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BOSTON MEDICAL

JUL

The

Lindlahr Magazine

FOR THE PROMOTION OF
HEALTH

SUCCESS AND HAPPINESS

Volume 1

July, 1922

Number 3

*Fear is faith in evil.
It attracts and material-
izes the thing we fear.*

Lindlahr Publishing Co.
515 S. Ashland Blvd. Chicago, Ill.

The Lindlahr Magazine

FOR THE PROMOTION OF
HEALTH
SUCCESS and HAPPINESS

Volume I

July, 1922

Number 3

HENRY LINDLAHR, M. D., Editor

Published Quarterly by

The Lindlahr Publishing Company

515 South Ashland Boulevard

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More Light on Electronic Diagnosis and Treatment

Henry Lindlahr, M. D.

Since we published the articles on electronic diagnosis and treatment in the April number of *The Lindlahr Magazine*, our mail has been flooded with inquiries concerning the new work. Some want to know whether it fulfils our earlier expectations; whether all by itself it is sufficient to diagnose and cure all diseases; if it does away with the necessity of natural living and the old Nature Cure methods; if the treatment can become harmful in certain cases; whether some diseases are curable and some are not; the length of time it will take now to cure tuberculosis and cancer in advanced stages, et cetera, ad infinitum.

Electronic diagnosis and treatment meets our highest expectations and we discover new wonders all the time, but, as I stated in the earlier articles, it is not all-sufficient to diagnose everything pertaining to the nature of diseases, nor for curing them. There are many other ways and means which make diagnosis more exact and which will accelerate improvement and make the cure more permanent and complete.

For instance, electronic diagnosis may reveal arteriosclerosis or heart disease and a tendency to abnormal blood pressure, but it cannot tell how much the pressure is above or below normal. The same is true of diabetes, Bright's disease, acidosis and many other abnormal conditions. It may reveal positively the vibratory rates of these diseases but it cannot give the exact amounts of sugar, albumin, acidity, indican and of other disease products in the circulation. These can be ascertained only by the ordinary laboratory tests.

Neither can this new method replace osteopathic or chiropractic analysis of the spinal column and other bony structures. It cannot palpate and define vertebral lesions, slipped innominates and other mechanical lesions.

Iridiagnosis gives much valuable information about abnormal conditions in the system which cannot be obtained in any other way. No other method of diagnosis can interpret the many drug signs in the iris which reveal the presence and location of mercury, arsenic, iodine, quinine and of many other injurious and poisonous chemical substances. No other method can explain the relationship of the scurf rim to the condition of the skin and surface circulation, the significance of itch or psora spots, of nerve rings and lymphatic rosary; of the signs of acute, subacute and chronic inflammation, nor the meaning of many other signs and records in the iris of the eye.

Electronic diagnosis, while revealing the existence of various forms of anemia and blood diseases, does not register the exact amount of the deficiency of mineral matter, of red corpuscles and hemoglobin, nor the excess of white corpuscles; neither does it show the microscopic picture of diseased blood cells and other abnormal constituents.

It cannot take the place of X-ray in revealing foreign bodies, broken and dislocated bones, tumors, ulcers, or the exact location and appearance of the fallen stomach and intestines.

Dr. Abrams himself does not claim these things, but this does not in the least detract from the value of his marvelous discoveries. His electronic reactions, like spinal analysis, iridiagnosis, X-ray and the microscope, reveal entirely different aspects of disease and of possibilities of treatment. The new ways do not in the least diminish the value of the older methods of diagnosis and treatment. On the contrary every new discovery helps to elucidate and to make more efficient all others. The new work is merely another valuable addition to the old. It is another big, strong horse before the heavy load the physician has to pull, many times, against big odds in spite of all the resources at his disposal.

What we say about electronic diagnosis is equally true of the new treatment. The disappearance of the disease strains or vibrations from the blood does not necessarily mean that the tubercular lesion, malignant tumor, gummata in the brain, or other kinds of diseased tissues have been broken down, absorbed and eliminated. As a matter of fact we know that in advanced cases of chronic diseases this is not true.

Dr. Abrams calls attention to the fact that neutralization of the disease strain or energy does not necessarily mean the disappearance of the "secondary lesion", that is, of the tubercular tissues in the lungs, of the sugar in the urine, the gummata in the brain, the malignant tumors and other foci of destruction. But it stands to reason that when the blood has become purified by electronic treatment and enriched with mineral matter and vitamins by natural diet, the breaking down of diseased tissues and their elimination will be greatly facilitated and accelerated. Right here is where all natural methods of treatment prove powerful aids.

The final absorption of tissues in process of destruction and perfect reconstruction require all constructive means and methods at the disposal of the attending physician. The blood cannot be enriched and built up to normalcy except by the right selection and combination of foods rich in mineral salts and vitamins. Abnormal spinal lesions still need correction by manipulative treatment, the dead cuticle and sluggish circulation have to be revived by cold water treatment and air and sun baths. Drug poisons have to be stirred up and eliminated from their hidden lairs. Abnormal mental and emotional conditions have to be corrected by constructive suggestion. Orificial abnormalities may still need special orificial treatment.

While Dr. Abrams has to concentrate all his efforts and inventive genius on his own wonderful discovery, the solution of the problem of diagnosis and curing human ailments still lies in the combination of all that is true and good in the various systems and methods of natural living and treatment.

The good effects of electronic as well as of all other natural methods of treatment may be annulled and lost by the suppression of healing crises. Only the Nature Cure physician understands the nature and meaning of healing crises and knows how to treat them to the best advantage.

Nothing Like This Combination of
**Highly Efficient Therapeutic
 Measures**

Has Ever Been Applied in
 Private Practice or Sanitarium Treatment

The following tabulation enumerates and describes the old and new methods of treatment now being practiced in the Lindlahr Institutions.

OLD APPROVED NATURE CURE METHODS

Natural Diet: Includes vegetarian, raw food, milk diet and other dietetic measures strictly adapted to individual needs.

Short Fasts, Long Fasts, dry diet and mono-diet, carefully supervised by experienced physicians.

Manipulative Treatment: Osteopathic, chiropractic, neurotherapy and naprapathic treatments administered by thoroughly trained physicians.

Orificial Surgery: In this line of treatment, which is rapidly gaining in popularity, we combine the best bloodless manipulative methods together with Thure-Brandt massage of the genital organs, applied by well-trained lady operators.

Massage: This is the oldest and one of the most efficient therapeutic methods applied since the days of the Pharaohs for the treatment of human ailments and the invigoration and regeneration of human bodies. The Lindlahr Institutions have evolved their own system of massage treatment based on the best Swedish and German systems.

Curative Exercises: Practiced daily under the leadership of an experienced physical director. Instruction in normal breathing, rhythmic breathing and corrective calisthenics.

Open Air and Sun Baths: These constitute one of the most efficient therapeutic measures for reviving an atrophic skin and establishing perfect surface circulation and thorough cutaneous elimination.

Barefoot and Dew Walking on the lawns in the morning hours.

Out-of-doors Sleeping:

Mud and Clay Packs and Compresses:

Hydrotherapy: Dr. Lindlahr, profiting by many years of practical experience in European and American schools and sanitariums, has evolved the simplest and most perfect system of hydrotherapy treatment now in existence.

All water applications are applied in accordance with individual conditions and requirements.

Homeopathic and Herb Remedies: These are administered when indicated.

NEW THERAPEUTIC MEASURES INTRODUCED DURING THE LAST TWELVE MONTHS

Electronic Diagnosis and Treatment: For the discovery and destruction of hereditary and acquired basic disease strains.

Autopathic Treatment: This mode of treatment invented by Dr. Henry Lindlahr is an application of the principles of homeopathy and cataphoresis. It applies high potency electricity for the oxidation of morbid matter. It literally burns up the disease miasms in the system. The high efficiency of this new method of treatment can easily be proved by the electronic examination of blood specimen before and after treatment.

Morse Wave: Named after Dr. Morse the inventor.

The latest improvement on the sinusoidal electric treatment for weak, atonic and atrophic conditions of the digestive organs; for indigestion, constipation, for prolapsus of stomach, intestines and genital organs.

The Morse Wave is the most wonderfully efficient treatment for the ailments before mentioned. Its gripping, tonic contractions invigorate and revive the atrophied abdominal organs, contract the ligaments and muscles and thus raise the prolapsed organs to their normal positions. One such treatment more than equals the effect of half a dozen massages.

Radiant Light and Actinic Rays: About six months ago we installed a complete set of radiant light and actinic ray lamps for general tonic treatment and for local applications to the urethra, prostate gland, rectum, vagina, bladder and to other parts of the body.

These latest and most perfect forms of radiant light and actinic or ultra-violet ray treatments increase the red corpuscles and hemoglobin in the blood, vivify and regenerate

the atrophied skin, stimulate the surface circulation and promote cutaneous elimination. They revive and invigorate the weakened genital and urinary organs. Their effect is much more satisfactory and permanent than the unnatural transplantation of monkey glands.

They create local tonic hyperemia, oxidize—that is, burn up—disease matter and destroy the morbid soil, which breeds the germs, as well as the germs themselves.

High-frequency Electricity: We have now in operation the latest, most perfect apparatus for the administration of high-frequency electric treatments wherever these are indicated.

This line of work has very much the same effect as the radiant light and actinic or violet ray treatment.

The various methods are applied according to individual indications and requirements.

Individual practitioners and therapeutic institutions charge large fees for the application of any one of these up-to-date systems of treatment. As a rule they employ only one or several of these methods and in case of allopathic physicians always in combination with the regular medical or surgical treatment.

The Lindlahr Institutions give their patrons the full benefit of all these old and new methods in perfect combination without any additional charge over and above the old accustomed sanitarium rates.

There is no other institution on the face of the earth that combines and applies the old ways and the new in the treatment of human ailments as exemplified and practiced in the Lindlahr Sanitariums.

We find that some of our old friends and patrons doubt the expediency of supplanting “good old Nature Cure” with “new-fangled” ideas and innovation.

In the first place the new methods do not “supplant” the old. They only add to their well-known efficiency. However, those who prefer the stage coach to the modern “Limited Express” may confine themselves to the old accustomed ways of diagnosis and treatment. We never try to force any line of treatment upon our patrons of which they do not approve.

The following brief histories of a few cases recently

treated testify to the efficiency of the combination of natural methods as practiced in the Lindlahr Institutions.

SOME INTERESTING RECOVERIES

N— M—, when five years old, had a very severe attack of cholera morbus. This was suppressed in "regular fashion" by laudanum, a preparation of opium. The purging stopped immediately. A wonderful cure (?) but from that time on the child developed a very severe form of asthma—a typical demonstration of the dangers attending the suppression of acute inflammatory processes by drugs or surgical operations.

For six years the parents tried every known medical treatment without success. Then, following the advice of their home physician, they took the child to Colorado and later to Albuquerque, New Mexico. The change of climate seemed to benefit the little patient and after a year's sojourn in the sunshine and pure air of the Rocky Mountains they considered her cured and returned to Chicago. But, to their great disappointment, the same old asthmatic attacks returned as severe as ever on the second day after their arrival.

Again they resorted to medical treatment without securing relief. The child did not get any rest at night and rapidly lost the flesh and strength gained during her sojourn in the mountains. Then at last the parents were advised to try Nature Cure. When we accepted the patient it seemed very much like tackling the impossible but one can never tell what the Nature Cure methods will do in even hopeless chronic cases, when given a fair chance.

From the day the child entered our Chicago institution and was placed under natural treatment she never had another asthmatic attack. Now after seven weeks of treatment she sleeps soundly and is gaining flesh rapidly. The parents and friends look upon this marvelous change as a miracle. In this case the Lindlahr autopathic treatment brought about the almost instantaneous improvement.

