has created wide-spread interest among drugless physicians, and we know that our readers will appreciate our efforts in securing these articles for publication in the Herald of Health.

Through the application of the simple principles laid down in Basic Diagnosis anyone may diagnose the cause of his disorders and apply the proper treatment.

A knowledge of this system of diagnosis is a great help to both the physician and the layman, and can be as readily understood by the latter as the former.—Ed.

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cry of a pioneer of Economic Justice, so the battle cry of the genuine Drugless Healer is, "No compromise; no political trading."

Let Pseudo-Drugless (?) Practitioners compromise as they may, they can never know the freedom and wholesome self-respect which a fighter for a principle knows.

In the manly, upright, conscientious attitude of the genuine Drugless Healer, that attitude being one of tolerance, perseverance and a prompt acknowledgment that he is willing to be held fully responsible and accountable for the outcome of all his patients, is a marked contrast to that portion of compromisers and political traders known under various names, who are but millstones around the neck of progress.

Envy not the Pseudo-Drugless (?) Practitioner, Brother, he is an object of pity. Leave him alone, the virus is in his system, he is hopeless. Our path is clearly defined, we will follow it, courageously, hopefully, knowing that sooner or later we shall triumph, for we shall never compromise, nor stoop to political trading.

## How to Relax

By EDWARD EARLE PURINTON

The great American need is repose. We are the nation of the corrugated brow, the twitching nerve, the fretting stomach, and the premature breakdown. The equable mind is so rare that when we see a face wholly placid we marvel at it. Frantic hurry over nothing is the New York trademark throughout the globe. Not content with the nervous wreckage of stock-markets, bargain-sales and subway crushes, we require even in our play-time a "thriller" to keep our emotions on edge—the highest-salaried man in the world is the man who does the "dip of death"!

From the commercial viewpoint alone, the economic waste of energy lost through hurry, worry, friction, tension, misunderstanding, greed, wrath, is appalling. At a conservative estimate, the average person squanders a fourth of his working time and of his mental, psychic and emotional power. If he knew how, he could turn this into money—or something more valuable. Lubrication of the mental machine is the coming problem in economics.

A homely, but concrete, illustration.

There was a time, not so many years ago, when the writer had to go to bed twice a day to do four hours' work without collapse. He was all nerves—nervous headache, nervous dyspepsia, nervous anxiety, nervous hallucination, nervous chill. He proceeded to learn how to eat, how to think, how to bathe and exercise, how to relax; chiefly how to relax. And for the sake of comparison, to show increase in effectiveness, he made a record of a day's work not long ago. Here are some of the things he did, from 7 a. m. to 11 p. m.:

Wrote a poem;

Prepared outline for a course of lectures;

Developed plan for Harmony Club extension;

Handled regular office routine;

Dictated personal correspondence;

Attended two business conferences;

Made two professional calls;

Worked out notes for address before a woman's club;

Went through a course of gymnastics;

Took a long walk;

(No one's pardon is craved for this personal mention. A fellow who can get into harness like that, after being idle, weak and irresponsible, and isn't proud of his workmanship, isn't human at all and has no business trying to help the very human folks that this world is made of.)

What is the secret of the change? Complete separation of activities, with total absorption in each, and a little cessation between them for a new consciousness befitting a new task. A man should be able to change his consciousness as he changes his coat. Most of us perform our daily duties in a state of mental patch-work, with our spiritual sinews and emotional areas ill covered by various pieces snatched from the subtler garments of the soul. Automatically, instinctively, society has decreed that we wear Sunday clothes, evening garb, business raiment and sporting togs; because whatever attires the body also rehabilitates the mind. "Freshening up" for dinner has a moral effect preceding the hygienic. And no one knows how much of our goodness resides in our Sunday broadcloth.

There will be a time when every successful business house deems a rest-room as vital as a dining-room to the health of its employees. Because the rest-room is the boudoir of the spirit—if so common a word may be used—where the soul buckles on the mental armor, takes the emotional stand, renews the physical strength, to accomplish its work with valor and dispatch.

If ten minutes of the noon hour every day were devoted to genuine, scientific relaxation, the accuracy, energy, speed and temper of the routine worker would be noticeably improved. Statistics show that the majority of fatal accidents in mills and factories take place in the late afternoon, when actual weariness dulls the eyes, impairs the nerves, benumbs the faculties. The root of intemperance and other evils lies in the effort of a man to escape the grind of toil unrelieved by vision; teach him aloofness and he will not need regretfulness.

Life is a mental arena, and the triumphant gladiator is the one who can never be taken unawares. To array the ambitions, emotions, perceptions and faculties in their most effective guise requires a period of absolute silence preceding action. Map out your day in your mind—and see how much more ground you cover. The slave is driven by routine void of purpose; the master drives routine to a fixed goal.

Study the men of wide influence and recognized authority. You will find that the majority of them work easily, rapidly, ever alert but never tense, with brains and bodies rendered perfect machines to accomplish their will—and a **business or professional atmosphere as unyielding as a granite wall.** This atmosphere comes from playing hugely on the physical side and so creating positive thought-force; then from directing and projecting that force in advance of its contact with the world. In short, they relax to gain a leverage in concentrating. The man born limp can never learn to relax, he is devoid of the power of focus.

Relaxation is the cure for specialization. You did not know that specialization was a disease? Well, it is—even though a highly popular one, like appendicitis. I never knew a "specialist" who was wholly sane—if nothing worse he was humpbacked from doting on his specialty. But the specialist succeeds, and he would be great if he could smile at the extreme narrowness of his own view. You can walk far in a rut, but you are like to get rheu-

matism. I have an idea that the man who succeeds but has forgotten how to limber up over jokes at his own expense would sell his mess of gold-rimmed pottage for a couple of honest laughs. Mirth, wisely directed, makes things hum. And the hilarious man is in line for a post of honor that the high-toned man could never reach.

The more civilized we are, the less sane; that is the general rule, as civilization goes. Civilization is a physical detriment, a psychic barrier, a spiritual handicap. But it does provide the friction needed to put a razor-edge on the brain; which we are now engaged in sharpening at the expense of most of the rest of us. The more a man thinks, the more he must relax; for thinking, unless preceded by something higher and followed by something deeper, ends in confusion and leads to the grave. While the brain whirrs the soul does not speak.

One reason why so many people grow nearsighted is that they have confined their range of vision to objects near at hand. The muscles of the eye were made to apprehend great distances; for in the natural world the open spaces are fixed quantities, and to limit one's gaze to the narrow lanes between dead walls that form city streets is to dull visual perception and court early blindness.

In the spiritual realm, too, this becomes a habit. We restrict ourselves to a viewpoint instead of releasing ourselves through a vista. Failing to mount the horizon, we wrongly identify ourselves with the clouds of dust that envelop earth-dwellers. But the land of repose lies just over the horizon. And the melting of doubts and perplexities depends on how close we dare live to the sun.

Here is a valuable experiment. Some day when you have plenty of time—perhaps on a Sunday—make an inventory of the acts, words, thoughts and emotions in your life that really conduce to the welfare of your neighbors and to your own progress. Or, take an average working day, and at the close write down each voluntary action, with

the same ideal measure of its worth. I think you will be astounded—I know the writer was, the first time he really took stock of his daily habits. More than half of them were useless, some were positively harmful; yet he had the reputation of being very good, he went to church five times on Sunday, and he weekly swallowed the major part of a medicine-chest with all the grim unction possible in the face of outraged instinct. In the production of sanity, the church and the drugstore are both irrelevant while common sense is on a vacation. The vice of goodness is in being dead, the virtue of badness is in being alive.

Having climbed out of the daily rut that most of us devoutly tread, and seen ourselves in true perspective, the next move is to eliminate non-essentials. The masses grow by accretion, individuals grow by elimination. If we were calm long enough to see what is useless, then firm enough to cherish only what is a part of ourselves, we should find the way of life before us cleared as if by magic. Only that vexes to which we have assigned a fictitious value. Poise comes from seeking, proving, holding, the one thing best for us, with a smiling but stern refusal to consider any other thing in our plan of life. Nervous people are always variable, either openly or in their own consciousness.

A few suggestions for the attainment of ease.

Abjure haste. Begin with five minutes at a time, saying to yourself you will not hurry though the skies fall—there are brighter skies in other universes; you will not waste an ounce of energy in needless motion or emotion—everything comes right in the end and nothing can be worth inner turmoil; you will not harbor a doubt or worry or negative thought—God's thoughts energize, and only God's thoughts are real. Gradually increase this exercise in equilibrium, until it becomes second nature.

Resolve, for one day, to utter no useless word. The tongue is the favorite tool of the spendthrift. A famous

specialist recently declared that the neurasthenia and hysteria proverbially feminine have a pathological connection with the loquacity proverbially feminine. I do not think this is fair—the talk of men is enough worse than that of women to equal in virulent quality the unhygienic quantity of their sisters. This resolve, for one day, to speak only that which is definitely, positively helpful, would tax the powers of restraint of any victim of civilization, where schools actually exist for the painless cultivation of "small talk." Whoever can manage society conversation without discomfort has an etherized epiglottis and does not know what he is saying. Brevity is the soul of wisdom, as well as the soul of wit.

Accustom yourself to closing the eyes, relaxing every nerve and muscle, making the mind a blank, breathing slowly and quietly and deeply, hearing nothing but the voice of peace in your own soul, caring nothing for the world of sense-illusion flitting past you, smiling within yourself at the empty fury of sound and wasteful riot of color and childish need of human touch, felt by those untaught in realities. Do this on the street-car, coming home from work; after the heavy meal of the day; before attempting any task particularly hard; whenever you are tired, worried, downhearted, perplexed. To lift oneself in consciousness, dwelling by imagination on a distant star, viewing the tiny world and its babyish activities with infinite unconcern for a time, is to establish a wonderful reservoir of mental power and spiritual resource. The soul is magnetized by a sense of independence.

