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The Lindlahr Magazine

FOR THE PROMOTION OF
HEALTH
SUCCESS AND HAPPINESS

Volume 1

April, 1922

Number 2

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★ *It takes an intelligence of a
high order to appreciate the
significance and importance of
simple things.*

—Dr. H. L.

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The Lindlahr Magazine

FOR THE PROMOTION OF
HEALTH
SUCCESS and HAPPINESS

Volume I

APRIL, 1922

Number 2

HENRY LINDLAHR, M. D., Editor

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The Lindlahr Magazine

Electronic Diagnosis and Treatment

Henry Lindlahr, M. D.

My soul now rests in peace. My life-work is completed. I have witnessed the fulfilment of my heart's desire—the conquest of disease.

From the beginning of my public work, as a teacher and physician, I proclaimed that Nature Cure philosophy and practice should include everything true, useful and practical in natural methods of healing, no matter by whom discovered or advocated, whether backed by regular or irregular authorities. In the past, my associates and myself, have faithfully adhered to this policy. Unceasingly we have searched for new ways and means that would make the science of healing human ailments more complete and more efficient.

We never claimed that our knowledge and skill had reached ultimate perfection. Quietly and persistently we followed new trails and promising prospects until our prayer for further light has been answered far beyond our most extravagant hopes and expectations.

The crowning achievement of Natural Therapeutics, the greatest discovery of all ages, is Dr. Abrams' **electronic diagnosis and treatment**. It reduces medical theory and practice to absolutely basic principles and exact science. It enables us to keep track of actual improvement by measuring with exactitude the decrease of disease vibrations in the system. Incidentally, it proves true all the fundamental principles of Nature Cure philosophy and practice, the reasonableness and efficiency of our methods of diagnosis and treatment.

It will be best to let an impartial observer describe the new discoveries. Upton Sinclair, the celebrated author watched Dr. Abrams at his work for twelve days. The following quotations are taken from his description of what he saw and learned in Dr. Abrams' laboratory.*

"If I were to tell all that I have seen with my own eyes in the last twelve days, I fear the reader would find his powers of credulity overstrained, so I shall content myself with trying to tell, in very sober and cautious language, the theory upon which Abrams is working, and the technic which he has evolved.

"To Dr. Abrams occurred the idea of determining the vibration rates of diseased tissue and disease germs. He discovered that it was invariably the same; not merely does all cancerous material, for example, yield the same rate, but the blood of a person suffering from cancer yields that rate, at all times and under all circumstances. The vibration of cancer, of tuberculosis, of syphilis—each is different, uniform and invariable. Likewise in the blood are other vibrations, uniform and dependable, which reveal the sex, age and race of the patient, the virulence of the disease and the period of its duration—yes, and even the location in the body, if there be some definite infected area. So here is a modern miracle, an infallible device for the diagnosis of disease. Dr. Abrams does not have to see the patient; all he has to have is a drop of blood on a piece of white blotting paper, and he sits in his laboratory and tells all about it, and somewhere several thousand miles away—in Toronto or Boston or New Orleans, a surgeon operates and finds what he has been told is there.

* * * * *

"I will content myself with telling what my wife and I have been watching, twice a day for the past twelve days.

"The scene is a laboratory, with rows of raised seats at one side for the physicians who attend the clinic. There is a table, with the instruments of measurement, and Dr. Abrams sits beside it and before him stands a young man stripped to the waist. The doctor is tapping upon the abdomen of this man, and listening to the sounds. You will find this the weirdest part of the whole procedure, for you will naturally assume that this young man is being examined, and will be dazed when someone explains that the patient is in Toronto or Boston or New Orleans and that this young man's body is the instrument which the doctor uses in the determining of the vibration rates of the patient's blood. Dr. Abrams tried numerous instruments, but has been able to find nothing so sensitive to electronic activity as a human body. He explains to his classes that the spinal cord is composed of millions of nerve fibers of different vibration rates; hence a certain rate communicated to the body, is automatically sorted out, and appears on a certain precise spot of the body in the form of increased activity, increased blood pressure in the cells, and hence what all physicians know as a "dull area" which can be discovered by what is known as "percussion," a tapping with a finger. To map out these areas is merely a matter of long and patient experiment; and Abrams has been studying this subject for some twenty years.

*See Upton Sinclair's recent work *The Book of Life, Mind and Body*.

"So now he provides the world with a series of maps of the human body, and he sits in front of his "subject," and his assistant places a specimen of blood in a little electrically connected box, and sets the rheostat at some vibration number—say fifty—and Dr. Abrams taps on a certain square inch of the abdomen of his "subject," and announces the dread word "cancer." Then he places the electrode on another part of the "subject's" body, and taps some more, and announces that it is cancer of the small intestine, left side; some more tapping, and he announces that its intensity is twelve ohms, which is severe; and pretty soon there is speeding a telegram to the physician who has sent this blood specimen, telling him these facts, and prescribing a certain vibration rate upon the "oscilloclast," the instrument of radio-activity which Dr. Abrams has devised.

"This, you see, is really the mastery of life. If we can measure and control the minute universe of the electron and the atom, we have touched the ultimate source of our bodily life. I might take chapters of this book to tell you of the strange experiments I have seen in this clinic—showing you, for instance, how the reactions differ in the different sexes and at different ages, and how they respond to different colors and different drugs. Abrams' method has revealed the secret of such efficacy as drugs possess—their work is done by their radio-activity, and not by their chemical properties. Also the problems of vaccination has been solved—for Abrams has discovered a dread new disease, which is bovine syphilis, originally caused in cattle by human infection and inoculation, and now reintroduced in the human being by vaccination, and becoming the agent which prepares the soil of the body for such disorders as tuberculosis and cancer. And it appears that we can all be rendered immune to these diseases, by electronic vibrations, introduced into our bodies in childhood; so is opened to our eyes a wonderful vision of a new race, purified and made fit for life. Here at last is science justified of her optimism, and our faith in human destiny forever vindicated. Take my advice, whoever you may be that are suffering, and find out about this new work and help to make it known to the world."

These same scenes can now be witnessed every day in our sanitarium. Yes, it is all true, and Sinclair has not told one-half of it. For the last three months we have daily in our laboratories proved true the things he relates in his latest book, and what is best of all, electronic diagnosis and treatment verifies all the fundamental teachings of Nature Cure philosophy and practice.

In the catechism of Nature Cure, page twenty-three, *Philosophy of Natural Therapeutics*, I have defined **health** as follows: "Health is normal and harmonious vibration of the elements and forces composing the human entity on the physical, mental and moral planes of being, in conformity with the constructive principle in nature applied to individual life"; and **disease** as follows: "Disease is abnormal or inharmonious vibration of the elements and forces composing the human entity on one or more planes of

being, in conformity with the destructive principle in nature applied to individual life."

For twenty years readers of the author's books, and especially doctors of the "regular" school of medicine, have shaken their heads at these definitions, called them vague and visionary and wondered what was wrong in Dr. Lindlahr's upper story. Electronic diagnosis now proves positively that every basic disease has its own definite and constant abnormal or destructive rate of vibration, and that this abnormal vibration must be neutralized and dissipated before harmonious or health vibration can be restored.

According to my opinion these radio-active, destructive vibrations in the blood are set up by disease matter. Every disease has its own particular kind of disease matter, and this is made up of definite kinds of abnormal or disease molecules. These disease molecules produce the definite and constant kinds of electronic and atomic vibrations registered and measured by the electronic instrument.

The constitutional nature of all diseases, including germ diseases, I forecast many years ago in my writings. When speaking of germs, I have repeated over and over again the statement, "Every disease germ lives in its own particular kind of disease matter." These various kinds of "disease matter" are now known to us by their own particular vibrations.

As late as 1917 (according to his writings), Dr. Abrams still believed in the disease-producing activity of germs. Now he says that in order to do away with the germs we must remove the morbid, vibratory soil in which they develop. About this subject of paramount importance we shall have more to say in future articles in these magazines.

In a chronic case, which we are now treating, large glandular swellings have disappeared within a few weeks' time. This is due not to the killing and elimination of germs, but to the elimination of pathogenic encumbrances in the engorged glands.

We have always upheld the constitutional nature of tumors, cancers and all other diseases, against the local, symptomatic conception of disease of the regular school of medicine. Practically the entire allopathic medical profession, and surgeons in particular, claim that cancers and other tumors are of a local nature and that the only efficient treatment consists in surgical extirpation. In opposition to this, I have repeated over and over

again in my writings and lectures the following sentence: "The root of cancer", and for that matter of any other tumor, "is in every drop of blood in the body." This also is proved literally true by Dr. Abrams' wonderful little dynamizer. Not cancer alone, but every other basic disease can be diagnosed from any drop of blood in the patient's body.

If the electronic examination of your blood reveals that you have ten or more ohms of congenital syphilis in your system do not get excited and blame it on your parents. Your father and mother may be entirely innocent of handing down to you this undesirable heirloom.

Electronic diagnosis now proves that seventy-five percent of all people in this country have more or less of congenital or hereditary syphilis in their blood. What is the explanation of this astounding revelation? There are two factors which account for it: one is the medical suppression of syphilis and gonorrhea, the other is vaccination. Nature Cure philosophy has told the story over and over again for the past twenty years.

For many centuries, ever since the introduction of mercury, potassium iodid, arsenic (salvarsan) and many other powerful poisons for the treatment of syphilis, this disease has not been cured, but suppressed and locked up in human bodies. This has made the disease chronic and hereditary. The same is true of gonorrhea. All this I have fully explained in the *Black Stork* as well as in other parts of my writings. Thus the dreaded syphilis as well as the gonorrheal taint has been transmitted from generation to generation until a large percentage of the human family in civilized countries is affected by these basic disease strains.

This explains also why among primitive races in Africa, Australia, and in the Arctic Circle, cancer, tuberculosis, various forms of paralysis, paresis, and many other chronic, destructive diseases of civilization are practically unknown. These facts are verified by medical statistics in general. They were confirmed by Dr. Senn, the celebrated Chicago surgeon, after his return from a two years' trip around the world. The thing that surprised him most was the freedom of primitive, or as we call them, savage races from the destructive diseases of civilization.

On page seventy-three, *Philosophy of Natural Therapeutics*, I quote from Dr. Senn's lectures, reported by the daily press (Chicago American, August 5, 1905), as follows:

"His investigations of the natives of Africa served to strengthen his conviction that cancer is a product of civilization, 'like apoplexy and scores of other exotic ailments,' Dr. Senn said. He could not find or hear of a case of cancer among the "Hamites" (negroes) as he termed them. And from the fact that he found the disease to be an unknown one to the Eskimos of Greenland, he is assured that climate has nothing whatever to do with it. Climate did not cause it and climate will not cure it.

* * * * *

" 'They (the negroes) are mostly a fine people physically, lean and tall, except the dwarfs. There is little tendency toward obesity; they have no apoplexy, no distended veins as we have in civilization. ' Hence their freedom from cancer. They live naturally and are vegeterians mostly while the northern Eskimos are meat eaters, but both races eat naturally to sustain life, hence their immunity from that disease. It is where eating is made an art that cancer is most prevalent.

" 'They are free from many other diseases that pester us also. Tuberculosis is hardly known, and only along the coast, where it has been taken by the whites.' "

To this I replied on page seventy-six of the same volume:

"Suppression of acute diseases, by drug and knife, is the all-important factor in the creation of malignant diseases which Dr. Senn overlooked in his discourses on the causes of chronic destructive ailments. If he had analyzed his experiences in foreign lands in the light of Nature Cure philosophy he would have found that the great scourges of mankind exist only in those parts of the earth where the drug store flourishes.

"Paresis, locomotor ataxia and paralysis agitans are not as is usually assumed, due to secondary and tertiary syphilis, but to mercury or other alteratives administered for the cure of luetic and other diseases.

"The more skilled the allopathic school becomes in the suppression and prevention of acute diseases by drugs, knife, X-rays, serums, vaccination virus, antitoxin and so forth, the greater will be the increase of chronic dyspepsia, nervous prostration, insanity, locomotor ataxia, paresis, cancer, secondary and tertiary syphilis, tuberculosis and many other so called incurable diseases."

All this is now fully verified by electronic diagnosis. It proves that all these dreadful diseases that decimate our so-called civilized nations are the result of suppressive medical treatment. They come and go, appear and disappear with the drug store.

Dr. Abrams' revelations prove true Hahnemann's theory of psora. The father of homeopathy taught a hundred years ago that the human family was affected by three deep-seated,

hereditary taints. These he differentiated as psora, syphilis, and gonorrhea or sycois. He claimed that all the ordinary kinds of diseases were symptoms of these underlying hereditary taints.