Miss A— D—, an allopathic nurse, had been ailing for many years. About a year ago she developed hemorrhages in connection with the menstrual period. Finally a physician succeeded in suppressing the hemorrhages by medical treatment, which resulted in her menses ceasing entirely. This made her very ill and brought about many complications in the way of constipation, severe pains at the time of the monthly periods, indigestion and very annoying nervous symptoms. After the first few treatments with the Lindlahr autopath, the menses returned and ran their course normally and painlessly. Her digestive troubles disappeared, the skin cleared up and the nervous symptoms abated. After two months' treatment she considers herself now in perfect health.

Miss L— K— had been suffering for a number of years with a very severe case of cystitis and urethritis resulting from suppression of acute inflammatory processes. This among other chronic symptoms caused incontinence or inability to retain urine. In time this became so bad that for seventeen months she carried an anchored catheter.

This had to be done in order to conduct from the urethra into a container the constantly dripping urine. After two weeks' treatment the catheter was discarded; she was able to retain the urine without this troublesome appliance and all other symptoms improved rapidly. One of the most efficient methods in this case as well as in many similar ones proved to be the application of high-frequency and actinic ray treatment per vagina and rectum.

Another patient fifty years of age had been suffering for years with incontinence of the urine caused by the suppression of gonorrhoea in his younger days. Electronic treatment had reduced all disease strains including the gonorrhoea to zero, but still the involuntary discharge of urine continued as bad as ever. When he came to us for advice and further treatment, we learned he had been allowed the use of coffee, meat and other injurious foods. Natural diet in addition to our combination treatment cured the chronic weakness of the urinary organ within four weeks' time.

A Miss K— had been suffering for several years with dementia praecox, a form of insanity peculiar to young people. This disease is considered absolutely incurable by the medical profession. When she first entered our institution she would not eat or drink for nine days. She was absolutely apathic and unable to attend to her physical needs. After sixteen weeks of Lindlahr combination treatment she is perfectly normal, both physically and mentally, and is bright and happy. The good old Nature Cure methods brought about these splendid results.

Mr. Yocklin, our business manager of the Elmhurst Health Resort, came to us three years ago as a patient in the last stages of Bright's disease. The doctors had informed his wife that he had not more than six or seven months to live. Under the combined Nature Cure treatment he made remarkable progress during a season in Elmhurst. The next year he returned to finish the job. At present he enjoys perfect health and is acting as business manager of the institution where he regained his health.

A man fifty-six years of age had been suffering for several years with a tumor in the rectum which made it impossible for him to have a passage of the bowels without the use of a dilator. The electronic examination revealed among other things a very high ohmage of the cancer and sarcoma strains. After three months of combined Nature Cure and autopathic treatment the obstruction had disappeared, the bowels moved normally with perfect ease and the patient reported a remarkable change in his mental condition. While before the treatment he had been mentally sluggish, making it necessary for him to force himself to any mental exertion, at the present time he claims to be more alert and brighter mentally than ever before in his life. As he expresses it—"My belfry is clear as a bell".

Similar changes from mental laziness and sluggishness to perfect clearness and alertness are reported by many other patients. This in itself surely makes worth while a course of natural treatment.

Massage Versus High Potency Electricity

Many of our patients have become so accustomed to the pleasant effects of a good Lindlahr Massage, that they are loath to give up this popular mode of treatment. They want to know whether massage in some ways is not more beneficial than the new modes of electric and electronic treatment.

Here is the answer: Electronic, autopathic and other forms of high potency electricity massage every drop of blood and every cell in the body all at the same time with the most powerful energy in existence. The manipulative work acts upon the system only in a mechanical way upon one spot at a time, while the various forms of high potency electric energy have not only a mechanical but also powerful chemical and oxydizing effects upon the disease matter in the system.

High potency electricity literally oxidizes or burns up disease matter and acts as a powerful tonic and stimulant to all the vital activities. Massage does not reduce the disease strains to any perceptible extent while the electronic, autopathic and other forms of high potency electric energy annihilate more or less completely, for the time being, the disease matter in the circulation. Of course the disease strains and their abnormal vibrations come back within twenty-four or forty-eight hours. This is due to the fact that the disease tissues continue to throw morbid matter into the circulation. However, every successive treatment gives it another pounding until the disease strains and their abnormal vibrations disappear entirely. These results can be obtained by manipulative treatment only partially and very slowly and laboriously.

The patient believes in the good old massage treatment because he is fully aware of a vigorous lambasting while the high potency electric energy works silently and unperceptibly.

The most potent agencies for good and evil in this universe are those not registered by our sensory organs.

Is Electronic Treatment Consistent with Natural Therapeutics?

Some sincere and earnest disciples of Nature Cure seem to question the consistency of the founder of the Nature Cure Movement in America because they believe he is advocating the employment of electrical methods of treatment which he discouraged in former writings.

Dr. Lindlahr has not in the least changed his attitude towards this domain of therapeutics. He is just as much opposed as ever to the old ways of using low frequency currents of static and galvanic electricity as applied by the primitive apparatus of earlier days. He is more than ever convinced of the destructive effects of X-ray and radium therapy. The low frequency types of electrical energy are far below the vibratory range of the human organism—therefore too slow and coarse and positively harmful. X-ray and radium emanations are highly destructive because they range miles above the human or colloidal plane of vibration.

The new forms of high frequency electrical energy, approved of by Dr. Lindlahr, lie within the range of vibrations of the human body and are therefore harmless and available for constructive treatment.

To illustrate, if you come in contact with a one-hundred volt current of an ordinary incandescent light, its low and coarse vibrations will shock you most violently. When the same current of electrical energy has been stepped up or intensified to much higher degrees of frequency, your nerves will not register any sensation at all. This is due to the fact that the vibrations are now within the vibratory ranges of the human organism. Because they do not feel the high frequency, electronic vibrations, some people imagine that they are not receiving any treatment at all and therefore doubt its efficiency.

A good illustration of this we have in the effects on the human body of high and low temperatures. A temperature of sixty degrees Fahrenheit below zero is not congenial to human life, neither is one of one hundred and forty degrees above zero. This leaves a narrow range of about two hundred degrees conducive to health and life. Continued exposure to temperatures above and below these extremes makes life impossible. In a similar way electrical energy below and above the comparatively narrow range covering the colloidal vibrations of the human body is injurious and destructive to life.

Electronic Diagnosis by Mail

We are now ready to make electronic diagnosis for people at a distance. We require four or five drops of blood on a clean piece of white blotting paper. Reports are rendered of the various disease strains in the body, of their ohmage of strength, and their significance.

Fee for first examination, \$20.00; \$5.00 additional for location of foci in the body; reexamination, \$10.00. Directions for taking blood specimen and the necessary outfit will be sent upon receipt of the examination fee.

Address: Electronic Department,
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Editorial Comments

While reading about the experiments on live animals carried on by scientists investigating the vitamins, did you realize at what enormous cost of torture and suffering, inflicted upon innocent creatures, this work is being pursued? The gradual starvation of animals ending in paralysis and death is the worst kind of vivisection, involving longer drawn-out suffering to its helpless victims than the horrors of the vivisection chamber.

But, I hear you say, "If it were not for these experiments how would you be able to know and tell about the wonderful things described in your articles in these magazines?—All the benefits to be derived from these discoveries would be lost to humanity."

Even though this were true it is a question whether immoral, criminal practices per se can ever be justified by utilitarian or humanitarian benefits resulting therefrom. If we admit this to be right then, "the end justifies the means".

The question is, "Are there not other more ethical and more humane ways and means of discerning basic truths than by the cruel practices of the vivisection room and by slow starvation of animals?" There evidently must be such shorter and less barbarous cuts to knowledge and practical experience, because the slow torturing of helpless, inoffensive animals has added nothing new of practical value to the philosophy and practice of Natural Therapeutics nor to the science of Natural Dietetics.

The "new discoveries" have merely served to confirm and to justify our teachings and practices. All the late revelations of vitamin research were anticipated by the editor as long as sixteen years ago. He not only described the relationship of the life elements, now called vitamins, to food values and nutrition but also revealed their source and true

nature. All the results of vitamine research by orthodox scientists have not modified to the smallest extent the teachings of Natural Dietetics as given in the Nature Cure magazines and *The Lindlahr Vegetarian Cook Book*. Not one recipe or prescription for scientific food combination had to be changed or modified in order to conform to the "new discoveries".

The same is true in regard to our natural methods of treatment. Vivisection and modern medical research have not added as much as the *title on the i* to the efficiency of natural healing methods. These do not depend upon the details of anatomical and histological structure as revealed by the horrors of the vivisection table or by the microscope. The teachings of Nature Cure are deduced from the basic principles of individual life and are in conformity with the natural laws that govern our habits of living. If the latter be natural, disease will soon become extinct.

The pioneers of the Nature Cure movement who never visited a medical school, many of them illiterates, performed miracles in the treatment of so-called incurable diseases. Guided by pure intuition and common-sense reasoning, instead of following the erroneous, contradictory teachings and misleading sophistries of the schools, they found their way back to nature. These men achieved their wonderful results, not by suppressing symptoms or by saturating human bodies with drug poisons, filthy serums, antitoxins and vaccines, but by creating normal surroundings, establishing natural habits of living, adjusting mechanical lesions, by making the organs of elimination more active and alive, and by correcting abnormal mental and emotional attitude. All this can be accomplished by anyone endowed with common sense without torturing helpless animals and without cramming and confusing the brain with a multitude of erroneous and irrelevant theories and misleading experiments.

The foregoing seems to indicate that there must be more than one way of apprehending abstract and concrete truth, of acquiring knowledge, wisdom and experience. There are indeed at least two ways of ratiocination and ideation. One is the slow, laborious and crude method of material mind through that portion of the frontal gray matter of the brain

which has been modified, developed and educated by sense-impressions from the physical-material surroundings only and is therefore unaware of higher planes of life and action and of superphysical sources of inspiration and information.

The other is the intuitional way of reasoning and ideation. It depends upon direct influx from the one and only source of intelligence, wisdom and creative power in this universe, from that which we call God, Cosmic Consciousness, Universal Creative Intelligence, and by many other names. This intuitive perception of truth is quick as lightning,—it is the flash of genius, the vision of seer and prophet, the inspiration of the philosopher, artist, composer and of the great inventor.

The ratiocination of the materialistic mind is of the male quality, positive and aggressive. It delights in the belief that it has a monopoly on all that is worth knowing and looks with contempt and derision upon the possibility of any source of reliable information alien to its own.

The intuitional mode of thinking and reasoning is of the female quality, humble, passive, receptive and reverential. It realizes that its physical-material self is only the shadow of the real substantial ego, the soul or psyche. It understands that this higher self is identical in substance with the soul of the universe, that this father and mother soul of our soul is the omniscient, omnipotent, omnipresent *spiritus mundi* and that potentially and actually, in greater or lesser degree according to the measure of our intellectual, moral and spiritual development, we share in these transcendental divine capacities and powers. In the self-completed man, both qualities, male and female, are equally and perfectly developed.

To the materialist this is mere visionary drivel; to those who understand it is the *summum bonum*, the sum and substance of all that is good, true and worth knowing and possessing.

Via Dolorosa Humanity is still most devoutly wishing and looking for vicarious salvation from their physical ills and other troubles. All you have to do is to hint remotely at the possibility of a "cure-all" without the necessity of any effort on their part and they jump at the idea like the trout at the fly and swallow the alluring bait, hook and all—only to be stung once more instead of being cured.