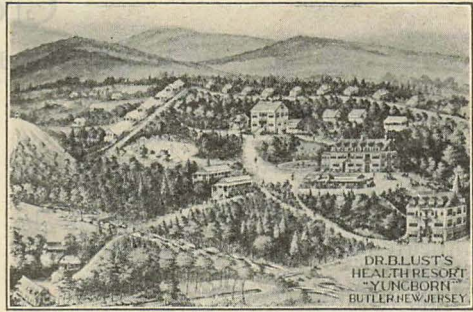
Let us not forget the body, in our cultivation of serenity. Drugs; stimulants; narcotics; meats in excess; rich, heavy, spiced or greasy foods; hurry, fatigue, or fault-finding at the table; ill-cooked dishes or ill-balanced diet, will frustrate the highest endeavor of the soul toward self-containment. The morning cold bath, so delightful and essential to those of inherent vigor, may become to the nervous person a torture and a menace. Heat relaxes,

cold contracts; nerves may need the former more than skin, blood and muscles need the latter. Indeed the value of a hot beverage to quell unrest and diminish fatigue has been so thoroughly demonstrated that the soda-fountains in the great city stores advertise special drinks for shoppers on bargain-days.

Tight clothing makes fretful dispositions. Many a complaining child has been afflicted with nothing worse than a set of woolen underwear stupidly enforced by a misguided parent; then punished by the same parent for being irritable! The unnatural pressure of stiff, closefitting neckwear has been held responsible for so grave a trouble as premature senility, the claim being that the center of youthfulness is the thyroid gland, which the collar of fashion tends to impair. To offset this condition, some business men and literary workers find relief in scientific massage of the head, neck and spine, which loosens the taut nerves to a wonderful degree.

How to relax? First, go to bed. What, in the day-time? Certainly—what have clocks to do with repose? Our sick people stay in bed too much, and our well people too little. If you keep awake all night once every two or three months—not in pleasure but in meditation, you will find yourself coming into possession of a new view of life, reached in the clarity of silence and the higher illumination of material darkness. Equally, if you spend a day occasionally in absolute quiet and solitude, with your only companions your greatest thoughts, you will gradually attain a mental buoyancy and emotional freedom as refreshing as rare. Achievement is grasping, attainment is letting go. If we now and then put a cessation on achievement, providing an interlude of attainment, we realize that even the work improves when we return to it.

No bed in the room where you need to relax? And no couch, or table, or flat-topped desk? Well, there is a floor. And the one essential is to have the body stretch in all directions, with



room for the arms to hang limp, the back and legs to lie straight. Have fresh air in the room, but enough covers to keep you thoroughly warm. Draw the shades. Lock the door. Tell people you are too busy to be seen for twenty minutes. Loosen your clothing so that you do not feel the pressure of collar, shoes, belt or suspenders. Stretch out flat on your back. Close your eyes. Think of nothing but how limp you can become through your whole body. If necessary, take each muscle, nerve and organ by itself and consciously make it relax, be comfortable, expand and resume its natural, quiet behavior. Find a position where you are perfectly at ease, then fix your mind on just two things—being utterly motionless in every part of your body except your lungs, but using them with slow, deep, rhythmic power until you can feel the purified blood tingling from your brain to your toes.

When you acquire the knack of forgetting everything but the maintenance of this quiet, forceful, diaphragmatic breath, you will be able to secure as much physical refreshment and mental exhilaration from ten minutes devoted to a mid-day rest as you would gain from several hours of ordinary sleep. Natural sleep renews brain and body, but the **waking** mergence of human activity into a superhuman calm restores life to the soul.

Relaxation, employed with both scientific knowledge and spiritual understanding, attunes us completely to ourselves. When this is done, there can be no discord anywhere.

## Croup

By BENEDICT LUST, N.D., M.D.

This is an inflammation of the wind-pipe connected with secretion of lymph, which latter may narrow the air-passage in the wind-pipe so very much that the patient is liable to be suffocated if help is not immediately applied.

This terrible disease appears mostly in children, even in healthy-appearing, robust and well-fed ones.

I knew a case of a little girl who although she had been running about fresh and healthy a few hours before, and had enjoyed her dinner very much—died of croup after a few hours.

This disease generally appears between the second and seventh years of life. One distinguishes three stages of development. The first stage consists of inflammatory irritation of the wind-pipe and larynx, accompanied by hoarse, grating voice and, sometimes, by a hollow, dry cough.

The second stage consists of the real inflammation to which is added a tickling but painful sensation, which very soon develops into a burning and stinging sensation in the region of the larynx. In the third stage of development, where secretion is formed, white mass of matter appears in the inside of the larynx and windpipe which gradually forms itself into a skinny body.

This secretion continues steadily, and will eventually fill up the entire windpipe if unchecked, and if steps are not taken in time may cause death by suffocation.

I will not, however, positively assert that every case of croup must consist of these three stages; often the first two stages fall into one, and develop at once into the third stage.

With some attention croup may be recognized very easily. Look down into the child's throat and see whether there are any layers of whitish substances formed therein. If this is the case, and if the child breathes through its nostrils but with mouth open, and if

pieces of matter are coughed up, then you may be sure that you have a case of croup before you. There is generally only very little fever or perhaps none at all. The croup-attacks repeat themselves often, appear suddenly and end in either one way or the other.

Quick help is necessary before everything. Take a linen cloth dipped into warm wine-vinegar, and place it round the throat of the patient after wringing it out loosely; over this cloth place another dry wrap. Every half hour the first linen cloth should again be dipped into warm vinegar and applied as before. This should be continued—until the child breathes easily again. This vinegar-compress dissolves quickly all the coagulations in the windpipe and thereby soon restores the child's usual breathing-capacity.

Instead of a throat-compress, if the child's breathing is too laborious already, it may be advisable to place a hay-flower-shirt on it—that is a shirt dipped into a decoction of warm hay-flowers. This shirt which must be thoroughly saturated with the hay-flower decoction will act like a very strong poultice—and draw out all the poisonous substances in the entire body, dissolve the accumulations in the windpipe, and thereby remove the obstructions to regular breathing. This shirt should be put on the child twice each day, at each application it should remain on until thoroughly dry, i. e., about one to one and one-half hours—of course the child must be well wrapped up, so that it should not catch cold.

A warm bath either alone or after the application of the hay-flower shirt is also very commendable—but you must not omit to give the child a cold upper gush, while it is yet seated in the warm water.

After the warm water dissolves all the morbid matter, the cold water contracts the cells of the human body and strengthens the entire constitution.

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## Mental Science a Race Movement

Lesson XIII

By HELEN WILMANS

As these lessons are not a novel to be read and tossed aside, but a new system of thought to be thoroughly studied and then carried out into action, it is absolutely necessary to repeat the ideas over and over again in different words, so that the student will at last come into the clear and perfect understanding of them.

Lesson thirteen, therefore, will be a repetition, to a great extent, of the ideas that have been gone over in the former lessons. This is the more necessary because no writer can go over the same ground twice without cutting deeper and leaving his work much more thoroughly done and in better shape than it was. I shall begin by asking a few questions:

What is God?

God is a principle, and not a person.

Is this principle not sometimes called a Law?

Yes, it is called the Law of Attraction.

Why?

Because it is the drawing power inherent in atoms and worlds.

Is the Law of Attraction ever called anything else?

Yes, it is called Being, and it is called Love. Swedenborg calls it Love.

Is Love also an appropriate name for it?

Yes, because Love attracts.

What is nature?

Nature is intelligence, or mind. Nature is the manifestation of the Law of Attraction, or Love.

Is the Law of Attraction, or Love, a visible presence?

No, the Law is forever unseen. As the Bible expresses it, "No man hath seen God." No man ever will see him; he has no personality; is neither male nor female; has no more right to be spoken as "he" than as "she"; is simply and purely a principle. Nature, which is the Law in externalization, we all see.

In what form does Love, the Law of Attraction, exist in its broad diffusion?

It exists as sex, or polarity, in the atoms. Each atom has its positive and negative pole, or its male and female principle. Out of this male and female principle comes the Law of Attraction on which all motion and manifestation of life depend.

To say that each atom has its positive and negative pole is to say that each atom is both Love and intelligence—that is, both seen and unseen; both spirit and body—that it has an inner and an outer part; these parts being in reality one, as light and heat are one.

And indeed Being—the one life—in its dual principle may be compared to fire; the heat being like the unseen principle of fire, and the light being like its reflection in nature.

Take this statement: Life is Love manifesting intelligence, just as fire is heat manifesting in light.

All nature is intelligence. It is the recognition of Love. Recognition is

intelligence. Therefore it is perfectly correct to say that all nature is mind.

If nature is the recognition of the Love Principle, then it is not the acknowledgment of mind, but it is mind. It is the acknowledgment of Love expressed in intelligence, and intelligence is mind.

Therefore there is no matter, and the so-called laws of matter are groundless.

This emancipates us at once from the death sentence supposed to hang over our heads from the beginning of the world; and why?

Because mind cannot be killed. It is diseaseless and deathless. It is the comprehension, or the acknowledgment of the omnipresent and infallible Law of Love that we call God.

If the Law is diseaseless and deathless, then the understanding of the Law, the mind that represents it on the external plane, is diseaseless and deathless also, for the seeming two are in reality one.

As there is but one Life, so there is but one Law of Life. That Law is the Law of Attraction.

Is there no law of repulsion?

No, none in the universe. We are not in the realm of matter, because there is no matter. We are in the realm of mind, under the Law of Attraction. Intelligence seeks what it desires, leaving behind it what it does not desire, but repelling nothing. Intelligence constantly reaches forth to the new, never troubling itself about that which it has worn out. It "lets the dead bury its dead." This is the true method of growth. It constantly attracts the new, and by attracting it passes out of the region, or off the plane of the old, but it repels nothing.

Let us take the peach as an example. It represents a certain amount of intelligence, a certain amount of recognition of the Love Principle, or the Law. It does not repel its blossom, but it outgrows it, and goes on gaining more and more intelligence every day, showing forth more and more of the Law of Love, until it attains a point where its intelligence ceases to

reach forward for any more. Then it becomes a helpless thing and is attracted to the earth by virtue of the earth's superior force as a magnet; and we say the peach is dead. Why is it dead?

Simply because it has no power to recognize any further good or life. It has reached a limit to its intelligence. All things die or undergo a change of form (that the world calls death) at that point where they cease to recognize further good; or cease to recognize any more of the Principle of Being.