All this is positively verified by electronic diagnosis. If patients afflicted with diabetes, Bright's disease, chronic rheumatism, mental troubles, and so forth, submit their blood for electronic examination, the report comes back—so many ohms of cancer, tuberculosis, malaria, gonorrhea, streptococcus or other basic strain. All other diseases are merely symptoms of these basic taints, and back of all we find congenital syphilis. Cancer or tuberculosis seldom develops without this basic, luetic strain, which brings it all down to the **unity of disease**, the fundamental principle of the philosophy of Natural Therapeutics.

The second factor in the almost univereal propagation of syphilis is vaccination. Electronic diagnosis proves positively that cow-pox is syphilitic in nature and that practically all vaccine virus contains what Abrams calls bovine syphilis. It proves that the average run of vaccine virus is not pure small-pox or cow-pox strain, but contains all kinds of other disease taints found in the system of the animal or human from which the virus is obtained. These facts I have proclaimed in my writings and lectures ever since the beginning of my public work. On page one hundred forty-eight, *Philosophy of Natural Therapeutics*, in the chapter dealing with vaccination, I make the following statements:

“The question is now in order, why of all the dreaded plagues of the past, small-pox alone survives to this day.

“The answer is, **because of vaccination**. If scrofulous and syphilitic poisons were not artificially kept alive in the human blood by vaccination, small-pox by this time would be as rare as cholera and yellow fever. In this connection it must be remembered that all vaccines, serums and antitoxins are alive with morbid (bacterial) mocozyoma.

“Thanks to the oft-repeated compulsory vaccination of every citizen, young and old, we as a nation have become saturated with small-pox virus,” or as Abrams calls it, bovine syphilis. “Is it any wonder that occasionally this latent taint breaks out in acute small-pox epidemics?

“Undoubtedly the almost universal systematic contamination and degeneration of vital fluids and tissues, not alone with vaccine virus but also with many other filthy serums, antitoxins

and drug poisons, accounts in a large measure for the steady increase of tuberculosis, cancer, syphilis, infantile paralysis, insanity, and a multitude of other chronic destructive diseases unknown among primitive people that have not come in contact with the blessings (?) of "syphilization", mercurialization and vaccination.

"By weakening the system's reactionary powers against one disease, its reactionary powers against all diseases are weakened. In other words, creating in the body a form of chronic small-pox or syphilis, by means of vaccination favors the development of all kinds of chronic diseases.

"Quit sowing the seed, gentlemen. and you will cease reaping the harvest. By the suppression of syphilis and by means of vaccination you are perpetuating small-pox.

"What has syphilis to do with small-pox? They are very closely related and similar in appearance, symptomatology, and in their effects upon the organism. Dr. Cruwell, after having studied the subject thoroughly, says: 'Every vaccination with so called cow-pox virus means syphilitic infection. Cow-pox is not a disease peculiar to cattle: it is always due to syphilitic or small-pox infection from the diseased hands of human beings. Cow-pox pustules have been found only on the udders of milch cows which came in contact with human hands. Cattle roaming in pasture and prairie have never been affected by cow-pox, nor have domesticated steers and oxen. If this disease were a disorder peculiar to cattle both sexes would be equally affected. Jenner's cow-pox was caused by the diseased hands of the syphilitic milkmaid, Sarah Nehnes.'

"Vaccination of healthy children and adults is often followed by a multitude of symptoms which cannot be distinguished from syphilis, that is: characteristic ulcers and eczematous eruptions; swellings of the lymphatic glands; atrophy of the mammary glands in women and in girls above the age of puberty, and so forth."

On pages one hundred fifty-two to six, I show by newspaper reports that two great epidemics of hoof-and-mouth disease were traced back to calves used for vaccine production on the H. K. Mulford farms near Detroit, Michigan. This makes most interesting reading. Cattle kept in the same pens occupied by these calves were the first to develop the disease. Vaccine strain, obtained from these calves, inoculated into cows created

the disease. This proves my claim that vaccine virus is not pure cow-pox or small-pox virus, but a mixture of all kinds of disease taints contained in the body of the animal or human from which it is obtained.

These statements, by many years anticipated Dr. Abrams' revelations as to the identity of vaccine virus with congenital syphilis. Not so many years ago Dr. Abrams lectured publicly on the great benefits derived from vaccination and severely denounced the "antis." Some change of mind!

Electronic Treatment

Electronic treatment is based on the homeopathic principle of *simila similibus curantur*, "like cures like". It uses vibrations similar to the disease vibration to cure the disease. Of this we shall learn more in future articles dealing with this wonderful subject.

How do we know this treatment is as effective as we claim? By the electronic diagnosis we can trace the decline or increase of the disease strains with absolute certainty. For instance, patient A, on a certain date showed 43 ohms of congenital syphilis, 9 ohms cancer and 6 ohms streptococci. After a few months of combined Nature Cure and electronic treatment he registered congenital syphilis, 8 ohms; cancer, 3 ohms and streptococci 0. At the time of examination, patient B registered congenital syphilis 33 ohms, tuberculosis 7 ohms and streptococci (in tonsils and lungs) 8 ohms. On reexamination, the record of patient B showed 9 ohms of congenital syphilis, 3 ohms of tuberculosis and 2 ohms of streptococci. This reduces the control of disease to a matter of bookkeeping and exact figures.

I have observed enough to convince me that in most cases the Nature Cure treatment is just as necessary as ever in order to obtain permanent results. While the electronic treatment is a powerful agent for killing the disease vibrations in the system, it cannot supply mineral elements and vitamins, which are deficient in some foods and abundant in others. Neither will it correct subluxated bones or destructive mental and emotional attitude.

To break down and eliminate cancerous, tubercular, syphilitic and other disease tissues will require all there is in natural methods of treatment, in addition to the electronic. The same is true of restoring partly destroyed and greatly weakened organs to normal

activity. Further observation will give us more knowledge on these and other problems.

Considering the wonderful results achieved by the old approved methods of natural living and treatment, how much more may we expect to accomplish by these additional powerful agencies? We will obtain curative results more thoroughly and in much shorter time.

Good old Nature Cure, together with electronic diagnosis and treatment, will mark the final conquest of disease.

Do these new discoveries mean that now we can cure every disease? Far from it! We do not claim to be almighty—we know our limitations better than ever. Any disease may reach a point where the vitality is so low and destruction of vital parts and organs so far advanced that recovery becomes impossible. Furthermore, electronic diagnosis has established the ohmage at which various diseases become incurable.

In future articles in this magazine I shall continue to describe the wonders of electronic diagnosis and treatment.

You've burned candles at both ends
In your zeal to do and be;
Stolen the blessed sleep God lends
To his children, you and me.
Don't you know your mind may grow
In the daytime's sun and light,
But your soul grows best at rest
In the dream-hours of the night?

—Susan Holton

ANNOUNCEMENT

Reservations for Elmhurst are coming in so early and rapidly that we shall be obliged to open the resort about the middle of April. Make your reservations as soon as possible.



Editorial Comments



Wonder of the Age Surely we of the present generation are privileged beings, allowed, as we are, to witness the astounding developments in all domains of scientific research and invention. Wonderful revelations of science, new discoveries and inventions come in such rapid succession that nothing surprises us any more.

The most marvelous of them all is **electronic diagnosis and treatment** described in the article on this subject beginning on page 1. It is all well enough to have automobiles, wireless telegraphs, telephones, phonographs and a multitude of other additions to the comforts and pleasures of life—but what good are all these if we are weak and ill in body and mind, destined to early graves or to spend our days in chronic invalidism?

More important than all else is that which confers on human beings good health, the *sine qua non* of efficiency, success and happiness. The philosophy and practice of Natural Therapeutics plus electronic diagnosis and treatment have solved this problem.

A careful perusal of the article referred to will clear up many muted questions. Some of these run as follows: "Why does it take so long to get well under natural living and treatment?" "I have been living the natural life for many months or years and still have healing crises."

The revelations of electronic diagnosis fully answer these questions and many others of a like nature. Now that we can measure the strength of hereditary syphilis, gonorrhea, tuberculosis and cancer in the system, we no longer wonder at the difficulty of eliminating these "deep-seated chronic encumbrances," constantly referred to throughout our philosophy of Natural Therapeutics.

Every day from morning till night we have to listen to the same story. Patients who have been with us for a short time come into our offices and say, "Doctor, I feel much better. I believe I can go home now. I shall eat and drink the same as we do at the Sanitarium. I will take my bath and exercise very faithfully. Don't you think I can get well that way?" Our answer usually runs somewhat like this: "Natural living is fully sufficient to **keep** one in perfect health provided the system is in good condition, but to stir up and to eliminate the deep-seated hereditary and chronic conditions in your system (as now revealed by electronic diagnosis), requires all that we can do by our combined methods of treatment, and then in most cases it is difficult enough to accomplish a thorough purification and regeneration."

If we could cure these chronic conditions by telling people how to eat and drink, how to exercise and take a bath, we would be very foolish indeed for maintaining these large institutions with all the care and responsibility they involve. But, as a rule, it is useless to argue. Many believe that our advice is actuated by selfish motives, that we are trying to keep them longer for mercenary reasons. They go home and soon find out that it is not so easy to get well as they imagined. Almost daily, letters come to our desk from people, who "could do it all themselves," complaining bitterly because they did not take our advice and remain long enough for a thorough "house-cleaning."

The electronic instruments now show with absolute certainty just what these deep-seated hereditary and acquired chronic encumbrances are, how much of congenital or acquired syphilis, gonorrhea, cancer, tuberculosis, streptococci virus or malaria the blood contains. To dissolve and to eliminate these basic encumbrances requires a great deal more than a cold bath, exercise and change of diet. It takes all we possess in the natural ways of living and healing, plus electronic diagnosis and treatment, in order to restore the system to perfect health and to make it immune to the encroachments of disease.

The trouble is the natural methods of treatment look too simple. People do not realize their powerful effect upon the system. They are much more impressed by something that

appeals to their imagination, like a Latin prescription, a metaphysical formula or a mysterious operation.

Will this new work do away with the necessity for natural living and treatment? Not at all. What is the use of being cured of old diseases when unnatural habits of living and suppression of acute diseases will create new chronic ailments? Surely, this is good for the doctor but expensive for the patient.

The Dogmas of Christian Science In the light of electronic diagnosis what becomes of the dogmas of Christian Science as to the non-reality of disease? They prove to be errors of mortal mind. When the little metallic instruments register syphilis or cancer in one part of the body or tuberculosis in another with absolute certainty, then, according to Mrs. Eddy, they must have badly erring mortal minds.

When cancer shows a definite and constant vibratory rate of x ohms and tuberculosis of xx ohms, there must be something more real and tangible behind these vibrations than erring mortal minds, especially when they manifest so powerfully that they can be plainly perceived and measured in the body of another person.

If Christian Science cures chronic disease why is it that people who have been ardent scientists and Christian Science healers for many years still register a high ohmage of congenital syphilis, cancer, tuberculosis and other basic diseases? Why is it that under natural and electronic treatment these disease vibrations steadily decrease and disappear altogether within a few months' time. Verily, Abrams' little dynamizer and reflexophone prove beyond the question of a doubt that Mrs. Eddy's dogmas are errors of mortal mind, at least as far as these earth conditions are concerned.

A few stories higher up in the third or fourth spiritual spheres matter may have become so ethereal and mind so powerful that mind absolutely controls and harmonizes the vibratory conditions of the spiritual body, but this heavenly degree of psychic development is reached by very few, if any, select souls on this grossly material earth plane. Therefore, as long as we are of the earth, earthy, we have to obey the laws of matter as well as the laws that govern the higher and finer forces of mind and soul.

On the other hand the electronic instruments plainly testify to the beneficial effects of constructive thinking and feeling. Take a patient in a deeply despondent, hopeless mood, measure the ohmage of his disease strains, then arouse him to a hopeful and buoyant state of mind, make him forget his troubles, convince him that he is going to be well,—immediately the blood will show a slight decrease in destructive vibrations. This does not mean that the disease matter which causes the abnormal vibration has been suddenly eliminated but it indicates the harmonizing and stimulating effect of constructive mental and emotional attitude. If these be maintained permanently they must have a distinctive curative effect.

Observations at Abrams' Clinics

By MATHER THOMPSON, F. R. C. P.

(Dublin and London)

Consulting Physician for "Diseases of the Heart,"

"British Ministry of Pensions"

When first I heard of Abrams' claim, that he could diagnose disease by the examination of a few drops of the patient's dried blood, I thought it fantastic. I was then, however, ignorant of the works of Abrams and of his unique position as a scientific observer in the field of medicine.

