

# NATURE'S PATH

AMERICA'S PIONEER NATURE CURE MAGAZINE

## *Dr. Lust Speaking*

WHAT IS GRAPHOLOGY?

THE VALUE OF KIND WORDS

COLITIS—ITS CAUSE AND CURE

THE "BLITZ" THAT AMERICA MUST WAGE

NERVOUSNESS AND WHAT TO DO ABOUT IT

"SPANK THE PARENTS AND SPARE THE CHILD"

NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

ARE YOU SUFFERING FROM LOW BLOOD PRESSURE?

AWAKE YE DAIRY FARMERS— PROTECT THE NATION'S  
MILK SUPPLY AND YOUR POCKETBOOK

ELEMENTARY HOME STUDY COURSE IN  
NATURAL LIVING AND NATURE CURE

— AND MANY OTHER INTERESTING ARTICLES AND FEATURES —

NOVEMBER, 1941

10¢

\$1.00 PER YEAR

FOUNDED 1896  
BY  
DR. BENEDICT LUST  
EDITOR

HEALTH THROUGH RATIONAL LIVING



**W. E. HOLDER**

Medical Electrologist, Inventor, Author, Fellow  
International Faculty of Sciences  
(London, Eng.)  
Originator of "HOLDER'S" Ultra-Short Wave  
H. F. Currents

# "MY MESSAGE TO SO-CALLED INCURABLES"

suffering from

Asthma, Bronchitis, Sinusitis, Hay Fever, Colds, Mastoid and Throat troubles, Arthritis and all Rheumatic conditions, Paralysis, Spinal troubles, Neurasthenia, Stomach disorders, Prostate, Kidney and Bladder trouble, Women's weaknesses, Eye ailments including Cataract and Glaucoma etc., who have endeavored in vain to obtain relief:—

## "SUCH SUFFERERS NEED NOT DISPAIR"

for that Internationally known miracle machine

not diathermy **"HOLDER'S"** not diathermy

## Ultra Short Wave H. F. Condensator

generating "FLUID" electricity  
with CELLULAR MASSAGE

is now being manufactured in Detroit so that United States physicians can give this wonderful treatment to aid sufferers in their recovery to "GOOD HEALTH."

ENDORSED BY THE BRITISH MINISTER OF LABOR AND AS "ADVERTISED BY THE BRITISH MINISTRY OF HEALTH as the successful treatment for Colds, Hay Fever and Sinus trouble."

"Thousands of BRITISH AND INTERNATIONAL PHYSICIANS ARE USING 'HOLDER'S' ULTRA SHORT WAVE HIGH FREQUENCY THERAPY IN THEIR PRACTICE, also in CLINICS, HOSPITALS with MARVELOUS SUCCESS."

"Abandon all throat and nasal operations.

"It has saved thousands from going blind from cataract, glaucoma and other causes.

"It restores functional activity and arrests atrophied conditions in Infantile paralysis.

"It quickly relieves intestinal disorders.

"It attacks the cause of Asthma and all bronchial conditions.

"Rheumatic and arthritis quickly respond to its influence.

"Its nutritional value restores functional weaknesses."

## "BANISH THAT OLD AGE FEELING"

by consulting Physicians in the following States:—

California	Kansas	Indiana
New York	Florida	British Columbia,
Wisconsin	Ohio	Can.
Pennsylvania	Dist. of Columbia	Colorado
Oklahoma	Alberta, Can.	Nebraska
Arizona	Massachusetts	Tennessee
Ontario, Can.	Michigan	New Jersey
Connecticut	Kentucky	North Dakota
Illinois	Virginia	Oregon
Georgia	Arkansas	Texas

who are specially qualified to operate "HOLDER'S"  
SHORT WAVE H.F. CONDENSATOR, and whose  
names will be sent on request.

YOU can obtain this marvelous Ultra Short Wave High Frequency Therapy from

## "Holder's" Demonstration Rooms

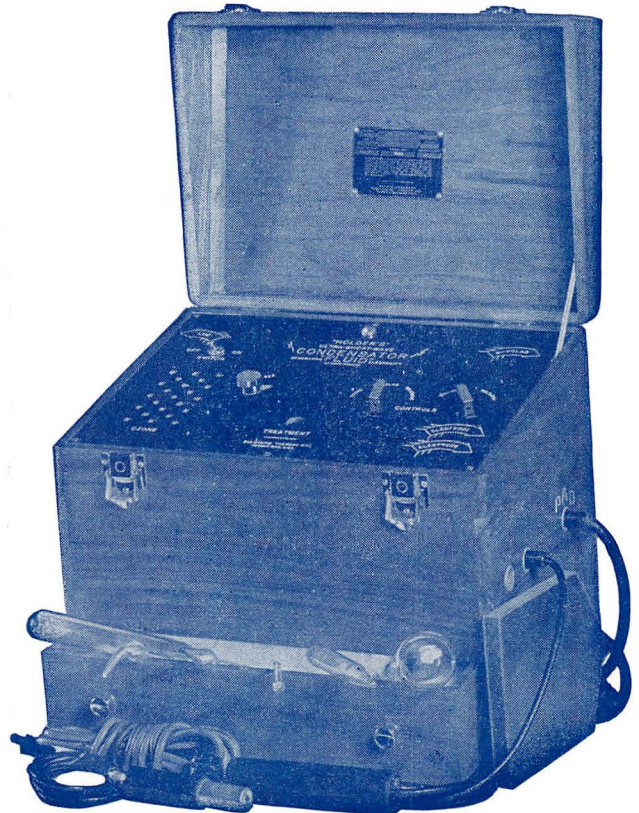
214 & 218 Hammond Bldg. Detroit, Mich.  
Phone Cherry 2393

Send for FREE LITERATURE

## "HOLDERS" H. F. CONDENSATOR CO.

Home Office and  
Research Laboratories  
315 Victoria Avenue  
Windsor, Ont., Canada  
Phone Windsor 4-7120

U.S.A. OFFICE  
and Demonstration Rooms  
214-218 Hammond Bldg.  
Detroit, Mich.  
Phone Cherry 2393



PROTECTED IN ALL COUNTRIES — Made in U. S. A.

The whole mechanical equipment is installed in a solid walnut cabinet. The top indicator panel is of high-grade bakelite. To the cover is attached a suitable handle making the outfit portable. A suitable drawer has been installed for the purpose of placing the gas-filled electrodes, ozone generating induction pad, electrode handle and other attachments. The size is 17 inches wide, 12 inches deep, 17 inches high. Weight with complete equipment is about 45 lbs. It is equipped to operate on 110 volts A.C. or D.C. Current. Peak output 50,000 volts. Megacycle 100 to 28. Consumption 2 Amps., 20 Watts.

DISROBING UNNECESSARY. Free from shocks, sparks, burns, etc., or unpleasant feeling.



**NEXT MONTH**

No More Bicarbonate of Soda For Digestive Troubles

by Luis M. Serrano

Our correspondent from Spain reports some interesting observations on stomach disturbances made during the Spanish Civil War.

White Sugar or Brown Sugar —Which is The Better

by Dr. Jesse Mercer Gehman

There still seems to be considerable confusion about the sugar question. Dr. Gehman's article dispels any doubts and clearly defines the role which raw or brown sugar plays in the economy of the human body.

Arteriosclerosis

by Dr. Eugene Lemoine

There is no cure-all for hardening of the arteries. However it can be prevented and ameliorated by careful living and dieting.

Bargains in Health

by Albert Whiting, N.D.

Health cannot be bought at the bargain counter.

Holidays Except for the Housewife

by J. M. Rosen, D.C., M.C.

They are not always what they are cracked up to be. A saner and more natural conduct of life will make it possible for them to come back into their own once more.

If the Stomach Could Talk

by L. V. Winter, D.C.

Some kind of nutritional ventriloquism that sounds amusing but in reality is deadly serious.

A helpful practical Christmas present for every family is a subscription to NATURE'S PATH. Give a one- two- or three-years subscription and you will provide them with sound knowledge on health.

For free premium books and gift cards, see page 417.

Please remember to renew your subscription to NATURE'S PATH. Do not forget to save your copies for future reference. They form a handy reference library. See list of Free Premiums on page 384.

When sending in your change of address, give us both your old and your new address; also advise us three weeks in advance to be sure you will not miss an issue.

NATURE'S PATH opens its columns to writers of various shades of opinion and their appearance between these covers does not necessarily imply that we are in accord with their views.

# NATURE'S PATH

Dr. BENEDICT LUST, Editor

NOVEMBER, 1941

America's Pioneer Health Magazine—Devoted To Gaining And Maintaining Superb Health And Power Of Body And Mind

## IN THIS ISSUE

	PAGE
Dr. Lust Speaking .....	402
The "Blitz" That America Must Wage (Part 3)	403
Awake Ye Dairy Farmers! Protect the Nation's Milk Supply and Your Pocket Book .....	404
Finkelgram No. 11—You Are Sick—Because . . .	405
Colitis, Its Cause and Cure .....	406
Are You Suffering From Low Blood Pressure?	407
"Spank the Parents and Spare the Child" .....	408
Nervousness and What To Do About It .....	409
The Value of Kind Words .....	410
Now Is the Time To Take Care of Your Hair....	411
Elementary Home Study Course In Natural Living and Nature Cure, Lesson XI — The Mission of Nature Cure According to Adolf Just .....	412
Health Menus for November .....	415
What is Graphology? .....	416
New Health Recipes .....	419
From Our Book Shelves .....	424
Food Flashes from the Health Field .....	425
Helpful Health Hints .....	425
Your Health Problems .....	427

Established 1896 by Dr. Benedict Lust

NATURE'S PATH is published monthly by Benedict Lust Publications, with editorial offices at 343 Lexington Avenue, New York, N. Y. Dr. Benedict Lust, Editor and Owner. Advertising rates upon request. The subscription rate in the United States is \$1.00 per year; Canada and foreign countries \$1.50; back volumes, 1925 to 1940, cloth bound, \$5.00 per volume. Single back copies 1934 to 1941, 10c per copy; 1925 to 1933, 25c per copy, postpaid. Entered as second class matter, March 16, 1926, at the Post Office of New York, N. Y., under the Act of March, 1879; Apply for Agents Territories.



# Dr. Lust Speaking

LAUGHTER HAS BEEN UNIVERSALLY RECOGNIZED as an excellent aid to health. It is God's medicine given to human beings and can fortunately be enjoyed by all irrespective of their position, profession, age and circumstances. A laugh a day keeps the doctor away. It prolongs life, lubricates the whole system and in some cases can actually throw out disease. The term "to laugh

off" something is testimony to the remarkable power of laughing. It also helps to improve the digestion and makes a good meal better. A hearty laugh is Nature's device for exercising internal organs. It begins in the lungs and sets in quick vibration all the other parts of the body. It brightens the eyes, makes the countenance ruddy, brings elasticity to the step, expands the chest and accelerates the circulation of the blood. That man is a poor man who has not within him the power of a healthy laugh. If people only knew the medicinal powers of laughter, half the physicians would be out of work in no time.

It promotes good feeling, does away with cares and doubts and relieves the great strain of modern life. It doubles and trebles one's capacity for work and nobody is ever a failure until he has lost his cheerfulness. In short, it is a life preserver, health promoter, joy generator and a pathfinder to success. There is no sauce better than laughter at the time of meals, no feast more complete than the one spiced with laughter, and this gift of God is within the reach of all of us.

Make it a point, therefore, to laugh in all earnestness, at least three times a day and in such a way that it sounds right through the house. There is no better way to make friends than an open and sincere smile. Laughter and smiles are mental tonics and strikingly exemplify the fact that the state of our mind is responsible for a good part of our physical wellbeing.

Somebody once called laughter the safety valve of the heart. Like crying, it is an explosion of feeling. It also betrays one's character. A man's nature shows itself never more convincingly than at the moment he laughs. And with a little experience and a fine ear one can easily acquire ability to read the mentality and character that is hidden behind laughter. One may try to hide one's disappointment, resentment, astonishment or sad-

ness behind a smile, but an expert will not be deceived by the false front. It is from the laughter that one can recognize the fool, who forever laughs and when there is no reason for it. Likewise the laughter of those stricken with misfortune does not conceal the real state of affairs.

"Laughter heals," said one of the philosophers of Greece, and Democritus of Abdera, the contemporary of Socrates was called the laughing philosopher. Blessed is the man who can laugh and whose humor derives from the bottom of his heart. The superficial and flat laughter presents a striking difference from laughter that has depth of feeling. The joking fool who tries to push aside the answer to a difficult question with inappropriate jesting, does not arouse any mirth. Laughter can be hearty, happy, kind, but it can also be heartless, sad and cold. The most delicate vibrations of feeling and thinking find their expression in laughter.

May laughter always come straight from the heart. Then we will infect others with it and spread happiness. The natural, genuine cheerfulness prepares the soul to drink deep from the well of life and enriches and rejuvenates body and mind.

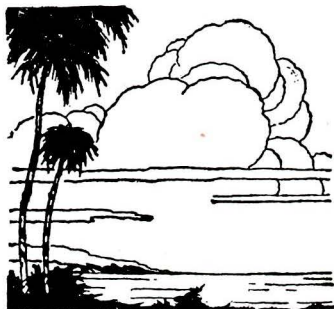
# THE "BLITZ" THAT AMERICA MUST WAGE

By EUGENE A. BERGHOLZ, M.D.

(Continued from October Nature's Path)

## What Do Surgeons Say?

WHEN WE COME TO THE FIELD OF surgery, which is the final stronghold of the Mechanist's armamentarium, we again have confusion, and much dramatized application. It was my good fortune to have one of the most famous surgeons at the time of my college training in Medicine, as a clinical professor of mine. We was almost brutally frank about the entire surgical picture. On the very first day of our class he looked around the arena and seeing a large number of students who were there to learn from his words of wisdom, he began his lecture in somewhat of a manner as this: "You all want to become surgeons. This is not at all my wish. I hope that out of the sixty or seventy here present that only *one* will really take up the field of surgery." He then continued after a rhetorical pause, "A surgeon should not take up the scalpel in his own hands without assistance or supervision until he has at least completed a full course of Medicine, two years internship, and at least seven years of apprentice work under a qualified man, for there is a graveyard behind every good surgeon qualified to bear the name and too many have already been dug! I wish to discourage you to go into this field. We have too many surgeons. There are too many unnecessary operations, and furthermore as far as interest in the field is concerned, do not forget that you are entering one that is based on the philosophy of defeatism. Remember, when you cut into a body, cut off a leg, when you take out an eye, when you remove any structure at all, you are *losing* something. It means that you have been unable to cure the patient, and in utter defeat you must remove the part because you do not know how to save it!"