To cease to recognize good is to cease to desire it, and when this point is reached the vital intelligence that lifted the creature, whether plant, animal or man, above the earth is resigned, and the earth claims her own through the power of the Law of Attraction.

But the earth is a tremendous magnet, and what can ever overcome her attraction? How will it be possible for any of us to grow away from her ravenous clutches and remain away permanently?

As stated previously, we are in the realm of mind, and there is no matter. The world itself is all mind. Its mountains and its seas and rocks are all mind. But they are mind of the lowest possible grade of intelligence. The smallest blade of grass that grows has more intelligence than the whole earth, and proves it by its power to ascend above it. And so long as the blade of grass can recognize a higher good than the dirt beneath it, it can by virtue of this recognition overcome the earth's attraction. For, do you not see that in the universe of mind it is intelligence that makes the strength of a magnet, and not what we call bulk, or dead weight? Therefore it is only when the peach and the blade of grass have ceased to grow (to acquire more intelligence or recognition of the Love Principle) that the earth's attraction can overcome them.

Every creature that obeys the Law of Growth without seeking to learn what the Law is, is in unconscious

obedience to the Law; and the visible lives of all creatures on the plane of unconscious growth die.

The Law of Being must have intelligent recognition, a recognition so full and complete as to render the creature a constantly growing exponent of its own possibilities and power. This involves constant growth; a constantly widening recognition of the Love Principle, which, being individualized in the man, becomes the overflowing fountain of Life within him.

The procession of enlarging growths on the animal plane—all leading up to man—are each of them more or less unconscious of the power they represent. Their recognition of the Life Principle is expressed through uses. The brain in them is not ripened to that point where they can say, from the basis of pure reason, "There is a supreme power within me that I recognize as being able to overcome all foes to never-ending growth, and to liberate me entirely from all false or misunderstood attractions, to the attractions of pure, unmistakable good."

The movement of Mental Science is a race movement, and it is the most important step in advance that has ever been taken. It is nothing less than the passage of the whole people from the stage of blind, unconscious growth to that of conscious growth.

Blind, unconscious growth, as intimated before, is growing like the trees and brutes grow—without a knowledge of how or why we grow. And, as a matter of course, all growths that do not expand to the full knowledge of the Law of Growth and learn how to do their own growing, must necessarily succumb to the earth's attraction after a time. It is earth to earth and dust to dust.

The earth swallows up all of us unless we can develop a constantly increasing vitality that will bid defiance to her attraction.

There is only one way to develop vitality in a universe that is not matter but mind, and that is by the recognition of more and greater truths all the time. Man has completed his

animal, or unconscious growth, which has developed him into a perfect organism, or laboratory, for the manifestation of intelligence. And he stands at this point now—at the point where there is no farther progression for him under the law of unconscious growth, or the method of growth as expressed blindly in uses simply.

He stands at the point of the new and great departure—that departure toward which all ages have been silently treading. And so important is his position and his responsibility that one backward step would now plunge the world into another dark age from which it would take centuries to recover.

Indeed, so important is the present situation that the failure to use it judiciously would, to millions of us, render the world a nonentity, and make life as if it had never been.

In order to show the student just what I mean by unconscious growth as expressed blindly in uses, I shall give a fuller explanation.

All growth is by desire. In the animal, desire seems not to soar away from the body, but to be expressed through it. Thus, the little amoeba, which is but a tiny drop of protoplasm, becomes hungry. It floats in the water, and in coming in contact with some other form of life which will serve it as food, it folds its body about it, holding it enclosed as you might hold an acorn in your hand, and when it has absorbed the substance from it, it unfolds its body from it and lets the residue drop out, as you would open your hand to let the acorn fall. The amoeba has neither mouth, hands, feet, eyes, ears, nor anything resembling a digestive system, but it has a desire for food. In a higher organization to which the spirit of this little creature passes, that desire increases, and the result of its increased desire is a compulsion upon nature to furnish it with a better digestive system. And so it goes on up to higher and still higher incarnations, growing stronger in its demands with each upward step, calling louder and louder upon nature for better means of

supplying its demands, until it has not only a digestive system, but eyes to see its prey, olfactory nerves to smell it, ears to hear it, feet to run after it, and claws to capture it.

This is the development of uses through blind or unconscious desire, and it is by this kind of development that the perfect organization of the man is built and his brain is ripened.

But he may stand at this point until the crack of doom and be nothing more than the animal man unless he begins to make his brain serve him in his further development. The very moment his brain does begin to serve him in this capacity he is passing out of the domain of unconscious, or unreasoning, or blind growth, into the realm of conscious or reasoning growth.

But there never was a time during the period of his unconscious growth when he could have escaped the penalty of unconscious life, which is death; and the reason for this is in the very nature of the Law.

Life is dual in the sense of being inner and outer, unseen and seen, love and intelligence. And intelligence—a word that represents the whole visible universe—can only perpetuate itself as it recognizes that it is the externalization of the Love Principle, because it is only by recognition of this fact that it becomes consciously one with it, and therefore as diseaseless and deathless as it is. The animals and plants are really one with the Love Principle the same as man, but they are not intelligently conscious of it; that is, their reasoning powers have not rendered them a substantial reason for their existence, and so they do not catch on by conscious knowledge to the Law, and therefore they die.

Intelligence and Love are one. Intelligence is Love's expression of itself. When intelligence really and truly perceives that it is Love's or the Law's expression of itself, then it has become as deathless as the unseen half of itself which we call Love, or the Law. All nature, with man at its head, is the spoken word of Love. But the word

spoke itself. At first it spoke feebly, like the unconscious babbling of the child; but it grew in further recognition of its power every day, and at last it speaks more nearly in accordance with the unseen and vitalizing principle of itself—the Law of Love, or Life.

This one universal Love! What a strange, strange thing it is! It fills all space and is absolutely perfect in itself. It seems to go to no trouble to explain itself, but flows into and vivifies every expression of itself, no matter how negative or inadequate that expression may be. This is why I have said that man is the spoken word, and that he spoke the word himself; for while intelligence, or nature, comprehends Love in ever-unfolding degrees of recognition, Love seems not to comprehend intelligence, or nature, but simply to manifest itself in proportion as it is comprehended.

Speaking of the matter in this way, it is almost impossible not to convey the idea of a dual Life Principle. But indeed there is but one Life Principle, which is Love, while intelligence is the showing forth of it, as light is the showing forth of heat. It almost seems as if Love bursts forth in tiny jets that expand by slow degrees, revealing more and more of itself, until these flames become conscious of themselves and their true character, and exclaim aloud, "Behold, behold, we are visible loves!"

The fact of our recognizing ourselves as visible loves, or visible wills, living exponents of the universal Principle of Love, or will, is in itself sufficient to banish disease and death, and establish ourselves as conquerors in the earth, thus breaking the power old earth has had in drawing us all back into her bosom because of our ignorance concerning our own power.

And now I must go back a little to where I began to speak of unconscious growth, because there is a mighty truth connected with it that the student must never forget. This truth will become an inestimable comfort to him during every hour of his struggle

toward the place where he is to feel himself conqueror of all things—disease, poverty and death included.

I spoke of the amoeba, the tiny drop of protoplasm, in its search for food. This little creature had begun to speak itself into an unending existence; a visible existence. It was—as to its own personality—pure intelligence; a tiny point of recognition of the one Love, and it wanted to recognize more. This desire on its part formed the basis of its individual growth.

Now, there are but two factors essential to growth. These two factors are desire and belief. Desire, when accompanied by belief, as it always is during the period of unconscious growth, gets what it asks for. Perhaps it may not always get it in the limited sense of its asking, but it gets it in a higher sense.

The amoeba asks for food, ostensibly. In reality, it asks for more intelligence, a wider range of conception. It asks in faith, not yet having reached even the negative pole of conscious life where doubts of the eternal Love, or Life principle, begin. The little creature asks in faith, I say, and the very universe hears its cry, and the Law itself stoops down, as it were, to put food within the folds of its frail organism.

Think of this. No cry for a wider range of thought, no cry for more truth, was ever uttered in vain. It is a demand upon the eternal Love, the universal soul, that is never unanswered. And according to the measure of faith we put in the asking will the answer be prompt and full.

Now, while the animal is crying for food, which means ultimately a more enlarged conception of Love, or Life, we who have reached a much higher plane ask directly, or demand of our own organizations, that intelligence which is the only food that feeds us truly. And if we demand, knowing the Law, it will come to us, because the supply is equal to the demand.

Intelligence to comprehend more of Love—which is Life, the universal Life, a recognition of which embraces all creatures, and establishes absolute

justice and flawless harmony in the affairs of men—this is all we need. This is Being, without a flaw. It is life freed from all beliefs in disease and death. "The more our intellects expand to a conception of this Love the farther away from all our fears and all the old wretched beliefs we grow. Life, eternal Life, opens up to us more and more as our power to recognize the Love Principle increases.

Now, I have not heretofore made the statement that Love and will are, in a great measure, the same. There is a difference, however, and I will define it. Love is the attracting power. It is the spirit of growth reaching forth constantly. It is the under strata of the will, and also of desire. Love prompts to desire and desire culminates in will. Desire culminates in will when it has obtained the sanction of the reasoning power. And it is at this point where the reasoning powers endorse the desire, that man discovers his own power to create conditions for himself, and turns his back upon his own beliefs, refusing to be held by them any longer.

In ascending from the animal to the mental plane we find that we evolve more and more truth from our own organisms; truth that is more positive than any previous truth our organisms have yielded us. Our "physical" food supplies the raw material for the truth evolved, but our growing thoughts constantly direct this food to higher results. The evolution of the Love man, or the will man, is though the animal man. There is no object to be achieved by the perpetuation in existence on the visible plane of the animal man. He is simply a creature that serves as the root of the divine man—by which I mean the creative or will man. If the creative or will man never germinates in the brain of the animal man and springs upward to noble uses, then he might as well die. And the race will continue to die just as it is doing now unless redeemed by the new thought beginning to dawn upon it at this time.

That which serves its purpose passes away. For thousands of years the ani-

mal man has been a perfect creature in his animalhood. But because his splendid animalhood failed to generate the thought that would link him consciously to the source and fountain-head of his existence he has died, as he ought to have done, since the world has nothing to gain from animal men beyond establishing them as roots for the race of divine men now about to step forth through a knowledge of the science of being. The world has no use for unproductive seed, and it is right that they should rot in the soil if the vital principle that would lift them to a nobler growth be wanting.