It was an article by Sir James Barr that made me think seriously and stimulated my interest in Abrams' theories. Sir James affirmed that not only could Abrams diagnose disease from examination of the blood but could state the seat of the lesion, the sex and nationality of the patient. A statement of belief from such an eminent physician could only be treated with respect.

The editor of *The Medical Press* called attention to the article referred to and in an editorial remarked "that many years ago he had expressed the opinion that all constitutional diseases are mirrored in the blood and that given the necessary knowledge every such disease could be diagnosed by a blood examination."

Well, I thought Abrams claims to have the necessary knowledge.

I got his books. His electronic theory of disease captured my imagination; it appealed to my reason and I resolved to investigate.

"Medicine is not an exact science." Abrams proposes to make it so and he asserts that knowledge should be limited to phenomena. There is so much guess work in diagnosis by orthodox methods. That is generally admitted. It is a common experience for two or three men to have different opinions in a given case. One of the most eminent physicians in the United States had the candor to publish his results. The post-mortem examination proved his diagnosis to be correct only in 50% of his cases, and he has great experience and at his command all the diagnostic resources afforded by a modern hospital.*

What then must be the experience of the average practitioner, and what can be said about the treatment of half his cases since it is based upon incorrect diagnosis?

This is a brief and preliminary note of my experiences at Abrams' clinic.

Every day for the past month I have seen specimens of blood sent in by doctors from all parts of the United States for diagnosis. More than 11,000 specimens have been submitted up to date, and the doctors who send them can't be foolish all the time!

In a few minutes Abrams, without doubt or hesitation but with conviction and certainty, makes a diagnosis of the root disease; states its location and measures its potentiality in ohms! Now I am not unduly credulous. I require proof. Indeed only today a member of the class complained of my hypercritical attitude, but the following points are, I think, conclusive.

1. The medical men who continue to submit specimens repeatedly state that clinical findings confirmed Abrams' previous diagnosis. Let one illustration suffice. Abrams made a diagnosis of sarcoma of the brain and stated site of lesion—a sufficiently obscure condition to diagnose from the blood without a history. I saw the letter written by the doctor in reply, in which he said the diagnosis had been confirmed and that he was so impressed that at the earliest moment he was coming to take Abrams' course of instruction.

2. I have seen remarkable results follow treatment based on Abrams' diagnoses.

3. I have personally elicited electronic reflexes and this, of course, to me is the most important point. I am impressed

*See *Iridiagnosis*, pages 5 and 6.

watching Abrams at work, but when I demonstrated to my entire satisfaction different definite areas of percussion dullness, when the radio-activity from culture tubes of tubercle bacilli, streptococci or a piece of cancerous tissue was directed towards the subject, then any doubt I had fled and I became convinced of the truth and value of Abrams' discovery.

It is often asked why so few have accepted the new doctrine and it is true that even in his own city there are but few disciples, but that is not surprising since the theories are revolutionary and do not proceed from an orthodox school.

I have heard doctors condemn who never investigated nor knew anything of Abrams' methods or underlying principles, and thus their opinion is worth less than nothing and their arguments left me cold.

As I have said, the attitude of the medical world is not surprising. 'Twas ever thus. One remembers that Harvey was counted a fool when he declared that the blood circulated and there is no sadder reading in medical literature than the story of Lister's struggle. His colleagues and the medical world at large laughed at his efforts and derided his theories and practices.

So Abrams cannot escape. He shares the fate of all pioneers. His time is not yet, but he is cheered by this experience—men often come to scoff but remain to pray.

Can anyone adopt Abrams' methods and practice his technique? Yes; anyone with the knowledge of correct percussion and able to distinguish variations in percussion sounds, and many are doing so successfully.

But there is no royal road. It will not come in a day. It demands faith, patience, courage and untiring perseverance, but what greater incentive could there be than the knowledge that it is possible to diagnose disease at its incipency and thus the more easily cure it?

We send out a great deal of literature descriptive of the Lindlahr Institutes. If you receive duplicates, we suggest that you hand these to your friends—thus doing your friends and us a real service.

Freedom Through Obedience Only

Congratulations on a Nature Cure Birthday

HENRY LINDLAHR, M. D.

The following letter was written by a lady patient of ours to her brother on the occasion of his fifty-fifth birthday. He had been greatly benefitted by natural living and treatment.

"Dear Brother:

"As never before can I congratulate you on this Nature Cure birthday for it sees you well and above all sees your life resting on its true immovable basis, Nature's law. You have realized in the physical, the harmony and well-being that come only from compliance with her law. The law always responds in kind to the obedience and harmony we maintain with it and to the trust we place in it.

"There will come to you also, the realization of the growth, the certainty, the peace, the tranquility and joy that come from harmony with, and intelligent trust in the laws of mind and spirit. We are not all physical but mental and spiritual as well and we cannot maintain health and happiness on these high planes by obeying the physical laws only. We must obey also the higher laws which are as unfailling in their effects for good or evil as the lower.

"Life is all law. There is never anything arbitrary or at random in it—all is cause and effect. All life, spiritual, mental and physical is as scientific and exact as chemistry and mathematics. Harmony through obedience is the key-note of all. When that is maintained on each plane of our being, gladly, faithfully maintained, then life is truly a song, one with the melodies of nature, one with the life of the birds, of the trees, of the grass and the rain. All nature sings because it is obedient to the law within and in harmony with it. All law is alive and when Nature's law, the carrier of Divine Energy, whispers to the swallow, 'the cold is coming, it is time to wing your way to the sunshine of the south,' not a swallow disobeys or lags behind but with a song in her throat, mounts into the blue and by her glad obedience reaches sunshine and warm nests and escapes cold and death. Just as surely will obedience and harmony lead us through darkness to sunshine and gladness for the truth of our lives is one with the blowing clover and the glory of the rainbow.

"May many more Nature Cure birthdays be yours and each one bring a deeper, fuller harmony and a new, more beautiful note in life's divine symphony.

"M_A_"

When I first met the lady who wrote this beautiful birthday letter, she had been confined in bed for over two years, slowly dying with cancer of the genital and abdominal organs. Her troubles started with chronic constipation and hemorrhoids. Laxatives, cathartics and absorbents made things worse. Then

her ailments were to be overcome by a slight operation. Instead of improvement, the surgical treatment brought on new complications and after-effects, which necessitated (according to the opinions of her physicians) three more operations for the removal of parts of the rectum and uterus, ovaries and appendix. She underwent all these surgical mutilations before she was thirty-five years of age. The outcome as usual was malignancy and intense hopeless suffering. Morphin and other pain killers only served to aggravate her physical and mental suffering. Faithful adherence to Christian Science brought no relief.

From the first day that she came under our care and treatment, until death ended her suffering two years later, she never took another opiate. Natural treatment made the pains bearable and saved her from becoming a drug fiend in addition to her other troubles.

Her mother and sisters often told me that in spite of her great suffering Miss M— was the sunshine of the home, never complaining, always patient and cheerful. She wrote the birthday letter to her brother after she had been confined to her bed, flat on her back, unable to move from side to side, for more than three years.

What lessons can we learn from the beautiful expressions of trust in the law and cheerful resignation to the inevitable, expressed in her letter? Nature Cure, in cases where it is too late to save life, can and does reduce physical, mental and spiritual suffering to a minimum. This surely is worth while. Many "lost hopes", victims of tuberculosis, cancer, diabetes, Bright's disease and other chronic destructive ailments have passed away under our care, but only in a few instances and then only in the last extremity did we resort to an opiate in order to ease the final suffering. Natural diet, fasting, hydrotherapy, manipulative, magnetic and mental treatments were sufficient to make the suffering endurable without subjecting these patients to the demoralizing effects of opiates and coal-tar poisons. I say "demoralizing effects" advisedly. Every physician knows or should know that such poisons affect mental, moral and psychical conditions as well as the physical. The drug fiend is irresponsible, a hypocrite, and an inveterate liar—he will steal and murder in order to satisfy his morbid craving. These diseases of mind and soul outlast physical death. The medical man may sneer at this as gross superstition, but that does not do away with the

operation of natural law on higher planes of life and action, beyond the ken of materialistic science.

Miss M— A— was one of those rare souls who prove the existence of spiritual things while in the physical body. As her physical envelope wasted and became more and more attenuated and refined, spiritual realms opened to her enraptured vision, not in fevered delirium or mediumistic trance but in wakeful consciousness.

Obedience the only Salvation

Her sublime trust, faith and resignation were inspired and sustained by the teachings of Nature Cure philosophy. She was realizing constantly that while her battle was a hopeless one, she was doing the best that could be done under the circumstances; that her habits of living and treatment were in strict accord with the laws of her being. She had learned that the law of compensation is a fact in Nature, that there is nothing but cause and effect, and that no good effort is ever lost. She knew that while her physical garment was wasting away through destructive disease, her spiritual body was developing in perfect health and beauty. What a contrast between such an attitude of mind and soul and the ordinary fear and despair at the approach of the transition we call death.

The faith of the Naturist is not built on the shifting sands of visionary metaphysical formulae. The Naturist does not deny or ignore the reality of the physical body and its diseases but realizes that the latter are the result of our violation of Nature's law and that they may reach a stage where recovery becomes impossible. He is therefore well prepared to meet victory or failure with equal serenity.

This is not always the case with those who have blinded themselves to the true state of affairs until confronted by the final denouement. I have seen a Christian Scientist who had been a professional healer for many years collapse at the death of her husband and give way to such uncontrollable grief and despair that her piercing cries could be heard a block away. When confronted by cold fact and bleak reality, the bottom of self-reliance and self-control dropped out entirely and gave way to black despair.

Miss A—'s faith was built on a knowledge of scientific facts and Nature's laws, on a clear understanding of her condition and on common sense. Faith built on such a foundation can not be shaken or upset by any adverse development. It is prepared for the worst, as well as for the best. It realizes that it pays to do the right thing in the right way regardless of immediate loss or gain and accepts either with equal joy and satisfaction. Such equanimity may seem superhuman, but not until we can accept pain or pleasure, praise or blame, success or failure with equal satisfaction, not until we can do our work without expectation of the fruit of our labors have we solved the problem of existence.

Self Control the Master's Key

Thus Nature Cure philosophy brings home to us constantly and forcibly, the inexorable facts of natural law and the necessity of cheerful compliance. Herein lies its great educational value to the individual and to the race. The man who has learned to master his habits and appetites, so as to conform to Nature's laws on the physical plane, and has thereby regained his bodily health, realizes fully that personal effort and self-control are the master key to all further development on the mental and spiritual planes of being; that unremitting and unselfish personal effort and self-control are the only means of self-completion, of individual and social salvation.

The Naturist who has regained health, strength and happiness through obedience to the laws of his being enjoys a measure of self-content, gladness of soul and enthusiasm, which can not be explained by the mere possession of physical health. These highest and purest attainments of the human soul are not the results of mere physical well-being but of the peace and harmony which come only from obedience to the law. Such is "the peace which passeth understanding."

It was the realization of these facts which inspired the author of our birthday letter with infinite faith in the law and with patience in her great suffering, notwithstanding the hopelessness of her condition from the physical viewpoint.

Many believe they are asking for deliverance from thralldom and suffering, when in reality they crave lawless license and capricious self-indulgence.

True liberty is to be attained only by knowledge of the laws of our being and by cheerful whole-hearted compliance. The poet is bound hard and fast by the laws of verse and meter, but thus only can he clothe prophetic vision and the soul's emotions in the most beautiful garb of sound and rhythm. The dancer must comply strictly with the laws of rhythmic motion in order to express in her art the beautiful concepts in the mind and soul of the composer. Obedience to the laws of rhythm, sound and motion does not imply slavish subjection to an arbitrary tyrannical will or code but voluntary and cheerful compliance with the laws of order, beauty and goodness, expressions of one and the same great truth in nature.

So in everyday life, giving up unnatural habits and obeying the law does not mean arbitrary punishment, deprivation of personal liberty and unnecessary suffering but is the only means of achieving individual and social health, self-content and happiness.

The joy of play lies in obedience to the rules—without rules no game. Nature's laws are God's rules of the game of life. They are the score of the symphony which we must learn to master before we can play *in tune with the infinite*.

LEAGUE OF NATIONS OR PEACE TREATY—

Take Your Choice

The surprise box handed to our unsophisticated Uncle Sammy by the late Arms Conference, reminds me, as the traveling salesman says, of another story.

One of our professors of Materia Medica, when lecturing on mercury and its derivatives used to say, "When prescribing this drug do not write calomel. Many people know that calomel is mercury and are afraid of it. Always write Hg. (hydrargyrum—a Greek name for mercury)."