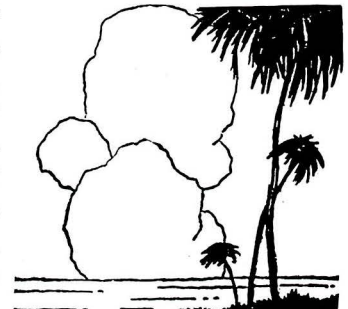
HERE, I BELIEVE, we have the entire picture of the glamour of surgical success in treatment painted very vividly and honestly. Surgery, at best, can only remove the *effects* of a disease, admitting pre-

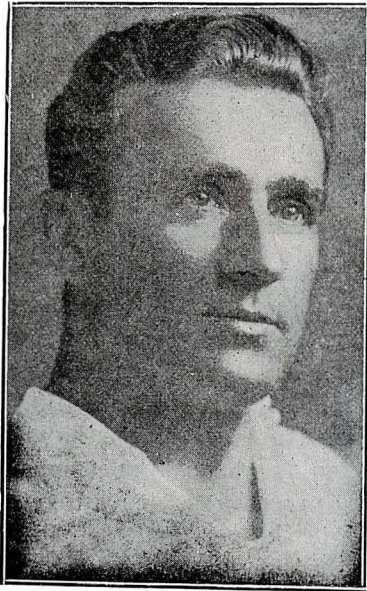
sumably that the effect once produced disallows any retracing of the steps, that the body cannot undo what it has done. That this is a false premise, we shall see later on. However, in the results of broken lives, lost organs, invalidism, worse conditions, premature death that have resulted by these all too frequent applications of unnecessary surgical procedures, are altogether too glaringly evident in the personal histories of many of those who have undergone such operations, that it becomes actually unnecessary to cite any specific examples. So long as the cause of disease is ignored, so long as goiters are taken out, without the realization that there is a cause for them, so long as cystic ovaries are taken out promiscuously, without a consideration of the cause involved in their occurrence, without realizing that the removal of tumors means that the body has no ability to reabsorb what has been manufactured at one time; so long as the underlying cause of any disorder, diseased tonsils, appendix, gall bladder, mastoids, etc., etc., is ignored, so long will the science of mechanical removal of structures prove itself to be ineffective in the ultimate answers to the question, "*What is disease and what is the correct treatment thereof?*"

## We Need A Change!

NO, FROM EVERY STANDPOINT, whether from that of drugs, serums, or surgery, the Mechanical Philosophy stands there, when stripped of its glamour and put out clearly in the light of its results, to be undeniably and uncomfortably found flagrantly wanting.

Certainly, the statistics that we have recited in earlier paragraphs bear this out strikingly. America has the most elaborately-equipped mechanical armament and scientific personnel for the treatment of the sick found anywhere, yet finds it necessary to increase its facilities in the wake of of seemingly little proportionate increase in population, but still we  
(Cont'd on page 414)





# AWAKE YE DAIRY FARMERS!

## Protect the Nation's Milk Supply and Your Pocket Book

By DR. JESSE MERCER GEHMAN

**T**HE DAIRY farmers of America have been robbed, ravished and exploited by large milk interests ever since the idea of pasteurization was put

Undulant fever which we have had with us long before the raw pasteurized milk controversy, represents another of the diseases vested milk interests have used to condemn raw milk and boost the sales of pasteurized products.

AND WHAT YOU MAY ASK HAS ALL THIS to do with the misery of the dairy farmer, his seeming hibernation, and his role of 'Saviour of the Nation's milk supply?

across on the pretext that the public health would thereby be protected.

Instead of protecting public health, pasteurization has destroyed public health and has lined the pockets of the exploiters with uncountable millions of dollars while the farmer has had to be satisfied with slave wages.

Pasteurization has in most instances decreased the care with which milk should be handled, it has therefore been a highly important factor in increasing diseases occasioned by dirty milk.

There are more so-called milk borne diseases today than thirty years ago, and they are increasing in number as the years go by. But are they milk borne diseases or simply created to keep alive the waning belief in pasteurization?

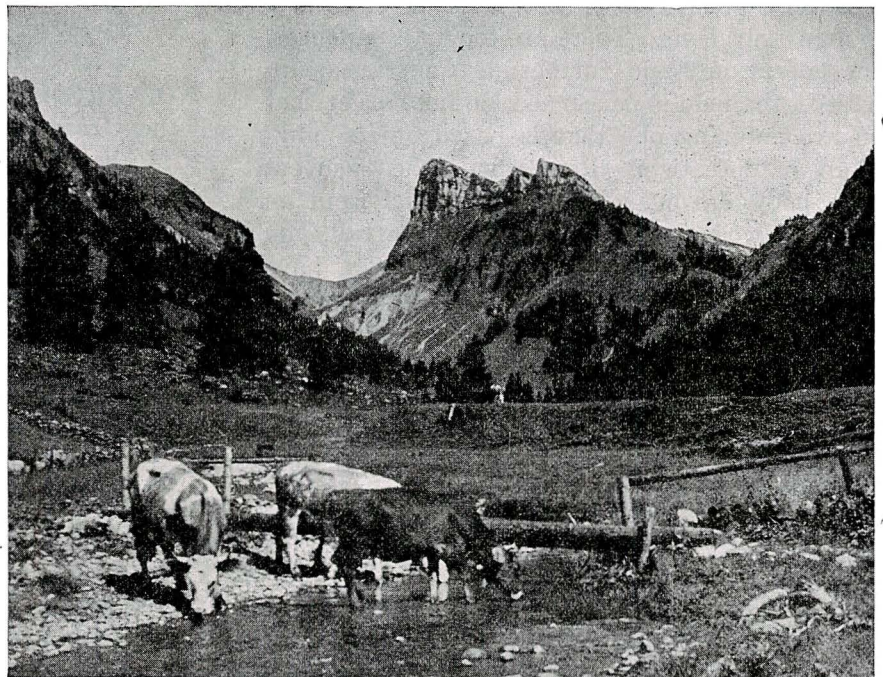
SOME YEARS AGO NO one ever heard, least of all the doctors, of milk being the cause of septic sore throat or undulant fever. In fact septic sore throat, a common enough ailment arose frequently years ago and as many recovered then as today, though pasteurized milk was unheard of.

New diseases attributed to raw milk have arisen as they were needed by the great milk combines and pasteurizing equipment manufacturers to clinch an area for the exclusive use of pasteurization when all other efforts have failed.

The story is a long one, but interesting, however we shall be as brief as the intrigue of the subject will permit.

The dairy farmer must have an outlet for his milk, otherwise he might better raise something else. But the dairyman does not wish to raise anything else. He has been a dairyman for years, likes the business and wants to remain in it. Then too, in some areas, a dairy farm is not well adaptable to other farming; so the dairy farmer remains a dairy farmer and is at the mercy of those who control his outlet . . . his market, namely the large milk interests who favor pasteurization.

*(Continued on page 423)*



A pastoral idyll in the Justis Valley above the Lake of Thun, Switzerland.  
—Photo Arthur Baur

FINKELGRAM No. 11

# YOU ARE SICK— BECAUSE . . .

By DR. HARRY FINKEL, N.D., D.C.



**W**HETHER YOU KNOW VAGUELY, OR do not know at all, you should definitely know, and now, that **YOU ARE SICK—BECAUSE** of the following reasons:

**YOU ARE SICK—BECAUSE** the M.D.s, who are supposed to be the "fathers and guardians of public health" have failed to take an interest to teach you the natural laws of diet and healthful living. They presumably feel that they are rendering a very noble and important service to humanity by doctoring your sickness with drugs, dope, serums, vaccines, artificially prepared, inorganic coal-tar vitamins, and by cutting out, or off, some parts of your anatomy which they think has outlived its usefulness.

The truth as to why you are afflicted with acute and chronic ailments had to be discovered by the "quack Naturopaths" who can prove without any shadow of doubt that **YOU ARE SICK—BECAUSE** you have violated the biological, physiological, dietetic and hygienic laws which govern the health conduct of the human body. Naturopaths know definitely **YOU ARE SICK—BECAUSE** you eat the highly poisonous flesh of dead animals, toxic and acid-forming sea foods, refined white sugar and other unnatural sweets, chemically treated white flour and the variety of foods made of it, devitalized corn, oats, rye, white rice, and so many other grains and cereals which have been deprived of their natural minerals and natural vitamins.

**VERY LIKELY YOU ARE SICK—BECAUSE** of many other factors such as indulging in alcoholic beverages, wines, liquor cocktails, conventional coffees and teas, so-called soft drinks, benzoated canned and bottled foods, irritating spices and seasonings, ice creams which contain artificial ingredients, improperly prepared and unbalanced meals, and because you eat too much, or at the wrong time.

It may be possible **YOU ARE SICK — BECAUSE** of other transgressions such as lack of out-door exercise, insufficient deep breathing, smoking, overwork, not enough rest and sleep, unnatural sex life, lowering your resistance, worry, fear, grief, excitement, and other depressing emotions.

While Naturopaths know how to cope with the many and varied physiological disturbances which have been given one thousand names, and know how to treat all of these ailments successfully, however, they have made a detailed and exhaustive study of the laws which pertain to health, and have learned how to apply them to the human body in order to keep it free from destruction and disease. So when they tell you that **YOU ARE SICK—BECAUSE** you have not learned of these laws, they are stating a simple truth. Naturopaths are one big step ahead of the medics whose studies embrace drugs, serums, vaccines, human and animal dissection, Xray, unnatural prevention of disease, inorganic vitamins, and other allied subjects, excepting the study of the laws of health. It stands to reason that medical doctors are not in a position to know why **YOU ARE SICK—BECAUSE** the study of health is not a part of their medical college curriculum, and therefore, they have not learned how to teach health in all of its ramifications.

**DON'T TELL YOURSELF YOU ARE SICK—BECAUSE** those tiny, microscopic, wicked germs have somehow or other sneaked into your system and invaded some part of your anatomy; or, that the climate is responsible for your periodic acute and chronic ailments; or, that the devil or bad spirits have moved into your flesh.

The truth of the matter is, **YOU ARE SICK—BECAUSE** you have accumulated a large amount of toxins and developed something in your system which does not belong there. It may be drugs, aluminum acids, harmful stomach and intestinal acids, foreign substances in the muscle tissue or joints, pus in the tonsils, gums and head sinuses, mucus and catarrhal matter, gall stones, bladder and kidney stones, an excess amount of toxins, gas pockets, piles, ulcers, tumors, cancers, and many other harmful substances.

**YOU ARE SICK—BECAUSE** your blood is in an impure state; because your nerves are continually bathed in acids and toxins; because your tissue cells are loaded with a large amount of toxic waste matter; because you are stupid enough

(Continued on page 422)

# COLITIS

## Its Cause And Cure

By MAURICE D. PITNEY, B.S. Ph.T., N.D.



then forced into the large intestine or colon. Briefly the colon is a tube-like structure of about five feet long and two and one-half inches wide; whereas the small intestine which occupies the central cavity of the abdomen is about twenty feet long and only about three quarters of an inch wide. The large intestine or colon assumes the position of a horseshoe within the body. Its right lower end begins a little below the position of the appendix, and runs upward on the right side of the body to the border of the last rib where it makes a left turn to form the transverse or upper portion of the horseshoe. In the extreme upper left it makes another turn downward to form what is known as the descending portion of the colon. The right side is called the ascending portion of the colon, because it propels the excrement upward; its left side is called the descending colon because it propels the feces downward, and toward the rectum. The upper portion is called the transverse colon because it lies across the upper part of the abdomen.

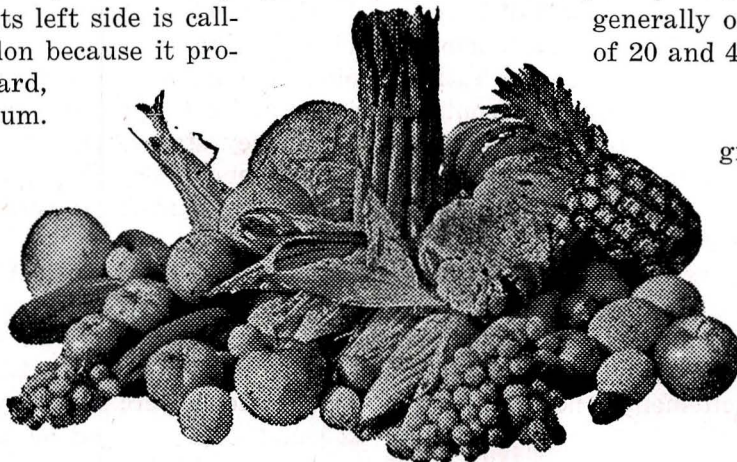
WHEN THE food is completely digested in the

COLITIS IS AN affection of the large intestine or colon. The colon is that portion of the intestinal tract which is concerned with the elimination of the end products of digestion. It has its beginning where the small intestine terminates. When the food is completely digested within the stomach and small intestine, the waste products are

stomach and small intestine the waste products are emptied into the large colon at the right lower portion near the appendix. From here the feces move upward and across the upper or transverse colon; then they move downward through the descending colon until they reach the small pouch near the rectum known as the sigmoid flexure. Normally the colon propels the end products of digestion through its entire length without an perceptibility of its movement. However, if the colon is inflamed, as it is in cases of colitis, the feces irritate the inflamed area as they move through it, thus producing the chief symptoms of pain and discomfort.

Inflammation of the colon may be general or localized to one segment. There may be a local inflammation of the right or ascending colon. In other cases either the transverse or descending colon may be affected. The inflammation is generally limited to the mucous membrane, but it occasionally involves the deeper tissues and may, in some cases, even spread to the peritoneum. The latter is a tough membrane which covers the entire abdominal cavity. Inflammation of this membrane will produce the familiar condition known as peritonitis.

The inflammation of the colon may either be catarrhal or ulcerative. Catarrhal colitis is characterized by severe pain in the abdomen which is accompanied by a discharge of mucus from the lining of the intestine. This condition predominates more frequently in women than in men, and generally occurs between the ages of 20 and 40.