And yet, let no student think from what I have just said that the spirit of man is not immortal, and that its chances are over with its failure to catch on to that consciousness of truth that would tide it over death and render it immortal right here in the flesh. For though this subject is purely speculative, I feel that I carry in my own organization latent or unfolded proof of the fact that a spirit never dies; that the desire for life perpetuates life in some condition or other, and holds it until another chance is open for it. The desire implies the "I." The "I" is individuality in essence, and cannot be wiped out without its own consent, and it never does consent. Why, the spirit itself is a growing thing. It was not created perfect at the hands of a personal God. It grows all the time by the recognition of still greater power resident in the Law of its Being. Remember that the spirit is not the Law. It is that finer and higher and more emancipated part of our bodies which becomes too big for the environment of the body—its negative self—and which slips cable and goes free from the environment that was too inelastic to yield to its growth. Nearly all thinkers at this time believe that it comes again and again into what we call earth conditions. If it does this, and I must admit that the theory seems more plausible to me than any other, why then the spirit means to establish its own authority upon the earth by eventually conquering the environ-

ments that have closed it out of our visible life so often.

If man had been projected perfect into visible life, he would have possessed all the knowledge there is, and would be the incarnate expression or manifestation of all truth. There would have been no further growth for him; for all growth is by gaining more wisdom. But instead of this he was only the tiniest and feeblest spark of intelligence at first, and his intelligence has constantly increased. And as it increased he took wider and still wider views of creation, until now he begins to see that all is good and always has been; only he did not know it. He begins to perceive that the Law of Being is; that no man and no power has ever added to it or taken anything away from it; and that all creatures were great or small in proportion as they could see this mighty truth. For, though the Law is forever unchanged, yet man changes constantly; and this, too, in spite of the fact that the Law and man are one. Take this sentence from man's side, and it will read this way: Man enlarges always by learning more and more of the infinite greatness and unchanging goodness of the Law of Being, or the Principle of Love, within him. For the Love Principle is the unseen power in every man; and so mighty is this unseen power that all through eternity men will never be able to measure it. But the effort to measure it and the constantly increasing recognition of its greatness will be our means of growth, and all the means of growth we shall ever have. The attempt to measure it gives man his own measure; for man is one with it. And since man's appropriation of it is by his recognition of it, it therefore follows that no one can rob another of his inexhaustible inheritance.

And it is because all growth is by the acquisition of knowledge, or the recognition of the Law of Being, that we are able to state with absolute certainty that the supply is equal to the demand.

On the physical plane (so-called—there is no physical plane and never

was) this was not so. That it was not so was the natural sequence of our mistake in thinking that there was a limit to good; or, in other words, that evil had an existence.

It will be seen all through these lessons that man creates his own conditions, and that he has fixed his own limitations by his mistaken beliefs, and that this is why, on the so-called physical plane, the supply was not equal to the demand; in consequence of which some men thrive abundantly at the expense of other men, and much poverty and sorrow abounded. All of which will cease so soon as men learn that they are mental and not physical creatures, and that the acquisition of mental wealth—recognition of the Law of Being, which is perpetual life—is the only thing that can enrich them; and that they can acquire these riches without defrauding anyone, since the source of supply to this kind of wealth is inexhaustible. And this is the wealth, too, that will bring its possessor such magnificent surroundings as he can never acquire while living in a belief of the physical, with its limiting ideas, and its false and foolish laws, called the "laws of causation."

For the time has now come, so long prophesied in history, when the race should banish death from this planet, and by a deeper understanding of the Law should build it into an abode for deathless creatures.

To bring this about will not necessitate any combination of men united in an organized effort to overthrow the present monopolistic systems. All such efforts, while they are natural and manly on the plane of their operation—namely, the animal plane—are circumferenced by and included in the one effort of the day; the intellectual effort to grasp the greatest of all truths that all is good, or Life, right now, and that heaven, or harmony, is already with us though we do not as yet see it.

Anything more logically conclusive than the facts I am now stating has never been spoken or written, and the student will see this to be so before these lessons are done, and he will see

it in so strong a light that no power can ever shake his faith in them.

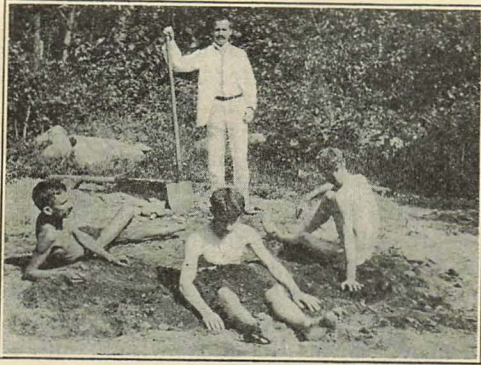
For heaven is indeed here. All there is of personal life is in this seeing. That men do not see the heaven I speak of is because they have been seeing from a negative standpoint, and what they have seen has been, not the truth, but the denial of truth. They have seen evil when there was no evil. They have believed themselves to be citizens of a physical world, with a set of narrow laws beyond which one's thoughts could not go, and thus shut up in the gloomiest prison-house of self-delusion, they have made no effort to look beyond, and consequently the light of this outer and most glorious mental day is in darkness to them.

Man believes in the existence of evil, and thus has become faithless of good and the power of good. And so, in his darkened intelligence, the universe is divided into two parts. It is a diverse to him, and its harmony is lost to his perceptions. It is because man has so divided the universe in his thought—the power to think being his one power—that we see the appearance of sin, sickness and death; and they seem very real to us indeed while we remain imprisoned in a belief of physical laws, before we have ascended to the freedom of the mental, and before the understanding of the Law of Being shows their intrinsic falsity.

It is because of these ignorant beliefs that life is called a battle-ground, where each advancing step is supposed to be through warfare; and it is these ignorant beliefs alone that produce all the world's (so-called) inharmonies.

When, by ascension from a belief in the physical with its limiting laws, we shall truly know that the universe is one, and that this one is all pure Love, whose only law is the Law of Attraction—thus banishing forever all ideas of force—there will no longer be any basis for inharmony in thought, or belief, and those beliefs (or conditions) called sin, sickness and death will dissolve and show themselves no more.

Now, the race, not knowing that it



Clay Park at the "Yungborn," Butler, N. J.

is pure intelligence, and that for this reason its beliefs are its conditions; not knowing that there is no law but the Law of Attraction, which is the Law of Love; being ignorant of the fact that the universe is one, and believing from the negative pole of existence such beliefs as are based on fear, has projected a thousand false beliefs concerning itself and is to all appearance—as seen from this plane—externalizing these beliefs in its experience.

When I say that the race is actualizing these beliefs in appearance only, I state the entire condition of the race to-day. We are living mistakes almost entirely, and it is time we should understand the truth and begin to live it. The truth being that in a universe of Love there is nothing to fear.

Fear is the result of ignorance. It is the result of not knowing that all is good and not trusting unreservedly to this great fact. It will be seen from this how utterly baseless our position to-day is in the world. We are living in beliefs based on a false foundation. Because we are all mind these beliefs are our conditions. That these beliefs are untrue is proved by the fact that all is Love, and that the kingdom of Love is not divided against itself, but is a unit.

Living these beliefs, we are living an utterly false life; living, as it were, in a nightmare dream induced by fear; a dream from which we shall presently awake to find ourselves housed in

Love, and under no law but the Law of Attraction, by the knowledge of which we will create conditions to suit ourselves.

The Law of Attraction being what its name implies is purely an attractive power. As an attractive power it cannot bring us anything but that which we desire. And as we desire only good, that being the object of all desire, and there being nothing else to attract us in the universe of all good, the idea of evil is utterly annihilated. In reality, evil has no existence, no law, and we have no cause for fear, and as we advance in the knowledge of the possibilities of life now latent within us, we will see that the old beliefs are utterly groundless. We will see that the universal Love is all in all, and that we are expressions of it.

In all the following lessons there will be some repetition of the ideas contained in the first twelve lessons. This course is prompted by the experience of a practiced teacher, whose first lessons follow the leading ideas to their legitimate conclusion; and who then goes over them again in order to fill them out more completely, and often to show them up from different standpoints, so that the student may be at no loss to understand the subject from any point of view whatever.

It is my wish that one lesson should illuminate another; and that all the last lessons should throw light upon the statements of all the first ones. I want the lessons to assist each other in becoming clear to the student's understanding. The best way I have found to teach is to go over the main ideas of the lessons frequently, and at each going over to incorporate something new; some thought that strikes both deeper and higher than the others have done. It is the most effective method I know of to completely eradicate old, negative beliefs and to establish new and positive knowledge in the mind. I have done a good deal of teaching, and though neither a brilliant writer nor speaker, yet I do claim to be able to impart what I know; and I believe my method is pretty nearly correct.

# The Truth about Human Nourishment and the Conquest of Gluttony

The second part of the lecture by Prof. A. EHRET, Alhambra, Cal.

## The ignorance about fruit diet

While I have directed hundreds of fasting cures, people by the thousands have changed more or less under my direction to a fruit diet. The sudden change to a fruit diet causes disturbances, even in an entirely healthy person, which up to now were completely misunderstood, and which become risky and even dangerous, if conducted incorrectly, or without any directions.

To relieve and to avoid any disturbance of health, to replace the old tid-bit enjoyments by new and better ones, I have established a so-called mucuslean and mucusless diet, during the period of transition to an absolute fruit diet. About this I will enlighten you later. To-day's dinner is a mucusless one. If a meat eater or vegetarian passes suddenly over to a strict fruit diet, the same disturbance will appear as with a fasting person, only with a more slight effect. As a rule, he feels better, more vigorous, until a few days later; then weakness, great fatigue, possibly headache, or palpitation of the heart sets in. At the same time a violent secretion of mucus in the urine, consisting of phosphates, fat, uric acid and medicines he has taken or used on his body, takes place.

Fruit, being the only natural food, begins to loosen and dissolve and to lead away through the circulating blood the penned up filth and morass of overfeeding and of wrong useless foods, which were not fully eliminated.