Thereafter when mother says to the family doctor, "Now, dear doctor, don't give calomel to Johnnie. I am afraid of it," Dr. Pills blandly smiles, "Oh no, I don't like strong drugs myself. I shall give him hydrargyrum."

AILMENTS OF THE DIGESTIVE ORGANS

Col. I Causes, resulting in	Col. II Acute diseases	Col. III Causes, resulting in	Col. IV Chronic Diseases
Hereditary encumbrances and tendencies	Thrush	Continuation of causes of acute diseases, as given in Column 1	Pyorrhea—Dental decay
Basic hereditary diseases of psora, congenital or bovine syphilis, gonorrhea, carcinoma, tuberculosis, etc.	Vomiting		Chronic gastritis
	Catarrhal elimination Gastritis		Chronic constipation
Prenatal and post-natal mismanagement	Purging	Suppression of acute diseases (Col. II) by drugs, ice, serums, antitoxins, suppressive manipulation and mental treatment and by surgical operations	Chronic enteritis
Overeating	Cholera morbus		Chronic indigestion
Wrong food combinations	Dysentery		Chronic appendicitis
Excess of negative acid forming food	Cholera Enteritis		Chronic diseases of liver, spleen and gall bladder
Deficiency of acid binding and eliminating mineral elements	Acute indigestion	Excessive flushing	Dilatation and prolapsus of stomach and intestines
Deficiency of vitamins	Jaundice	(Destructive mental and emotional attitude)	Ulcer of stomach
Lack of fresh air and exercise	Appendicitis	Neurasthenia	Ulcer of duodenum
Abnormal posture of body, constriction of waistline, by waistbands, corsets and belts	Acute diseases of liver, spleen and gall bladder	Melancholy	Ulcer of intestines
Suppression of acute diseases and of healing crises	Typhoid fever		Ulcer of rectum
	Typhus		Prolapsus of rectum
Autotoxemia			Fissures and fistulas
Drug poisons, cathartics, serums, antitoxins			Hemorrhoids
			Cancer of stomach
			Cancer of liver
			Cancer of intestines

Ailments of the Digestive Organs

DRS. HENRY AND VICTOR H. LINDLAHR

In *Philosophy of Natural Therapeutics* and also in *Iridiagnosis* we have demonstrated that all chronic diseases, which originate through internal causes (not through trauma) and end fatally, pass through the same four stages, namely:

1. Hereditary
2. Acute and sub-acute catarrhal
3. Chronic catarrhal
4. Chronic destructive catarrhal accompanied by loss of substance

The diagram on page twenty-two illustrates this principle of the unity of all diseases as it applies to ailments of the digestive organs. Column I outlines the causes and Column II the manifestations of acute diseases of the digestive tract.

Let us consider first hereditary causes and tendencies. Those who deny the existence of hereditary diseases and tendencies to abnormal conditions are contradicted by the evidence of every-day experience, common sense reasoning, and by the irrefutable evidence of electronic diagnosis. Age-long violation of Nature's laws through many generations has created tendencies to hereditary weakness, disease and abnormality of body, mind and soul. This is particularly true of transgressions against the natural laws governing our habits of eating and drinking. Overeating, and wrong food combinations, which contain too much of the negative, acid-producing elements and not enough of the positive mineral elements and vitamins, have created excessive amounts of systemic poisons, such as acids, ptomains, xanthins, leucomains and all kinds of alkaloids of putrefaction, as well as lowered vitality.

When Nature tries to eliminate these morbid encumbrances and poisonous irritants through the various forms of acute eliminative processes such as vomiting, purging, cholera morbus, gastritis, enteritis, yellow jaundice, appendicitis, typhoid, cholera and other forms of acute diseases (Column II), then home remedies, patent medicines, doctors' prescriptions and surgical operations are employed to check and suppress Nature's acute eliminative efforts, and thus are brought about the chronic complications, or fatal termination. These unnatural practices have been going

on for ages and ages. Is it any wonder that they have produced hereditary tendencies to general weakness, constitutional defects and particular diseases? How can it be otherwise? These hereditary tendencies are made worse by prenatal and postnatal mismanagement; by the anemic and toxemic condition of the blood of the mother and the resulting physical inability to feed her offspring; by devitalized and demineralized substitutes—the extensively advertised baby foods—for good mother's milk; by hot bathing, coddling, fresh air starvation and, above all, by the suppression of Nature's purifying, healing efforts in the form of infantile febrile diseases.

Suppression of acute elimination not only throws the systemic poisons and disease taints in process of elimination back into the system, but adds to these the powerful drug poisons, serums and antitoxins which are employed to suppress Nature's beneficial housecleanings.

The treatment of the various acute forms of ailments affecting the stomach, bowels and associated organs has been fully explained in Chapter XIII of *Nature Cure Philosophy and Practice*, and in Part II, "Treatment of Acute Diseases," *Practice of Natural Therapeutics*. In the volumes dealing with the philosophy of Natural Therapeutics we have explained and demonstrated in detail why all acute diseases can be treated with the highest possible efficiency by the same few simple methods. The unity of all acute diseases as to their causes, their uniform course through five successive stages, and their beneficial effect upon the system necessarily involves the unity of treatment, which consists in plenty of fresh air in the sick-room, fasting, dilute acid fruit juices for thirst, hydropathic treatment by cold ablutions, wet packs, cooling sitz-baths, and so forth, supplemented by constructive manipulative treatment and the right mental and emotional attitude. Such natural treatment allows the inflammatory febrile processes to run their natural course, relieves inner congestion and pain, promotes heat radiation and the elimination of morbid and toxic materials, thus bringing about purification and regeneration of the affected organs and of the organism as a whole.

Quite often people write and telegraph for advice for acute ailments. They will say "I do not find gastritis, typhoid (or whatever the nature of the ailment may be) described in your books. What shall we do?" If these anxious inquirers had grasped the idea of the unity of disease and treatment, as thor-

oughly explained and demonstrated in *Philosophy of Natural Therapeutics* they would not be confused and worried. Had they made a careful study of the chapters dealing with the **unity of disease** and **of treatment** they would apply the natural methods calmly and correctly, with full confidence in Nature's healing power, the Divine Healer within, and in the never-failing fundamental laws of crises and periodicity that control the processes of health, disease and cure.

The three essential qualifications of the natural physician are thorough conviction, courage and stick-to-it-iveness. That these can be acquired and exercised by anybody endowed with ordinary intelligence, common-sense and a little "spunk" is evidenced by the following letter:

C___, Massachusetts
June 17, 1914

"Dear Dr. Lindlahr,—

"This is from Mrs. C___ who left you to come home to her sister who had been hurt on the cars.

"It seems that her fall, or the shock from it, precipitated an attack of appendicitis, as she had complained for some time before the fall of a pain over the appendix, and I had feared that there was some trouble there. After the fall acute appendicitis set in and the doctor had begun to treat it before I reached home.

"The day I arrived I found my sister all fixed up with ice-bags over the appendix and as she had a pain in the kidneys the doctor had painted her back with iodine. For the displaced uterus he had used douches of some kind of an antiseptic. He had plied her with drugs to ease her pains.

"Remembering what you had said in the classes about the danger of ice applied to inflammation, citing what would have happened to Otto had the doctors treated him, *I took off the ice-bags. She had grown steadily worse under the doctor's treatment. I took out the cotton plugs and used plain warm douches for the uterus.

"I had been home but an hour when the doctor came. This man was considered great in cases of appendicitis; he had grown rich and had built a big mansion which the townspeople called 'Appendix Manor'. One night a wag had tacked a sign over the gate, 'Snipped appendixes built this hall.' My family had called him in because they were not Nature Cure students like myself. When he entered he said, 'This woman must be taken to the hospital at once and have the appendix cut out. I have made all the arrangements.' (Common attitude of surgeons in such cases—Ed. Note.) I spoke up and said I did not want her to go. The rest of the family were trying to help the doctor, as he had scared them, and they begged me to let sister go. They were helping the doctor get more money with which to build more houses. They were so scared. I said my sister should go only over my dead body. The doctor said, 'Don't you know that when the appendix bursts your sister will die?' I answered, 'I don't believe it. Dr. Lindlahr says

*(See description of Otto's case in Volume II, *Practice of Natural Therapeutics*.)

when an abscess bursts it is Nature's way of ridding the body of foul matter; if the abscess bursts in the appendix, the pus will flow into the bowel and thus be expelled with the feces, as Nature intends; the body will be rid of it and the patient will get well. Now, how much do you charge to take sister to the hospital? I would like to know'. He said, 'Three hundred dollars'. I said, 'I believe it is a big graft and you get the biggest share of the money—you stand in with the hospital for gain.' Then I said to the relatives, 'See here, this is not your appendix, and you have no right to say a word'. Then I turned to my sister and said, 'It is your appendix and it is for you to say whether or not you will go to the hospital or stay right here and let me use Nature's remedies on you'. She said she wanted me to help her. The doctor was mad and he said 'You will be responsible for this woman's death'. He threw his bottles back into his case and went out and slammed the door.

"Then I put cold packs over sister's appendix and changed them as fast as they grew hot. I made her fast, save for fruit juices, which helped to reduce the fever. I gave spinach juice and lemon water, unsweetened, as sugar feeds a fever.

"In a day or two my patient seemed to feel worse (reaction after ice and drug suppression—Ed. Note) and I became scared myself, as she groaned so awfully I feared she would die. Then I began to feel the great responsibility of having undertaken to cure a case of this kind, and I went down to the cellar where no one could see me and began to cry. The doctor had threatened to put me in jail if sister died. I was scared nearly to death but I knew I had to go on. It was Nature who was on trial and my sister's life was at stake. So I spunked up and went upstairs and the family began to scold me for not sending for the doctor, as sister was worse. But I kept thinking of all you had said in the classes about Otto's case and I resolved to stick to Nature. I had a fight with the rest of the sisters and my aged mother over not calling the doctor—it was a constant battle.

"On the fourth day sister grew better, ceased groaning and began to purge much. The matter that flowed from the bowels was terrible. At last hard crusts of something came away, many of them with blood and pus (as she had predicted—Ed. Note) and sister grew better and better and I began to feel easier in mind.

"It was really astonishing how fast she gained after the pus began to flow. Of course, she was thin and all used up, but she grew stronger and stronger. At the end of a week she sat up in bed and I began feeding her solid food—strawberries, lettuce, a bit of barley bread, buttermilk, and so forth. The doctors had been nosing around among the neighbors to learn of her condition, hoping she had died so they could 'pinch' me. But in vain! She was very much alive.

"At the end of two weeks she left her bed, strong and well and continuing to grow hearty. She is now cured—not a vestige of the disease left and she is greatly pleased to think her appendix did not go to make more mansions for the doctors.

"As for the doctors: They threatened me, but I went to the State House and found that there was one little loophole through which I could escape arrest. That was by declaring that I had used 'Cosmopathic' means, as under the Massachusetts law a Cosmopath is exempt from prosecution. Thus I had them dead to rights and they could do nothing.

"My sister causes a sensation whenever she goes out on the street as the only person who ever escaped the old appendix hunter, Doctor W—. The latter insists that she will have more attacks of the disease, but she will not as it was a perfect Nature Cure.

"The uterus also is again in good condition and in the right place. This injury was not nearly so bad as the doctors tried to make out at the time she fell from her seat in the car.

"I hope you may get time to read this letter to the class and tell them to listen closely to the lectures, for one never knows when one may have to apply the knowledge. Had I not heard you tell plainly how you treated Otto's case, I would not have known how to cure my sister. SC

"**Hurrah for Nature!** She never fails us if we give her a free leeway and keep away the doctors. My best respects to Doctor B— and all the others. For myself, I am some better but very tired over sister's case.

"Most sincerely yours,

"E—A—C—"

Mrs. C— was with us only a little over two months. Her letter shows how much of practical value can be learned in a short time by the educational features of our institutional work. The same, simple, common sense treatment that she applied in her sister's case can be used in all acute diseases with equal efficiency. And what is more important, if acute diseases were treated in the natural way, followed by common sense living, the majority of doctors would soon have to hunt other jobs.

In a future issue of *The Lindlahr Magazine* we shall fully explain the causes of appendicitis and its simple natural treatment, as previously outlined in Mrs. C—'s letter. Lack of space will not permit this in the present number.

During the last twenty years we have treated thousands of cases of appendicitis, many of a very serious nature, without the use of poisonous drugs or surgical operations, and have not lost a single case. This can be proved by the hospital death records in the Chicago Health Department.