Whether we know it or not, believe it or not, Karma, the law of action and reaction, the great basic law of compensation, is still at the wheel controlling and guiding affairs in this wonderful universe of ours. There is no such thing as accident, favoritism, subterfuge or compromise. We have to obey or suffer the consequences.

It would be a bad day and a sad day for humanity if ever a panacea were discovered capable of curing all human ills regardless of natural or unnatural habits of living and destructive ways of doing things. If affairs on this planet were run in this disorderly fashion the fundamental basis of law, order, beauty, harmony and of ethical and moral concepts would be non-existent. Anarchy, chaos, ugliness and confusion would rule instead.

Fortunately this universe is not built that way. It is run in harmony with certain well established rules and regulations. If we insist upon violating these we shall have to pay the penalty sooner or later, somehow and somewhere. We can not cheat nature by allopathic medicines, the surgeon's knife, Christian Science formulas or by mechanical appliances of any kind. If this were possible then the deceptive lure of the pill box, the "healer" and the mysterious apparatus would be transmuted into the pure gold of miraculous fulfillment. Then we could accept, with perfect safety, the promises of the miracle mongers which usually run as follows: "This talk about natural laws and the necessity of compliance is all nonsense; live any way you please, when things go wrong come to us, pay your fee and be cured of all that ails you".

This would be fine if it did work, but in actual practice it is not that easy. The world is full of unfortunates, physical, mental and moral invalids and cripples who have tried to cheat nature by such vicarious panaceas only to find that nature will not and cannot be cheated.

After all is said and done, Nature Cure philosophy and practice is still the only reliable guide to health, success and happiness.

If Mother Nature approved of the easy way and of such short cuts to physical salvation, she would have to devise other ways and means of disciplining and educating these mortals who simply will not get wise nor gather useful experience, except by the *via dolorosa*.

Ailments of the Digestive Organs

DRS. HENRY AND VICTOR H. LINDLAHR

(Continued from the April Number)

Gastric and Duodenal Ulcer

Perforating or peptic ulcer is a lesion peculiar to the stomach, the first part of the duodenum and the lower end of the esophagus—that is, to parts exposed to the action of the gastric juice. The ulcer is usually single, but there may be more than one at a time. Gastric ulcer occurs most commonly in young women, especially those who lead a sedentary life, who live in places deprived of sunlight and suffer from anemia and constipation. Duodenal ulcer is more frequent in males.

Orthodox medical science ascribes the formation of ulcers to a devitalization of certain areas of the gastric mucous membrane, to erosion of these areas through digestive action of the gastric juice and to obstruction of the circulation in these areas by embolism and thrombosis. The latter conditions according to Natural Therapeutics are synonymous with pathogenic obstruction.

Some of the most common and pronounced symptoms of ulcer of the stomach are:

First, pain and tenderness over the region of the stomach. When tenderness is severe and persistent it may indicate an acute peritonitis around the ulcer.

Second, vomiting after meals. This may occur soon after food has been taken, but more frequently an hour or more later.

Vomiting of blood (haematemesis) may be frequent and copious and occurs in most of the cases. The color of the blood is bright red in distinction from the black, coffee-ground cancer vomit. These hemorrhages may result in death. In many instances blood periodically passes by the bowels. This becomes mixed with the feces and gives them a black, tarry appearance.

The appetite may be good but the patient is afraid to eat because it may set up severe pain. The tongue is clean but may be pale and flabby. In many cases the symptoms

are very slight and the existence of an ulcer may not be suspected until a copious hemorrhage or perforation brings about sudden collapse and death.

Duodenal ulcer usually occurs in the first part of the duodenum about the point at which the acid chyme is neutralized by the alkaline pancreatic juice. Acute ulcers may be due to the breaking down of engorged lymph-follicles caused by pathogenic or mucoid obstruction.

Duodenal ulcers also may give little trouble until perforation occurs. The most prominent symptoms of duodenal ulcers are hunger-pain: that is, pains coming on from two to four hours after eating and at night. They are caused by the action of the acid gastric juice on the ulcer tissue and are relieved by taking food.

The pain of duodenal ulcer may be confused with that of gall stones, but the latter is not relieved by food, nor does it come on after every meal.

Perforation is indicated by sudden intense pain in the upper part of the abdomen with local distention, rigidity, faintness, rapid wiry pulse and a pinched and anxious face.

Medical Treatment

The medical treatment consists of rest in bed and feeding through the rectum. Vomiting is stopped by large doses of bismuth, and pain by the administration of morphin or other opiates. The hemorrhages are diminished by morphia and ergotin hypodermically administered. Surgical treatment is resorted to in case of perforation or suspected perforation.

From the Nature Cure Viewpoint

The question is frequently asked, "Why is it that digestive juices do not digest the walls of the stomach?" To this we answer, "Because the life forces permeating the tissues of the stomach in a healthy body are more powerful than the digestive juices and resist their destructive activities". When, however, the life forces in the form of life elements, or vitamins, run low in the muscular, cellular and glandular structures of the walls of the stomach, the resistance to the corrosive action of the pepsin is diminished and this ferment actually digests the tissues of the stomach, beginning with the superficial layers and gradually extending into the deeper.

Lowered vitality, or deficiency of life elements or vitamins, is therefore one of the predisposing causes of ulcer, cancer and other diseases.

Pathogenic (muroid) obstruction of the capillary circulation and glandular structures, causes stagnation and decomposition of the circulation and glandular secretions, giving rise to putrefactive changes and bacterial activities which result in the destruction of tissues in the affected areas.

Electronic diagnosis proves positively that hereditary, bovine and acquired syphilis are predisposing factors to ulcers, malignant tumors and many other chronic destructive diseases. By bovine syphilis we mean vaccine virus used for vaccination which contains, practically always, syphilitic and other disease strains.

The foregoing factors in the formation of ulcers and tumors are aggravated by interference with the nerve and blood supply by mechanical lesions in the spinal column and in the nerve tissues themselves. Such mechanical impingement, or obstruction, may be caused by displaced vertebrae in the spinal column or by contraction of connective tissues covering the nerve material in nerve trunks and filaments. The nature and treatment of mechanical lesions has been fully described in *Philosophy of Natural Therapeutics*, in the chapter dealing with manipulative treatment. Interference with nerve and blood supply to the nerves themselves, or to the organs or parts supplied by the nerves, will lower the vitality and thus favor development of destructive processes. Similar effects result from pathogenic (muroid) obstruction of the capillary circulation and glandular structures.

Natural Treatment

The natural treatment aims to eliminate from the system the pathogenic materials and alkaloids of putrefaction which are causing obstruction, irritation and putrefaction. In order to accomplish this, all starchy, proteid and fatty foods must be reduced or temporarily eliminated from the diet. Nothing in the way of food must be taken but juicy fruits, leafy vegetables and milk or buttermilk. The raw food diet must be followed by more or less prolonged periods of fasting, according to the vitality of the patient. The hydropathic treat-

ment must vary somewhat, according to the acute or chronic nature of the ulcers. (See "Treatment of Acute Diseases", Section V, and "Treatment of Chronic Diseases", Section XII, of *Practice of Natural Therapeutics*.)

While giving abdominal massage care must be taken not to manipulate the upper part of the abdomen; this might cause perforation. Spinal inhibition and adjustment are of greatest importance.

The treatment of chronic ulcers will naturally require more time and patience than that of acute ulcers, since in the former type, the entire organism is affected by degenerative processes. The chronic type of ulcer, therefore, requires thorough, systematic, institutional treatment in order to promote the elimination of hereditary taints, systemic poisons, drugs, vaccines, serums and antitoxins. Electronic treatment is necessary to destroy the hereditary and acquired disease strains.

Cancer of the Stomach

The nature, causes and natural treatment of benign and malignant tumors has been fully described in Chapter XVIII, *Philosophy of Natural Therapeutics*. A careful study of this chapter will facilitate the understanding of the causes and treatment of local malignant growths anywhere in the system.

Cancers of all kinds occur most frequently between the ages of forty and sixty years. The disease is somewhat more common in males than in females. It occurs oftener in the stomach than in any other part of the body. The majority of cancerous growths in the stomach develop near the pylorus, others in the upper or lesser curvature and comparatively few at the cardiac end or lower curvature of this organ.

The disease usually begins in the deeper layers of the mucous membrane and extends into the submucous and later on into the muscular coat which is frequently thickened. Nodules may be felt (palpated) externally along the course of the lymphatic vessels. These are caused by pathogenic obstruction and degeneration. In many instances the infiltration spreads in all directions causing considerable tumorous enlargement.

Cancer at the cardiac end of the stomach may prevent the passage of food and produce dilatation of the esophagus. In the breaking down, or ulcerating stages, erosion or destruction of blood vessels may cause hemorrhages. Cancerous ulceration may also cause perforation and hemorrhages into the bowels, the pleura or the pericardium with fatal termination.

Cancer of the stomach is frequently followed by transplantation (metastasis) into the liver, lymphatic glands and peritoneum.

Symptoms

The symptoms may for a time remain obscure, but sooner or later persistent vomiting of dark blood of coffee-ground appearance, blood in the stools, recurrent pain, emaciation and general cachexia (breakdown) with the presence of local enlargement (tumor) reveal the true condition. Persistent gastric symptoms in a patient over forty years of age are always suspicious and call for thorough examination. Hydrochloric acid is diminished and may be altogether absent in the latter stages. This, however, is not absolutely indicative of cancer because the same condition occurs in chronic gastritis. In about twenty-five percent of all cases no local tumor can be discovered. In advanced cases the cervical or inguinal glands are considerably enlarged. This is a valuable point in diagnosis. Under allopathic treatment the disease usually proves fatal in from six months to two years.

Compare the diagnostic points in cancer and ulcer of the stomach. In rare instances the cancer occurs in patients under forty years of age. However, I have observed cancer of the stomach and other abdominal organs in a number of cases in people between thirty and forty years of age after operations for benign tumors or for inflammation of abdominal organs and curetments of the uterus.

Natural Treatment

In Chapter XVIII of *Philosophy of Natural Therapeutics* I have shown that cancer is due to pathogenic obstruction and to local irritation by alkaloids of putrefaction in the circulation. The roots of cancer as well as of all other forms of tumors and ulcers are, therefore, in every drop of blood in the

body.* Surgical removal or any kind of local suppressive treatment, whether it be by drugs, light rays, X-rays or radium, is, therefore, worse than useless. It only dams back the pathogenic materials, allows them to accumulate and to break out with increased destructive force in the same or other parts and organs. Medical science calls this metastasis, or transplantation of the tumorous elements. Common-sense reasoning should convince us that the only possibility of cure lies in purification of the system from the pathogenic materials, which are causing the abnormal proliferation (multiplication of cells).

In the chapter before referred to I mention the fact that in the great cancer research institutes a sure cure for malignant tumors has been discovered. It consists of pumping the blood out of the body of an animal afflicted with cancer in the advanced stages, and then pumping into the depleted body immediately the blood of a healthy animal which has proved immune to cancer transplantation. After this has been accomplished, the cancerous growth disappears in nine cases out of ten.

While this treatment, for obvious reasons, cannot be applied to human beings, we claim that it is not necessary to remove the blood from the body of a cancer patient, but that it can be purified and regenerated through natural methods and by electronic treatment, while it remains in the body. That this is possible we have proved in many cases. I claim with all sincerity that cancer in the first stages of development is one of the most easily cured diseases. When the growth, however, has attained considerable proportions and has entered upon the breaking down or putrefactive stages, then the growth itself becomes a poison factory. Its rapidly decaying abnormal cells and colloid materials produce the alkaloids of putrefaction faster than they can be eliminated, which means that the disease has become incurable.