Any one beginning fruit eating also begins a constitutional healing operation, just like the fasting, he loses the change of matter balance, not because the natural food is the **poorest** in albumen, but because now real living food substances push away the dead decayed ones, embedded in the tissue of his whole body.

The breeding conditions for all constitutional and local disease forms

are thus eliminated. His internal impurity, the filth of gluttony, which are the chief causes of all diseases, begins to move. The paradisaical diet wants to bring him back to the purest purity of paradise, where sickness and disease were not known.

The human engine has the wonderful power to be able to clean itself without stopping, at the moment you give it the chance, which means to fast or eat food poor in albumen. Every disease is the body's want of this cleaning process, whereby nature gives the signal by a lack of appetite.

The right understanding for the process of beginning a fruit diet remains hidden to the official world of science, as does the nature of all disease.

Science explains the want of appetite as a change of matter disturbance, caused by not eating enough, and the secretion as pathological symptoms.

The elimination of poisons through the circulation of blood causes more or less disturbance of health and produces a burning desire for the old choice morsels. The surrounding friends of the beginning fruit eater are perplexed and shocked, because he grows lean, and urge him to interrupt his internal purification and eat again rich food. The most convinced one becomes an **infidel** and wavers back and forth, and is tempted to give up entirely this badly reputed diet.

## Transition diet

I divide all foods into two kinds:

I. Mucus-forming foods.

II. Non-mucus-forming foods.

The first kind are: Meat, eggs, fats, milk, and all products made therefrom, dried beans, dried peas, and dried lentils; further, all starchy foods.

The second kind are: All green vegetables and all kinds of fruit. There are vegetables and fruits which contain more or less starch. The less starch

they contain the better they are fitted for food, because starch is nothing but undeveloped grape sugar.

It is best to begin the transition diet with a mucus-poor combination in general, that means, as much as possible mucusless and as little as possible mucus-forming food. The next step is the mucusless diet, which means a combination of starchless vegetables and fruits.

An elimination of part and a decrease of quantity of mucus-forming foods I call a mucuslean diet. Starch flour products are made more poor of mucus by roasting or toasting. Mucusless diet is the combination of greens, as much as possible, and starchless vegetables and fruit.

With the help of this transition diet and some knowledge by the individual to choose rightly and combine, a relatively healthy person can easily come by degrees to an absolute fruit diet.

Without stumbling and without losing confidence again, the greatest and most important truth of life is revealed to him, the knowledge of the **purest, best and most perfect**, and at the same time cheapest, form of nourishment. The morbid gluttony disappears by itself, because now he nourishes himself really and rightly and does not fill up, to satisfy his enlarged stomach and stimulate it with substances which, without fail, will lead to disease and final death.

### The conquest of gluttony

The cause of gluttony is not to be looked for in mental imbecility, or in a passion to satisfy a perverted appetite. It is a neurasthenic mania, a pathological state of a high, strong and intoxicated nervous system, especially of the organs of digestion, for whose apparent and temporary satisfaction an ever-increasing amount of food-stuffs seems to be necessary. The glutton must, in order to find satisfaction, continually augment the quantities, as well as the piquancy of his "eats," just as a drunkard will increase the amount of strong drinks. The

glutton will sometimes starve to death because of too much eating; or, what happens more frequently, certain of his organs and ultimately the whole system will refuse to function. Experience teaches us that a voluntary cutting down of the food supply, or temporary fasting, is an annoying hardship for the glutton, as well as of the average man of to-day. His craving for a full stomach is not hunger or a sign of the need of food. His whole mind is possessed by the craze for gluttony and the devil of temptation lies in ambush on all sides. The mere thought of self-denial in eating fills him with horror, and he cannot bear the idea of curtailing the most conventional and the most pleasurable pastime of his miserable existence. If you take away those false pleasures, which to the modern man seem to be indispensable, it is imperative to replace them with those that are natural, healthful, and superior all around. Mankind is entitled to pleasure. I once met an Englishman on his way home from India, who said me: "We don't know what living is until we have tasted a ripe pineapple fresh from the vine." And I say, and thousands of my followers are saying the same thing: "You must have relished a meal of pure fruit after a fast, if you want to get a faint idea of paradisaical enjoyment." The conquest of gluttony will mostly succeed when we are forced into it by circumstances. This will be one of the main blessings of the war.

But, on the other hand, I am trying to show you a better way, which you will gladly accept after you once have seen the truth which I am trying to present to you.

Gluttony can best be conquered by the substitution of a counter pleasure, which we get through the new diet. Our taste will change and the very craving for the things our tongue liked so well will disappear. After the change to a fruit diet is once established, you will get more pleasure out of your meals than ever before. You will reach a higher degree of existence because you have passed the angel with

the flaming sword who guards the gate to paradise.

In conclusion, I want to give you a plain criticism of food value, and that without the help of the high-toned scales of science.

#### A severe criticism of food values

Meat has no nourishment at all for man. The so-called strength, which we experience after eating is nothing but stimulation. Even the meat-eating animals will die if you feed them on nothing but cooked meat without blood and bones. The same thing happens with an exclusive feeding on eggs, butter or white bread. Even rats will die if you give them nothing but white wheat flour. Those experiments have been made. Nobody can live solely on any one of these so-called good foods. On the other hand, I would bind myself to live on nothing but one kind of fruit for any length of time, and do hard work besides.

Eggs and fats cause the worst impurity of our system. I have found that out with fasters in my sanatorium, who lived before mainly on those foods. I had a millionaire, who was a heavy fat eater who perspired a substance during his fast which was as fat and heavy as melted butter. Cooked and concentrated milk is even worse. It is a mucus former of the first class. Babies may thrive on it in a measure, but how well is proven by the great infantile mortality. All starchy foods are a poor road to grape sugar, which alone can be utilized in the formation of blood. Out of a single fig you will get more nutritive value than out of one pound of bread, rice or potatoes. Milk and starchy food are the stumbling block for the vegetarian glutton. Dried beans, peas and lentils are causing just as much gout and rheumatism as meat, on account of their high percentage of albumen. Less harmful and more nutritious are all green vegetables, because they contain valuable mineral salts. I use those as a stepping stone to the highest, which is a fruit diet.

#### Fruits

The adequacy of fruits for human nourishment is conclusively proven by the fact that the chemical combination is almost the same as mother's milk. Above all, but very little albumen. If mother's milk is sufficient to insure a healthy growth for babies, why should not fruits be an ideal food for the grown-up man? The most decisive test of mother's milk is its sweetness. The most important element of nutrition is not albumen, but organic carbon, so-called "grape sugar." It has the highest percentage in fruits next to water. Every single fruit contains in ideal combination all the elements needed by the human body. Do you believe for a moment that men can create with chemistry and the use of fire anything superior to that which the Creator has given us from the beginning of time? Anatomically and physiologically man is in close relationship with the apes; this much even the scientists admit. Why, then, should they classify us with the hogs, when they are writing a book on diet? The most overwhelming proof that fruits are the ideal food for man is furnished in the success of an exclusive fruit diet for the cure of chronic diseases. I healed the difficult cases of chronic diseases with fruit diet after everything else failed. I have cured myself from the disease of albuminuria through fasting and a strict diet, and I have reached a degree of health which I did not know before. I have supervised hundreds of such cures with excellent results. If fruits have a healing power and regenerate us, it must follow that they are the best food to keep us in ideal health. Modern life is the **tragedy of nutrition**. The curse of civilization is the feverish struggle for the possession of money, so that we might enjoy the so-called privilege of sitting around a well-spread table three times a day; while we do not realize that by doing so we undermine our health and step into an untimely grave.

L. d. G. I hope you will take the

conviction with you that you have seen to-day the question of nutrition in a new light, of truth. If you come to the decision to turn over a new leaf in your habits of eating, you will gain in proportion to the adherence to these new principles. You will, moreover, serve your country better in this way than in any other. And by following the way I have outlined to you to-

night, you give yourself the best treat, because it is an easy and broad way to economic independence as well as to ideal health. Moreover, you people, who live in California, the most favored fruit country of the world, ought to become the pioneers in this movement to help a suffering humanity to conquer gluttony by a closer adherence to the ideal diet.

## Selected Herbs A Review of the Most Useful Herbs as a Curative Factor for Numerous Ailments

### GENTIAN

(German, Enzian; French, Gentiane; Spanish, Genciana; Latin, *Gentiana lutea*.)

The genuine gentian grows in the Alps, in the Tyrol, etc., on high mountains. It is in bloom in July and August only.



This herb is well known for its healing properties, but many people forget that one should never overdo a thing. A little of it goes a long way, therefore never use too much, as this may cause overirritation. To make gentian tea the roots are used. Boil a small amount from three to four minutes in half a pint of water. This is enough for several doses of about one tablespoonful every two hours. Tea of gentian, or tincture of same, is an excellent remedy for stomachache, vomiting, and fainting spells.

### FLAXSEED (LINSEED)

(German, Flachssamen [Leinsamen]; French, Lin; Spanish, Lino; Latin, *Linum usitatissimum*.)

Flax is cultivated in many parts of this country. It was probably first grown in Asia and subsequently im-



ported from there. The plant is in bloom in July and August. For remedial purposes the seeds only are used. The ground seeds are used like *Fænum-græcum* for poultices, for drawing out of swellings and ulcers.

To make a poultice mix with warm water sufficient to make a thick paste, and apply warm.

## A PUBLIC TEST OF ENERGY AND ENDURANCE FROM A MUCUSLESS DIET.

Prof. Arnold Ehret proposes to give a public test of the energy and endurance obtainable from eating only a Mucusless Diet, which is composed exclusively of starchless fruits and starchless vegetables. No meat, eggs, milk, fats, bread or any starchy food.

He has made similar tests in Europe which demonstrated his very important discoveries in regaining health, and an energy and endurance not attainable from any

other food. This is a very important fact for those interested in promoting their health, physical culture, athletic and sporting tests. Speed has been produced by stimulating foods, but enduring energy can only come from actual energy producing food elements which these foods only possess, in the best and cleanest combination.

He proposes a bicycle trip from Los Angeles to San Francisco, or in an enclosed track, continuing for several days. To make the test perfectly scientific, he will fast for a week before to prove that he has not accumulated energy from eating other foods.