Our records in typhoid fever, cerebrospinal meningitis and other acute diseases of a malignant character are equally remarkable. About thirty-five years ago Dr. Brandt of Berlin, began to notice that the Nature Cure "quacks" were curing practically all their typhoid patients while he and the allopathic fraternity as a whole were losing from fifty to sixty percent of all typhoid cases. This induced him to give the natural treatment a fair trial. After proving its efficiency he conferred upon it the allopathic baptism and sanction by publishing his results in orthodox medical journals. Since that time the natural methods of treatment have been

adopted in this disease by advanced physicians in all civilized countries. It consists of strict fasting, cooling compresses and cold ablutions whenever the temperature rises, and no medicine. Natural treatment has reduced typhoid fever mortality from between fifty and sixty percent down to two percent, so that more patients die from drug-treated measles than from water-treated typhoid fever.

But the regular profession has not yet learned that the same, simple, natural treatment is just as efficacious in the cure of all other acute diseases. One of our professors in medical college described to us in glowing terms the wonderful efficiency of hydropathic agencies in typhoid fever. At the end of his discussion he said, "Undoubtedly this same treatment would prove just as efficient in other acute diseases. Why is it that we do not use it more extensively?" He answered his own question as follows: "It is possibly because people have more faith in drugs than in cold bathing. The Latin and Greek prescriptions look more scientific than plain water treatment and fasting."

As a matter of fact, it is in the treatment of acute diseases that Nature Cure works its most impressive miracles. The doctor who confines himself to the care of chronic cases takes the hard and thankless end. If acute diseases were treated in the natural way, and followed by common sense living, there would not be many chronic diseases to treat. If, however, Nature's acute purifying and healing processes are checked and suppressed by methods previously described (see Column III of diagram) "unforeseen complications" or fatal termination are the usual results. Some of these chronic after-effects we shall describe in the following chapter.

(To be continued)

Today

Concern yourself but with today;
Woo it, and teach it to obey
Your will and wish. Since time began
Today has been the friend of man,
But in his blindness and his sorrow
He looks to yesterday and tomorrow.

—Writer Unknown

READJUSTMENT

GEORGE A. MORREN

Nature's plan for us is *harmony, health, and power*. This necessitates constant readjustments to her ever recurring cycles, or changes. When we get out of harmony, out of adjustment, a *readjustment* is necessary. Constant change is the law.

There are periods of light and of darkness, periods of seed-time and of harvest, but ever there may be a constant enlargement of our understanding of these forces and laws.

When the seed falls into the ground there is a period of darkness, and a temporary death that new life may appear. When a new idea comes, there may be temporary darkness and uncertainty but inevitably there is a new understanding that follows.

When disease has a foothold in the body and we begin a regenerative regimen we have periods of darkness, of discouragement, and of returning symptoms. But these forecast a future condition of better health, and prove that the constructive forces are at work in our bodies. These periods must be rationalized, and understood—we must not allow them to cloud our vision of the goal desired, which is a readjustment to normal physical condition.

Keep this ideal in view, even in periods of suffering, and do not allow the symptoms to occupy the whole field of consciousness. Do not fight these manifestations, for resistance increases their hold, and hinders readjustment. Do your best to allow the healing forces to flow through the whole system, that your cure may be hastened, and not hindered.

Nature is on our side. Nature is ever trying to heal and complete the organism, and we must be careful not to put stumbling blocks in her way.

Cooperate with Nature in every possible way: by natural methods of treatment which will remove obstacles; by maintaining a happy constructive attitude, that her work may be made easier, and the cure take place more quickly. Thus the longed-for readjustment will be a reality in every case which presents sufficient vitality to respond.

Seek to understand the universal philosophy underlying Natural Therapeutics, and it will not only solve your present problem of regaining health, but it will also enable you to maintain it in the future, and be a force and power which will aid you in making satisfactory adjustments to every phase of life.

Beautiful Elmhurst

The new building now in course of erection on the Chicago premises will greatly increase available space for sanitarium purposes. It will make possible the addition of many desirable rooms for patients, up-to-date modern treatment rooms, doctors' offices and new quarters for the correspondence and bookkeeping departments.

Beautiful Elmhurst shares in the general progress of the Lindlahr institutions. A large and much needed addition to the patients' and nurses' dining rooms is now nearing completion. It is built in the form of a glass veranda on the east side of the main building. This will not only add ample space to the dining rooms but will provide also an ideal sun-parlor in which the guests may enjoy the full benefits of the eastern sunlight during the morning hours along with the beautiful vistas over the neighboring lawns and parks.

Other improvements now under way include five new commodious bungalows, each having two rooms large enough for one or two occupants. Every room will have running water and each cottage will be provided with private toilet. The gardens and parks of the Health Resort will be more beautiful than ever.

Reservations are already being made for the coming season. Those who wish to secure accommodation should do so as early as possible.

Good News for Elmhurst Fans

Doctors Fred and Eva Holway Albrecht will be again in charge of Beautiful Elmhurst this season. Dr. Eva Holway Albrecht has been chief House Physician of the health resort ever since it opened eight years ago. Her capable management and sympathetic interest in the welfare of her patients have helped to make Elmhurst famous all over this North American continent. Read on another page how she fell in love with Nature Cure—why she made it her life work—how her own suffering made her one of the most efficient Nature Cure physicians now living.

While we sing her praises we must not forget Dr. Christine Matthiesen Yonkers, chief House Physician of the Chicago Sanitarium. Everything said in praise of one fits the other. I consider the training of these great Nature Cure physicians one of the happiest and proudest achievements of my life.

—DR. H. L.

Natural Dietetics

Henry Lindlahr, M. D.

CHAPTER II

A SUMMARY OF SCIENTIFIC DISCOVERIES CONCERNING VITAMINES

In this article we shall describe and explain the results of the latest scientific researches pertaining to the subject of vitamins, and as we proceed the reader may compare these findings of up-to-date scientific research with the teachings of Natural Dietetics as presented in these and former writings. The similarity, and in most instances, identity of conclusions arrived at will be quite apparent.

In his studies of the subject from orthodox sources the author has consulted the writings of C. Eijkman; H. Fraser and A. T. Stanton; C. Funk; T. B. Osborn and L. B. Mendel; F. G. Hopkins; E. V. McCollum and M. Davis; E. V. McCollum and N. Simmonds; R. H. Chittenden and E. P. Underhill.

The diagram on page 36 gives in condensed form the results of vitamin research. Column one gives the names of the three vitamins so far discovered and described; column two, the diseases resulting from deficiencies of these vitamins in the foods of animals and man; column three classifies foods according to their vitamin contents.

As already explained the life elements of Natural Dietetics are the newly discovered vitamins. When these "impurities" are removed, protein, carbohydrates, fat and sugar, according to allopathic science "the most nourishing of foods" are not only unfit to keep the body in healthy condition but produce emaciation, disease and death.

Orthodox science so far has discovered and described three of these vitamins:

1. Fat soluble A
2. Water soluble B
3. Water soluble C

"McCollum and Davis in 1912, employing a ration composed of purified casein (protein), dextrin, lactose, fat and a suitable mixture of inorganic salts, (obtained from milk) found that no growth could be obtained in young rats when lard, olive oil, or purified casein was used as the source of fat, whereas growth took place when the fat of the diet was supplied in the form of fresh butter fat, or egg yolk fat. It was therefore demonstrated that

there was something associated with the latter fats which had not been recognized hitherto and which was essential to the animal as a constituent of its food."

Fat Soluble A Vitamine

This "something" associated with cream, butter fat or egg yolk has been named fat soluble A vitamine. Vitamine A corresponds to what we called in our early writings animal magnetism or the animal life element. The importance of the dairy products in natural diet we have always emphasized in our writings and lectures—as for instance on page 11, March, 1908, *Nature Cure Magazine*.

"Simon pure vegeterians who exclude even the dairy products and eggs from their dietary, overlook the fact that there is something in animal food which they cannot derive from vegetable food, and that this something is the animal life principle—animal magnetism, or, expressing it in other words, a higher and more refined rate or vibratory activity than is inherent in any of the lower kingdoms.

"A rational vegetarian diet properly combined, consisting of dairy products, the positive vegetables and fruits with just enough of starchy and protein foods to supply the needs of the body for tissue building and fuel material, will be found to be an ideal diet for human beings, fully sufficient to keep them in health and strength under the most trying circumstances."

Deficiency of fat soluble A causes a peculiar disease of the eyes quite frequent among the starving children in Central Europe and Russia. The name of this eye disease is xerophthalmia or keratomalacia. Lack of vitamine A retards or checks entirely the growth of new born and growing animals or humans and is accompanied by rapid emaciation. It is also supposed to be associated with rickets or rachitis but this point is still disputed among scientific investigators.

Hess and Unger of New York are positive in their belief that absence of fat soluble A is not the cause of rickets. They found that rickets may develop in children on a diet rich in milk and cream and not on a diet of thoroughly skimmed milk, orange juice for water soluble C, yeast for water soluble B, cottonseed oil and cream of wheat for fat and protein.

The explanation is that the skimmed milk contains all the mineral elements in the milk and large amounts of vitamins B

and C which, according to our Natural Dietetics are most important in the cure of rachitis. Orange juice is rich in vitamins A, B and C and yeast contains large amounts of water soluble B. The other foods mentioned in the anti-rachitic dietary, cotton-seed oil, cream of wheat and protein, are without value as far as mineral elements and vitamins are concerned. All this confirms our claim as to the cause and cure of rachitis, as described on pages 458-9 in the *Lindlahr Vegetarian Cook Book* and pages 37-8 of the *Vitamine* booklet.

Doctor McCollum in his lectures has reported what he believes to be the cause of the pathological eye effect in adult human beings in certain northern lumber camps where the only fat is cured bacon and where the diet is lacking almost completely in vitamin A. This is a condition known as "night blindness"—a defect of eyesight not noticed by the non-reading laborer until the dim light of night. This indicates that the highly prized "nutritious" bacon is entirely devoid of vitamins. It has been mentioned in another place that all white fats of the animal body are devoid of vitamins.

The following quotations taken from the *Report on the Present State of Knowledge Concerning Accessory Food Factors* (Vitamins), compiled by a committee appointed jointly by the Lister Institute and Medical Research Committee indicate that fat soluble A can be obtained in sufficient quantities from vegetable foods.

"Since there is good reason to believe that the animal organism does not possess the power to synthesize either of the factors A or B, it must derive its supplies of these substances from outside sources. The primary sources of fat soluble A are found in the green leaves of plants, and the embryos of certain seeds. The former appear to be the richer source, but very few quantitative data upon the distribution of the substance have yet been obtained. It is, therefore, difficult to attach a definite value to any individual foodstuff as a source of fat soluble A. This is particularly true in the case of the foodstuffs of animal origin, as their value as sources of that factor is in all probability directly determined by the nature of the diet which the animal has previously received. Thus, the milk yielded by a cow which has for some time past been receiving a diet deficient in fat soluble A, will, without doubt sooner or later show the same deficiency."

Fat soluble A is found in greatest abundance in the cream of fresh unpasteurized milk and in butter fat. The quantity of vitamin A in milk depends upon the feed of the cow. It increases when the animal is fed on green pasture and decreases in winter when fed on hay, roots, tubers and more so when much of the

food consists of the devitalized and demineralized slops and refuse of breweries, distilleries and the kitchen.

It is a well known fact there is no better way of fattening a lean cow or horse than by turning the animal out on fresh pasture. All this contradicts the idea that in order to become fat and fleshy, we must eat fat and flesh foods. Somebody may answer to this,—“This does not hold good because the digestive apparatus of a cow is different from that of the human.” That is not the case. In all essentials they are the same and work on the same principles.

Other foods rich in fat soluble A are the yolk of egg, cod-liver oil and sea fish. On page 12, January 1908 issue of the *Nature Cure Magazine* we stated that sea fish living in water saturated with the positive mineral salts of lime, potassium, magnesium, iron, sodium chlorid, and so forth are richer in mineral elements and therefore more positive (as to animal magnetism) than fresh water fish. Sea fish contain over forty parts per thousand in mineral matter while fresh water fish contain only about eighteen parts per thousand.

In this connection we further said: The fact that the flesh of wild animals is much richer in organic salts than that of domestic animals is easily explained when we consider that wild animals live on nutritious, uncultivated grasses, rich in mineral salts, while domestic animals are raised and fattened only too often on devitalized and demineralized distillery, brewery and kitchen slops and other devitalized food materials deprived of their mineral elements. This and the fact that many cultivated pastures and fields in course of time become deprived of their mineral constituents explains why cattle and horses crave salt. This craving is often cited by anti-vegetarians as proof that inorganic mineral salt is a natural food for animal and man.