The treatment of cancer of the stomach as well as of all other benign and malignant tumors requires, of course, thorough, systematic institutional treatment by a combination of

*This sentence was written many years before electronic diagnosis proved it to be literally true.

all natural methods including electronic treatment. In such cases it would be exceedingly dangerous to rely on partial and experimental measures.

Is Cancer Incurable?

Six years ago a woman about fifty-five years of age was brought to us suffering with a very serious disease of the stomach which had been diagnosed as malignant. We found in the affected organ a large tumor; the accompanying symptoms pointed unmistakably to malignancy. Her husband, a wholesale and retail druggist, as well as her friends and other relatives, had given up all hopes of recovery.

For about six months she hovered between life and death; violent crises developed in quick succession, many times the end seemed near. Not one of our physicians or nurses believed she could get well. The only ones who did not give up were the patient and myself. I never witnessed such unfaltering faith. No matter how serious her condition, smilingly she would say "Doctor, something tells me I am going to get well". I firmly believe that her superhuman faith and trust in the good law helped to turn the violent disease crises into real healing crises. Many times I told her, "Nature Cure combined with faith sublime like yours is bound to conquer"—and it did.

Last season the lady spent her summer vacation in Elmhurst. Her physical and mental vigor, her happy disposition and infectious enthusiasm for everything pertaining to the natural life were a source of never failing inspiration and encouragement to the timid novitiates into the mysteries of Nature Cure.

Careful re-examination revealed that the tumor in the stomach had disappeared.

I selected this case for publication on account of the severity of the struggle and because sufficient time had elapsed to prove the permanency of the cure.

Sarcoma in Advanced Stages, Cured by Natural Methods

Mr. H—, a clerk in the Chicago postoffice, had sustained a serious injury to the femur of the right leg. Under allopathic treatment this gradually developed into sarcoma of

the bone. It was diagnosed and treated as such by some of the most prominent physicians and surgeons in Chicago, also by the physician in charge of the Medical Department of the Chicago postoffice. These doctors unanimously recommended immediate amputation as the only (slim) chance of saving his life. This of course would have made his case absolutely incurable.

Notwithstanding the strenuous opposition of the "regulars" and the medical supervisor of his department, he placed himself under our care and treatment. For many months it seemed a hopeless struggle. Two abscesses formed which freely discharged putrefying matter and particles of the decaying bone. The doctors said "I told you so" and advocated immediate scraping of the bone and closing of the wounds by escharotics and surgical treatment which would have meant suppression of the morbid discharges and sure death. Dr. Lindlahr said "No, these ulcerating wounds are the best means for purifying the system of the disease miasms back of the sarcoma." The medical men sneered at this old-fashioned elimination theory. The patient through thick and thin adhered faithfully to the new ways of doing things and Nature won the day.

Three years have elapsed since Mr. H— first came to us on crutches for advice and treatment. Many times his case seemed to be getting worse and hopeless. Today the leg is sound and whole and the former "hopeless case" is enjoying perfect health and working harder than ever in the Chicago postoffice.

It should be remembered that sarcoma is supposed to be more malignant than cancer. This remarkable recovery was brought about by nothing but the old approved Nature Cure methods.

(To be continued)

World Beauty and Design

Philosophy for the Well

ELIZABETH GREEN

It is not as a chronic invalid who has been helped or cured by that last resort of the helpless, Nature Cure, that I speak. It is as a fairly healthy, fairly youthful person who has found in Doctor Lindlahr's teachings of Natural Therapeutics a philosophy of life. A philosophy,—the scheme or pattern by which we order, to our best abilities, our individual lives, and by which we relate ourselves to the whole of Life.

Fresh from the philosophies of the colleges, from the orthodox theories and doubts and discrepancies which, they teach us, govern the economic and social workings of an *ordered* world (save the mark!)—I came, accidentally, (some four years ago) to the *Philosophy of Natural Therapeutics* as to a new high vantage point, from which the world and its human problems spread itself out before me in a new clear-patterned panorama. . . . To shatter the above simile—I sat up until the wee hours to read that book! And it would be difficult to express the entirety of the difference which it made for me. I do not mean merely in the outer habits of living, though it meant that. I mean in the fundamental attitudes and the deep inner beliefs which make up one's reaction to Life and which motivate one's responses to Life. To speak the language of some people, I had a new "vision" of things; which, in my language, merely means that I saw a heretofore hidden meaning in the world about me.

Where there had been a morass of inescapable evils—things we must accept as natural limitations, as the unavoidable patrimony that "human flesh is heir to", and struggle through as best we may—was now a clean, clear path of Hope and Possibility leading out and up to the hill-top world that may one day be the habitat of new generations. Where there had been only mystery, hedging in and clouding over these evils, that we might not get at them—was now the simplicity of natural truth, making possible their destruction. Where there had seemed only a confusion of the "divine" wills and purposes that were supposed to be directing the

universe (rather aimlessly) hither and there—grew up a simple, central influence, which one may call law if one likes, so it be not confused with the foolish statutes men enact and call laws; a central purposeful tendency, swaying and shaping all our small decisions and petty impulses, through thousands of ages of mistakes to ultimate good; a tendency so straight, so simple that men have had need to deflect it into numberless little non-essential paths, and encumber with numberless little inconsequential myths and confusions before their mystery-loving minds could deal with it.

So it was that for me, out of the perplexities and contradictions of old teachings and surmises, I saw a new and orderly world grow up, shaking itself free of the chiffonage of past superstitions. In a world governed by one simple, understandable unswervable principle, in a world where sick spirits and sick bodies and sick societies could be healed and reconstructed by the following of that natural law—there and only there was constructive effort logical or hopeful or worthwhile. In such a world, given knowledge for many—slowly, surely spreading knowledge of the truth—anything seemed possible. Suddenly the flowing stream of the generations seemed a beautiful, singing romance, leading surely to new beauty and new power and new heights—not downward to an all-devouring sea.

My new philosophy has not been visionary. It has given meaning to my efforts and dreams and endeavors; but it has been, also, to the utmost practical; it has been made the natural satisfying order of my daily living. It has colored my attitude of mind toward all things social, political, economic, and aesthetic; but it has, too, been made the instrument for correcting the ills, small and large, of my sometimes troublesome but to me rather indispensable physical self. Through it I purpose to cheat entirely these said inescapable ills of the flesh and the spirit, and preserve an impregnable mortal rampart of eternal youth!

Natural Dietetics

Henry Lindlahr, M. D.

CHAPTER III

Water Soluble B Vitamine*

(See tabulation of vitamins, page 36, *The Lindlahr Magazine*, April, 1922.)

Since vitamine research began with the discovery of the anti-beriberi or water soluble B factor, we shall trace the observations and experiments which led to the identification of this vitamine or life element in their historical order. This treatment of the subject is intended for the perusal and study of the laity, therefore we shall not go into a lengthy array of scientific data and details but give in concise form all that is sufficient for a clear understanding and the practical application of these highly interesting matters.

The beriberi disease is characterized in the beginning by catarrhal symptoms; these are followed by severe neuritic pains in the limbs, swelling of the parts, extreme weakness, paralysis of the legs and death. In the last stages the swellings become larger in size and increase in number; paralysis becomes more pronounced, difficulty in breathing more marked, the heart becomes seriously affected, and finally the patient can neither walk nor move his arms.

Until quite recently the medical profession believed that this disease was caused by bacterial infection. Some physicians attributed the ailment to faulty diet.

While beriberi was very common among the Japanese, Chinese, Hindus, the inhabitants of the Philippine, Malay and Hawaiian Islands, it was not so common in European countries. This led Takaki, at one time Medical Inspector General of the Japanese Navy, to suspect that the prevalence of the disease among Japanese sailors was caused by faulty diet. Comparing Japanese and European diet, he found that the latter contained much more protein than the former. The

*We ask the reader to excuse occasional repetitions of scientific argument. This cannot be avoided when reciting many discoveries and experiments pertaining to the same scientific facts.

Japanese diet consisted largely of rice which contains a high percentage of carbohydrates but runs low in protein. Takaki, therefore, recommended that other foods richer in protein should be substituted for part of the rice. Soon after came the opportunity for a decisive test.

A Japanese training ship, the *Ruijo*, with two hundred and seventy-six men on board was commissioned for a cruise of nine months. During this time over one hundred and sixty cases of beriberi developed and twenty-five of them proved fatal. Soon after another training ship, the *Tsukaba*, set out with a crew of similar size. This time, in compliance with Takaki's orders, the quantity of rice in the dietary of the sailors was considerably reduced. In its place was provided a liberal supply of milk and meat, the latter food yielding an increased amount of protein. The results were remarkable. During this prolonged cruise only fourteen cases of beriberi developed and every one of these patients had refused to adopt the modified diet. Takaki erroneously attributed the remarkable results of his experiment to the increased amount of protein in the diet of the sailors.

The Japanese people in general were not slow to heed the lesson. Meat, fish, milk and vegetables were substituted for the almost exclusive rice diet with highly beneficial results.

Later developments proved that Takaki, although his dietary experiment was successful, had been mistaken as to the true cause of the disease; that the endemic ailment was caused in reality by deficiency of the water soluble B vitamine in milled or polished rice, and that this was supplied best in sufficient amount by an addition of milk and vegetables to the customary polished rice diet.

It became apparent that as long as the Japanese, and other oriental races, prepared their rice meal in the old-fashioned, primitive way which did not remove the germ and pericarp, beriberi and similar types of ailments were unknown among them. The trouble began with the importation of milled, or so-called polished rice and of white wheaten flour.

These facts were first verified by Eijkman, a Dutch physician stationed at Java. He had in his possession a flock of fowls which were to be used for scientific experiments. Suddenly the poultry became sick. The symptoms they developed resembled very much the symptoms of beriberi exhibited by the natives who fell victims of this disease. In order to distinguish the disease in birds from the human type he called it avian polyneuritis. The question was, "Why did the fowls develop the disease?" Investigation revealed that the poultry for some time previous to the outbreak of the disease had been fed with cooked rice left over in the hospital kitchen. Eijkman substituted raw, unhusked rice for the white, cooked cereal and the fowls rapidly recovered health and strength.

By further experiments, Eijkman proved that polished rice always caused polyneuritis in birds and other animals and that the addition of unpolished rice or minute quantities of the polishings, which are discarded in the milling, brought about rapid recovery. When the animals were paralyzed and in a dying condition, minute doses of the polishings revived the birds and enabled them to strut about quite lively within a few hours' time.

Eijkman followed his experiments with animals by a thorough investigation of beriberi, the human type of avian polyneuritis. He investigated conditions in a large number of Japanese prisons. Wherever polished rice was fed to the prisoners in considerable amounts, beriberi was prevalent. In many of these institutions over one-half of the inmates were afflicted with the disease. As soon as unpolished rice was substituted for the white variety, the patients rapidly recovered.

Eijkman's researches met the same fate as many other epoch-making discoveries. For a long time they were totally ignored by the medical profession.

Finally, in 1906, Professor Hopkins of Cambridge University made another important step in the right direction. He fed one set of rats with protein, fat, sugar and mineral salts, in the same proportions as they occur in milk, but each one of these food elements separated and rendered chemically

pure. The test animals lost weight, and quickly developed pathological symptoms. Another family of rats he fed on the same disease-producing food materials, to which had been added a minute quantity of fresh milk. These animals remained healthy and steadily gained in weight. On the eighteenth day the diets were reversed. Immediately the weak and diseased rats began to gain in weight, and the other set, deprived of the fresh milk, began to lose in weight.