Any one wishing to learn his art of living in perfect health can accompany him as a companion and to verify his strict compliance with the diet used and complete performance of the test. Such a test is of great importance to athletes, sporting persons, food experts and students of health, and all those interested in scientific demonstrations.

Luther Burbank has suggested to us that such a test would be the "tremendous proof" necessary to convince scientific investigators of the best food for all mankind.

Professors and investigators of food values in our State Universities, Colleges and Experiment Stations have expressed their deep interest in such tests. Any one interested can communicate with Dr. B. Lust.

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# Rational Fasting

## Regeneration Diet and Natural Cure for all Diseases

By ARNOLD EHRET

### Synopsis of contents:

- I. *The common fundamental cause of diseases.*
- II. *Remedies for the removal of the common fundamental cause of disease and the prevention of their reoccurrence.*
- III. *The fundamental cause of growing old and ugly, of the falling out and getting gray of the hair.*
- IV. *Death.*

THIS is a severely scientific treatise on the rationale of fasting. The argument goes directly to the point and shows how the chronic stuffing of the body mucus-generating foods is the prime cause of disease, premature old age, and death.

Our author declares that disease is nothing else but a clogging-up of the smaller blood vessels, the arterioles and capillaries by mucus, by effete food-products. This clogging up leads to decomposition, to fermentation of the dead matter, that is nature's effort to rid the system of wholly offensive and boiled-dead food products. These decay partially in the living body, causing abscesses, cancer, tuberculosis, syphilis, lupus, etc. The decomposed material gives birth to microbes that are not the cause but the product of decomposition. They are only discernable in an advanced stage of the disease, and by their excretions, called toxins, they also poison surrounding tissues. The prescribed remedy for this state of things is to fast entirely from food, for a long or short period, according to the vitality of the faster.

The energy of the system when not engaged in digesting food attacks the decomposing mucus, slime, or paste, that over-indulgence in food stores up in the system, and cleanses the body from the offensive material.

Mr. Ehret declares war not merely on meat and alcohol, but on cereal and white flour products, being a fruitarian. Walnuts, figs, dates, oranges, bananas, do not generate in the system floral and faunal fermentive slimes and pastes that so readily decompose and produce death dealing diseases. Nobody who values health can afford to overlook this splendid pamphlet that discloses the natural cure for all diseases.

Price, postpaid, 50 cents.

The Nature Cure Publishing Co.  
Butler, N. J.

## VACCINATION COMMERCIALISM

By H. E. BLILER

Chicago, Ill., U. S. A.

Author New XX Century Health Book  
"Systemic Hygiene"

My constructive efforts will ever be in the interest of the masses, despite the fact that I have been advised to cater to the elite and exclusive in magazinism, and was told "it will pay you." Such sordid form of activity does not appeal to me, hence my aim will be to secure wide publicity; my regard for public approval is of a more dignified form. Information of scientific value to all should be national in scope, so that many may benefit thereby—spelling redress to the jaded mind.

My Truth is the Truth, loudly proclaims the Egotist. Thus we individually paint the picture of the universe from our viewpoint, the artistic merit of the same depending largely on our capabilities and attitude. Have we a warped vision, or do we see clearly the points that are important? The simple things of life are the ones that impart enduring nourishment.

Dr. J. M. Peebles, the distinguished physician and author, who has made five journeys around the world and has treated smallpox in every civilized country in the world, is the author of a standard volume

of 326 pages on vaccination. In his references to the medico-political doctors who are in the lucrative enterprise of racial poisoning, Dr. Peebles writes:

"The leaders in the vaccination movement must be perfectly aware of the fact that vaccination stands condemned; but they seem to have no idea of surrendering to it; first and foremost, because of its money value; secondly, because they do not wish to disturb the present disease conditions of the country and of the world; and, thirdly, they dread the manner in which the awakening conscience of an indignant public would call them to account for a century of blood poisoning.

"Disease kept booming by vaccination, if discontinued and superseded by sanitation, would cause the death-rate to decline so rapidly that the wayfaring man, though a fool, would be able to see whereof he had been deceived by the vaccinating doctor, who, thenceforth, would be rated at his real value.

"Syphilitic, tuberculous, or cancerous poisons may be vaccinated into a child's body, and these remain inert for years, and then usurp the soil into which they have been planted. We may not be able to detect from the results of the first disease taint which the vaccinator introduces from the skin puncture he inflicts upon our little ones. Our eye may not follow it in its various paths, through its sure ramification and development in later life; through the children and children's children in whom that blood taint has developed and accomplished its work of final ruin.

"It is, indeed, a serious thing to poison life at its fountain-head, even falsely thinking to avert a possible future danger, but to thus poison the blood—the life forces—deliberately for gain, is a most infamous crime against society.

"Since the introduction of vaccination, tuberculosis and cancer have greatly increased. Good authorities express the belief that the increase in the above-mentioned diseases is due, largely, to the practice of vaccination.

"It is evident that we are unable to measure the dangers which way lurk in any specimen of vaccine; that it can only be tested by its results; that these results are not immediate and obvious, but are often not completely developed until years after the vaccination."—George W. Winterburn, M.D., Ph.D.

\* \* \*

#### VACCINE VIRUS MADE FROM THE ROTTEN TISSUES OF A SICK CALF

A calf is strapped to an operating table, so it is perfectly helpless. The belly and udder shaved, and from 100-102 incisions made with a lancet, and into these wounds is rubbed the filthy pus taken from a running sore on a smallpox patient.

The calf is then unstrapped and tied up with its head to the wall, so that it shall not lick itself for eight days.

Some of you know what you have suffered from a single pustule on your arm. You know the terrible irritation and suffering.

At the end of eight days this poor dumb creature, after passing through fever and smallpox, is brought back and once more strapped to the table in order to get the dirty, decomposed matter out. The pustules have to be **squeezed with iron clamps**. Often the tops are cut off, and the matter from the scabs scooped out.

\* \* \*

#### SPECIAL NOTICE

Let the people of Chicago realize their true friends. Refuse to have your children vaccinated, and if any school teacher refuses to admit your child to the public school, go immediately to a lawyer and swear out a warrant for the arrest of the teacher.

If any member of the Board of Health, any member of the police force, or anybody else, attempts to vaccinate your child or to intimidate, coerce, or frighten you into having a child vaccinated, go and swear out a warrant for the arrest of such person.

If any school teacher, member of the Board of Health, policeman, or anyone else makes the statement that your child, because of being unvaccinated, is a menace to the schools or to the public health, consult a lawyer and start action for damages.

Boards of Health and police officers all over the State are acting in direct violation of the decisions of the Supreme Court, which decisions will be printed in the special paper above mentioned.

Let those who are interested in saving children from this gigantic delusion, **vaccination**, communicate with The American Liberty League, 64 E. Van Buren St., Chicago, Ill., or the American Naturopathic Association, 110 East, 41st Street, New York, N. Y.

Let all the anti-vaccination forces in the State organize to stamp out, once for all, this foul invention for the creation and spreading of disease and the destruction of humanity.

\* \* \*

#### PRELUDE:

Vaccination—The Foulest of all the Foul Inventions of the Devil and Dirty Doctors, for the Creation and Spread of Disease, for the Debauching and Destruction of Humanity, also read the truth in the New XX Century Health Book, "Systemic Hygiene." The truth about the teeth in their relation to disease. Unique, scientific, truthful.

# NATUROPATHIC NEWS

One of the most consistent authors in the Naturopathic movement in America is H. Lindlahr, M. D., of Chicago, Ill. His first four works are masterpieces on natural therapeutics. Vol. I, Philosophy of Natural Therapeutics; II, Practice of Natural Therapeutics; III, Nature Cure Cook Book and Dietetics, and IV, Iridiagnosis, which was recently published. This last work goes into the sickness-finding subject deeper than any other published. Built up on the fundamental principles laid down by the discoverer of Iridiagnosis, Dr. Von Peckcely of Hungary in 1855, the subject was further developed by Doctor Thiele of Germany (translation of this work was recently published in English by Dr. Collins of Newark, N. J., in two volumes), Dr. Lilijequist of Sweden, Doctor Felke of Germany, Dr. Lane of Chicago and Dr. Andershou of England—all their findings and developments of the science are united in one system and improved considerably by new additions by the author.

Any drugless doctor who cannot study all these different books in the different languages will find in Dr. Lindlahr's work a summary of them all. This work gives in addition to Iridiagnosis also all other naturopathic diagnostic methods, and for the first time we have here a handbook for the naturopathic doctor irrespective of the branch or method he specializes or diagnoses in. The work is a masterpiece, as it will enable the student by the different keys given to make not only a basic or constitutional diagnosis, but to make his deductions as to the different diseases, as to the causes of alteration of functioning, and as to poisons in the individual. Iridiagnosis has come to stay. Even the medical men, although a little shy, are coming in on the back fence to find out what this science is and also to get some of the crumbs from the table of natural therapeutics.

These works of Dr. Lindlahr should be in the hands of every doctor irrespective of school, whether naturopathic or medical. They are especially very valuable for the medical men for "un-learning," and that is the hardest task for the medical profession to-day, to drop all that is injurious and non-consistent, that is not in harmony with Nature's laws, that does not support human life. Medical science, as it presents itself to-day, is the science of interfering with Nature, to shorten the span of life and to keep the people in darkness for domination and exploitation, but this condition will be swept away with the torch of light, as Dr. Lindlahr upholds it in his work. Naturopathic therapeutic is the only method of healing and will take the place of antiquated devilish medicine.

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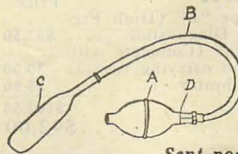
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We have just received word from Doctor Lindlahr that the third volume, "The Practice of Natural Therapeutics," will be the greatest and his best work and will be ready by the first of August. This work should be placed in the hands of every doctor. Everything is classified into sections and numbers, which makes naturopathic description for the drugless doctor very easy. No doubt this plan will meet with the approval of all the drugless healers in the field. The Naturopathic Center, 110 East 41st Street, will accept orders for this new work now. Price, \$2.20 postpaid.