When our farmers learn to follow the advice of the great Naturist, Julius Hensel, and fertilize their fields and meadows with pulverized rocks and minerals as well as with nitrogenous waste of animal and human bodies, so that the products of the soil contain a normal amount of mineral constituents, then will animals and men display less craving for inorganic salt.

We also claimed that the mineral salts were the carriers of the vitamins. This explains why it is now found that cod-liver oil and fat sea fish are exceptionally rich in fat soluble A.

While the oleo-oil of the animal carcass and oleomargarin

prepared from it contain a fair amount of vitamine A, it is not present in other (white) animal fats. Small amounts of it are found in pig's liver oil, liver, kidney, brain and heart tissues but not at all in the muscular flesh commonly used as food.

Miss Katherine Blunt says in her pamphlet: "Many vegetables furnish rich sources of it, (vitamine A) and their value is being more and more studied and appreciated. Dried spinach, alfalfa, clover, timothy, and tomato promote growth of rats just as satisfactorily as an equal small quantity of butter fat, possibly they are even better. Cabbage is not so good; potato contains only a small quantity of this vitamine. Dried green vegetables when extracted with U. S. P. ether gave a green oil equal to about 3 percent of the dried plant, and as minute an amount as about a drop of this "spinach oil" fed daily restored normal growth in rats.

"It is not only leaves that contain the fat soluble vitamine but storage organs of plants as well. Carrots, sweet potatoes, even yellow corn, though lower in A than spinach and alfalfa, all contain sufficient amounts for satisfactory growth. Peas also have a small quantity and possibly bananas.

"A very interesting generalization has been made by Steenbock about the foods which contain this vitamine; they all contain yellow coloring matter. Butter, egg yolks and cod-liver oil are obvious examples. Oleo-oil, the part of the beef fat which contains the vitamine, is yellow; the solid beef fat which lacks it is colorless. Of the commercial oleo-oils which he has tested, those most highly pigmented are richest in the fat soluble vitamine. Colored roots such as carrots and sweet potatoes have it, but sugar beets, mangels, dasheens, and Irish potatoes have little or none. It is probably present in orange juice but not in lemon or grape fruit. Spinach and grass of course, have yellow associated with their chlorophyll, and the yellow separated from the green is found rich in the vitamine. Steenbock and Boutwell made a deep green alcohol extract of alfalfa, saponified it with potassium hydroxid to decompose the chlorophyll and then extracted with ether, getting thus an orange-red extract which, on evaporation, furnished rats with a satisfactory source of A. . . . It appears reasonably safe, at least as a working hypothesis, to assume that the fat soluble vitamine is a yellow plant pigment or a closely related compound.

"*Are fats or merely the fat soluble vitamine necessary in the diet?* Osborne and Mendel have made use of their dried alfalfa with its very high fat soluble vitamine and very low fat content to study the question of true fat requirement. They found that their young rats thrived on a diet of dried alfalfa, yeast, starch, meat residue, and salts,—that is, a diet almost free from true fats. If true fats are essential for nutrition during growth, the minimum necessary must be very small."

Stability of Fat Soluble A. Many investigators have found that heating milk or butter fat to the pasteurizing point, about 160 degrees Fahrenheit, destroys vitamine A. Heating to the boiling point has the same effect on cod-liver oil.

The foregoing "recent discoveries" confirm our claim in the early issues of the *Nature Cure Magazine* that pasteurization kills

the animal magnetism or animal life element in milk and makes it unfit for baby food. At that time these utterances were condemned by physicians of the regular school as "the ignorant vaporings of a faker." The revelations of orthodox science concerning vitamins also confirm the teachings of Natural Dietetics as to the superiority of raw food over cooked food.

Tabulation of Vitamines

Names of Vitamines	Diseases resulting from deficiency of Vitamines	Foods containing Vitamines
Fat Soluble A	Keratomalacia (Eye disease) Stunted growth of young animals and humans Rickets, or rachitis Emaciation, weakness, death	Cream, butter, yolk of egg, cod-liver oil, fat sea fish; grasses and green leafy vegetables in the order named—spinach, lettuce, tomatoes, cabbage, carrots, sweet potatoes, yellow corn, young peas. In meat, only in negligible quantities.
Water Soluble B	Stunted growth, as above Emaciation, weakness, death Beriberi, Polyneuritis Pellagra Rickets, or rachitis Bacteria and parasites Atrophy of testicles and ovaries. Impotency Anemia	Skimmed milk, not in cream; nuts; green, leafy vegetables; acid and sub-acid fruits; in sweet alkaline fruits; abundant in the germ and pericarp of cereals and legumes; in yeast; small quantities in heart, kidneys, liver, brain, negligible in muscular flesh of animals.
Water Soluble C	Rickets, or rachitis Decay of teeth—pyorrhea Scurvy Bacteria and parasites Anemia Loss of appetite	Green, leafy vegetables; acid and sub-acid fruits; in the germ and pericarp of cereals and legumes; alkaline fruits as under vitamine B; and in skimmed milk; not in fats, meat or eggs.

Distribution of Vitamine A

The following table showing the sources and amounts of fat soluble A in various foods has been taken partly from the report before alluded to.

"The following tabulation of the chief foodstuffs has been made with the object of illustrating the distribution of the fat soluble A factor. In the absence of quantitative data it has been impossible to do more than to indicate the relative values of the foodstuffs as sources of the accessory factor by the rough method of positive and negative signs. An attempt to give some idea of relative values has been made by the employment of more than one such sign in certain cases. A zero indicates the absence of the factor."

<i>Class of Foodstuff</i>	<i>Individual Foodstuff</i>	<i>Fat soluble A</i>
Fats	Butter	+ + +
	Cream	+ +
	Margarin prepared from animal fats other than lard. (Value is in proportion to quality and percentage of animal fat.)	+ +
	Margarin prepared from vegetable fats or lard	0
	Nut butter	Variable.
	Mutton and beef fat	+ +
	Cod-liver oil and other fish oils	+ + +
Meat and fish	Herring oil, salmon, or cod oil	+ +
	Lean meat (beef or mutton)	Inconclusive result.
	"Lean" fish, such as cod, haddock	0
	"Fat" fish, as herring, salmon	+ +
	Fish roe	+
Cereals	Wheat embryo	+ +
	Wheat endosperm	0
	Wheat bran	Inconclusive result.
	Maize embryo	+
	Maize endosperm	0
	Rice embryo and bran (i. e. so-called rice polishings)	+
	Rice (polished)	0
	Wholemeal bread	+
	White bread	0
	Custard powders and egg substitutes	0
	Millet	+ +
	Linseed	+ +
	Linseed cake (after expulsion of oil)	+
Legumes	Peas	+
	Peas (dried)	Inconclusive result.
	Kidney beans	+

<i>Class of Foodstuff</i>	<i>Individual Foodstuff</i>	<i>Fat soluble A</i>
Other vegetables and fruit	Cabbage (fresh)	+ +
	Cabbage (dried)	+
	Lettuce	+ +
	Spinach	+ +
	Carrots (fresh)	+
	Carrots (dried)	+
	Onions	+
	Tomatoes	(?)
	Potatoes	+
	Oranges	0
	Bananas	+
	Apples (green)	0
	Nuts (Walnuts)	+
	Cheese (prepared from whole milk)	+ +
Miscellaneous	Cheese (prepared from skim milk)	0
	Eggs (yolk)	+ + +
	Eggs (white)	0
	Eggs (dried)	+
	Yeast (dried)	+
	Yeast (extract) (commercial)	0
	Meat extract (commercial)	0
	Malt extract (commercial)	0

Very slight, if any

(To be continued)

DON'T LET SMALL TALK DISCOURAGE YOU

As soon as you begin to do something which is worth while and it is found out and generally approved, then comes the under-cover, disharmonious note which seeks to make such a rumble of discord that the good effect will be lost.

As long as you never attempt to do big things, you will be free from this disorganizing force.

But why let the inevitable bother you when you are on the road to success and you know that your cause is just?

The dog in the manger sort of person is not new.

It is just at the point where the under current sets in that the real success or failure is made.

Be strong and pull without ceasing.

If you stop to look around and see whether this one or that one is pleased with what you have done, you cannot finish your job.

If you know what you want to do, be blind and deaf to the jabs that come in the dark and under cover, for that sort of thing cannot hurt you if you will not recognize it.

—J. J. Mundy in Chicago Daily News

Spring Raw Food Menus

Anna Lindlahr

A Correction? In the Holiday Salad recipe in our last number, the word "pimientos" should be "pomegranate"; and the first word in the Dressing recipe should be "peel" instead of "boil".

RELISHES		RELISHES	
CELERY	RAISINS	INDIAN RELISH	PRUNES
SALAD		SALAD	
TOMATO and WATER CRESS		WALDORF ASTORIA	
OLIVE OIL and LEMON JUICE		VEGETABLES	
VEGETABLES		SLICED TOMATOES	
Arrange Shredded Cabbage wreath-like on a plate, heap grated		SHREDDED STRING BEANS with OLIVE	
Carrots in center and top		OIL and LEMON JUICE	
with young green peas.		VITAMINE MIXTURE*	
DESSERT		DESSERT	
FIGS	BANANAS	ORANGE AMBROSIA or STRAWBERRIES	
RELISHES		RELISHES	
SLICED ONIONS	CUCUMBERS	CRANBERRIES	
SALAD		ENDIVE	
FRUIT SALAD		SALAD	
VEGETABLES		GERMAN LETTUCE	
Shredded Fresh Spinach, served with		VEGETABLES	
Olive Oil and Lemon Juice		SLICED KOHLRABI	
Corn on Cob (raw) Grated Beets		CHINESE CABBAGE with OLIVE OIL	
VITAMINE MIXTURE*		and LEMON JUICE	
DESSERT		DESSERT	
WATERMELON		BANANAS and CREAM	

*A mixture of raw whole grain meal, ground nuts and raisins, recipe 571 in *The Lindlahr Vegetarian Cook Book*.

The Help-Yourself-Club

CONDUCTED BY MAUDE BALL, SECRETARY TO DR. LINDLAHR

MANY BIRDS WITH ONE STONE

One need only glance through the advertising section of any current medium of publicity to be impressed with the growing number of specialists springing up even among the drugless advocates and physical culturists. These pages literally teem with bold face type and impressive illustrations setting forth the virtues of innumerable remedies and systems of treatment. Nothing is neglected from dandruff and falling hair to corns and ingrowing toe-nails. There are countless systems for making stout people thin and thin people stout; for making short men tall and tall men short; for bleaching dark hair and for darkening gray hair; for strengthening the eyes, beautifying the complexion, developing or reducing various parts of the body. There are bandages which inhibit and braces which support. There are nerve tonics, blood purifiers, porous plasters, corn plasters, germ killers of all descriptions and **one hundred and fifty-seven varieties** of serums, vaccines and glandular extracts, each heralding its one pretentious special virtue but contributing more of injury than benefit to general health.

Nor have these specialists confined themselves to dealing with the physical aspect of disease. There are also innumerable systems of improving the mind and personality. The training of the memory, the development of the will, the strengthening of the reasoning powers, the sublimation of repressed desires, the cultivation of special faculties such as perception and imagination, employ a variety of specialists, each exploiting his own particular hobby.

What a relief to turn from this conglomeration of retail doctors with their various charts, diagrams, rules, regulations, pills, serums and mental gymnastics to simple and comprehensive Nature Cure. How inspiring to realize that health and disease may be reduced to a few basic universal principles easily within the comprehension of any individual; a few simple requirements attainable by every ambitious human being.

In the fact that disease is systemic and not local, is the secret of efficiency in the treatment of all human ailments. The key-note of Nature Cure method is the elimination of impurities

from the system and the prevention of the formation of toxins in the blood; the elimination of morbid fear-thoughts and the exercise of the creative intelligence. When it is once thoroughly realized that all ailments spring from violation of fundamental requirements, it is only a step to complete emancipation from myriad minor physical and mental ills.

Systemic treatment by natural methods kills a thousand birds with one stone. This is true efficiency in the realm of therapeutics.

The same simple and comprehensive system applies to the development of mind and character. The relation between brain and body cells is clear. As physical health improves and vitality increases, the mental faculties again function actively and normally.

And last, but not least, the simple but exacting requirements of natural life tend to develop the finest and most admirable qualities of character. Supreme faith, dauntless courage, radiant joy, the unconquerable will, and the educated judgment are the crowning achievements of lives consecrated to the simple and glorious ideals of Nature Cure.

The success with which members of the Help-Yourself-Club are applying the Nature Cure teachings to their individual problems is beautifully illustrated in our daily correspondence, extracts from which are given here for the encouragement of others.