Evidently the isolated constituents of milk, while containing all the elements supposed to be essential for growth and producing animal heat and energy, were deficient in something necessary to health and life. The diet contained an abundance of protein, all the mineral salts of the milk in right proportion (but inorganic), and plenty of sugar and fats, yet the animals lost weight as rapidly as though they had received no food at all. When about two five-hundredths of a pint of fresh milk was added to the "starvation" diet the animals immediately improved in flesh and vigor, and made complete recoveries. The amount of milk added was so minute that it could not possibly contribute materially to the tissue-building and heat-producing elements of the test diet. Evidently a mysterious something was present in the small addenda of fresh milk that was not known to chemical science. It was found that this growth-promoting substance was contained in the cream of the milk. But, when the butter fat alone was added to the above described, growth-inhibiting food combination, the test animal developed polyneuritis or beriberi. This was cured almost instantly by the addition of skimmed milk, indicating the presence in the whole milk of at least two life-sustaining substances not known to chemical science. The growth-promoting substance was later on named fat soluble A vitamine and the anti-beriberi vitamine was called water soluble B.

In 1910 Dr. Casimir Funk, a Polish scientist, proved that the pericarp and germs of rice and other cereals also contained these mysterious life-giving substances, which could not be isolated and analyzed by any methods known to physiological or chemical science, but whose existence was better proved than that of the all-pervading ether, the atom and electron.

Funk named these impalpable food substances, or energies, *vitamines*. Orthodox scientists objected to the use of the word *vitamine*, probably because it reminded them too vividly of the terms *vital force* and *vital energy* which, for reasons explained in earlier chapters of these essays, are taboo among scientists of the materialistic schools.

About 1910 Drs. McCollum, Osborne and Mendel made further significant observations, which also proved the existence of at least two distinct vitamins. When they substituted the butter fat in milk with lard, young rats ceased growing and became weak and sickly. After replacing the lard with fresh cream the animals thrived normally. This indicated that the vitamin deficiency of lard could not be attributed to the fat itself but to a "something" accompanying the butter fat, and not the lard. Later it was found that while the butter fat insured normal growth and fleshy development of the test animals, it could not prevent the development of polyneuritis in animals, or beriberi in humans. The white fats of the animal carcass were altogether deficient in vitamins while the yellowish kinds of fats contained them in small amounts. Ham and bacon, looked upon as highly nourishing foods, do not contain any vitamins.

About the same time it had been discovered (as already mentioned) that the symptoms of polyneuritis in fowl, rats and other animals, are practically identical with those of the beriberi disease in human beings, and that the symptoms of these diseases could be prevented, and cured, by the moderate use of skimmed milk, green vegetables, fruits, the pericarp and germs of cereals and, in a minor degree, by the addition of potatoes and other tubers to the dietary.

Other experiments showed that the vitamins contained in butter fat, cod-liver oil, egg yolk, and other fats could be extracted with alcohol, but not by water. This type of vitamin was named fat soluble A. The anti-beriberi vitamin contained in skimmed milk, vegetables, fruits, cereals, animal flesh, and so forth, could be extracted by alcohol, ether, or water, and was therefore named water soluble B. The same was, later on, found to be true of an anti-scorbutic vitamin, called water soluble C.

In order to recapitulate and further elucidate the previously described experiments and conclusions, let us consider the following: Milk is very rich in vitamins A and B. When we separate this perfect food into its chemical constituents—sugar, protein, fat and mineral salts—and render these chemically pure, they are found to be entirely void of vitamins. This is due to the fact that vitamins are easily dissipated and lost by heating, boiling, drying, or by chemical separation or purification. This indicates that they are very volatile in nature, and cannot be detected and isolated by ordinary chemical means or analytical processes. This will never be otherwise because they are, as explained in former chapters of this series, manifestations of the great life force which in itself is impalpable and cannot be detected by sensory modes of perception. We know this life force only by its manifestations in the phenomena of life and growth, as described in the chapters dealing with the life elements in *The Lindlahr Vegetarian Cook Book*.

Attempted Isolation of Vitamine B

Dr. Funk was the first one to try the isolation of a vitamine. He had discovered that yeast contains large amounts of the anti-beriberi or water soluble B vitamine. Starting his experiments with two hundred pounds of yeast he gradually eliminated those elements which did not contain the anti-beriberi vitamine. In this way he reduced the efficient portion of the yeast to one-twelfth of an ounce of very active material. This vitamine residue was so powerful that one fifteen-thousandth of it added to a beriberi producing diet cured pigeons in the last stages of the disease within a few hours.

Dr. Funk at the time believed this vitamine substance to be one hundred percent pure. Since then it has been proved that even this small amount of vitamine residue, one-twelfth of an ounce isolated from two hundred pounds of yeast, contained impurities that were not vitamins. Try to imagine the wonder of it. One does not know which is the greatest miracle of modern science,—electronic diagnosis or the vitamins. Dr. Funk and other scientists may succeed in isolating

substances which carry the vitamins but they will never be able to grasp, hold, measure, weigh or analyze the thing in itself, because as I explained in other parts of these writings, it is one of the purest and most potent manifestations of the life force itself and this is impalpable, all powerful, the source of all life, intelligence and power in this universe. As orthodox science proceeds with its discoveries and revelations the author's explanations of the source and nature of the life elements will seem less visionary and more reasonable.

Do you grasp it? One fifteen-thousandth of the twelfth of an ounce of vitamin substance, which is still not pure vitamin, makes life possible; its deficiency makes life impossible! The amounts of protein, carbohydrates, fats and mineral salts in this infinitesimally small food particle can not contribute anything to the maintenance of life; therefore it must be something that is as impalpable as ether, as the atom, or electron, yet the evidence proving the existence of vitamins is more convincing than that in favor of these other hypothetical entities of orthodox science. In all his writings on natural dietetics, the author has questioned the life sustaining qualities of chemically pure starches, fats and proteins. Vitamin research now proves that these highly valued foods actually kill instead of sustaining life.

It is important to remember that any food substance whatever, rendered chemically pure, retains not even a trace of the vitamins or life elements, which confirms the volatile, impalpable nature of these mysterious substances or energies.

Professor Bottomley's investigations and experiments have proved that the same life elements are as essential to the normal development of plant life as to that of animals and humans. To go back still further the fertility of the soil depends upon the presence of vitamins which must be replenished by mineral matter, manures and live fertilizers. About this part of the subject we shall have more to say later on.

Notwithstanding these marvelous revelations proved beyond the question of doubt, doctors of the regular school of medicine dare to ridicule the existence of vitamins and "pooh pooh" the necessity of scientific food selection (see Editorial).

Distribution of Vitamine B

The all important water soluble B vitamine is found almost entirely in plant foods. It is practically absent in animal and vegetable fats. It is present in considerable quantities in yeast and skimmed milk but not in the cream or butter fat. It is most abundant in green leafy vegetables, in the pericarp and germs of cereals, also in acid and subacid fruits. The pericarps and germs of peas, beans, lentils and nuts are rich in this vitamine, while the starches, proteins and fats which form the interior body of these seeds contain this life element in negligible quantities only.

Investigators claim that the germ of cereals, nuts and pulses are richer in vitamins B and C than the pericarp or outer tough covering. Vitamine B is present in moderate quantities in sweet alkaline fruits, such as apples, pears, peaches, plums, cherries, grapes, and so forth. It is found also in the tissues of the heart, kidneys, liver and brain, but is practically absent in the muscular portions of the animal carcass which are commonly consumed for food.

Deficiency of water soluble B vitamine in foods causes not only polyneuritis in animals and similar beriberi in humans but it also helps to create and aggravate rickets or rachitic diseases characterized by softening and decay of the bony structures. Many experiments have shown that under a diet deficient in water solubles B and C animals develop decay of the teeth and a condition of the gums very similar to pyorrhea. This confirms my contention in Volume II, *Practice of Natural Therapeutics*, Chapter XLIII, that the almost universal decay of teeth and putrefaction of the gums are caused largely by deficiency of mineral elements and vitamins in the conventional dietary.

Germes and Parasites

As we shall learn in the following chapter, deficiency of vitamins B and C are responsible for scurvy or scorbutic diseases. While deficiency of each one of the three vitamins is held particularly responsible for one or more groups of diseases, as deficiency of vitamine B for beriberi, of vitamine C for scurvy or scorbutic ailments, and of fat soluble A for

inhibition of the growth of young animals, it remains a fact that deficiency of any one or of all life elements lowers the vitality and resistance of the system in general and aggravates any disease in particular. It promotes the development of the morbid soil and of the basic disease strains, which become the prolific breeding ground of parasites and disease germs. This confirms the teaching of Nature Cure philosophy according to which vitamins or life elements are manifestations of life force which is the only source of vitality, strength, resistance to disease and of recuperative power.

In the following chapters of this series I shall quote many passages from the writings of orthodox investigators in which they admit that deficiency of vitamins B and C in the diet of test animals causes rapid invasion of bacteria and parasites in their bodies. This proves that bacteria bacilli and parasites are not the cause but the product of lowered vitality and of a morbid soil. For many years the author has been denounced as an ignorant quack for holding this opinion.

(To be continued)

In the compilation of these articles we have consulted the following references: *Vitamines* by Benjamin Harrow, M. D. This is a splendid treatise on the subject of vitamins.

The Present Status of Vitamines by Katherine Blunt and Chi Che Wang

C. Funk and E. V. McCollum

T. B. Osborne, L. B. Mendel and F. G. Hopkins

Modern Method

Little daughter about five years old was ill and it was necessary to call a physician.

He applied a stethoscope to her chest much to her wonder. When the doctor left, the child exclaimed to her grandmother: "Oh, Grannie, the doctor telephoned to my stomach."

Bell House Organ

Vacation Suggestions

At the approach of the vacation season you are no doubt wondering where and how to spend your coming holidays to the best advantage. Surely you cannot find a better way of combining a pleasant time with physical and mental relaxation and regeneration than by spending your vacation at our Chicago Institution or our Elmhurst Health Resort.

Chicago certainly is the most interesting summer resort in the United States. Here you have the beautiful parks, the bathing beaches, lake shore, museums and all kinds of wholesome amusements at your front door, and you may reach them at an expenditure of less than ten cents. Taking all this into consideration, would it not be best for you to spend your vacation in the most wonderful city in the world?

A perusal of "Beautiful Elmhurst" herewith enclosed will remind you of all the good things in store for you in the loveliest of American health resorts, equipped with everything for the reenergizing of a tired and ailing body and for the harmonizing of a weary mind.

If you happen to be one of our transient patients, you should continue your treatment and natural diet and you will receive infinitely more benefit from your vacation than you would spending it in an unwholesome country place under wrong conditions of living, with conveniences lacking, and where the diet is not fit to be eaten by anyone who wants to get well.

Every year the Health Department reports a large number of cases of typhoid fever and other infectious diseases contracted in the country during the vacation season. Then, also, you should remember that you need regular Nature Cure treatment in order to be cured of your particular chronic ailment. To drop these treatments entirely means a setback in your improvement.

Many of our former guests who have achieved splendid results under our care and treatment have made it a habit to spend their yearly vacation at Elmhurst. Under the temptations and distractions of the conventional life it is easy

to forget and to slide back into the old ruts. An occasional return to the home of Nature Cure serves to broaden knowledge, reestablish the natural ways of doing things and to rekindle enthusiasms.

Each year, as the good work proceeds, brings stronger proof that the Lindlahr way is the quickest, shortest and surest way to longevity, health and happiness. We at the center are making untiring efforts to supply better accommodations and more efficient service for the constantly growing tide of students and health seekers. On the Elmhurst grounds we have recently added treatment rooms and lavatories for the greater convenience of the occupants of the tent houses, bungalows and cottages, also new bungalows with bath rooms. A new three-story building and spacious treatment rooms have been added to the Chicago place. All this is in addition to the electronic and high frequency electrical methods of diagnosis and treatment fully described elsewhere.