We herewith give a full list of all Doctor Lindlahr's works which we can supply:

Vol. I, Philosophy of Natural Therapeutics .....	\$2.20
II, Practice of Natural Therapeutics.....	2.20
III, Vegetarian Cook Book and A. B. C. of Natural Dietetics.....	2.20
IV, Iridiagnosis and other Diagnostic Methods .....	2.65

We also carry the following pamphlets by the same author:

How I Found Nature Cure.....	.30
Who Provides the Victims of the Black Stork? Who Makes the Damaged Goods .....	.30
Acute Diseases: Their Uniform Treatment by Natural Methods.....	.50
How Nature Cures.....	.30
Dr. B. Lust's Nature Cure Center, 110 East 41st Street, New York.	

\* \* \*

The editor gave his famous lecture at the American Institution of Phrenology, 1358 Broadway, N. Y. C., on June 27th, "How to Become 100% Healthy." The auditorium of the institution was crowded and the lecturer was received with great applause.

The Phrenological Institute conducts throughout the year on Friday evenings an open forum with public lectures. This institution makes a specialty of vocational advice and delineation, the real meaning of modern phrenology. Its membership is recruited not only from the city, but from all over the world. Initiation fee and yearly dues, \$1. "Self-knowledge is the key that unlocks the door of the mind," is the beautiful motto of the J. A. Fowler Phrenological Institute.

\* \* \*

The commencement exercises of the Washington, D. C., School of Chiropractic, of which Dr. J. Shelby Riley, Ph.D., M.D., D.O., D.C., is the president and Prof. Gilbert P. Brown, Ph.D., D.O., D.C., is vice-president, took place in that city on June 12th and 13th, at eight o'clock P. M., in the Y. M. C. A. Assembly Hall. Over five-hundred friends of chiropractic were in attendance, many of whom the leading lights in professional life in the capital city. Over forty were graduates receiving the degree of Doctor of Chiropractic. Several well-known medical men and women were of the graduating class, and several are taking

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post-graduate courses. Dancing and refreshments followed.

The chiropractic pilgrim always finds a warm welcome at 1116 F St. with the Washington School.

\* \* \*

Much activity has been resumed at the "Mecca College of Chiropractic," the parent institution of modern chiropractic in New Jersey, at 122 Roseville Avenue, Newark. At the opening night, May 6th, thirty-five students matriculated and since then the class has grown to over eighty students. This college, which moved to New York City for one time and was really the parent of the Chiropractic College on 34th Street, which later on was incorporated with Dr. Deininger's College of Chiropractic and now known as the Chiropractic University, still has its root and main stay at the old place of its origin. Other colleges of Chiropractic have sprung up and we have recently attended the graduation exercises of the Eastern College of Chiropractic; but so much is sure, there would have been no Eastern college in Newark if it had not been for the hard pioneer and preliminary work of cleaning and preparing the field, under great difficulties, by Dr. F. W. Collins. "Credit to whom credit is due" is always the editorial policy of our magazine, and we cannot help but see in the growth of Chiropractic, in the old college as well as in the new, Dr. Collins' ability as an originator, up-bulder and promoter of everything that is good and rational in chiropractic. By looking over the names of the Faculty of these two rival colleges in Newark, we can see that at the Eastern College most of the instructors are former graduates of the Collins' college, so only the blind can fail to see the good work Dr. Collins has established and the fruit of which is now coming forth in New Jersey and in the branch of the Mecca College at 18 West 34th Street, New York City. A number of special post-graduate courses are being given during the summer, first in Newark, N. J., and New York City, and afterwards in the principal cities of the United States. As Dr. Collins' college teaches straight Chiropractic first, he also teaches in addition the other branches which are necessary to equip and qualify a good chiropractor, so that he will be efficient enough to fully take the place of the medical doctor, to administer to all the wants of the people in the community. The difference of a graduate from the Mecca College of Chiropractic is simply this: he is first and above all a real chiropractor that does not use only the good that is in chiropractic from one man or from one school, but he has studied all the different methods of advanced chiropractic and is familiar with all the constitutional and necessary methods without which no healing system can be perfect, or a practitioner be called a "doctor." The college has published a few new books, one of them is "Iridology," or diagnosis

from the eye, a translation of Prof. Thiele's book. A second volume of this work is in preparation by Dr. Collins "himself."

\* \* \*


The first graduation exercises of the Eastern College of Chiropractic took place on June 20th, 1919, at Hotel Robert Treat, Newark, N. J.

As the first graduation of this college, it was certainly a great affair. The arrangements, the general atmosphere on the occasion, the rendering of the fine and well-planned program, without disappointments or failure in any particular, the harmonious and constructive policy all through the evening by the different speakers, all proved that there is the right spirit of sincerity, loyalty and co-operation in this young college, and that it commands respect. No doubt this college has come to

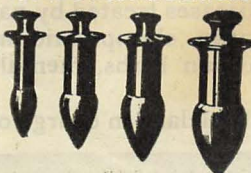
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stay, and its dean, Dr. Kightlinger, and the different members of the faculty had every reason to be proud of the applause and encouragement they received from the friends and foes of straight chiropractic, as well as from the press, the community of Newark and other cities near by. There were many speakers and visitors from New York City in the audience, who went over to see what Newark can do and what a straight Chiropractic College looks like that is endorsed and blessed by the great B. J. "himself," the all highest in "only straight" chiropractic. No doubt, the chiropractic members and practitioners who paid "straight dearly," and who were willing to bring the sacrifice for this celebration and the coming of "B. J." deserve thanks from all those who are connected with chiropractic. It was a great boost for chiropractic in Jersey, and we hope and trust that the two rival colleges will equally share the results.

\* \* \*

We New Yorkers certainly begin to get jealous of Newark with two chiropractic colleges. One visitor offered \$10,000 as the nucleus for a chiropractic college in New York City, but the offer was ridiculed as not big enough by "B. J.," stating that it would be easy for him to issue a check at once for \$50,000 for such a college. That, of course, crushed the ambition and washed away the good will that was sincerely of-

fered for the establishment of a genuine chiropractic institution of learning in New York City. We would like to know from B. J. "himself" how much he would consider a nucleus for a chiropractic college from somebody else, as the \$10,000 proposition is now withdrawn.

\* \* \*

In the beginning of October the next school year of the American School of Naturopathy will be reopened in New York on a larger scale than ever. Negotiations are under way for a \$200,000 building which was formerly used as a hospital, with the intention of buying. A larger institution of natural therapeutics is contemplated on the co-operative plan, teaching all the branches of rational drugless healing. Constitutional methods that are necessary, with natural life as the basic principle. A school of health and not of disease. Chiropractic will also be thoroughly taught by a special department. This department will be conducted free from autocracy; the students and graduates will not be dupes of one man or of one clique. They will be instructed in a democratic way, graduated as free men, without fetters, free to choose in addition to chiropractic what they like to use, according as their consciences dictate. If they only want to be specialists of chiropractic, they can go ahead as such, but if they want to qualify as physicians who can administer to all the needs of the people, they will be given that opportunity in

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the same college. Accidental surgery and other auxiliaries that are necessary for a real physician, and obstetrics, hygiene, dietetics, hydrotherapy, osteopathy and all the different branches of mechanotherapy, outside of chiropractic, will be taught. Graduates of chiropractic will receive a degree as Doctor of Chiropractic; graduates of naturopathy, which really and fully means a rational physician, will receive a degree as Doctor of Naturopathy. The school, having a charter to conduct a hospital and clinic, will teach modern nature cure thoroughly. This college will not make the mistakes the osteopathic schools have made by raising their standard to official medicine to include drug poisons in their curriculum; no, this college will teach and practise all that is good and rational in the general healing art, and will discard and drop all that is dangerous, immaterial and erroneous. It will be a modern school of rational medicine, giving a four years' course for those who want to qualify and take up the state board examination in states where drugless provisions in the law exist; it will also give shorter courses for those who are going to practise in states where no examinations are necessary. A new prospectus is in preparation which will be mailed on receipt of 25 cents. Address: Universal Naturopathic

Academy & Hospital, c/o Dr. B. Lust, 110 East 41st Street, New York City.

\* \* \*

As peace has been signed now, the natural life colony in Cuba can again be more easily reached, as restrictions of travel will be more or less removed. The editor with a few friends is contemplating a visit in August to the colony. Those who are ready to go should send word beforehand so they can join the party.

\* \* \*

A real school of opportunities is the Howard College of Chiropractic, 515 S. Ashland Boulevard, Chicago, Ill. Day and night courses of twelve and eighteen months are given, as well as post-graduate courses of six weeks each, running continuously. Here is a college right in the heart of the great center of drugless healing, Chicago. Opportunity is given at this college that students and practitioners can also study the other natural methods of healing as given in the famous Lindlahr College of Natural Therapeutics, which is closely allied with the chiropractic institution. Another great advantage of this institution is the clinical facilities given by the Lindlahr sanitarium in Chicago and Elmhurst. Thou-



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sands of patients are treated every year, all cases and conditions present themselves for study and observation. We congratulate Dr. Lindlahr, Dr. Havard and Dr. Howard for understanding the spirit of the time, for teaching all that is good and rational in chiropractic, as well as the other constitutional methods. The spirit of the Lindlahr institution is liberal, broad and up-to-date. The men who are heading this institution are men of unblemished character, and have made good in their respective drugless professions.

\* \* \*

The Chiropractic University of New York is really the only college "worth while" in New York City teaching broad and liberal chiropractic, having acquired its corner-stone and real foundation by the purchase of Dr. Anton Deininger's New York College of Chiropractic, the pioneer who first established and conducted a school of Chiropractic in New York City. The good will and reputation that Doctor Deininger and friends left behind are the real first asset of this college. More strength came in by taking over the Amalgamated Colleges an 34th Street, which were made up of Collins' New Jersey College of Chiropractic, the Broberg School of Physiological Therapeutics and the N. Y. School of Chiropractic, respectively.