This department cordially invites contributions from those who feel they have demonstrated some truth which they wish others to share. One has applied the principle to beauty culture, another to mind culture and still another to the development of character, while thousands have freed themselves from physical aches and pains.

Love and service are the only things that one may give away, and still retain. So extend a helpful hand to others through these columns and you will be abundantly compensated by that universal law of nature which permits nothing to be lost.

For the best letter of three hundred words or less received by June tenth we will present a copy of *Nature Cure Philosophy and Practice* by Dr. Lindlahr.

Send us your best suggestions.

Our good friend Clara M. Coleman, reports a unique method of raising funds for the improvement of the church she attends in Washington, D. C., which was at her suggestion worked out by the ladies and carried through with great success. A "Nature Cure Luncheon" was served at the home of a member and a charge of seventy-five cents for each plate covered all expenses and netted a neat balance. The menu was prepared from the *Lindlahr Vegetarian Cook Book*, and included Waldorf salad, whole wheat toast with asparagus and cream sauce, peas en casserole, Graham and apple muffins, stuffed celery, prunes stuffed with nuts, Lindlahr Ry-Krisp, olives and for dessert, fruit cocktail and cake. What a wholesome and delicious lunch, with everything of the best! And what a pleasant introduction to Nature Cure.

When you want to entertain your friends, benefit your organization or propagate the new ideals, try it, for yourself.

From Canada come greetings to the "Lindlahr Baby" with thirty-four subscriptions. This is the right kind of encouragement for our new-born youngster. More attentions of this kind will insure a full grown and vigorously active offspring, in due time.

Another friend sends one dollar "to start with" and wishes to be put on the everlasting list. She says anything that the Lindlahr puts out is 100 per cent and wants it all. She avers the "new-born infant" is destined to do a wonderful work in alleviating suffering.

Dr. Carl Stenwall, a graduate of our College, writes from DeLand, Florida, that since leaving us he has been more than ever impressed with the teachings received here. He says southern people are becoming more and more hungry for Nature Cure and he is kept busy passing the good word on to others. He is looking forward to the day when there will be a Nature Cure colony in the "land of sunshine and flowers" so that the many who go south like Ponce de Leon of old, looking for the Fountain of Eternal Youth, will not be disappointed.

From Berkeley, California, come greetings with the disposition to argue a little about California climate. Instead of

being ideal, we are told that while it never quite freezes, the cost of fuel is so high on account of freight rates, that few can afford the luxury. Only middle class hotels use coal mornings and evening and most of the bungalows are equipped with fire places, for chilly days.

The writer adds: "There is a large house above me, built with Greek pillars, that seems to have only a single back wall. The rest are great canvas sheets stretched on ropes between the pillars. There are fire places and plumbing but no beds. You roll up in blankets on the floor when night comes." It seems from this writer's view-point that Santa Fe Railway folders give impressions of the climate, which are like Mark Twain said of the reports of his death, "greatly exaggerated", and that the people more or less compelled to adopt the simple life wonder what keeps them so well.

W. G., Scribner, Nebraska, is so enthusiastic over the Lindlahr books that he has ordered an extra set to pass around among his friends. He writes: "They are certainly the best books I have ever had."

Dr. Earle B. Leonard, a graduate of the Lindlahr College, 1921, writes from Tarpley, Texas, an interesting account of successful efforts to educate the people of his locality. He does not plan to remain in Tarpley, but is distributing literature while there, so that "the people will have something to think about when he is gone." He tells us of a "one treatment" cure he made and adds that he had been in the town only one week when he had ten patients coming regularly, and several prospects. This shows how the public welcome the truths of Nature Cure, when it is intelligently presented to their notice. Dr. Leonard has our congratulations and best wishes.

Clement H. Jeffery, M. A., from London, England, sends an order for thirty-five copies of the January *Lindlahr Magazine* and encloses a lecture Syllabus from which it is evident that he is doing a splendid educational work along Natural Healing lines.

He wishes us to correct a statement made in this department of our magazine last month to the effect that he was on a lecture

tour in America. The reference was taken from a Chicago Daily newspaper for which we must now apologize. The authenticity of American Journalism is not highly regarded in England and it is with regret that we have to acknowledge the unreliability of our news item. This, however, does not detract from Dr. Jeffery's contribution to social education. He is very active in his own country in spreading the gospel of Nature Cure. We wish him abundant success.

Rev. Joseph F. X. Cloutier, of Sacred Heart Convent, Albany, N. Y. writes that from reading the editorial by Dr. Lindlahr, in our January issue, he is learning to cure himself of colds and catarrh. He says he "feels better already," but thinks three months a long time to have to wait for something he likes so much as the *Lindlahr Magazine*. He sends greetings to his many friends at the Lindlahr Institutes, where he spent some time as a guest.

The difficulty of getting a correct diagnosis by specialists, is well illustrated in the case of Mrs. F. D. H., Jacksonville, Florida. She says: "Of the many I have consulted some say appendix—intestinal—infected gall bladder and one said 'punk liver' (whatever that is). I feel bad enough to have all these and then some. The family physician and my husband are urging me to be operated on, but I don't see how I can spare so many of my insides as they claim are diseased, do you?"

The pastor of an Evangelical Church in Illinois, writes: "I read your magazine from cover to cover. Just such a magazine, I have been wishing for, many years. If only every town and city, instead of having so many Medicine Men would have the good old Nature Cure doctors, how much better for the world. We have followed Dr. Lindlahr's teachings with great benefit and my better half uses the Cook Book by Mrs. Lindlahr. May the humble start of *The Lindlahr Magazine* grow, so some day its circulation will number millions."

We might add that if every town had a pastor or two who spent some time studying the physical as well as the spiritual needs of man, the world would surely make much more rapid progress, both physically and spiritually.

As One Risen from the Grave

People who come to our sanitarium often ask me how I became interested in Nature Cure methods and I am always glad to relate my experience, the result of which has kept me an enthusiastic worker here for the past eight years.

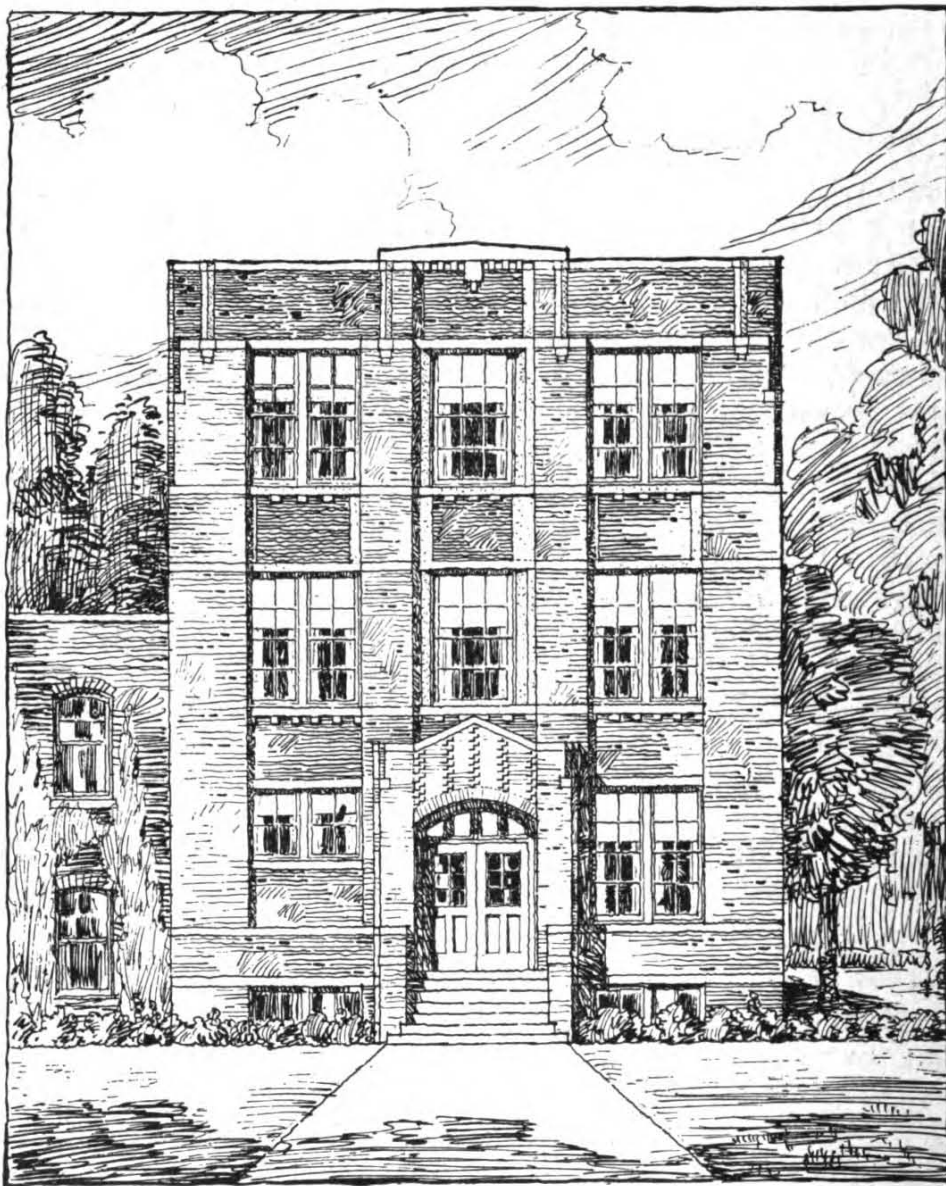
After two years of invalidism, much drugging, doping, and traveling about in search of health, I landed at a Physical Culture Sanitarium in Chicago to investigate Nature Cure methods. There I fasted and followed the usual regimen laid out for patients, for four months, making pronounced improvement. With warm weather, however the improvement ceased and I decided to quit treatment and study and return to my home in Maine for a visit. After I arrived home I grew worse steadily. I became very weak, thin and anemic, unable to digest the lightest kind of food. Finding myself in the same old condition and not knowing what else to do, I returned to the Chicago sanitarium. The day after my arrival a former friend came to see me and gave me a glowing account of Dr. Lindlahr's where he was then taking treatment. I wasted no time but started at once for the place. Having been disappointed so often I was somewhat skeptical and told the Doctor that I would stay for two weeks and see how it went. I was then so weak I could hardly climb an ordinary flight of stairs and was unable to digest any food except a little milk or egg white. Within two weeks I was much improved but it was as the doctor said, "The first improvement is not the cure."

The next few months saw many discouraging moments. But in spite of these I was steadily gaining. After a period of nearly six months' treatment I left the Sanitarium, (June 1911) begging the doctor to allow me to undertake the nurses' course in the fall.

Instead of failing as I did in other institutions I seemed to get a wonderful reaction from my treatment, gaining in strength and weight. I was able to return to the Sanitarium in the fall as a probationary nurse, continuing my labors from that time to this with practically no crises or illnesses.

Both my husband and I feel that we owe the preservation of our health and perhaps his life through the past hard year, to Dr. Lindlahr's methods of right living and right thinking.

Dr. Eva Holway Albrecht



***New Administration and College Building
now in the course of construction***

***This is the fifteenth unit in the group of buildings on the Chicago
premises of The Lindlahr Nature Cure Institutes.***

College Department

Under the direction of Dr. M. H. KOWAN, Secretary

Is the Progressive Progressing?

It surely is. Within the past year its student body has increased over one hundred percent. The attendance had outgrown the school's facilities for lecture rooms, clinics and executive quarters. We either had to provide more accommodations or quit taking new students. After considering many plans the management decided to erect a building suitable for administration and college purposes. The new building is now under construction, a sketch of which appears on page 46. It will consist of a basement and three stories, and will be fire-proof throughout.

The basement will contain a central heating plant from which will be heated twelve of the fifteen buildings which make up the Chicago institution. This central heating plant will liberate considerable room in other buildings for various purposes. For the first time in the history of our work there will be ample room for all departments.

The new building will contain general offices, several large class rooms and chemical and bacteriological laboratories. Clinic facilities in other buildings will also be considerably enlarged. Another improvement will be a commodious students' rest and reading room. These and many other additions to the college equipment will undoubtedly give another strong impetus to further growth.

"Chiropractic Plus" is certainly coming into its own. Twenty competent professors are now on the teaching staff. The curriculum includes complete day and night classes. The day classes extend from 8:30 to 11:30 A. M. and from 1 to 2:30 P. M.; the evening classes from 6:30 to 9:30. This arrangement enables the student to work his way through school by securing employment during the day or evening. A students' Service Bureau under the direction of L. C. Albro is now in full swing.