THERE ARE TWO groups of mucous colitis which can be ordinarily distinguished. One group of patients complain of pain along the path of the colon with a tendency to diarrhea; the other (Cont'd on p. 426)

FROM THE MANY LETTERS OF INQUIRY that reach my desk it would seem that one of the most vital questions of the day is, "What is wrong with my dietary, and what shall I eat to overcome these symptoms?"

There are times when a food scientist questions whether the "Diet Era" has contributed anything to the general health of the nation, so great are the errors in feeding.

The sincere must work against unscrupulous men in the field whose sole purpose is commercialism. All that seems necessary for effective salesmanship is to exert personal magnetism — by black magic or otherwise—and the so-called health leader becomes a modern Pied Piper leading astray multitudes of gullible folk.

Most people are ready to try the most radical diet once. Many, unable to analyze their own reactions, will prolong the experiment in their keen effort to attain better health, only to find later they have undermined health and jeopardized their physical constitution.

THAT THERE ARE EXTREMISTS IN THE role of dietist needs no substantiation, other than the health of their following. And in this class we find thousands suffering from the affliction termed low blood-pressure.

Originally, this malady had its inception during the de-vitalized food era; but today we find that it has reached plague-like proportions, and a large number are among the so-called diet adherents. It is with some truth that the old school of medicine denounces dieting as disastrous to health.

The conventional blood-pressure rating allows discrepancies with age. There should be little apparent change as we grow older. A normal rating for women runs from 115 to 125; and for men from 125 to 140. This should hold much the same throughout life.

With low blood-pressure death is not so imminent as

with the other circulatory disturbance called high blood-pressure, hence, less attention is given to it. However, more misery and physical discomfort are experienced with the former. The complaints of the low blood-pressure type are numerous and justifiably expressed. They suffer much.

I AM QUOTING EXCERPTS FROM LETTERS and basing my discussion upon these, hoping thereby, to give you a better focus of the condition. The reader will soon observe that certain

## ARE YOU SUFFERING FROM LOW BLOOD PRESSURE?

By LUCILE STEELE

ailments follow in the wake of anemia and a weakened heart—for low blood-pressure is the result of an impaired heart.

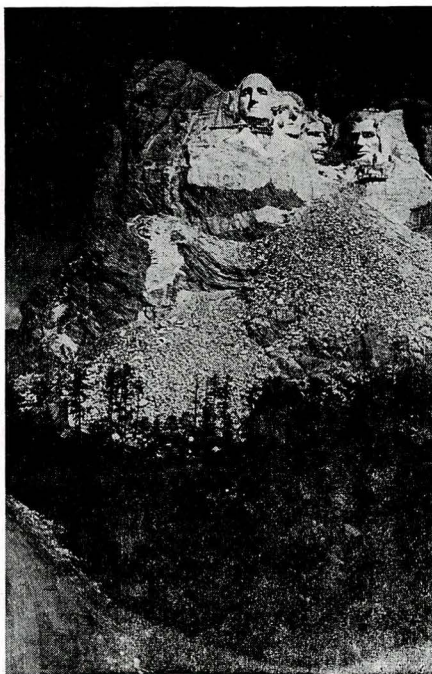
In high blood-pressure there is enough vital nerve reserve and strength of heart tissue to accommodate itself to a toxic bloodstream. This is not true with those of the low blood-pressure diathesis.

Our first letter reads: "I now have a slight tremor in my left hand; my knees at times get swollen and inflamed, and my circulation is very poor. I haven't had a natural bowel movement in over a year. Also my skin is very dry and I have no vitality and am always tired. For about a year's time I have been practically living on a diet of fruits, vegetables and nuts."

This case offers a good example of high acidosis resulting in arterio-sclerosis of the heart vessels and those of the left arm. Nerves of the left arm are so impaired from lack of fresh blood supply that palsy is making its appearance. Pain of the left shoulder and arm is equally indicative of heart impairment. The secondary circulation, conducted by pulsation in the walls of the bloodvessels themselves, is largely at a standstill, as manifested by the poor circulation, the general fatigue, and chronic constipation.

The dry skin results from the high acid content of the blood, and its lack of calcium, iron and sodium to perfect oxidation. Acids and other

(Continued on page 420)



The Shrine of Democracy



**P**ICKETING HAS NEVER APPEALED TO me but if I ever succumb to the urge it will be on a scale that will dwarf all other picketing to date. I will be picketing the parents of the world and my sign will read "PARENTS WAKE UP."

Firmly believing that all that is wrong with children is their parents I herewith embark on the hazardous undertaking of pointing out a few of the reasons why. I will begin by accusing the average parent of being lacking in good judgment. For example, observe on almost any winter day in almost any town outside the frozen north, Mamma muffled in furs dragging bare-legged offspring along the chill wind swept streets. Of course a child's heating system has not had time to become seriously fouled, providing he has had half way sensible care, so he can usually combat the effects of the cold better than Mamma or Papa. However, being human, it is reasonable to suspect that he reacts pretty much as you do, so unless you feel invigorated by the exposure of half your anatomy to the whims of nature during her chillier moments, do not expect your child to either. Pale skinny children need all their energy to grow and gain weight. You need not go to the other extreme and bundle them up within an inch of their lives; there is a happy medium in everything. Just plain horse sense should tell you how to dress them properly for your particular climate. If however you cannot reach a decision by intelligence, try this practical physical test: Go outside bare-legged, lift your dress well above the knees and saunter around the house several times. If you enjoy the exposure probably the children will too, at least the neighbors will I'm sure.

ANOTHER EXAMPLE OF POOR JUDGMENT, ignorance or what have you, frequently displayed by parents is that of fostering the cola, tea or coffee habit on their offspring. This is a most regrettable act. Children require no stim-

## "Spank The Parents And Spare The Child"

By ARDIS HAWLEY SNOW

ulants and their use can be most harmful. If water, milk and fruit juices are not sufficient, there are harmless and healthy drinks on the market for children. Many patients who would not give their children tea or coffee give them cola drinks, ignorant of the fact that they contain caffeine also. Caffeine is a habit forming drug and like opium, alcohol, tobacco, if used in sufficient dose is a rank poison. It is a nauseating sight to see parents giving children barely old enough to hold the bottle, cola drinks, or mere infants sips from their own bottles. Sips of beer and bites of ice-cream are also given infants by their stupid parents who find much amusement in their helpless baby's reactions.

Another dreary sight is to see children dining on half cooked hot-dogs and a cola or other soft drink. There isn't a single redeeming feature about such a meal. Pork unless thoroughly cooked may give them trichinosis, a painful and frequently fatal disease. White bread is lacking in nourishment and the cola drink contains a habit-forming drug. Step right up parents and be complimented on the way you protect your trusting child's health. Don't hide behind the plea of ignorance; there is little excuse for that nowadays.

The chances are pretty fair that your child will survive your best efforts to freeze and starve him in the midst of plenty, haphazard hours and over emotional stimulus, etc., but ten times out of nine he will mature into an imperfect human being. He will be physically, mentally and often morally close to bankruptcy.

UNLESS IT'S PARENTS ARE IN VERY poor health, a baby usually arrives in a healthy condition. By following a few simple rules it can be kept that way. Proper diet, regular hours, plenty of sleep, cleanliness, sunshine and air plus as much peace and quiet as possible will make Junior a healthy, happy baby, boy and man.

We all make mistakes but some profit by experience, others do not. I have observed parents

*(Continued on page 422)*

**R**ECENTLY I LISTENED TO A RADIO program on which Oscar Levant was being interviewed by Col. Stoopnagle. Levant, as you may have heard, is noted for his "nervousness" and it is told that he drinks thirty-eight cups of coffee daily. When the Colonel said to Oscar, "You are so nervous; what do you do for it?", Levant replied, "I fidget!" That would be humorous if it were not so tragic, for nervousness is a great affliction even if it isn't a "disease." (Levant, by the way, should see a Chiropractor.)

Neurasthenia is the term derived from the Greek words "Neuron" meaning sinew, and "asthenia" meaning weakness, and properly describes the form of nervousness referred to here, which in reality is a state of weak nerves. It is a condition commonly characterized by a sense of weakness or exhaustion or by symptoms of various types of organic disease without the existence of organic disease in a degree sufficient to justify the subjective complaints of the patient. In fact, a structural or organic degeneration is seldom found, and so, this type of "nervousness" is usually a functional condition.

A FEW SYMPTOMS of Neurasthenia are:

Fatigue, headache, poor vision, weakness, vertigo, polyuria, sweating, fear, exhaustion on the slightest effort, photophobia, inability to concentrate, irritability, insomnia, worry, anxiety, constantly varying aches and pains, vaso-motor disturbances, undue shyness, and some allergic and other reactions.

Not long ago, I watched a medical doctor making a "thorough" physical examination of a patient suffering from a nervous ailment. It was literally an examination from head to foot. Every part of the body was examined. The eyes, nose, ears, throat, chest, heart, lungs, abdomen, feet, and even the arches—every part of the body, I said, EXCEPT the patient's SPINE. The spine was completely overlooked and ignored. Why, I wondered! Could it be that this medical doctor, whose work I admired for its exactness and correctness, was unaware of the story that the spine could have told of the patient's condition? Strange, indeed, for surely the spine is intimately associated with the nervous system, but perhaps this indifference to the importance of the spine explains the ineffectiveness of conventional methods of treating nervous disorders.

Now, there are many causes of nervousness,

some primary, and some secondary, and not all individuals react the same way. Here are some factors that may, by themselves, or in combination with other factors, bring on nervousness; sedentary occupations, without a balancing regime of physical activity. These frequently are predisposing causes of nervousness. There are also forms of occupational neuroses that are responsible. One of my patients has, in my opinion, not only developed from this origin definite neurasthenic tendencies, but a fine case of Psoriasis as well, on which, incidentally, considerable research is planned to determine its cause from the nervous angle, since no definite cause of Psoriasis is as yet acknowledged by medical science.

The proverbial "square pegs in round holes" sometimes develop anxiety neuroses, which in time create good candidates for nervous disorders. This is especially true of people who worry a great deal, or who are very emotional, and who are underweight.

Idleness, and being alone, are important causative factors.

Likewise are to be considered occasional definite pathologies, gastro-intestinal disturbances, constipation, eye strain, over-exer-

tion, excessive fatigue, and vital depletion from any cause, whether physical, mental or emotional. There is a margin of safety that each individual can determine for himself in the expenditure of nervous energy. Some can spend more than others. Some are born with a super-abundance of energy. Others are "born tired." But all can make intelligent use of what assets they do possess and it is very often possible to gradually add to the stock of nervous capital. In this connection, it is well to emphasize the importance of nerve pressure in the spine.

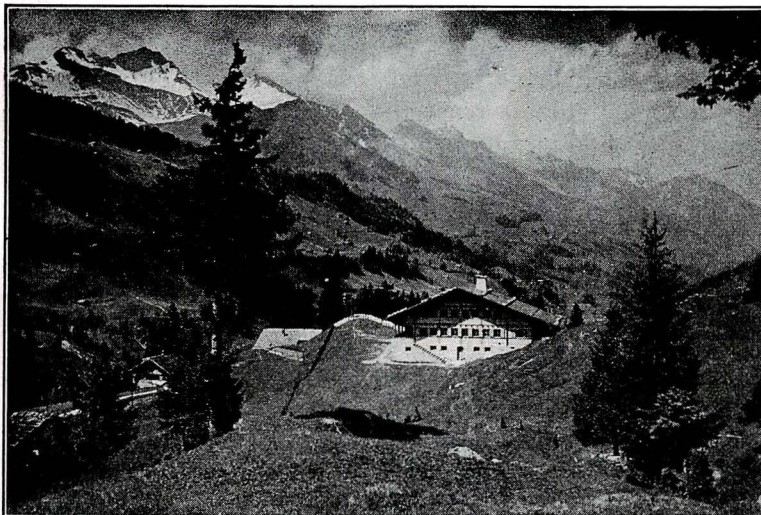
THE SPINE CONSISTS OF TWENTY-FOUR movable bone segments or vertebrae together with the sacrum and coccyx. Between these vertebrae are little openings called foramina and thru these openings pass all of the great nerve trunks of the body. The vital life force within man is carried by these nerve trunks from the brain to the various organs, muscles, and tissues of the body. The nerves branch out into many divisions, connect with the sympathetic system, form a vast and intricate network and control and coordinate every activity of the body.

(Continued on page 430)

# NERVOUSNESS

## — AND WHAT TO DO ABOUT IT!

By J. M. ROSEN, D.C., M.C.



International Girl Scouts Home at Adelboden, Switzerland

**I**S YOUR TONGUE HEALTHY? HOW DO you know whether it is or not? If it is we congratulate you. Healthy tongues are exceedingly rare. Babies have them, but most people who are no longer babies no longer have healthy tongues.

Examination of a tongue for health should be both physical and mental. If you were sick your doctor would naturally and wisely examine your tongue visibly. However it should be examined audibly too—and by yourself as an original oral doctor. The health of anybody's tongue could and should be judged by listening to it even more than by looking at it. A healthy mind is needed for a healthy body. A healthy tongue reveals a healthy mind, so becomes a health meter.

Conversation of the average American is deficient in quality but excessive in quantity. Only bad talk is extravagant in amount. The best talkers talk least.

They reduce to a minimum the waste of time, energy and emotion habitual in conversation of a low grade. Words, like foods, should measure up to a health standard of quality and quantity. Bad conversation is a mental contagion that everybody should deprecate and avoid. We are not well if we don't talk well.

HOW CAN THE GOOD HEALTH OF CONVERSATION be judged? By the good effect produced for both speaker and hearers. This valuable and reliable standard of appraisal should be used in every home, school, hospital, store, factory, shop and office. The complete renovation of conversation thus achieved would benefit hundreds of millions of people throughout the world.

After an outpour of customary conversation do you feel better, think better, work better, live better? Probably not. Why not? Because the talk was that of untrained tongues wildly running loose and getting lost in a wilderness of error. Kindness should animate and wisdom direct all human conversation, but kindness and wisdom are often both absent.

Famous authors and philosophers have emphasized the importance of training the tongue to talk for production of health, peace and happiness. William Thackeray gave this good advice to his readers: "Never lose a chance of saying a kind word." Everybody needs kind words spoken frequently as the natural expressions of appreciation, affection, understanding, faith, emulation, co-operation. Kind words are the only kind for habitual use. Words unkind should not be allowed utterance by anybody anywhere. Kind words are needed everywhere, and should be more highly esteemed.