Originally this college was planned to teach also other branches of drugless healing, but for reasons only known to the management and present faculty, it became a strict "only" chiropractic institution. The professors of the several branches such as hydrotherapy, electrotherapy and naturopathy, were "shelved and canned," one after the other, whether for the benefit or the detriment of the college is yet to be seen. Dr. Carnot, the principal stockholder, and the dean and the faculty of this college are conscientious and sincere men on "straight" chiropractic. They believe by teaching one thing and teaching same well, they can raise the standard of the school and make it a success also in every other way. The regular course in the college is two years, but evening courses are given as well and as a continuous post-graduate course. Outside of the Palmer College, this is really the largest and foremost institution of chiropractic in America, to-day. Same is not under the control of any czar, autocrat or junker clique. The students are free men and women, and exercise their own right to think and to express themselves. The present attendance is 350, and if the school keeps on increasing, as it does now, it will be compelled to look for larger quarters very soon and be ahead of its one rival. The college is a great success, chiropractically as well as financially.

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## CORRESPONDENCE

Dear Dr. Lust:

It is with all sincerity that I write you at this time, knowing you have the drugless profession at heart more than any one else as a result of your prosecutions and suffering more through same than any person living. We all owe you a great debt for breaking the "Medical Trust" in this State and want the privilege and opportunity of showing our appreciation for what you have done for us. You are the only strong and firm foundation we can hope to build on and to look to for assistance and we know you will not fail us after all you have passed through in years gone by for this great cause.

It can be nothing short of a miracle to legislate as we now stand. First we must look to ourselves for reasons we have been unable to get a bill through at Albany before. We are not strong as we are not organized. "Together we win, divided we fail." Let us look to the core: is it good all the way through, are there any diseased places that will bear investigating, if so we must remove them regardless of what it will cost us.

We must stand for loyalty, honesty, peace and power; when this condition exists we will legislate and nothing can stop us. But until this does exist we will always be weak. You have taught us we must first clean the system before we can expect to have health and you will surely agree this applies to our profession. As it now stands our system needs a fast, we need to get new vital power. Can it be possible there are so many who are ignorant to the fact of this great need? The medical men are not ignorant to this fact.

Let us reorganize and stand for all that our profession stands, for truth, health and prosperity, with peace, power and freedom, leaving no stone unturned until we succeed.

Dr. Lust: you have left no stone unturned up to this time, but there is one unturned before you now and we will never allow you to regret it if you will turn this last stone. You should deem it a great honor and privilege to stand in this position. You have every one at your command and should be commander. We will support you to the finish. Trust us as we trust you and all blessings will be yours for ever more.

Very sincerely yours,

Edith Alma Tonyee Walker, D. C., N. D.

Extract from a letter from Dr. Jos. M. Mols of Buffalo:

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class marching and drilling, getting instructions in how to loosen muscles, how to influence a contracted organ, how to help obstructed circulation with the aid of a broomstick without giving the operation a Greek or Latin name a yard long, is a conundrum to the people. They can't understand in the City Hall why I do all this without charge. Of course these gentlemen don't know that the Naturopath is out for Health, Life and Happiness—things one cannot buy, but must produce with heart and soul.

"In Alden, N. Y., I gave a lecture of which I send a clipping. The reporter was so interested that he forgot to put down half of it."

Dr. Mols is keeping up the good work. We wish we had more like him.

\* \* \*

Dear Doctor Lust:

I wish to thank you now for the kindness extended to all the chiropractors and drugless healers of the "Mecca" Drugless Hospital Association who took part at the 10th annual pilgrimage at "Yungborn," Butler, N. J., on Sunday. It certainly was a beautiful day and we all enjoyed it. I think we now have a very fine nucleus for a real chiropractic and naturopathic hospital to work with. The only thing to do is to forget the past, forget those who have turned their back and take the new material and hew it into line. I did not see you before I went away and again thank you and Mrs. Lust for your hospitality and kindness.

Dr. F. W. Collins,  
D.C., N.D., D.,O.

\* \* \*

Dr. Benedict Lust, Butler, N. J.

Dear Sir:

I received all the books I ordered and I am highly pleased with them.

They are replete with basic facts and priceless knowledge on the art of right living.

Very cordially,

A. Le Comte.

\* \* \*

Dear Doctor Lust:

Your magazine has greatly aided me in solving many problems regarding Naturopathy, and I wish the highest type of success will crown your noble efforts on behalf of Nature Cure.

Respectfully yours, Arthur Sapero.

\* \* \*

Dear Doctor Lust:

Is the Herald late this month? I miss it.

I hope now that all true Chiropractors, Naturopaths, and drugless physicians will get together and work harmoniously for a bill in their interest.

The prejudice shown by so many should be dropped at this critical time, and had there been more unity in the ranks we would have reached our goal before this.

Root out those one-sided fellows, those "Bolsheviks" who, instead of using com-

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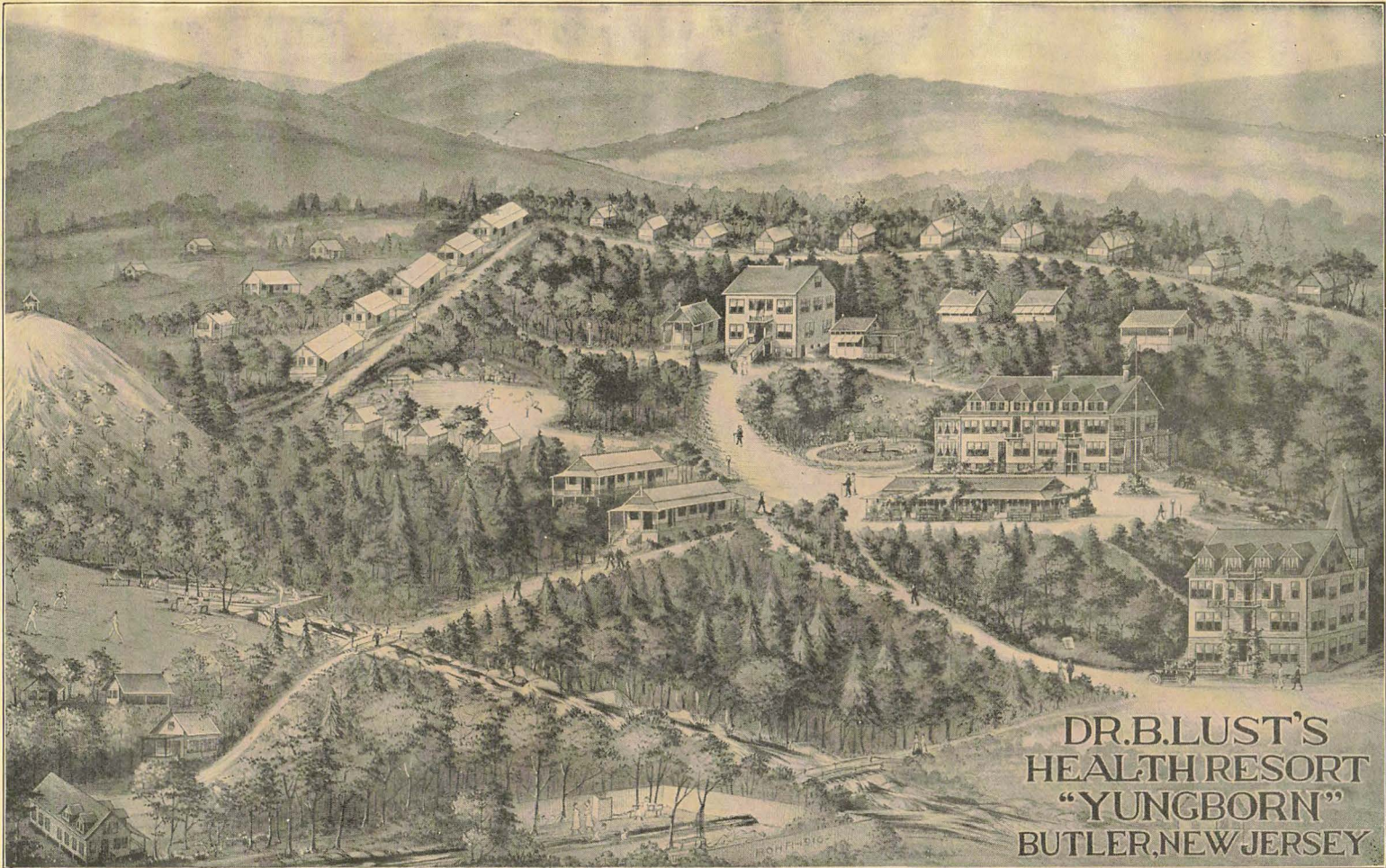
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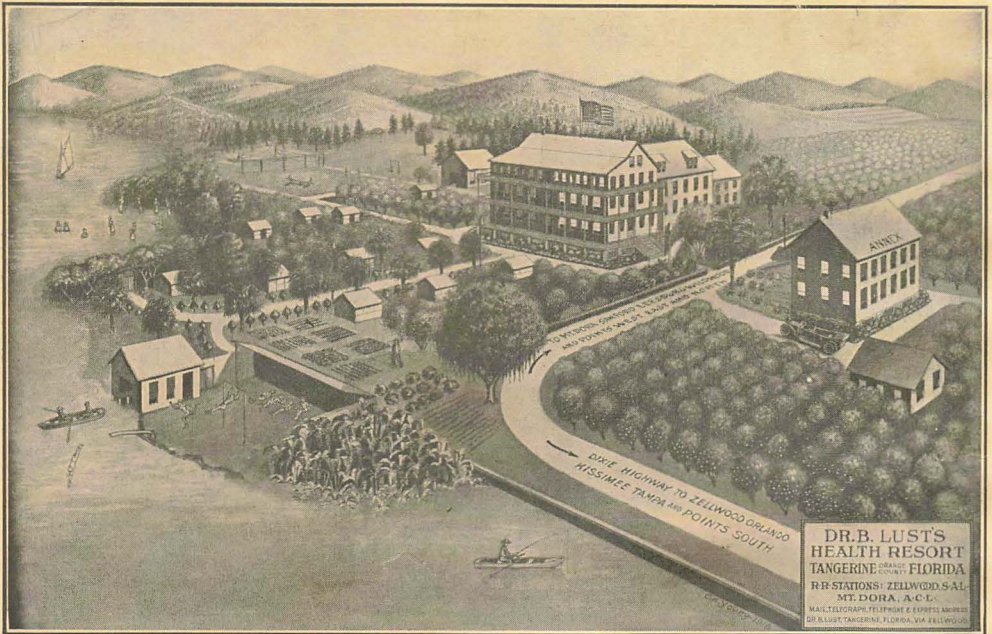
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