The Progressive Hiking Club

The Progressive Hiking Club was recently organized with Dr. Elliott as hike leader. The club meets every Sunday after-

noon at two o'clock at the college and then takes a hike. Visitors are always welcome. Come along and hike for more pep and better health.

The Progressive War Service Club

The Progressive War Service Club was recently organized by the World War veterans of the school. Governmental recognition of the Progressive College for vocational training of disabled veterans, the maintaining of comradeship and friendship, are among the main points for which the club was organized. L. C. Albro was elected Commander, Victor Davidson, Secretary, and Miss Swain, Treasurer.

The Progressive War Service Club will gladly accept any of our alumni into its membership.

Visual Education

To facilitate and visualize instruction, the Progressive has through the co-operation of the student body recently added to the equipment of the school an Acme S. V. E. moving picture machine. A series of educational and entertaining programs has been given to raise funds. Several subjects are soon to be added to our already growing slide and film library. We would be very glad to hear from any one having slides or films which they may wish to loan or donate to the Progressive.

The Lindlahr Alumni Association

The Lindlahr Alumni Association was finally organized at the banquet by the Graduating Class of 1922. The purpose of the organization is to hold an annual home coming each July the exact date to be announced later. The Association also will issue a yearly pamphlet consisting of letters from the graduates stating their experiences and progress in their chosen profession. This will serve to keep all of our graduates in touch with each other and to keep alive the *esprit de corps* of the Lindlahr Institutes. Our alumni are scattered all over the United States and also in foreign countries. We wish the new Alumni Association all success, and shall be pleased to receive names and addresses of former graduates.

A Joyous Occasion

"If a man could be born when he's old
And gradually grow young,
The wisdom he'd gain and the lore he'd attain
Could not easily be said or sung."

Sam Walter Foss

One of the happiest events at Lindlahr's every year is the celebration of Dr. Lindlahr's natal day on March first. The last occasion was made doubly enjoyable by combining this annual celebration with the graduation exercises of the Lindlahr College.

Every year that passes adds to the wisdom and lore of our great leader and teacher, and, in the true sense, he is one year younger with each mile-stone passed. The gratitude and high esteem in which he is held by his thousands of friends were evidenced by the congratulations that poured in by mail and telegraph.

More than six hundred invited guests were present at the exercises and the spacious hall proved inadequate to accommodate all of the guests at the formal program.

The platform was a bower of ferns and roses. To the inspiring strains of the orchestra, the officers and faculty of the college marched in, followed by the thirty-eight graduates in caps and gowns. The principal address was given by Mr. Fred High, well-known Chautauqua lecturer. His address from beginning to end was spiced with wit and humor, as well as furnishing something to think about. A vocal solo rendered by our Miss Evelyn Margaret Hudson and a violin solo by Professor Edmund Zygman were encored.

Short addresses were made by Dr. H. Lindlahr, as President of the College, Dr. M. H. Kowan, as Dean, and Dr. L. M. Bluth, as Valedictorian.

Many beautiful gifts were received by the graduates and Dr. Lindlahr was presented with a magnificent bouquet of roses.

The merry crowd then adjourned to a more commodious hall for refreshments and dancing.

Our college has never sent out a more capable and enthusiastic class of students than those just receiving their Doctor's Degree. The class represented many different states in the

Union and foreign countries. Dr. M. B. Godbole from India, Dr. Tien Pai Fang from China, Dr. A. Q. Madamba from the Philippines and Dr. John Jenkins from Russia, were honored members of the class. They received special congratulations in recognition of their having traveled so far to prepare themselves for the highest service to their fellow men.

These splendid occasions when old and new friends meet together to drink again at the fountain of inspiration are always marked by a spirit of fine fellowship and good-will.

Already we are looking forward to our next annual jubilee

M. B.

When the Birds Go North Again

Oh, ev'ry year hath its winter,
And ev'ry year hath its rain;
But a day is always coming,
When the birds go north again;
When new leaves swell in the forest,
And grass springs green on the plain,
And the alder's veins turn crimson,
And the birds go north again.

Oh, ev'ry heart hath its sorrow,
And ev'ry heart hath its pain,
But the day is always coming
When the birds go north again.
'Tis the sweetest thing to remember,
If courage be on the wane,
When the cold dark days are over,
Why, the birds go north again.

—Ella Higginson

To All Who Serve

Contributed by a friend of the work

More is realized by Those of Us Who Watch and Guide than perhaps you who bear the burdens and heat of the physical plane of existence know of. We know your physical disabilities, but such is the astral miasma, it is well nigh impossible for you, our struggling brothers, to have good health. The astral corruption, and the foul cesspools of the lower levels of the mental plane infect all and lucky is he who escapeth. We watch with tenderness you all who,—with weak and sensitive bodies,—struggle, work, fight, fail, continue, and serve. Not one hour's service, given in pain and tension, not one day's labor, with nerves racked and head tired and heart sick, is allowed to pass unnoticed. We know and care. If you could but know, the time is short, and rest, joy and peace are on their way.

The half-victory, the days lived through with a certain measure of success yet with an unachieved ideal, the minutes of exhaustion of soul and body, when the emptiness of all (even of service) seems the only noticeable thing, the weeks and months of endeavor against apparently insufferable odds, against the roaring tide of the world's ignorance,—all is known. Take comfort in the knowledge that the servant but followeth in his Lord's steps; take cheer in the assurance that Love ruleth all; take courage from the realization that the **Hierarchy standeth**.

In patience stupendous, in calmness unfathomable, in a wise placidity that passeth reckoning, stand immovable Those Who Know; standeth the Lord of the World, with the other Flaming Three; standeth the Great Lord with His great Brother, the Manu, watching the working out of Their plans for the race,—here a little, there a little, infinitely slow, yet infinitely sure; stand the Masters, in wise attainment, knowing that as they reached the goal so will all their younger brothers; that not one prodigal son will be lost but each one find his way home, rejoicing.

Some day, brother, you too will stand, and others because of your achievement will be inspired to fight. Take courage therefore. It needeth a strong serenity and an assured heart to stand unmoved in the thronging whirl of catastrophe, of disaster, of evil, of madness, of war, of crime, of ignorance, and in standing,

to keep the eyes fixed on the vision of the future, the heart welling up with love for humanity, and the hands stretched out to lift a brother from the mire. I know, for I have been where you are; I have been tired and strained; I have carried loads too heavy for flesh to bear; I have sensed the vision and been sick at heart at the clouding of the vision in the working out; I have wept over the blindness of the masses; I too have realized the world's sorrow, and staggered in attempting to lift the burden; and I tell you, that with greater vision, and with greater insight, and with wider knowledge cometh serenity. I Who Know tell you in loving emphasis, that **Time** is the great deluder, and that the misery of the present is being swallowed up in the glory of that which cometh.

Your Elder Brother

“Who Said”

“I firmly believe that if the whole materia medica could be sunk to the bottom of the sea, it would be all the better for mankind and all the worse for the fishes.”

This rather startling statement is not from the lips of any advocate of a new method of healing, but from the mouth of a conservative physician whose name is known throughout the length and breadth of the United States—Doctor Oliver Wendell Holmes. These words were in a lecture delivered before the students of the Harvard Medical School, of which Doctor Holmes was one time professor of anatomy.

Wayne D. McMurray
—Exchange

Become Your Own Physician and Family Doctor

In the back of this magazine appear the advertisements of the Progressive College of Chiropractic and the Lindlahr College of Natural Therapeutics. Not only those that contemplate taking up drugless healing as their life work need this valuable education, but every young man and woman should have a thorough theoretical and practical knowledge of the philosophy and practice of natural living and healing. It is the crass ignorance of the masses concerning the fundamental laws and principles underlying the processes of life and death, of health, disease and cure, of prenatal and postnatal child culture which accounts for the constant increase in chronic destructive diseases, physical and mental disability, insanity and premature old age.

You would not entrust the running of a valuable automobile to a person who knows nothing about its mechanism, nor how to drive it. Machine and driver would not last long. Still this is the actual situation regarding the large majority of people in matters of health and disease. Totally ignorant of the laws of natural living and healing, they violate habitually every law of their being, until they reap the effects in weakness, disease and suffering.

The time is fast coming when thorough instruction in natural living, healing and eugenics will be considered the most important part of every young man's and woman's education, before they assume the responsibilities of marriage and parenthood. As it is now, their brains are crammed with foreign languages, alleged music and all sorts of faddish notions while they remain utterly ignorant of the most important truths of life.

When they get into trouble, they go for advice to somebody with an M. D. behind his name—to a blind leader of the blind—and get deeper into trouble. A thorough education in drugless healing makes everybody his own physician, and the family doctor. It does away with the great loss of time, and expense for doctor and drug store bills, involved in sickness and chronic invalidism. Aside from this the diplomas of the Lindlahr schools assure the possibility of making an independent living in the most useful and honorable profession in the work of the master—the healing of the sick. Mature women, with good health and settled habits are especially adapted to the work.

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Elmhurst, Illinois



Change of surroundings has always been recognized by physicians as good as medicine for body, mind and soul.

Therefore they advise the nervous dweller in the crowded city to seek the quiet and beauty of the country. They tell the country patient who has grown weary in the isolation of farm and village to revive the drooping spirits by the stimulating, and educational diversions of city life.

We are now prepared to satisfy these various needs.

Those of our friends and patrons who prefer the interesting life of the metropolitan city remain in our **Chicago Home for Nature Cure**.

Those who seek the rest and beauty of the country cannot find a more congenial spot than our beautiful **Elmhurst Health Resort**—only a forty-minute ride on the electric car from the business center of Chicago.

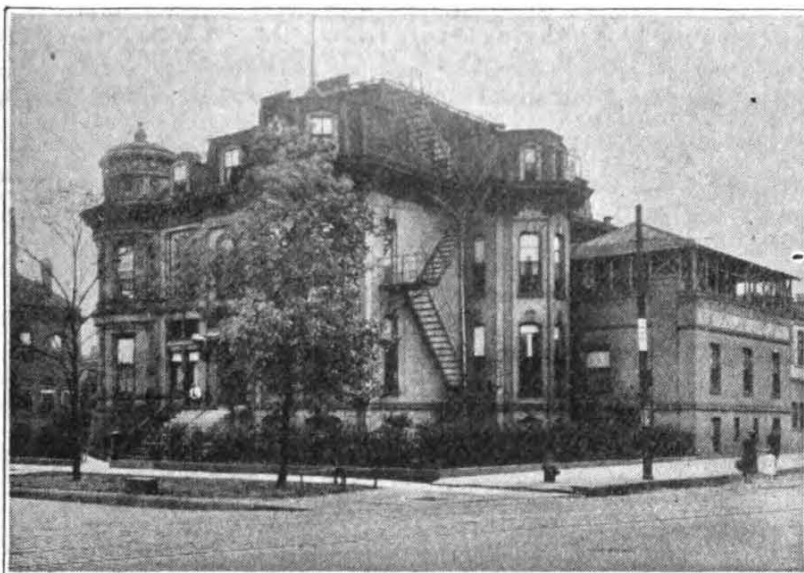
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Chicago has become one of the most popular resorts in the United States. Its beautiful parks and many miles of lake shore drives are unexcelled for beauty of scenery. Its zoological gardens, art galleries, instructive lectures, numerous theatres and churches of all denominations offer manifold opportunities for amusement and the acquisition of knowledge. The lake shore is dotted with bathing beaches which invite those who are fond of swimming. Lake steamers make daily excursions to neighboring cities and many short pleasure trips by day and by moonlight.

(Continued on opposite page)

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In addition to the old approved natural methods of examination, we are now using electronic diagnosis—the most wonderful of all discoveries in medical science.

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THE REGISTRAR

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The **Progressive** is one of the very few drugless schools that is affiliated with a large drugless hospital—offering yearly internships to its graduates, with room, board and excellent compensation.

Compare our curriculum with that of any other drugless school and you will realize why the **Progressive** is the fastest growing school in the country.

Year by year the standard of the Chiropractic profession is rising. At present, grammar school education is the only requirement for entrance. Within a short time high school education will be necessary. Enroll without delay.

For further information address

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Progressive College of Chiropractic, Dept. N

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Good Health

is a duty none of us can afford to shirk. We owe it to our friends, our families, and most of all to ourselves, to keep constantly in fighting trim for the big game of Life.

We are worth as much as our health is worth, and no more. Health is our priceless treasure, our capital stock, our endowment from our Creator.

Plenty of sleep, wholesome food, fresh air, physical and mental exercise, regularity of habits, a clear conscience—we must have all these things if we want Health to abide in our bodies.

Health of body creates contentment of mind, and the combination spells Happiness.

C. C. L. in Tips and Nibs