KIND WORDS ARE VALUABLE IN A home. Relatives should be correlatives. Each member of a family has vital interests that would be increased and extended by conversation for mutual advantage.

Kind words are valuable in a school. Children make advancement by approval, not by disapproval. A teacher with a scolding tongue should have the tongue sent to school for proper educational instruction.

Kind words are valuable in a hospital or sanitarium. Health includes the cheer and hope of healthy minds listening to healthful conversation. Digestion, respiration, relaxation, sleep and exercise are thus made better.

Kind words are valuable in a business organization. More and better business will follow the use of constructive, appreciative, ideal and co-operative conversation. Profits grow with production of congeniality.

Kind words are valuable wherever and whenever language is spoken and heard by anybody. Universal recognition and application of this fact would create new standards of health, wisdom, power, character and peace.

(Continued on page 437)

## THE VALUE OF KIND WORDS

By EDWARD EARLE PURINTON

# NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

The Fourth of a Series of Articles

**I**N MY PREVIOUS ARTICLES, I have mentioned the necessity of a clear understanding of hair health and why so much stress is necessary in its proper care, preventative measures and treatment. A liberal knowledge of physiological and anatomical facts is important to have not after but before the time when either neglect or abuse reacts disastrously. The hair is dependent upon certain chemicals. If you starve or poison it with wastes, it grows thin and lifeless.

Modern science teaches that the body is often its own best doctor. This correct method of healing does not employ force or coercion, but rather it cooperates with the various organic activities of the body, and assists in those functions which are conducive to the renewal and replacement of worn body tissue and organs. Modern methods have proven successful in many cases in the restoration of the health and beauty of our hair, especially if the proper mode of treatment is employed.

## Erroneous Facts

THERE IS A WIDELY PREVALENT NOTION that shampoo lather should remain in the hair for ten minutes or longer before it is rinsed out, in order that all the grease, dirt and scales may be removed. This is erroneous. The time required to work up a thick lather and rub it into the hair and scalp is all that is needed, if the right kind of shampoo is being used. The proper shampoo is either one intended for dry hair and scalp, or another for an oily condition. It is not wise to use a cake soap—particularly strong alkali (caustic), as it would not only remove the natural oil, but is apt to attack and destroy tissues as well.

Washing does not harm the hair or growth, nor does it increase dandruff. Instead, it cleanses, stimulates and helps hair growth.

Whether or not the hair has a tendency to dryness before shampooing, the application of a little thin oil, such as a compound of Liquefied Sulphur, Lanolin and Cholesterin, which has absorbent



By J. SILSON

properties and for which the scalp has a natural affinity, is very helpful. Mineral oil or petrolatum is not to be recommended as it has no penetrating effect and only clogs the pores. Still better, rubbing the oil into the scalp at night before shampooing should prove beneficial.

## Scalp Hydro-Therapy

NECK MASSAGE STIMULATES blood circulation (already described in my previous articles), even more than scalp massage. The veins which drain the blood of the scalp descend to the muscles at the back of the neck.

The arteries which bring new blood to the scalp pass thru these neck muscles. Therefore, massaging the back of the neck upward and kneading the muscles tends to clear the passage of the blood to the roots, feeds, nourishes and improves the circulation. It will be found that this area requires most loosening.

## Correct Shampooing

After the hair and scalp are thoroughly wet, the shampoo should be rubbed into the scalp until a thick lather is worked up. This should be kneaded into the scalp with the finger tips apart, then massaged with a rotary motion. An emulsion is formed by the chemical action and the scales, dirt, grime and bacteria are loosened and detached by this combined mechanical and chemical action. Rinsing carries the detached matter from the hair; hence, the rinsing should be thorough so as to remove every particle. In extremely scaly or oily conditions it is advisable to shampoo twice so that all possible foreign matter is removed. Be sure to select the proper shampoo for oily hair and scalp to meet your requirements. The same applies to a dry hair and scalp condition.

## Correct Rinsing and Drying

IT IS BEST TO RINSE UNDER THE shower or by some spray. Rinsing the hair in a basin of water is improper and is not recommended.  
(Continued on page 433)

# ELEMENTARY HOME STUDY COURSE

## In Natural Living and Nature Cure

By DR. BENEDICT LUST

### LESSON XI

#### THE MISSION OF NATURE CURE ACCORDING TO ADOLF JUST

The attacks that have been made on Father Kneipp by the adherents of the old nature-cure method were much worse and more malicious than the warfare that was waged against him by the physicians and laity who stood outside of the nature-cure method. And yet the venerable, worthy Kneipp rendered very great services to nature-cure. He popularized going barefooted, he introduced douches, which correspond to the rain in nature, and has at least shortened the time of full and half bath (to several seconds) while he denounced warm baths altogether, which is of great importance.

It can readily be explained, how it is that the adherents of the old nature-cure method should make a hostile attack upon everyone who would introduce some progressive innovation into their cause, who would add a new stone to the edifice that it may grow more and more into a magnificent temple of God. The reasons for this lie deep down in the nature of the sick being, known as civilized man.

Man is happy and proud in the possession of an acquired knowledge, the more so if he has reached it by special training, and through a special course of instruction. Now if another person comes along who goes a step further in this knowledge, the former involuntarily feels uncomfortable.

In such a case it is customary among nature-curists to accuse the innovator of going to extremes. They forget that what they believe to be the correct thing had also been denounced as extreme by their predecessors.

The old nature-cure method entirely overlooks the close connection between body and soul. The human body is not like a machine, and it is on account of a more highly developed soul that man stands high above the animal. The chief thing for man is his soul life. We must take this into consideration especially, if we want to heal diseases.

The old nature-cure method knows nothing of the wonderful curative effects achieved through soul influences, especially by fellow-feeling and love, that is cherished in the heart, and by true trust in God; they do not consider a true, natural soul life and its great significance for curative purposes. For this reason it is entirely powerless in many diseases (especially nervous diseases).

If a truly natural method of curing should come into vogue, who would be injured thereby? Can there be any greater gain for the nature-cure method than to achieve more and ever more brilliant successes? Only by successful results can the attacks upon the nature-cure method be silenced.

Many more and better results can be achieved than in the past, we can heal more quickly and more thoroughly, and can help in many, many cases where the nature-cure method has failed hitherto. In a word, quite a different state of health can be achieved than has hitherto been known, if for our bath we will only observe the form which nature prescribes, place more value upon light and air, and, also in this respect, consider the demands of nature; if we will not overlook the earth, and remember, in respect to our nutrition, that in making our choice of

food, even from the vegetable kingdom, we must regard the designs of nature, and choose the fruits.

The time of eating, too, must correspond to the conditions prevailing in nature.

The manner in which I have so far spoken of the successes of a truly natural cure, of the healing of the body that can be accomplished, of the wonderful influence of a truly sound body upon mind and soul, and of the happiness of man that will result therefrom, the manner in which I have done this may indeed seem like exaggeration, like frenzy and fanaticism. Since the nature-cure method has so far not adhered closely enough to nature, *it was not sufficiently harmonious and especially not simple enough.* In this way no true health could be achieved so far, no true vigor and strength and ennobling of the soul. I mention this with no intention of blaming the adherents of the present nature-cure method and of our present vegetarianism. In calling their attention to these mistakes, I would at the same time direct their attention to the precepts of nature, for the sake of suffering mankind that entrusts itself to them, and for whom it would result in the greatest blessing, and for their own sake, that they may take still more pleasure in their work than hitherto.

Meanwhile no one should permit himself to waver, but should look into and try the matter himself, and whoever will subject himself to a process of the natural cure according to my directions will soon experience in his own persons the good results that were promised and accept the lesson. It costs nothing to make the experiment, and it may be made everywhere. Whoever makes it will soon feel that he is once more in harmony with nature, and that he once more shares in the original pleasure and happiness which nature has in store for those who tread her paths.

When in wood and glen young flowers put forth fresh shoots and all things renew themselves, when in love's sweet joy the nightingale sings her song, and gentle zephyrs fill the evening air, the sick heart of man, too, trembles with a vague inkling of all the wonder and magic bliss within the realm of nature pure and undefiled. Then we feel how health and happiness may still be had.

#### Everyone His Own Doctor

Nature offers her prescriptions to all men in the same way. One man does not get more from nature than another in regard to what is best for his health and happiness. Therefore it is incomprehensible why one should not wish to be his own doctor. We need only to listen to nature and to follow her lead. Everyone must indeed once again become his own doctor, or rather once more select nature as his sole doctor, before we can look for true health. But this is the very lesson that modern man is so slow in learning.

After one has again come to a true understanding of nature, he knows instantly what to do in case of sickness. What need of an examination, and what is the use of the name of the sickness? If it were of advantage to be informed concerning interior conditions, and processes in the human body during health and illness, nature would

have constructed it so that we could readily look into it, she could have made it transparent or provided it with openings. But if the examinations are not desired by nature, they are always useless, and even very harmful. However, people nowadays are possessed by a perfectly morbid craze to let someone ascertain their particular disease and give it a name. But no exact and definite conclusions concerning the nature and course of disease are ever to be drawn from all the examinations by means of percussion, auscultation, or by studying the face, the nails, the hair, the handwriting, etc. In this regard nature is too mysterious for us. We come to see this especially when we observe the divergencies of various examinations. The more examinations, the more diagnoses.

I know of a case where a physician, who is regarded as an authority, told a man after he had examined him that he was very ill and would surely die, within a few weeks. The man was stricken with fright, and immediately began to waste away until after a few weeks he died. Now granting that he was severely ill, it is evident that the positively expressed opinion of the physician, aroused such a firm conviction in the man that it aggravated the disease and hastened his death. Other physicians who had known and examined the man were indignant and amazed at this tragic end.

I have myself often observed, that patients who are frequently examined are always in a state of unrest and excitement. The state of their disease always depends on the result of the examination by a physician, or a nature-curist, or any man whatever who is subject to all sorts of errors. Patients have to suffer much in this way, and I pity them all the more, because it is so much harder for them to get well under such conditions.

Many diseases that did not exist before have been caused by such examinations, light diseases have become serious and portentous; more difficult to cure or even incurable, only by being ascertained through the examination of some medical authority. The powerful spiritual influences should be taken into consideration here.

We must always try to divert a patient, skillfully and quietly, (but without compulsion) from his disease. There is nothing that will more surely call a patient's attention to his disease than an examination.

Everyone knows himself well enough that he is sick, and everyone feels his local troubles better himself, than they can be ascertained by any other person by way of an examination.

But whoever has a particular knack for examining patients, can earn much money, by taking advantage of the present craze of men to always want to know the name of their disease. The success of the celebrated shepherd, Ast, proves this, who could diagnose diseases from the hair of the patient, but was nevertheless unable to cure anybody.

I have often been told by nature physicians that they well knew that there was no sense in examinations. But, they say, men today want to be examined, listened at, and felt over, and want special directions for every disease,—a harmonious, strictly natural mode of procedure is too simple for the patient. For this reason they (the nature physicians) made it appear as if they themselves considered the examinations and individualization important and necessary.

It is true that it is often most difficult for men today to grasp what is simplest. But if a physician, against his conviction and knowledge, treats a man with all sorts of make-believes and remedies, is not that deception and fraud? But whoever has fully grasped the sacred significance of the nature-cure method, to him such deception and untruth will no longer be possible. Let us make a clean sweep, therefore, let there be nothing but truth and honesty in the nature-cure method. We shall some day have to give an account of ourselves to God. In this way alone can mankind once more be saved. Truth and honesty are the only right things after all. Away, then, with all examinations, all individualization, and all

other hocus-pocus nonsense, with all charlatanism and swindle!

Whenever we wish to arrive at some knowledge of the interior of a sick body by an examination, there is always an inner voice to protest against it, and this, too, is the voice of nature which we must heed.

Unfortunately there are still many nature-curists who want to know all sorts of things about the inner diseased conditions, about the course of a disease, about the curability or incurability of a patient. Yes, men always want to be wise, wiser even than God, and therein lies all the misery of the world. Some nature-curists even deliberately try to show how very learned they are, and use all sorts of Latin, scientific, incomprehensible and high-sounding names and expressions, in order thus to make an impression on their patients, and to gain in their eyes. But, poor patients, do not allow yourselves to be dazzled by this! If we look closely we shall soon discover that all this knowledge is of no use, and is nothing but error. Indeed, errors are the rule with such nature-curists!

Here, too, I should like to request nature-curists to set a noble and good example and to acknowledge and confess humbly and honestly, that they also know nothing. This, indeed, is the right kind of knowledge in this case also, to know that we don't know.

In this way suffering mankind would be most greatly benefited. It would be the surest way to again teach men to become their own doctors.

We need only to lead the sick to a purely natural mode of treatment and of life, which should be the same in all cases of sickness, and for which we need not to know or understand anything, when we can follow the voices of nature in good faith without sophistries and subtleties. All the rest we can then leave to nature and to God.

The sick who are forever seeking for advice from one book or another, from one physician or another, can never acquire peace or health. Did primitive men have any advisers or physicians to assist them in the care of their health? Therefore I again exclaim: "Return to Nature!"

General and all-round health and happiness can return to the world only when everyone again understands nature, and when everyone becomes in truth his own doctor. Not until then will people no longer be helpless and perplexed in any condition of life, or at any moment, not until then will they be free and independent in the care of their health, and can thus soon become sound. In this way alone they are also proof against all great disappointments, and other great dangers in regard to their health.

It is indeed very difficult nowadays to lead men back to nature in this respect also, and teach them to be their own physicians. But when we once thoroughly understand and accomplish it, it is a source of much joy to us. We often observe to our own greatest surprise, how quickly people will feel and do the right thing in the minutest detail. For them there is now no longer any lack of insight or any doubt. Everything that they now do for their health they do gladly, with firm conviction and great enthusiasm, which calls forth great and important curative forces in the body. The consciousness of no longer being subjected to another in unworthy slavery, produces a rare sense of gladness and happiness, and the sufferings and diseases of the body drop off more and more like loosened scales; the heaviest, most oppressive fetters which sickness had placed upon the body get loosened more and more.

Men will then also have regained their complete *liberty* in the care of their health, a highly to be appreciated earthly possession, whose influence should be a special blessing.