Give yourself the vacation from which you will derive the most benefit—a vacation spent at one of the Lindlahr Nature Cure Institutes.

Here you will be welcome, made to feel at home, comfortable, entertained, and educated in natural living, while being assisted on the road to health. If there is help for you in this world, it will be found in Natural Therapeutics, and in no other institution in America, will you find all the advantages offered, which we here combine.

Living

To spread a little joy each day—
To do our work in a cheerful way—
That's living.

To know we've done what's good and right—
To go to bed in peace at night—
To wake up feeling fit and bright—
That's living.

—*Osteopathic Physician*

The Help - Yourself Club

DIRECTED BY MAUDE BALL, SECRETARY TO DR. LINDLAHR

THE GOLDEN VIRTUE

Among the Chinese, silence and low speaking are counted great virtues. Their literature is full of proverbs about the majesty and beauty of silence. With them, "Speech may be silver, but silence is golden". Confucius, who, among great men, ranks as great, based much of his teaching upon the "quarrelless life."

Holy men of the East have taught the same. By many of the great teachers of the past we have been commanded to cultivate silence, in order that we may not be deaf to the still small voice that speaks within the heart. They desire that no language be heard but the language of Divine Wisdom. We are told that this state will be arrived at only after the storm of passions, the battle of desires and the conflict of the intellectual forces is over.

When Pythagoras presented himself to the Priests of the temple for initiation into the sacred mysteries of Holiness and Power, he was sent away not to return until he had succeeded in keeping silent for one whole year. This command he obeyed and we have every reason to believe that his priestly power was extraordinary.

What a troublesome trouble must have been that of King Solomon, with his nine hundred and ninety-nine quarrelsome wives with their clashing ideals borrowed from various nations of the time. It has even been suggested that Solomon's great wisdom was due to the fact that his silence was enforced on account of so much babbling among the women-folk of his household. Perhaps Xanthippe served a similar function for Socrates who may have been disciplined in the art of keeping his tongue, by her vexatious upbraidings.

At any rate, since ancient times, the close affinity between silence and wisdom has been cited in song and story. He who succeeds in bridling his own tongue and choosing well his words must acquire a power incomparably superior to the strength of Hercules.

Standing guard at the portal of the lips adds weight and power to every utterance. It is stated that Von Moltke was eloquently silent in seven languages, and that when he spoke the earth trembled.

The chatterer cannot make an impression with even the most vehement utterances, but when he speaks, who is habitually silent and composed, all ears are strained to catch his words.

This thought is offered here, as a possible solution to the difficulty which many have in making converts to Nature Cure. Those instances where a household is divided against itself, and where friends and relatives respond antagonistically to our cherished hopes and ambition to live the wholesome life, are exceedingly pathetic and by no means rare.

No hard and fast rule can be laid down that will apply to all cases, but if you, dear friend, have so far failed to make an impression with all your logic and eloquence, or have met only the opposition of those you seek to lead and instruct, perhaps you may learn a lesson by a study of the Sphinx.

This does not mean that it is effective to sulk or to be obdurate, or indifferent to the standards of others. It means that a sweet, confident, firm and persistent attitude of mind, whether it is expressed in words or in actions alone, will eventually succeed many times, where argument and pedantry fail.

To go about your way serenely confident of ultimate success, to make no explanations or apologies, not to seek to justify yourself in the eyes of others, by denials or "because", is often to impress others more effectively than by any other means. In other words, a demonstration is often more powerful than an argument. If you by your own success arouse the interest or curiosity of your friends, they will begin to ask you questions and you will have plenty to do giving information where it is eagerly sought.

It is as much a mistake to feed a mind that is not hungry as to minister to a stomach that is not in the proper state to receive food. There can be mental indigestion and the result

is a disordered mental state. A period of mental fasting offers an opportunity to look deep into the inmost recesses of the heart and to discover the underlying motives that prompt speech and action. The Ego is a very deceptive and tricky little being. He often succeeds in misleading us as to our own motive. The wish to believe is a powerful factor in forming our opinions, and constant self-questioning is required, in order to undermine deep-seated chronic mental tendencies that stand in the way of our accomplishing our greatest ambitions.

The four commands given him who would become a Master of Self are: **Know, Dare, Do and Keep Silent.** Knowledge, Courage, Action and Discretion are the cardinal virtues that add dignity and stature to man. To the degree that they are manifest in our lives, do we become successful in influencing and impressing others. He who would be a leader of men, must master himself first.

A great teacher once expressed surprise that Nature has not provided for making health contagious instead of disease. In a subtler way, perhaps, health is as contagious as disease. Sun, air, water, exercise and right thinking spread health more effectively than germs spread disease. And the health forces have the ascendancy, else the human race would perish.

Stranger, perhaps, than the apparent indifference of Nature to health, is the fact that it seems much easier to spread error than truth. It often seems a discouraging and thankless undertaking, to set about advocating a true but unpopular idea. Truth apparently hides her face, and silences her voice. Yet truth is everywhere. Error flaunts itself grossly. It clothes itself attractively. It makes for itself loud and extravagant claims. Appearances are deceptive. Effort must be made to penetrate beneath the surface of things, and to discount appearances and first impressions, to reach the truth about even the simplest thing.

Yet truth is the sure and efficient reward for continuous striving. Every human mind may be reached with the truth, if this becomes the first ambition in life. For the encouragement of those drooping souls who are about to "give up", let me say out of my own heart experience that where one method fails, another will succeed.

If you have tried argument without satisfying results, try cultivating silent or passive resistance to opposition. Do not be turned from your course, but seek to demonstrate first by actions. Explanations will then explain. That truth is most impressive which has been sought.

So many beautiful letters have been received this month, that it is difficult to select from them, those most inspiring and instructive. Following are several of the best. We know they will strike a responsive chord in many a heart and will stimulate conscientious Help-Yourselfers to increased endeavors.

The prize, this month, a copy of *Philosophy of Natural Therapeutics*, goes to Miss Julia Culver. It is a recognition not sought by her. It is not awarded on the basis of what she said or how she said it, so much as in recognition of the constructive effort in study and practical application of Nature Cure principles disclosed by her recital of practical experience.

The other letters contain splendid messages. They will be eagerly and profitably read. Remember, it is not the reading of suggestions, but the successful carrying out of an idea that counts.

Read the following letters. Then sit down and write this department your own helpful suggestions. For the best letter of three hundred words or less sent to this department by the first of September, we will give a copy of the *Lindlahr Vegetarian Cook Book*. Who'll be first? Hop right in. The water's simply great!

International Activity

Elmhurst, Illinois

Dear Friends:—

It was with great satisfaction that I learned while in Europe that Dr. Lindlahr is sending out a magazine. I will send you a list of subscriptions very soon. In the meantime I want to tell you what has happened my way since I left the Sanitarium four years ago.

The first two years were spent in this country, as I was traveling about in the interest of that Universal Movement for Brotherhood, the Bahai Teaching. I had the opportunity of meeting many people, which meant the opportunity for passing on the "good word". The last two years were spent in England, France, Switzerland and Palestine. Everywhere, I saw the needless suffering caused by ignorance of Nature's Laws, as Dr. Lindlahr has so clearly taught us in his books and lectures. I was able to help a number of people in their diet and by cold packs. I will tell you of two instances.

I was visiting some dear friends in this country, when the little girl of nine was taken severely ill from exposure. Her temperature was one hundred and four degrees. Naturally she had no appetite; the pain in throat and lungs was severe. I put a cold pack on her chest and gave her fruit juices in water, every three hours. During the day the pack was changed several times. I remembered that the fever must not be wholly checked. By afternoon the temperature was one hundred and one degrees. I sponged her body off with cold water and kept her quiet. That night she had good rest and when she awoke next morning she looked better than for some time before. I however kept her quiet and gave her salads and fruit that day. The following day she resumed her normal diet and there was not the slightest suspicion of any indisposition. Her mother was away at the time and I felt great responsibility to carry the case through alone. How I did wish we were near Dr. Lindlahr to get advice, but this success gave me and others a great deal of confidence in ourselves.

I was visiting friends near Boston and they permitted me to provide whatever I wished to eat. Seeing what delicious salads I had and noticing how much better I was since the Nature Cure experience, they asked me to advise them as to food. The mother was so prostrated at the time from nerve exhaustion that she was lying down most of the day. The daughter, who was a stenographer, was prostrated also and unable to work. The son, who worked in a bank, told me he too felt on the verge of a collapse. His face was covered with spots and he was much depressed. The mother could not understand why they all felt so weak, when she always provided "good nourishing food," such as meat, potatoes and puddings.

I explained to them the theory, and they were all very much interested. They followed my dietary regimen faithfully, with the gratifying result that in three weeks the young girl was back at work, the mother was able to keep up all day and the young son began to show decided improvement in vitality and his skin was clearing rapidly.

It was very difficult to carry out completely the Nature Cure ideas while in Europe, but a part of the time I was able to do so. However, if I had had a doctor's degree I could have had more influence in directing others. It took so long to convince people and change their old ideas instilled by the "Old School of Medicine".

Last February while in Switzerland I had a severe crisis. Possibly the M. D.'s would have called it "influenza". A number of my acquaintances up there were in bed from one to two weeks with the same trouble and could not seem to recover strength after it, while I, after three days, was better than I had been for years. I first had a wet sheet pack with warm covers and all windows wide open. (There was much snow outside.) I had fruit juices every few hours during the day. After the first day I had chest packs. The results were so rapid and so astonishing that they made quite an impression on a number of skeptical friends.

I came to Elmhurst on May the fourth and have been having the electronic together with the good old Nature Cure treatments. In this

short time, three weeks, the results have been so wonderful that it is influencing others to want to come.

I have not felt so well since an accident twenty-two years ago. Although I felt it was impossible to spend more than a few days here for a much needed rest after the strenuous days in travel, I have now decided to remain until really "cured". The work I am most anxious to accomplish for humanity will be of greater value with *health*.

I gave a set of the first three volumes of Natural Therapeutics to a public library in a mountain town of California and I left another set in Switzerland where friends are passing it around, with great interest and enthusiasm. Several books were bought at your agency in London, "The Health Centre".

If these facts have any value to the members of the Help-Yourself Club, you are welcome to them.

Sincerely yours,

Julia Culver

My Greatest Problem and How I Solved It

Dear Help-Yourselfs:

The greatest problem I have had to solve, since I first realized how "fearfully and wonderfully we are made" by the all-wise Creator, has been to get acquainted with the intricate mechanism and requirements of my body, in order to bring it nearer the condition which God intended, and which he has a right to expect. He holds us responsible for our "sins of ignorance" and our failure to live in accordance with the laws of right living, because he has given us intuition, reason and judgment necessary with which to learn and use His laws.

My problem began at least a hundred years before I was born in the tubercular and other tendencies of my ancestors. About fifty years ago I began to question many things relative to this problem. Why did my dear mother die in her beautiful young womanhood and leave my elder sister and little me, who so needed her love, and strong, well-balanced character; why had I suffered from birth; why had I the "fatal type" of malignant scarlet fever at six years; why, from the time that fever was suppressed by drugs, have I had "congestion of everything that would congest, inflammation of everything that would inflame, ulceration of everything that would ulcerate, over and over again"—as a physician of mine once said? Many times I wondered why I could not have known that the attacks of dizziness which I have had frequently since that time were caused by wrong medical treatment—though, of course, unintentionally. These dizzy spells were, in turn, the cause of two *severe* falls—the first bent and twisted the coccyx and prolapsed all the organs that could prolapse; the second fall twisted the atlas to right and the first and second cervicals to the left. I did not need to ask why I had tuberculosis to fight, for my mother had it before I was born, and like her father, died at thirty-one consumed by the disease. Fortunately, fear was not in my make-up and contrariness was. This helped me to refuse "to die young" just because it ran in the family.