God in His wise providence has given man liberty in the choice of his mode of life, which the animal has not (the animal cannot prepare its food artificially or make clothes). Unfortunately man's liberty has led him to desert nature, and has brought all his misery upon him.

But if through his liberty he finds the right way again, and once more returns to nature and God, not from compulsion like the animal, but in consequence of a true understanding, and in obedience to his own free will, he enters upon the highest phase of his development.

Man now approaches more and more the ideal being from whom all the animal attributes have been sloughed off, while the Godlike attributes are taking their places, and are developing more and more. At all events Providence was working towards the highest end when from the start it gave man liberty.

For this reason man must always be allowed his freedom, no compulsion must ever be brought to bear upon him, especially not in the matter of his health. Only in perfect liberty can man really get well.

Yes, it is not so difficult to cure diseases, but we must again understand the voices of nature, everyone must indeed become his own physician.

I have always considered it as an especially high mission to teach men to become really their own doctors, and I shall continue to work in this direction, for I realize more and more how important this is for man.

I have also been told that many patients have been cured by the mere faith they have had in their physician.

But how often, on the other hand, have men been deceived in their faith in men and human skill, and how difficult is it, therefore, to place one's faith and trust in a man!

Can men no longer place their trust in the great Physician in the heavens above? God always can help and does help if we only trust in Him again.

If even the faith in a poor, erring man can sometimes cure and help, what great help must come to us if we give our faith to the Almighty, all-good God, who created and sustains the world, who guides heaven and earth, and who has the fate of every man in His hand, who includes all beings in the great universe in His infinite love!

But today we leave God entirely out of consideration; we think God is no longer necessary to us. There are so many professional healers at present, and there is so much science that we think God is superfluous.

I want to cry out to all sufferers and all invalids who are groaning and lamenting: Place your faith not on the skill and knowledge of men! look aloft, rather, to the Almighty and all-good God; obey again the laws of nature, which are God's laws, and if you have the right kind of trust in God, He will always help you, and all your troubles and ills will soon disappear.

## THE "BLITZ" THAT AMERICA MUST WAGE

(Continued from page 403)

are faced with the realization that ours is the sickest nation in all the world! Certainly there is a so-called "Nigger in the woodpile" someplace. Who or what is it? This: *Mechanical Interpretive Science is fundamentally untenable with biological fact and natural law.*

But where should we go? What should we do? It certainly would be a pathetic and terrible state of affairs if we had to accept this as it is, realize the shortcomings but have nothing to offer of a superior nature in its place. We have, gloriously true, however, just such a solution. The Natural Philosophy offers this. It is a simple, profound, majestic explanation that answers all questions, perfectly, indisputably, predictably, and in all-inclusive form. For that reason very briefly, we shall now review the chief axioms or laws of the Natural Philosophy as far as body processes are concerned, health, disease, and treatment.

### What Are The Natural Laws?

THE first one is this. The body alone can cure itself. It is always trying to get well. Simple statements these, yet recognized by even the Mechanics too, for it is their *vis-medicatrix-naturae*—the healing power of nature—which they speak about but rarely apply, hindering so frequently, rather than abetting with their mechanical treatment, for they do not seem to understand it apparently. No agent, no potion, no procedure, no treatment, no doctor ever cured any disease. The body alone does this. This is the chief axiom, No. 1 of the Natural Philosophy. Its truth is borne out by statements of

this kind. Dr. Robert Hutchinson, consulting physician of the Lenox Hospital, was refreshingly frank in a lecture delivered at the Aberdeen University on the "Progress and Present Aspect of Medical Science." Speaking of what the doctors could do in the great killing diseases, including pneumonia, he said, "So few, in fact, are the diseases that we can really cure that one is tempted to believe that if all the doctors went on a strike for a year the effect on the death rate would be inappreciable. In most cases of illness, the doctor is really only a mental poultice. He is a source of comfort, confidence, consolation to the patient and his friends, (maybe a theological training might bet better than a medical one,) but if he is honest with himself he will admit that the number of patients who would have died but for his attendance is lamentably small."

This dirge is but a recital of the pitiable ultimate realization which all mechanists, who trust only in agents and men and their opinions, must finally come to, that the body alone cures. What miracles in the closer sense of the term might not be accomplished if the inherent healing power were harnessed with understanding!

### What Are Health, Disease and Cure?

AXIOM No. 2 states *health* is the normal function of the organs in harmony with one another. This is merely a definition of a natural fact. Health is the condition of the normal, unhindered operation of the life-process (metabolism) going on within the organism. It is an estate of the body.

Axiom No. 3 states that *disease* is that estate of the body when there is some function made abnormal by interference.

Axiom No. 4 states that abnormal function is caused by *obstruction*. Function will go on indefinitely so long as there is no handicap to that function. Anything that interferes with it comes under the heading of obstruction.

Axiom No. 5 states that this obstruction may be of a *physical, chemical, or biological* nature. Physical, (as strangulation), chemical, (as poisons) and biological, as (for instance, body wastes or emotional toxins). Obstructive, killing or irritating materials released into the blood stream, are carried to organs and disturb or stop their function as the severity may warrant.

Axiom No. 6 states that when a function becomes disturbed, the organ goes into revolt as the life process expresses itself in an effort to overcome such obstruction. *Symptoms* are the result. They are sensations that reveal metabolic revolution in an organ.

Axiom No. 7 states that *diagnosis* merely points out the organ and its manner of disturbance, but it does not give evidence of *what kind* of obstruction is bringing this about.

Axioms thus far given might ordinarily be admitted even by the Mechanists. But it is in the application of them where he falls short. When he sees symptoms he calls a certain combination or syndrome a disease, something that strikes the body, but not something that is produced within the body. Therefore, he treats mechanically, treating the symptoms, as though they were the disease, or removing them through a cutting away of the part, not realizing all the while that the symptoms are a revelation of body effort to relieve and cure, and not to destroy, and for that reason are not to be subdued, but *assisted*.

Axiom No. 7 of the Natural Philosophy is a truth that must be fully realized and thoroughly comprehended, that *cure* means merely one thing: Removal of obstruction, however, *not* by an agent, but by *body power*. Since the inherent healing power is trying to assert itself by a very evident revolt, natural assistance of that power is the only way the obstruction can be systemically and permanently removed. Nature Cure, or the application of the Natural Philosophy in the treatment of the sick, means helping this body power to effect healing naturally.

### What Are Natural Therapeutics?

**A**XIOM No. 8 states that Natural Therapeutics are treatments applied to assist body processes by raising the efficiency of the two functions of life under our influence, namely, the intake and the output. Usually too much is taken in (food) and not enough going out (faulty elimination). We can improve both. We can stop putting in excess of destructive materials and start putting in only non-toxic, constructive nourishment, and we can assist the organs concerned with elimination—the bowels, the kidneys, the lungs, and the skin—to help rid the organism of those factors of obstruction that must find their outlet sooner or later by these channels. If they are free, the little channels all along the line will be freed. Various types of treatments have been devised for that reason. The water cure has been applied for ages to improve the activity of the skin. Colon irrigations to improve colonic eliminations. Packs, teas, and juices for kidneys. Air for the lungs. Light, sun, massage, and manipulation, to assist the tissues deeper underneath, the movements of the body, circulation, and everything that concerns itself with the operation of normal living processes. When a program of this kind is combined with physical, physiological, and psychological rest, with a constructive mental attitude and a certain spiritual inspiration, such a combined program of treatment helps to assist the body to relieve itself of any of the encumbrances that may be holding it in a diseased condition.

The rebuilding of the body should be done with fresh air, frequent ground contact, vitalizing sun, and finally with Nature's own live, vital foods, selected, prepared, and combined to suit the individual in harmony with the laws of Nature that his particular condition will allow. Normal foods are vital foods, and the most vital foods are the foods as they grow in their natural environment. To make a natural body, natural food

(Continued on page 417)

# HEALTH

## MENUS FOR NOVEMBER

The first thing on rising take a glass of orange, grapefruit or papaya juice.

### MONDAY

#### Breakfast

Prunes and cream; whole wheat raisin bread and butter; soy milk or coffee substitute.

#### Lunch

Pea soup; lettuce and celery salad; steamed cauliflower; rye or whole wheat toast, buttered; dates or figs.

#### Dinner

Romaine, carrots and cabbage salad with tomatoes; mayonnaise; baked potato; turnips or squash; lentils; apple sauce; coffee substitute.

### TUESDAY

#### Breakfast

Stewed apricots with milk; whole wheat cereal with cream; coffee substitute.

#### Lunch

Baked sweet potato, butter; parsnips; sweet corn; lettuce and tomato with hard boiled egg; raw apple.

#### Dinner

Tomato or vegetable soup; lettuce, green pepper, carrots and celery salad; boiled onions; baked potato, butter; asparagus on toast; pear or apple; coffee substitute.

### WEDNESDAY

Prunes or figs with peanut butter and cream, half milk; 1 or 2 poached eggs on toast; buttermilk or coffee substitute.

Glass tomato juice during the morning.

#### Lunch

Lentil soup; whole wheat toast or crisps, butter; half head lettuce with sliced tomatoes; baked apple or ripe banana.

Glass tomato or orange juice during the afternoon.

#### Dinner

Steamed whole rice, with butter; soya or nut loaf; string beans; steamed carrots; baked sweet or white potato; coffee substitute.

Before retiring a glass of buttermilk or grapefruit juice.

### THURSDAY

#### Breakfast

1 egg whipped into glass of orange juice; coffee substitute.

### Lunch

Lentil or bean soup; spinach; cauliflower; raw fruit.

### Dinner

Tomato soup; lettuce, celery and carrot salad with lemon juice and soy bean oil dressing; whole wheat or soy spaghetti and cheese; onions; squash; coffee substitute.

### FRIDAY

#### Breakfast

Dates with ripe banana and nuts; corn bread and butter; coffee substitute.

### Lunch

Fresh fruit salad; glass buttermilk. Alternate lunch.

Carrots and peas; squash or turnips; baked potato; boiled onions; baked apple.

### Dinner

Lettuce, celery, cabbage, green pepper and parsley salad, with mayonnaise; buttered beets; vegetable soup; broccoli; brussel sprouts; figs or prunes with cream; buttermilk or coffee substitute.

### SATURDAY

#### Breakfast

Baked apple and cream; whole wheat toast, with one egg, scrambled or coddled; coffee substitute.

Orange or grapefruit during the morning.

### Lunch

Celery and olives; rye or whole wheat toast, buttered; stewed tomatoes; apple sauce.

### Dinner

Cabbage and carrots salad with lemon juice and olive oil dressing; vegetable soup; baked potato or squash; cauliflower; spinach; fruit gelatine with nuts and cream; coffee substitute.

### SUNDAY

#### Breakfast

Potato pancakes with butter; 1 egg and jam; or a jelly omelette; coffee substitute.

### Dinner

Vegetable or pea soup; soya, nut or carrot loaf; with onions and mushrooms; beets; potato; broccoli; peaches or apples; coffee substitute.

### Supper

Whole wheat or graham crackers with raw peanut butter and cottage cheese; dates, figs or raisins, or some of each; buttermilk or coffee substitute.

# WHAT IS GRAPHOLOGY?

By MARIE DE BERRI

**T**HE study of handwriting in its relation to character, or Graphology is a branch of psychological research which enables us to detect certain mental, moral, physical and spiritual traits in the person whose handwriting is under consideration. Specialists with many years of experience have been able to isolate certain types of handwriting which correspond to types of character. In addition a number of physical characteristics can likewise be deduced from writing, especially if a comparison can be made between writings of one and the same person done at different times during the course of years; then an approximate conclusion as to the health of the individual can be drawn. It must be stated, however, that the results of such an analysis can and should not take the place of a complete diagnosis or physical check-up. It is more often the case that certain changes in the different outward signs of a handwriting, such as in slant, pressure, alignment, spacing, etc. presage in a definite way that a change for the better or the worse has occurred in the physical condition of the writer which (in the latter case) will lead him to seek a more complete check-up by his physician.

**H**ANDWRITING is actually a mirror of the soul and personality of the individual at the moment he pens his words. Graphology is therefore one of the most fascinating and difficult studies, requiring a thorough knowledge of characterology (the science of character) and many years of practical experience with actual samples of writing.

A type of character which can most easily be fixed is the so-called material type, representing a person who loves material things more than immaterial ones, who does not go in for work or endeavor that brings no material reward, who cares not about purely idealistic speculation, and has no sense of appreciation for pleasures of soul, spirit or mind.

It is evident that this material type can be traced in many of the present day handwritings. Let us look at the samples of writing shown in the illustration. They are all of a material quality, although differing in pressure and form, some more angular, some rounder than others. But all have the common quality of clarity for reading, and little leaning to either right or left. The pressure is for the most part dark and fairly heavy, material

people often using a heavy and blunt pen. The result is a heavier outline and greater shading. It seems that these people love the flow of ink which a heavy pen affords.

**M**ATERIAL people are practical, possessive, often egotistical and greedy. They usually shut out the world from their social interests and are most impatient with people who value mental or spiritual assets more than material ones. They sometimes believe that tact is deceit, hence are usually as blunt as the pens they use. They resent compliments unless fully persuaded that they are meant, and even then they cannot receive them with graciousness lest they demonstrate deceit by any chance, graciousness being something to avoid as sharing in tact, their pet aversion.

While the foregoing is a picture of a strong, determined and enterprising person of the material type, we occasionally find a material type that is weak where the former is strong, who is selfish rather than possessive, with a tendency to jealousy, viciousness and bigotry, also very fussy about details. Though the writing may seem to resemble that of the strong material individual, there will be characteristic indications of a weak will in the low set, crooked t-bars, low i-dots, and cramped and crowded writing which hampers legibility.

**T**HERE must be some material quality to give strength to the best people of any type. The realist who values both material things and immaterial ones is an asset to society. Types which show that this balance has been disturbed are in need of correction and very often the graphologist with his fine sense of judgment can point out deficiencies in character and make suggestions for corrective measures.

The truly strong material types live long, because they worship good health. They are sometimes proud of physical prowess in any form. They work hard to the end of their days and are too independent to accept help from anyone if it is possible to live without it. They love responsibility and may be depended upon to give a good account of themselves. They love to rise from the ranks, hence make good soldiers, and are vastly more interested in things than in people.