My problem has been made greater by shocks to nerves and mind such as one very severe earthquake and many smaller ones, monsoons, typhoons, cyclones and a tidal wave off the coast of Algeria that came within an inch of capsizing the steamship with two thousand passengers, commander and crew.

The slums of our "dumping grounds"—New York, Chicago and San Francisco have added their gruesome horrors to my overtaxed nerves. If your hair is pliable I could make it stand on end by my experiences in "Hell's Kitchen" in New York. It surely is well named, and the chef and his assistants have all the cooking utensils needed. San Francisco's Dupont Street is not behind New York in its hellishness, though iniquity is not confined to what we call Slumdom and is more often caused by wrong diet, training and heredity. I am glad to say I have never met more courtesy and respect than from some who had drifted into the "dives of iniquity".

Another factor in my problem has been poverty. It is an unpretty word to write or look at, and to experience it gives me an unpleasant sensation too, for it seems to me one should not be poor. Failure and poverty suggest negativeness instead of positiveness and success. However, the fact is that my uncle, who adopted me as his child, lost a large fortune through lack of sagacity and business acumen, and through believing other people to be as honest as he. In a little over a year my uncle and one dearer to me than life died; my only sister lay at death's door; and I was told by my oculist that I would be blind. These and other physical and pecuniary conditions did not make life look very bright to a woman of twenty-four. Most of us, however, are like Sam, the darkey. Sam was always saying that he wanted to die. One night some boys called down Sam's chimney in guttural tones, "Sam, the Angel Gabriel is calling for you". Emphatically Sam declared, "I isn't heah, Massa".

"Enough is enough" regarding my affairs. I must hasten to tell you how I solved it. I am wondering if the reason I did not and you do not get the why habit sooner is because the disease and worry habits are so fixed that we do not try to break them until "delayitis" has made all the other "itises" and illnesses so unbearable that we are forced to find out why we are in such an abominable condition. About twenty years ago I was impressed that as I had always been painfully conscious of my digestive apparatus I could take a long step toward health if I knew the right diet. Dietetics then became my study and, thanks to finding the principles of Natural Dietetics through Dr. Lindlahr, it has become one of the largest factors in the solution of my problem.

In 1910 I heard through a friend in New York of "Nature Cure" and read the magazines and books on natural methods published by Dr. Lindlahr. Later I spent six weeks in his sanitarium and was deeply impressed with the great importance of physical culture, manipulation, natural living, right thinking and eating, and the very superior methods of diagnosis found nowhere else.

But even with the knowledge I had acquired through all these sources, the disposition and habit of going beyond my strength brought me again, for the eleventh time, to death's door and well-nigh inside. Seven doctors thought my only hope was to leave southern California for a more bracing climate, though they frankly doubted I would live to reach Chicago. I arrived at Dr. Lindlahr's Sanitarium April, 1917. I left Chicago in May, 1918, absolutely cured of *extreme* constipation and hyperacidity of fifty years' standing, indigestion of a lifetime and other ill's. Only five and a half months of that time had been spent in the Lindlahr Sanitarium, although I continued treatments under the supervision of Dr. Lindlahr. At the same time I was cured of tuberculosis.

It seems to me and to those who really know my life and condition, especially Dr. Lindlahr and his staff of physicians, that the wonderful—yes, miraculous—results of natural healing and living could not have been quite as great had I not responded heartily to all that was done for me. I was cheerful, confident, expectant and determined to endeavor to see conditions from the right viewpoint, and to squarely face my problems.

Clara V. Howard

A Successful Demonstration

Washington, D. C.

Dear Dr. Lindlahr:

Every day I thank our Blessed Master for His loving kindness in giving you and Nature Cure to us. After a year and a half of living strictly according to Nature Cure, watching the effects of it on the patients at Elmhurst and at 525 South Ashland Boulevard, during the nine months that I was there, and practicing it on people whom I have met since I left there, I am more and more satisfied with its results and possibilities.

One of my patients was a sixteen year old girl who had appendicitis and was not expected to live. Her mother asked me if I could help her. I told her that I would try, if she would assist me and do nothing but what I directed. I sponged her quickly all over twice a day in cold water, gave her an abdominal pack morning and afternoon and a full body pack at night, which gave her good sleep for the first time since she was taken ill three weeks previously.

For three days she had only about one and one-half glasses of water a day, taken in small sips every hour or two—then for ten days more, orange juice and water, two glasses of water and juice of an orange twice a day; after the sponge bath I gave her a massage and osteopathic treatment to stimulate the circulation. All during these two weeks, her bowels acted each day. On the fourteenth day she passed at least a pint of flat hard flakes, that had evidently adhered to the intestines. I remembered your telling us about such conditions in one of your lectures and felt that the day was won for the patient. In a few hours her temperature was normal and she had no more pain or temperature after that. She then began eating a section of orange and increased that each day, adding spinach and lettuce, then green vegetables by degrees.

One cannot follow your Nature Cure methods and not learn the value of fruits in correct combination, green vegetables, deep breathing, corrective exercises, cold baths, packs and sleep—they are all wonderful in their remedial value and well worth while to every human being.

You perhaps remember how very ill I was a year ago last June when I came to you, fighting a life and death battle of several months, and how slow my progress was; but it was all well worth while, and I am now stronger than I ever was in my life, and able to help many others on the road to health. There is never a week that passes that the privilege of helping some sufferer and sometimes several, is not given me.

The Physical Director of the Y. M. C. A. at M___, Alabama, wants to come and study with you. He is a thorough enthusiast over Nature Cure. Let me thank you again in deep appreciation and present my regards to your family and staff whose acquaintance I have so much enjoyed.

Faithfully your friend,

Clara M. Coleman

Finds the Light

L___, Pennsylvania

My dear Mrs. Ball:

It would please me very much to be mentioned in your department of *The Lindlahr Magazine*, as being humbly grateful that I have come in contact with and into the knowledge of the beautiful teachings of Doctor Heary Lindlahr. "Once I was blind but now I can see" the solution of every problem.

I have been a chiropractor since 1913, but I must confess that I never knew that iodine and similar drugs could seriously disturb our health. With two years experience in the World War, I have come to feel very bitter against the medical profession. Vaccines and serums were bad enough, but I never realized what harm iodine could do.

The year 1921, when I came into touch and knowledge of Doctor Lindlahr's works, was a revelation to me, and I trust it will mean that my dreams will materialize. Hitherto I had been in a fog, groping for a "something" that I felt was vital to the healing art. Now I have it and I am more grateful for the light shed from the Doctor's honest investigations. I had some knowledge of hydrotherapy. I had much faith in hot packs and hot baths, but the cold pack is surely a wonder.

Recently I was called to Lewisberg to attend my brother, a student of Bucknell College, who was seriously ill with pneumonia. I found him in a private home with a medical man attending and a bottle of digitalis and a packet of strychnin pills on the table. For five days and nights I played nurse and doctor. Unknown to the attending physician, I used Nature Cure methods, without a drop of medicine and brought him safely through. At the same time, I sent

my mother, who was at Bucknell when I came, home to save my father by the cold pack and olive oil method, from an operation on his gall-bladder.

The M. D. said to me on the fifth day, "You must have been experienced in nursing". "Yes," I said, "I once wanted to be a doctor". Really, I did not have the heart to tell this representative of "high medical science" what had happened.

Isn't it sad! No wonder Christ said, "They know not what they do". God pity them when the truth is revealed to their ignorance or hardness of heart—which is it?

We are on the eve of wonderful revelations and events. A great fight is ahead. I want to be in that fight! Put my name down among the staunch supporters and boosters for, Nature Cure and Doctor Henry Lindlahr!

Wishing you much joy in your task, I am

Yours cordially,

Alvin N. Davies, D.C.

What Constitutes Success

That man is a success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a perfect poem or a rescued soul; who never lacked appreciation of earth's beauty or failed to express it; who has always looked for the best in others and gave the best he had; whose memory is a benediction.

—Robert Louis Stevenson

College Department

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

Transillumination

A. Swain Mitchell, M. D. has just completed a special post-graduate course in eye, ear, nose and throat work. By contact with the class, Dr. Mitchell became very interested in Nature Cure and natural methods of treatment. On the closing night, the class presented him with a set of Dr. Lindlahr's books.

Movies and Visual Education

Motion Pictures are being used weekly in the regular class meetings, also on Friday night in the Chicago Sanitarium and Sunday night at the Elmhurst Health Resort. Two subjects, Embryology and Bacteriology, are complete and ready for class work. It is hoped that by the fall term practically ninety percent of the subjects taught in the school will be visualized. Films are difficult to obtain, but at the present time a number of films suitable for class work have been found, and will be used as the classes progress. Any help or suggestions to facilitate Visual Education will be greatly appreciated.

Progressive Mysteries

A very unique and entertaining program was given by the students and faculty of the Progressive College of Chiropractic on June 16 under the auspices of the Progressive College War Service Club. The program included music by the Progressive Orchestra, humorous playlets, monologs and dialogs, some clever acrobatic stunts, dancing and magic performances. The many humorous quips against the old-fashioned therapeutic schools kept the audience in an uproar of laughter.

The best part of such an entertainment is the good fellowship on the part of the performers and the pleasure of seeing familiar faces on the stage. The proceeds are to be used on the purchase of a radio receiving set for the college.

The Progressive Picnic

On Decoration Day, May 30, 1922, the students and their friends held their annual picnic and outing at the Lindlahr

Health Resort at Elmhurst. There were approximately one hundred and sixty people present. Four large busses were used to carry the picnickers there and back. Everyone enjoyed the trip as well as the sports, dances and eats. The Faculty Indoor Baseball Team showed up the Student Team to the tune of 12 to 5 in a "hot" seven-inning game. The Staff also held their own in a Tug-of-War with the student body. Races and games were enjoyed by all—for how could it happen otherwise at such a beautiful place as Elmhurst! It was a tired but happy crowd that made their way homeward via the special busses, late that evening.

Progressive College Building

A modern three-story building is being completed to accommodate the ever-increasing number of the student body. Some of the special features of the new structure will be a large Assembly Hall, equipped with Moving Picture and Radio apparatuses. We hope to have it in complete readiness for the fall term, October 3, 1922. The building will also contain a modern locker system for the students.

The Progressive Orchestra

The Progressive now boasts of a twelve-piece orchestra, which made its initial public appearance at the Progressive Mysteries. Dr. J. C. Daniels, the leader, promises wonderful results. The orchestra consists of a piano, first violin, two second violins, drum, saxophone, flute, tenor banjo, cornet and trombone.

Clinics

The public clinics have greatly increased so that at present more than six hundred patients are being treated monthly, thus assuring the Progressive student ample practical, clinical experience.

News from the "Front"

John J. Kelch, one of our recent graduates, writes that he has passed the Ohio State Board and has opened a practice in Cincinnati. Good luck to you and your worthy brother.

Fred V. Armstrong, well known to all of the present students, has just passed the Washington State Board and has opened a practice in Spokane. May success be yours for you certainly are equipped to get results.