Weak material persons, on the other hand, are those who use little re-

straint, as a rule. They easily damage their health by overeating, drinking, and other excesses. They pervert loyalty into jealousy and more often than not become mean, cruel, vicious and sullen. More criminals are found in this class than in any other.

**T**HE samples given here are those of teachers, society people, domestic workers and professionals. While exhibiting great variance in other characteristics, they are all of the material type.

1 Do you read French?  
3

2 Let me to visit and will use the

3 Young lady there whom

3<sup>(a)</sup> may carry  
in the meeting

4 for ever<sup>4</sup> so  
and had

5<sup>5</sup> the school starts.

6 Tuesday night

7 letter was postponed

8 Solution of Baire

9 Many 10 Mrs  
Kern

11 I have finished

12 Dear Madam

13 My friend Madama

**THE "BLITZ" THAT AMERICA MUST WAGE**

(Continued from page 415)

must be partaken of and, simultaneously, to the gradually restricting exclusion of the unnatural ones—And, the one great dietetic sin of the major portion of mankind, that of *overeating*, must be kept down to a minimum.

**The Cure Realized!**

**F**INALLY, therefore, the *body*, on such a combined program of regeneration and elimination; individually applied with complete understanding; since its tendency is to restore itself to normal at any time anyway; must, with an improved intake of less unnatural and more natural factors, such as sun, air, magnetic factors and food, and with an improved output of better elimination stressing the cessation of the gathering of the factors of obstruction that have been allowed to congest; must, in the final analysis, become improved in all its functions in between; and *predictably* so!

Thus disease is but the abnormal function of organs caused by obstruction, and health is the normal estate of such organs. When the body, through its own power, with or without assistance, has eliminated the obstruction, the cause of disease is removed, it disappears spontaneously, and the normal estate of the body is the result, which is *health*.

The above then is the simple recitation of the catechism of the Natural Philosophy. It requires no defense as far as results are concerned. It is but a statement of precepts, of axioms, of definitions which can be easily comprehended by anyone who understands simple truth and must be admitted by its followers and foes alike. It stands unchallenged alone, for the very simplicity of its ultimate conclusion proves it before it is even applied.

However, the greatest vindication of the Natural Philosophy does come from the fact that when it is applied, this can be done in a predictable manner. Those who have been in constant clinical attendance with patients who are undergoing natural treatment usually after a time become so proficient in their work that they can predict practically to the week the course of a person's recovery once he places himself in complete influence under the realm of these natural laws. And case history after case history might be cited in indelible support of the truths above recited.

**Are Names Important?**

**O**NE would like to mention the many cases of toxic goiter relieved of all symptoms and given neck lines of normal contour, the many tumors of the womb and ovar-

ies, the rheumatics and arthritics, the asthmatics, the gall stone and gall bladder patients, the diabetics, the high blood pressure sufferers, the kidney stone-, Bright's Disease-, migrainous-, allergic-, infected-, eczematous-, etc., etc., patients in countless numbers and varieties who have submitted themselves to a program of Natural Therapy and have been restored to health by the simple application of its simple principles. But why mention names of diseases? They are but different varieties of the same underlying trouble namely, clogged obstructed function with poor elimination and nutrition taking place simultaneously. Thus organs fail and the particular ones first influenced becoming sick in order.

Nature, with Her beneficent healing power, though, restores the body from any of the "names" if given a chance, and if, through mistreatment or delay, organs have not been allowed to become destroyed, either through over-accumulation or destructive mechanical intervention, then there

should be no reasonable doubts as to the ultimate victory of restored health.

The results that Natural Therapy has revealed through indelible clinical records testify loudly and indisputably to the absolute scientific basis in truth of its incontrovertable precepts and premises.

And not until these positive facts, plus the negative ones revealed by the glaring failures of mechanical procedures, are fully realized, will the Science of Medicine in America ever come into its really and completely scientific own!

**Let's Declare War!**

**T**HERE is a "Blitz" that America must wage, and it must come from within! There is a steadily growing group of conscientious physicians, laymen, health enthusiasts, arising in America who are becoming increasingly dissatisfied with the discouraging results of the long-tried application of mechanical methods.

(Continued on page 421)

## SPECIAL Christmas Gift Offer

**Present your friends with a one — two — or three — year subscription to NATURE'S PATH MAGAZINE.**

---

**FREE** premiums either to recipients or donors. Please mark on blank below.

---

<p><b>For A ONE Year Subscription: \$1.00</b></p> <p style="text-align: center;">Choice of</p> <p>"The Hot Water Cure"—by Dr. Benedict Lust                  "Internal Uncleanliness Of Man"—by Prof. Arnold Ehret                  "Crime Of Vaccination"—by Dr. Benedict Lust</p>	<p><b>For A TWO Year Subscription: \$2.00</b></p> <p style="text-align: center;">Choice of</p> <p>"Correct Eating Through Balanced Meals"—by Walter Watt                  "Mind, Nerves And Body"—(Paper Cover—239 Pages)—by Dr. Marko J. Petinak</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

**For a THREE year subscription \$2.50 only and choice of one of the above premiums.**

**Gift cards with your name will be mailed at your request.**

---

NATURE'S PATH MAGAZINE  
 343 Lexington Ave., New York City.

[ ] New [ ] RENEWAL

I enclose \$\_\_\_\_\_ for which please send NATURE'S PATH for \_\_\_\_\_ year.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Please mail free premium book to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

# Are You Living Life The Hard Way?

• by C. Franklin Leavitt, M. D. •

Can YOU truthfully say that YOU are living a healthy, happy, successful life? Don't you feel that YOU are just as much entitled to such a life as others? You are, I assure you. You ask, "Then why are not these blessings mine?"

All life is governed by LAW. The piece of human machinery called, YOU, is delicate, complicated and the most wonderful ever created. It is your lack of understanding of life and your mind and body, that has caused ALL OF YOUR TROUBLE. You have been striving to fit life to YOUR needs, in place of fitting yourself to life.

You have not understood HOW to direct your mental energies, or your physical powers. You have had little knowledge how to adjust these two phases of your life and create harmony and coordination. You have known little about how best to think, eat and live; therefore very real deficiencies exist within you that makes it impossible for your mind and body to function properly. You have been in the situation one would be in were he left alone in a boat in the middle of the Atlantic, with engine and fuel, but with no knowledge of navigation. ALL the elements necessary to YOUR living life efficiently, and being happy and successful, ARE AT HAND. ALL that is required is KNOWLEDGE of life and an understanding of YOURSELF and YOUR OWN POWERS.

## THOUGHT IS AN UNSEEN FORCE LIKE ELECTRICITY

Every thought you think is followed by a reaction. Thought can completely wreck your nervous system; cause functional disturbances of an alarming and most trying kind; can create chemical changes which actually liberate a real poison within your body; can cause ulcers, colitis, diabetes, and many acute and serious physical conditions. It can rob you of your vitality and tone until a complete collapse may be the result. On the other hand, it can make you happy, healthy and a real success. Every law has a constructive and destructive side to it.

## SELF-CONSCIOUSNESS ONLY A WRONG VIEWPOINT OF SELF

You will admit, as one who is Self-Conscious, that, were you able to forget YOURSELF completely, all your fears would vanish. You were not born self-conscious, but your sensitive, emotional, impressionable nature has been fertile soil for its growth. Your fears are "learned, acquired fears," and not a real part of you. Early childhood training and environment are responsible for your condition. You CAN acquire the power to FORGET YOURSELF—you CAN be at ease in the presence of others—you CAN break down these unreasonable limitations—and BE FREE.

## YOUR PHYSICAL LIFE NEED NOT BE A PROBLEM

The care we give to our bodies spells the condition they are in. Abuse, neglect, improper diet—whether indulged in willfully, or through lack of understanding—proves a destructive force which is constantly tearing down your physical strength. You cannot be well and break nature's laws. Those who are not sensitive may "get away with it" for a long period, but the day of reckoning will surely come. The existence of vitamin and mineral deficiencies is but one of the results following faulty living. Where conditions are of a functional character all of the weaknesses CAN BE CORRECTED. Nervous indigestion; nervous hearts; a sense of exhaustion; headaches; and a hundred other trying states are the results of IMPROPER ATTENTION.

## NEURASTHENIA, PSYCHASTHENIA, PSYCHOSIS, NEUROSIS, NERVOUS BREAKDOWN— A COMBINATION OF MENTAL AND PHYSICAL MAL-ADJUSTMENTS TO LIFE

The mind and body are supposed to be in perfect coordination if we are functioning efficiently. These two forces should work

hand in hand. The mind has a tremendous effect on our bodies; and the bodies, on our minds. Emotional upheavals, the various acute and limiting fears, the condition of your nervous system, the "pep," vitality, tone and mental and physical efficiency you have at your command, is the result of the degree of coordination which exists. ALL these conditions are UNNECESSARY STATES. They rob you of your happiness; and your success in life, which means dollars and the luxuries you might enjoy.

## YOUR BUSINESS LIFE

Statistics show us that the average man or woman is only 40% efficient. Efficiency is not based on education, but the knowledge of life and YOUR POWERS which you possess, and the way you USE THESE FORCES. YOU possess the SAME essential powers that others have had who have made a real success of life. Step up your efficiency and you too can be a success. Let us say that you add 20% to your present efficiency. If you are receiving \$50.00 a week—and reach 60% efficiency, which is very little, you would then be receiving \$75.00 per week. The efficiency you now have represents YOUR UNDERSTANDING and merely the limitations YOU are placing on it through your own thinking and your own opinion of YOURSELF.

Good positions can be yours—business life will open up a new world to you—if you just have a better knowledge of your powers and put those powers of yours to work intelligently.

## PERSONALITY WINS

I consider PERSONALITY the greatest single asset one can possess. It brings friends, opportunities, leadership, added happiness and REAL SUCCESS. A WINNING PERSONALITY does not call for a "family tree," a fine education, wealth or influence—for it is merely the things that you as a person give out. It is a hidden, dynamic power which CAN BE CULTIVATED and made YOURS. Big business, movie producers, etc., are constantly searching for people with unusual personality, and not for those with college educations, fine clothes and beauty. Learn HOW to create a WINNING PERSONALITY.

## I AM READY AND WILLING TO HELP YOU MAKE YOUR ADJUSTMENTS

I have analyzed the minds of 150,000 people. I have been in my present specialty for a period of thirty-five years. I have studied both here and abroad so that I might be of greater service to humanity—specially those who find life a real struggle and hardship.

I have written a 100 page book, SELF MASTERY THROUGH UNDERSTANDING, which will give a world of information about life, yourself, and YOUR POWERS. It will show the effects of fear on your mind and body, treats of self-consciousness, neurasthenia, nervous breakdowns, vitamin and mineral deficiencies, success, and a great many other subjects. It is a book that EVERYONE should read. Over 275,000 copies of this book have been sold. To those who purchase this book I will mail an Analysis Chart, covering mental, physical and vitamin and mineral deficiencies. Fill this out and return it to me and I will give you a Preliminary Analysis WITHOUT ADDITIONAL CHARGE OR OBLIGATION. The Blank will come direct to my desk and be opened by ME. There will be NO PUBLICITY attached to it. Showing the right degree of FAITH IN ME may be the means of changing your entire life.

For a limited time I will mail this book to you at merely the cost of postage and handling. SEND JUST 10 CENTS TODAY. Don't miss this opportunity.

•  
**C. FRANKLIN LEAVITT, M.D.**  
Suite 201-N, 1167 Wilmette Avenue  
WILMETTE, ILL.

# New Health Recipes

By EMMA M. FRIESE, N.D.

### Spinach

Spinach needs thorough washing in several waters, as it is usually gritty, but put no water at all in the pan or casserole. There is always some moisture on the leaves after washing and that is sufficient especially as the juices of this vegetable immediately begin to come out in heat. Be sure the gas is very low to commence with. Spinach cooks very quickly. It should be served as soon as possible when it is done, as it tends to go to juice as it stands. There is no need to rub cooked spinach through a sieve and mix with it other ingredients in the orthodox way. It should be served in its natural leaf form, or slightly chopped. Any liquid left should be carefully saved, as it is a most valuable tonic and blood purifier. Like all vegetable juices it makes a most beneficial bedtime drink. If the flavor is too strong it can be diluted with water or vegetable stock. It should never be wasted.

### Plain Wholewheat Raisin Cake

6 oz. fine wholewheat flour  
3 oz. nut butter  
4 oz. seedless raisins  
1 egg  
1 tablespoon brown sugar  
½ small teaspoon ground cinnamon  
1 teaspoon ground cloves  
½ teacup sour milk

Mix flour, cinnamon, cloves and sugar, and rub fat in lightly. Add washed raisins. Beat the egg and add sour milk to it and mix thoroughly into the other ingredients.

Bake in moderate oven 40-50 minutes.

### Baked Lentils En Casserole

(Reprinted from "Food-Guide to Glorious Health" by Eugene A. Bergholz, M.D.)

Steam 2 cups of lentils, adding 2 tablespoons olive oil, 1 large onion, 3 carrots and 3 stalks of celery. When lentils are nearly done, remove the vegetables and add a little vegetable salt. Put into buttered baking dish and place ½ lemon, sliced, on top. Bake. Before serving, add a little melted butter and some chopped parsley if desired. This may also be made in individual casseroles. Serves 4.

### Chestnuts With Butter

4 lbs. chestnuts  
Fresh sweet butter

Wash chestnuts and make cross-wise incisions on the round side of their skins, and cook like potatoes in their skins for about 1 hour in a casserole with a sieve. Put on a hot plate covered with a folded napkin and tie the four corners to cover them. Serve small balls of fresh butter with the chestnuts.

### Carrot Salad With Horse Radish

3 oz. carrots  
3 oz. horse radish  
1 cup cream  
1 tablespoon lemon juice  
2 tablespoons olive oil  
Vegetable salt

Peel, wash and grate carrots and horse radish; add ingredients. This can be used as salad or served on fine slices of roll and butter.

### Cauliflower Salad

Cauliflower  
Salad dressing

Clean cauliflower, soak in salt water, wash, grate or chop into very small pieces. Mix with salad dressing.

### Brussels Sprout Salad

1 lb. tender Brussel sprouts  
Salad dressing

Take off outside leaves, soak in salt water for half an hour, wash, cut finely all or half and mix with salad dressing.

### Sour Milk

2 ½ pints of fresh unpasteurized milk

Brown sugar and cinnamon

Put milk into a big glass dish or six small glass dishes and put in a fairly warm place. Serve as soon as it is thick for it loses its taste and appearance through long standing. Serve with or without sugar and cinnamon. Or put fresh milk into a big pot and when thickening, beat up with egg whisk. Serve in cups or glasses.

**PRIDE** — Pride breakfasted with Plenty, dined with Poverty, and supped with Infamy.  
Pride that dines on Vanity sups with Contempt.

THERE IS NO SUBSTITUTE FOR  
*New, Improved*

# "CHEER"

*Guarantees Real Food Value*



**EACH OUNCE YIELDS —**  
Approximately 100 Calories;  
also 180 International Units  
Vitamin B<sub>1</sub> and 36 Sherman-  
Bourquin Units Vitamin G

*Contains No Cane Sugar*

**PROVIDES A GOOD SOURCE  
OF FOOD FOR PRODUCING  
ENERGY IN THE BODY!!**

In "CHEER" the quick energy producing effect of Dextrose is combined with high quality protein. This is important. For a protein having good biological value as in "CHEER," yields amino acids in proportions more readily used by the body for growth and repair of tissues. In addition to Dextrose and high quality protein, "CHEER" also contributes relatively good quantities of Vitamin B<sub>1</sub>, one of the most important of our essential vitamins. 3 heaping teaspoonfuls of "CHEER" with each meal 3 times a day, provides about enough Vitamin B<sub>1</sub> required daily. "CHEER" is not only good to taste, but gives you real food value as well — the ideal food drink for daily use. Delicious hot or cold. In glass jars — 39c, 79c and \$2.79.

Proximate Analysis	
	PER CENT
Protein	21.30
Carbohydrates	65.48
Fat	3.25
Fiber	2.57
Ash	3.99
Moisture	3.41

AT ORIGINAL HEALTH FOOD STORE  
343 Lexington Avenue New York, N. Y.  
And All Other Good Health Food Stores

## Common Sense in Health Building in handy vest pocket form

GET THIS

### NATUROPATHIC PAMPHLET SERIES

1. Awaken to Complete Consciousness by Dr. Benedict Lust
2. Becoming Numb; the True Causes of Cancer by Dr. Benedict Lust
3. The Conscious Diet as a Foundation for Powerful Health by Dr. Benedict Lust
4. Everything is Attainable Through Training of Thought by Dr. Benedict Lust
5. The Helper in Distress by Dr. Benedict Lust
6. The Limits of Fatigue as a Strict Law of Life by Dr. Benedict Lust
7. The Raw Food Table by Dr. Benedict Lust
8. No More Syphilis by Dr. Emil Mayer
9. Naturopathy the Medicine of the Future by Emil R. Bradshaw
10. Diet in Relation to Brain, Health and Efficiency by Otto Carque
11. Play by E. E. Purinton
12. Fatherhood the New Profession by E. E. Purinton
13. Enjoying Ourselves and What Work Should Mean by E. E. Purinton
14. The Future Life by E. E. Purinton
15. Woman's Work by E. E. Purinton
16. Genius and Eugenics by E. E. Purinton
17. Modern Uses of the Mind by E. E. Purinton

**ORDER NOW**

Single copies 10 cents each; send 10 cents in stamps.

Choice of 12 booklets \$1.00.  
Complete set of 17 booklets \$1.50.

**BENEDICT LUST PUBLICATIONS**  
343 Lexington Ave., New York City

## ARE YOU SUFFERING FROM LOW BLOOD PRESSURE?

(Continued from page 407)

alkaloids will accentuate this condition, drying the scalp as well as precipitating gray hair in advance of one's years. People who eat more protein food do not turn white as early in life as those whose tastes run excessively to starches.

The man in question has eaten too much starch, sugar and fruits, to the exclusion of proteins which repair tissue and carry assimilable calcium, sodium and iron. To try to get his calcium from oranges or lemons would aggravate his symptoms, for the alkaloids of these fruits have the tendency to further lower the heart action and slow up circulation. Alkaloidal acids will temporarily paralyze the secondary circulation of the capillary system, and as sensitive nerves recoil from the acid contact much discomfort will be felt.

If the heart is a case of angina pectoris, cramps and pains will be experienced as a reaction to the different alkaloids.

This case needs sodium from greens which do not carry an alkaloid, such as beet greens, chard and tender spinach. As spinach grows older in the hot sun it develops some alkaloid. Dandelions and mustard greens are not satisfactory for low blood-pressure cases because of this chemical. Celery will always be soothing, and usually fresh beets.

**W**ITH the second letter the diagnosis reads: "Blood-pressure 100. Barium meal revealed no organic lesion but constipation on a functional basis with spastic colon. Gastric test showed very high acid in stomach . . . I itch from head to foot. All doctors say the same—chronic constipation, acidosis and colitis."

Case two demonstrates nature's activity in an attempt at vicarious elimination. Acid wastes are thrown into the stomach in excess; also, we find them pressing for exit through the channel of the skin. Hives and skin eruptions, as well as simple rash, are a result of a system surcharged with acids. In this particular case the lymphatic glandular system has been impaired as a result of liver insufficiency, due largely to overconsumption of carbonaceous foods and the use of laxative drugs. The lady in question was not originally one of the anemic diathesis, as with many of those of low blood-pressure rating; but she demonstrates the result of improper treatment and nutritional care.

**C**ASE three is that of goitre and loss of weight. "I have been fighting this goitre for a long time.

I go along 3 or 4 weeks then I get terrible dizzy spells. I lose weight and go to pieces . . . I have a very bad heart."

Here is a case of calcium-phosphorus imbalance. With women we are apt to find a corresponding condition in the uterus, often a tiny fibroid, when the thyroid enlarges. Protein shortage with too much acid in the dietary will produce these cases. In extreme anemia the person is apt to be hysterical, but this particular case has not reached that stage of blood degeneration.

After the diet adjustment physical relief came to the above person. She gained 20 lbs. in weight and was able to relax and sleep well.

Because of the alkaloid's friction on the heart and thyroid, goitre cases would be benefitted by eliminating foods containing benzoic acid such as prunes, plums and cranberries; containing oxalic acids such as tomatoes, cocoa, rhubarb, black tea; those containing citric acid found in citrus fruit, strawberries, gooseberries and currants, and those with malic acid such as any green fruit, tart cherries, sour apples and some grapes. The seedless white sweet grape is the best.

We have found alkaloids capable of disturbing the nervous system and heart in pungent vegetables, including onions, kale, peppers, cabbage and watercress. One mother writes: "I fed my son a serving of baked onions for supper which brought on a severe spell that night and a lighter one the following morning."

**I**N dropsy where both the heart and kidneys are incapacitated, the student will make progress in observing the above rule regarding the acids. Here is a case with dropsical tendencies: "I bloated and grew worse with the years. When they operated I bloated until I almost burst the stitches . . . I have to get up once a night; used to 7 or 8 times. Every morning I'm drowsy until 10 A.M., and every few days I suffer the doggy, tired, sleepy and aching feeling all day long."

This lady was using lemon before breakfast and grapefruit at breakfast, which resulted in that drowsy feeling until mid-forenoon. The heart action could not pick up until some of the acid had been eliminated. Most of it will pass through the bladder and kidneys, necessitating frequent urination.

Recently an attorney stated that his morning hours were interrupted with frequent urination. This was due to the type of breakfast he was eating.

These same principles are applicable to the following cases:

"I suffer from a dull aching pain and burning sensation over the region of the bladder and back of the

pelvic bone; also sharp pricking through the body and legs. I am always feeling cold."

"I have been using for some time a mucus-clean system; somewhere I have been wrong. My weight and strength have gotten to the enervation stage. What is the rational, natural way of living?"

"My kidneys, liver and spleen tell me all is not right. I really think I have used too much citrus fruit. I have always done ranching and fruit growing."

No, if you allow yourself to be anemic you cannot even enjoy your own fruit grown at home. All the above symptoms indicate the need for food capable of building red blood. The following case is in the same class.

"I attempted to go on the mucusless diet system, but lately I am experiencing kidney and bladder affections . . ."

**A** WOMAN requires more proteid food for body metabolism than a man. This is true because of the function of child-bearing, and the monthly loss of chemicals in the menstrual flow. Fibroid tumors have a habit of developing where the protein supply is inadequate. That is why such cases do not react favorably with the fast. If the blood of the person was built up first then the fast instituted for cleansing qualities, the result would be more gratifying.

"I developed a uterine fibroid tumor. I let it go for two years hoping that it would be corrected by diet, but it grew. The doctor assured me it could be removed by a fast . . . I went on a 27 day fast, and at the end of that time my weight was under 90 lbs., but the tumor had not reduced one ounce, apparently. In a few days after I began eating I had a strange nerve collapse."

Those of the low blood-pressure diathesis are invariably carbohydrate-poisoned and protein-starved. They will benefit by withholding starch and sugar temporarily and introducing proteins most nearly free of these constituents, as found in egg yolk, milk and cheese. To offer them nuts with a large percentage of carbohydrate, or dry beans is to invite further disaster. A substantial well-rounded dietary must be the choice of those who would seek and merit enduring health.

A low-protein diet allows for weaknesses particularly in three organic structures—the brain tissue, the sex organism, and the heart. These organs are all affected when calcium and phosphorus are inadequate. It is not uncommon to find a person with all three afflictions.

(Continued on page 424)

**THE "BLITZ" THAT AMERICA MUST WAGE**

*(Continued from page 417)*

The others, not physicians, but merely mechanical doctors, racketeers, venders of magic, and commercializing opportunists, trafficking in men's lives do not count anyway. The open-minded humanitarians, desirous of being aligned on the side of Truth in the conscientious discharge of their calling in the service of ailing mankind, should unite under a common banner and make their voices be heard.

We need *united* action, heroic measures, else the avalanche of physical ruination, mistreatment, unscrupulous practice, and encouraged habits of destructive living through mercenary advertising, destroy us utterly. This "blitz" of internal ruination should be met courageously with a "counter-blitz." With fully understood methods and principles to guide, we need have no fear as to the ultimate victor in this biological battle.


In the assurance of premeditated success lies the great possibility which the Natural Philosophy offers. What are we Americans going to do about it? Are we going to encourage the building of powerful, destructive measures to annihilate our brothers with bullets, bombs, and battleships,—the mightier the blitz, seemingly the greater the gory delight; or are we going to wage a different kind of "blitz," of attempt at life-seving, of love for our fellow-men, of regeneration, of a more abundant life, with resulting happiness and good will in perfect harmony of national and international understanding? Even the destructive mechanical measures of force have their superior in the natural ones of righteous patriotic fervor as exemplified by a "Gandhi fast." A blitz to strengthen the internal natural lines of defense would do much to realize the dreams of the philosophers for a world not in continuous conflict but internationally happy and content.

**Not Enough!**

**Y**ET, we realize that even here we can only go so far. There is even discontent, disharmony, racketeering, greater practice among those who profess a Natural Philosophy. And we know that even the most perfect program based upon its perfect principles eventually is unsuccessful for the unnatural consequence of any manner of living, leads eventually to fear of future events, worry and tension, uncertainty, and finally death. Why this failure? Because it falls down on one score. It does not take fully into account man's soul life. There is a spiritual side to man's life. And any philosophy that does not answer things pertaining to

*(Continued on page 436)*

**CLEAN EASY TO**



**The 1941 Streamlined VITA-JUICER?**

**Electric Vegetable and Fruit Juice Extractor furnishing:**

**Purer Juice — Drier Pulp — Clear Color**

**Fast & Safe Economical Operation**

**New Simplimatic Cover Fastener**

**Many New Features — Durable Construction**

Compact simply constructed electrical device for extracting all the pure unadulterated juice from carrots, celery, spinach and all other vegetables. Converts apples, pineapples, pears, berries into delightful zestful juices. Bowl inside of hard-baked porcelain-like finish so juice does not come in contact with metal.

**TRULY A HOUSEHOLD NECESSITY**

**NEW LOW PRICE**  
A-C Current 105-115 Volts  
**\$29.75**


**MARS MFG. CO.** Distributors  
1512-14 EAST 56TH ST., CHICAGO, ILLINOIS  
Prices subject to change without notice.


## ARE YOU ON A SPECIAL DIET?

We carry the Special Purpose products of American Dietaids Company. A few are shown below. It will pay you to use them.

**FOR LOW CALORY DIETS—**


Two tiny Ritamine Capsules daily give you the all-important Vitamins A, B<sub>1</sub>, C, D, G—and 10 minerals—*without the calories*. Trial box \$1. 35 day size \$3.






**FOR HIGH VITAMIN B DIETS—**

Folks over 40 often need extra Vitamin B. We supply AMPLEX Vitamin B Complex Tablets, 100 for \$1.25. We also suggest Double B Wheat Germ with Fruits—49c.



**FOR LOW SALT DIETS—**

In obesity and in many other conditions, doctors frequently insist on cutting down salt. Season with REEZON, the vegetized salt, 19c a can; 39c a box.



*At All Health Food Stores including*  
**ORIGINAL HEALTH FOOD STORE**  
343 Lexington Avenue New York City  
*Mail Orders Filled*

**LADIES**

**YOUR HEALTH YOUR FIGURE**

**NEW Massager**



Put your Body in the Pink of Condition

**ACQUIRE AN ALLURING FIGURE**

Excess fat is a dreadful health hazard. Makes the body unsightly.

**THE TU-WAY MASSAGER**

Picks up the flesh and kneads those bulging fat spots more effectively than can be done with hands.

**Remodel — Slenderize**

Safe — pleasant — no drugs — no discomfort.  
Low in price — satisfaction guaranteed.

REQUEST COMPLETE INFORMATION.

**EDW. W. ARNOLD CO., Dept. C Logansport, Ind.**



## For Quick LASTING ENERGY

Do you feel tired, nervous, and all in? Do you seek buoyant health? When you want quick, lasting energy for work or play *drink delicious KEVO*, the energy food drink. Contains eleven natural California foods rich in potent vitamins, proteins, and minerals — all scientifically combined, plus a *delightful taste* that makes you ask for more.

### KEYS YOU UP—KEEPS YOU UP

*KEVO* is wonderfully economical, too. Every drop is concentrated food — *all* food. It has a delicious, near chocolate-like flavor that all the family enjoys. *KEVO* is used and recommended by Dr. Lust. . . . Try one week at our expense. If you do not feel *KEVO* makes good every claim, and if you don't feel better, return unused portion and your money will be cheerfully refunded.