The following graduates have successfully taken the Illinois State Board and are established at present in Chicago :

Floyd Blackmore	James Davidson	Albert Jansick
Alice Blain	Victor Dobrosielski	G. M. McNanley
Jesse E. Brady	D. A. Hauptfuehrer	M. H. Kowan
M. J. Costlay	Edward Howell	Annette Wilson

First Annual Home Coming

The first annual Home Coming of the graduates of the Lindlahr College of Natural Therapeutics will be held July 14, 15 and 16. The aim of the yearly gathering will be to enable all to compare notes and renew friendships. An excellent program awaits you. We want to make the "Round Table" discussions valuable for all. Bring your problems, as well as any new thoughts or discoveries. Alumni—do your duty to your Alma Mater—be sure to come and be prepared to discuss some phase of drugless healing that you have specialized in.

Twelfth Annual Summer Post-Graduate Course

Year by year these courses have become more and more valuable to all interested in the alleviation of human suffering. They are the culmination of years and years of practical experience at the Lindlahr Sanitariums. This year we have added the following very important subjects:

- Osteopathic Technique
- Orificial Therapy or "Finger Surgery"
- Spondylotherapy
- Electrotherapy

First Week—Course I

Philosophy and Practice of Natural Therapeutics, July 17 to 21

Philosophy and Practice form the basis for administration of all methods of Natural Therapeutics. It teaches the unity of disease and cure, by which is meant that all diseases arise from a few simple causes, and that therefore all disease can be corrected or eliminated by removing the primary cause. Therefore, this course serves as the beginning and foundation for the succeeding weeks of Post-Graduate work. In this week's work you will get a thorough summary of the methods employed at the Lindlahr Sanitariums, and the results of our twenty years of practical experience with all varieties of disease.

Hydrotherapy. Water is the greatest of all healers when rightly used, internally and externally. In acute disease it is, together with fasting, a cure-all. It is indispensable in the treatment of chronic disease. The Lindlahr System has reduced the theory and practice of Hydrotherapy to the greatest simplicity and efficiency.

Manipulative Clinic. This includes practical class-room work in the art of Special Massage, Swedish Movements and Lymphatic Drainage.

Second Week—Course II

Natural Dietetics, July 24 to 28

The Lindlahr Diet. In this domain of Natural Therapeutics the Lindlahr System reduces the complex problems of dietetics to a few simple scientific principles, which any one endowed with common sense can apply to the selection and combination of foods with the best possible results. Dr. Lindlahr in his lectures will give special consideration to this important subject as well as to the neutralization and elimination of systemic poisons by judicious food selection, fasting and special diets.

Osteopathic Clinic. Osteopathic technique is today recognized as a most efficient remedial agent. This subject has been thoroughly condensed, stripped of its non-essentials and is presented in clinical form, in a thorough yet simple manner.

Third Week—Course III

Iridiagnosis, July 31 to August 4

Iridiagnosis. This method of diagnosing abnormal conditions, and detecting the presence of foreign materials and poisons, from a study of the iris of the eye, was introduced into this country and developed principally through the original research work of Dr. Lindlahr. This fascinating and valuable method of diagnosis cannot be learned from books alone. Proficiency in reading the records in the iris can be acquired only by actual demonstration from life. In this course, actual demonstration will go hand in hand with theoretical instruction. To the practical physician this branch of diagnostic science is valuable not only for diagnosing disease conditions in the system, but also because Nature's records in the iris reveal positively the harmful and destructive results of drug poisoning and surgical mutilation, and

confirm the fundamental principles of the philosophy and practice of Natural Therapeutics.

Iridiagnosis as taught here will prove of inestimable value to every physician from the viewpoint of accurate diagnosis, as well as that of practice-building.

Orificial Therapy—often called "Finger Surgery". This system of treating the orifices of the human body is most efficient in diseases of the eye, ear, nose, throat, rectum, colon, uterus, and general chronic circulatory disorders. This course will enable the Lindlahr graduate to enter a field of healing practically untouched by other physicians.

Fourth Week—Course IV

Physiotherapy and Applied Psychology, August 7 to 11

Urinalysis. The latest and best methods will be taught, as well as the interpretation of the findings in the diagnosis, prognosis and treatment of disease.

Spondylotherapy. This system of treating disease through the elicitation of the Reflexes of Abrams is recognized by all who use it as the most effective and rapid method of effecting cures yet evolved. Its simplicity merely proves that "all great things are simple".

Electro-Therapy. In practically every large hospital and sanitarium, as well as in office practice, Electro-Therapeutics plays a vital part in the regeneration of the patient. This course includes only the best of this tremendously large field, and is presented in a thoroughly practical manner, including demonstrations with equipment.

Applied Psychology and Suggestive Therapeutics. The highest intelligences of this age and of this country in particular are becoming deeply interested in the various phases of mental and metaphysical therapeutics. Dr. Lindlahr has long been recognized as an authority on these subjects. This course will help the physician to correctly diagnose and successfully treat the various forms of nervous, mental, emotional and psychic disorders.

The time consumed in these courses will be six hours daily (60 minute periods), three hours in the forenoon and three in the afternoon. The period from three until four in the afternoon will be taken up with clinical work and Round Table, giving the physicians representing the different schools

an opportunity for interchange of ideas, technique and methods of treating.

Tuition

Four weeks.....	\$100.00
Three weeks	90.00
Two weeks	70.00
One week	40.00

The fees are payable in advance and include the Lindlahr College Post-Graduate Diploma, with the enumeration of the subjects covered.

Faculty

Henry Lindlahr, M.D., President
 M. H. Kowan, B.S., D.O., D.C., Dean
 Victor Lindlahr, D.O.
 Bertram Shapleigh, M.D.
 Christina Matthiesen, N.D., D.O.
 E. V. McCarthy, M.D., D.O.
 George A. Morren, N.D.
 M. G. Spiesman, B.S., N.D.
 Wm. M. Rickard, D.C., Ph.C.

Assisted by an able staff of instructors. For further information regarding exact schedules, subjects, hours and so forth, address Dr. M. H. Kowan.

A Special Course in Straight Chiropractic

will be given under the personal supervision of Dr. J. F. Alan Howard, Dean of the Progressive College, beginning July 17 and running collaterally with the Lindlahr Course in Natural Therapeutics for four consecutive weeks. Classes will be conducted three evenings each week. There will be ample clinical material furnished for practical work. This course offers you an excellent opportunity to learn, in as short a time as possible, Dr. Howard's famous technique, acknowledged by those who understand, to be the most painless, direct and far-reaching system of chiropractic in existence. He has devoted twenty years of his life to the development of this method. It will pay you to become acquainted with the Howard System.

The tuition fee is \$50.00, and includes the Howard College Post-Graduate Diploma. If taken together with the Lindlahr Course we will make a special tuition rate of \$135.00 for the two. Class will be limited to twenty-four in number.

Service Department

When patients leave our Sanitariums the usual inquiry is "Where can we secure the Health Foods, packs and other Nature Cure accessories and appliances used in your institutions?"

Many times in the past we have contemplated the establishing of a Service Department for the purpose of supplying the needs of former patients and of others who wish to avail themselves of this opportunity to secure health culture accessories. Lack of room and the multiplicity of other demands delayed the realization of our plans.

Now, however, the Lindlahr Service Department is in operation and we are prepared to fill by express or parcel post any orders for articles quoted in our price list. Cash for goods desired and for postage must accompany all orders.

We shall provide the same high grade foods and supplies which are used at our Sanitarium and Health Resort. We have kept the prices as low as possible to be consistent with first-class quality. You will find a complete price list and order blank enclosed with this magazine. If you do not use them at once, be sure to preserve them for future reference. We will gladly send the price list to any of your friends who are interested.

There is a principle which is a bar against all information, which is proof against all argument, and which cannot fail to keep a man in everlasting ignorance. That principle is condemnation before investigation.

—*Herbert Spencer*

The Lindlahr Health Resort

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.

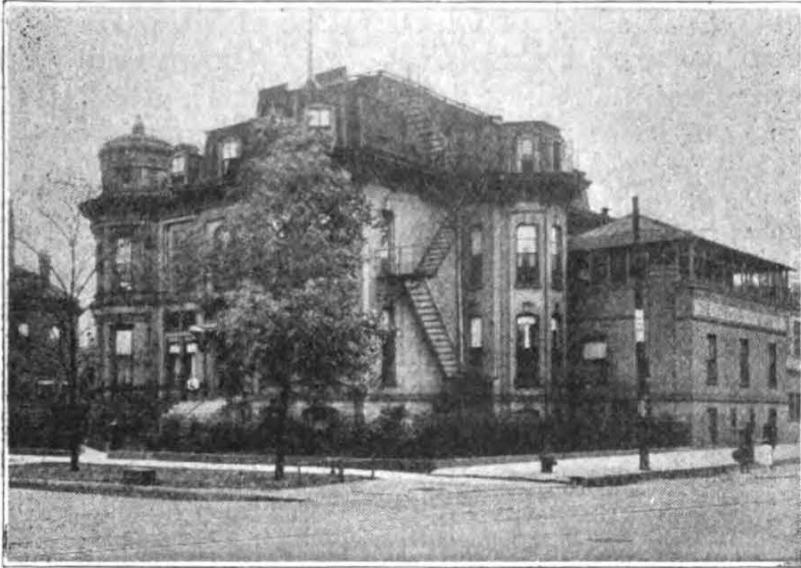
Chicago as a Summer Resort

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)

The Lindlahr Sanitarium

525 South Ashland Boulevard, Chicago, Illinois



**The same methods, including electronic diagnosis and treatment, applied in the Chicago and Elmhurst Institutions
Twenty years record for highest percentage of cures
of Chronic Diseases**

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In our methods of examination, as well as in treatment, we combine **all that has proved true and efficient in all systems from the oldest to the most advanced, whether "orthodox" or "irregular," provided it conforms to the fundamental laws of cure.**

Our examination includes family and personal history, thorough examination of all organs, spinal analysis by osteopathic, chiropractic, and other manipulative methods, diagnosis from the eye, inspection and examination of the eyes, nose, mouth, and teeth, X-ray examinations when indicated, and sycho-analysis.

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.

A booklet containing a complete copy of the examination reports is furnished to the patient. This should be preserved for reference and comparison with future examinations.

Every disease known to man is curable by the proper combination of natural methods of diagnosis and treatment, provided there is sufficient vitality left to respond to treatment and that the destruction of vital parts and organs has not advanced too far.

Rates reasonable and consistent with benefits received.

Courteous attention given to all correspondence.

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The Lindlahr Nature Cure Institutes

509 to 529 South Ashland Boulevard, Chicago, Illinois

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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By HENRY LINDLAHR, M. D.

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Progressive College of Chiropractic

ENROLL NOW

The **Progressive** offers you the opportunity to master Chiropractic under the personal supervision of two of the leading pioneers of the drugless healing movement of today.

Dr. Henry Lindlahr, President of the **Progressive**, has spent his entire professional life in the development of drugless therapy.

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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

DR. M. H. KOWAN, Secretary

Progressive College of Chiropractic, Dept. N
515 South Ashland Boulevard, Chicago, Illinois

How Did You Die?

Edmund Vance Cook

Did you tackle that trouble that came your way
With a resolute heart and cheerful?
Or hide your face from the light of day
With a craven soul and fearful?
Oh, a trouble's a ton or a trouble's an ounce,
Or a trouble is what you make it,
And it isn't the fact that you're hurt that counts,
But only how did you take it?

You are beaten to earth? Well, well what's that?
Come up with a smiling face!
It's nothing against you to fall down flat,
But to lie there—that's disgrace.
The harder you're thrown, why the higher you bounce,
Be proud of your blackened eye!
It isn't the fact that you're licked that counts,
It's how did you fight and why?

And though you be done to the death, what then?
If you battled the best you could,
If you played your part in the world of men,
Why, the Critic will call it good.
Death comes with a crawl or comes with a bounce,
And whether he's slow or spry,
It isn't the fact that you're dead that counts—
But only how did you die?