At grocery, drug, and health food stores.  
Or send ten cents today for liberal sample.

**KEVO A4 AZUSA, - CALIF.**

## YUNGBORN

The Finest NATURE CURE  
HOME in America

Write For Descriptive Literature

**TANGERINE,  
FLORIDA**

## GET EXTRA VALUE IN YOUR VITAMIN B COMPLEX

### IF YOU SUFFER FROM

LAK-PLUS supplies well balanced ratios of important B Complex factors, made EVEN MORE POTENT BY LIVE YEAST CULTURE which forms lactic acid and releases enzymes into the digestive processes.

Indigestion, Poor Appetite, Constipation, Fatigue, Lack of Energy, No Pep, Loss of Weight, Nervousness.

YOU MAY NEED LAK-PLUS FOR MORE B COMPLEX AND LACTIC ACID

At All Health Food Stores  
100 Tablets \$1 - 375 Tablets \$3

**LAK-PLUS**  
B COMPLEX-LIVE YEAST TABLETS

## YOU ARE SICK—BECAUSE . . .

(Continued from page 405)

to think that lettuce, carrots, spinach, broccoli, and all green vegetables are created only for horses and cows; because you do not want to control your eating and drinking habits; because you smoke and indulge in alcoholic beverages; because you drug and dope yourself; because you have your body injected with filthy and poisonous pus, vaccines and serums; because you do not heed Nature's warning signals; because you depend on and believe in artificial and unnatural remedies to deaden your pains and aches;—and because you did not follow a procedure of natural treatment which would aid in the removal of the first symptoms of disease and the underlying cause or causes which brought on your present plight.

**W**HILE at this moment you may not be ready to be confined to bed, or go to the hospital for an operation, nevertheless, any disturbed physiological function warrants considerable alarm and immediate attention. And, bear in mind that if any of these symptoms are not checked and removed by a natural procedure, ultimately and inevitably there will develop a serious physical breakdown of a lesser or greater nature.

While none of us welcome any of the above symptoms, which prove that the body is functioning below par, nevertheless, we should consider them to be a blessing, as they are definite warnings of Nature that we are violating her infallible laws which govern the health conduct of the human body.

**YOU ARE SICK—BECAUSE** it's you, and you alone, who is at fault. And, don't forget! **YOU WILL REMAIN SICK AND DIE BEFORE YOUR NATURAL TIME**, so long as you will continue to live in the same manner which primarily brought on your present illness; so long as you will continue to dope and drug yourself; so long as you will not change your bad habits of eating and living in general; so long as you will not refrain from smoking and drinking; so long as you will have faith in artificial and unnatural remedies to deaden your nerves;—and so long as you will believe in the false medical theory of disease and the unnatural medical principles of cure.

### "SPANK THE PARENTS AND SPARE THE CHILD"

(Continued from page 408)

making the same old mistakes over and over again. I would approve an act of Congress compelling every home to own and exhibit a large painting of these words, "AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE."

**W**E have various types of parents: The type, frequently very youthful, who labor under the delusion that their babies are animated toys. Few little folk thrive on being mauled and exhibited at all hours. Their little nervous systems will pay you dividends for providing maximum peace and quiet. Another type takes all their ill temper and frustrations out on their children. The little people are slapped, pinched and jerked indiscriminately to relieve parental emotion. This type is very often ill or half ill but sometimes they are just spoiled brats themselves. Whatever the reason, it's hard on the children. Quarreling parents who subject or permit their children to occupy ring side seats for all their differences inflict varying degrees of damage, depending upon the sensitivity of the child. Children may become alienated from one or both parents and prejudiced against the opposite sex due to the quarrels and general behavior of their parents. Then there are dominating and doting parents; the first literally congeals a child's personality and spirit, robbing him of initiative. The second type spoils the child until he is a little tyrant, unloved by none but his foolish parents who have successfully equipped him for a life of unhappiness, frustration and possibly crime.

**A** HEALTHY, attractive well behaved child is a joy to see, hear and know and there are no limits to his possible attainments. Well trained children are welcome everywhere. Bad mannered, noisy, dirty, spoiled little bits of humanity may be pitied but outsiders will usually go out of their way to avoid rather than help them.

**S**MOKING, drinking mothers are no credit to humanity. They are bad examples and it is both an unhealthy and unfeminine practise. It is worse for mothers to indulge than fathers because it has a more direct effect on the health and morals of a child. Pure nicotine is next to prussic acid in being the most dangerous poison in the world—could it then, in any form, be a desirable addition to the health of an expectant mother? Certainly there seems little room for argument to the claim that smoking expectant mothers injure their unborn babies' hearts.

Finally, **DO NOT** neglect your child's religious training. Sending him to church or Sunday school once a week is not enough, he needs some reminder every day.

Being a parent is a twenty-four hour job and one that can pay the highest or lowest dividends. Parents who raise a healthy, moral and mentally sound family deserve a medal as it is probably the toughest assignment on earth.

**AWAKE YE DAIRY FARMERS!**

*(Continued from page 404)*

Through the combined efforts of pasteurizing equipment manufacturers and great milk interest laws compelling pasteurization have been sponsored in almost every urban community.

**T**HIS situation eliminates the farmer from distributing his own milk, even though he may be within a reasonable distance from a large consumer area, unless he does either one or two things: He must install expensive pasteurizing equipment; or he must find a way to have his milk pasteurized at a certain fixed price per quart at a pasteurizing plant.

The first the farmer not only does not wish to do for the reason that it is too expensive and he cannot afford it with the ever increasing cost of milk production and the coercion and difficulties too frequently resulting from state control board interference under the disguise of cooperative supervision.

As for hauling his milk to a central pasteurizing plant, he hesitates because he knows full well that he does not get back the same grade of milk he has given his time and labor and efforts in feeding his herd scientifically to produce.

This latter method of a central pasteurizing plant could work out all-right for the independent dairy farmer under cooperative dairy farmer producer management and is the lesser of two evils.

**H**OWEVER the farmer, providing he produces milk according to existing laws governing raw milk production, should be able to sell his milk without submitting it to pasteurization either in a dairyman farmer cooperative plant or in one of the plants of any of the large milk corporations.

Great milk combines conspire to raise the price of milk to the consumer public and lower the price paid to the farmer on the slightest excuse. They keep pushing the dairy farmer to the wall, until unable to meet his obligations or improve his place, the farmer accepts a loan for which the milk moguls take a mortgage. Milk prices go still lower and production costs still higher until the milk racketeers are pleasurably forced to foreclosure to add another unit to their ever lengthening chain, and thus another independent farmer, one of the vertebrae of the backbone of American freedom becomes simply a pebble in the mould of the sordid milk trust.

Now when the dairy farmers of America distributed raw milk this was not possible. For the milk had to be sold before it soured, therefore a lesser quantity was produced per farm and a higher price was paid for the product but there were more dis-

tributors and a reasonable financial return went to the dairyman farmer producer distributor.

**C**OMBINES could not harvest milk from a dozen states for a starving pittance to the producer and ship it into great cities to be sold at a tremendous profit. The milk would not keep sufficiently long for such traffic. Pasteurization solved that problem, and today there may be milk from as far as five hundred or more miles pouring into cities from 'combine owned or operated units' at great profit to themselves and a mere pittance to the man who puts all his efforts to producing the best milk possible.

And the strange part of the whole matter is that the public accepts the inferior milk of the combines without comment and the dairyman farmer goes on his way frequently believing it was kind of Super or Atlas milk to

grant him a loan, never realizing he is working through them to hang himself and lose security for his family.

The dairy farmers have been imposed upon and mulcted of their just earnings so long they have become accustomed to it and have fallen asleep. They awaken only when they have lost the old homestead and their good herd . . . when after years of honest toil they are driven from their land. Then it is too late. It is so useless to lock the stable door after the horse is stolen.

There is but one logical thing for the milk producers, the dairymen to do, if they would be saved and save their security and that is to fight back against the vested milk interests that would drive them from their homes or make of them slaves. That thing is to organize against the exploitation at the hands of the great dairy industries and build their own creameries,

*(Continued on page 431)*

**SOLVE YOUR HEALTH PROBLEMS**

*By Consulting . . .*

the following **BACK ISSUES OF NATURE'S PATH** magazine. Interesting discussions of the following subjects:

- 1. Appendicitis ..... November 1928
- 2. Arteriosclerosis ..... September 1929
- 3. Asthma, Naturopathic Treatment of ..... May 1929
- 4. Bright's Disease and Diabetes ..... January 1929
- 5. Bunions, Naturopathic Treatment of ..... August 1928
- 7. Cancer on the Menu ..... August 1929
- 8. Cancer, a Cure for ..... July 1929
- 9. Cancer, its Cause and how to Prevent it ..... December 1928
- 4. Cancer, its Cause and how to Prevent it ..... January 1929
- 1. Children's Diseases ..... November 1928
- 10. Colds and their Cure ..... February 1928
- 11. Diabetes ..... August 1926
- 12. Fasting, Theory and Practice of ..... June 1929
- 7. Goiter, Curing by Natural Methods ..... August 1929
- 8. Gynecology, Drugless ..... July 1929
- 3. Hair, Health of ..... May 1929
- 13. Indigestion ..... July 1926
- 14. Influenza, Naturopathic Treatment of ..... April 1929
- 15. Light Air Bath ..... February 1929
- 2. Marriage and Love ..... September 1929
- 16. Massage and Healing Magnetism ..... March 1929
- 17. Nerves ..... September 1927
- 18. Nervous Diseases ..... October 1928
- 12. Rabies, Dog Days and ..... June 1929
- 6. Rheumatism, Muscular ..... September 1925
- 14. Rheumatism, Naturopathic Treatment of ..... April 1929
- 8. Spinal Therapy ..... September 1929
- 7. Stomach Troubles ..... August 1929
- 12. Tuberculosis ..... June 1929
- 19. Ulcers, Boils and Skin Diseases ..... June 1929
- 9. Water Drinking ..... December 1928
- 19. Woman's Diseases ..... September 1928
- 18. Wounds and Accidents, Nature Cure for ..... October 1928
- 8. Wounds, Natural Treatment of ..... July 1929

Order these copies by number. Issues also contain many other interesting articles on a great variety of subjects by well-known authorities. Order now while they last, at 25 cents a copy, or SIX FOR \$1.00. ALL NINETEEN ISSUES FOR \$2.50. Mailed postpaid.

**Nature's Path Mag. — 343 Lexington Ave., N. Y. C.**



## CHENO PLAN

LOSE FAT on 3 square meals a day without dangerous drugs or starvation. Thousands of men and women have reported a loss of weight, improvement in skin and muscular tone. The CHENO REDUCING PLAN was created by a famous HOLLYWOOD nutritionist for overweight MEN and WOMEN all over the United States.

CHENO tablets are a part of the Cheno Plan . . . a mineral and vegetable tablet that supplies additional important minerals in which many diets are lacking. CALCIUM, PHOSPHORUS, IRON and IODINE. Due to the high mineral content CHENO TABLETS lessens the desire for starchy foods.

### Just 12 CHENO TABLETS A DAY

supply the average adult with over 70 percent of the daily CALCIUM requirements, 50 percent of the PHOSPHORUS requirements, the full daily requirements of IRON and many times the daily requirements of IODINE. Many diets are lacking in these minerals. These elements are essential to health and are an aid in oxidizing fat. Your energy increases, you feel better and pounds come off. Losses from 7 to 11 pounds in one month frequently reported.

#### Which Type Are You?

**FREE:** A 32-page Booklet filled with interesting information on the types of overweight, menus and the CHENO PLAN. Write or phone for this book.



**BOX CHENO TABLETS, \$1  
6 BOXES CHENO TABLETS, \$5.50**

Sent postpaid upon receipt of remittance.  
C. O. D. 18c Extra

At All Health Food Stores  
and

**ORIGINAL HEALTH FOOD STORE**  
343 Lexington Ave., New York City

**INJURIES**—Doing an injury puts you below your enemy, revenging one makes you but even with him; forgiving it sets you above him.

**ANGER**—Anger is never without a reason, but seldom with a good one.

**TRUTH**—Half a Truth is often a great Lie.

**STEADFASTNESS** — I never saw an oft-removed Tree nor yet an oft-removed Family that throve so well as those that settled be.

—Benjamin Franklin.

# From Our Book Shelves

## The Prolongation of Life Through Diet—How Methusala Did It—

By R. B. Pearson.

117 pages. \$1.00. Cloth bound \$1.50.

The idea that germs cause disease is based on the assumption that they can break down live human tissues. However, this breakdown is really caused by the toxins of decomposition which are formed by improper food intake. Going out from this premise which is based on recognized studies by Metchnikoff, Bechamp and other scientists, the author considers a number of specific disorders such as colds, infantile paralysis, tuberculosis, rheumatism and diabetes. How the food we eat controls infection, what role mineral salts and vitamins are playing in the economy of the human body, and finally what we should, and what we should not eat, is ably and clearly set forth. The book is well annotated and has an index. Mr. Pearson has presented the case for Nature's Cure in a convincing way and we wish him many readers from both adherents and opponents of Nature Cure.

## YOGA Personal Hygiene—

By Shri Yogendra

301 pages, cloth bound. \$4.00.

This unique book which is published by the Yoga Institute, Bombay, India reveals an unusually rational scheme of living and personal training which has been secretly taught for the last five thousand years. It is written in a scholarly, and also popular way, and readily commends itself to those who are interested in Yoga. Among the points which especially hold the interest of the student are (1) emphasis on cleanliness within and without, (2) the urge towards poise and control of body and mind, (3) the non-violent, non-fatiguing type of physical gymnastics and exercises advocated, (4) the theories concerning the benefits of alternate breathing, (5) the exceptional care taken by the author to give complete references both to the ancient and the moderate literature for all points upon which authority might be desired. The book is amply illustrated with 34 photographs.

## ARE YOU SUFFERING FROM LOW BLOOD PRESSURE?

(Continued from page 420)

The greatest contributing factor in low blood-pressure has been de-vitalized sugar and flour, which continuously leech the body for its cal-

## Plain Facts for Girls and Young Women on Narcotics, Liquor and Tobacco—

By Belle Wood-Comstock.

96 pages. 25 cents.

## Science Speaks to Young Men on Liquor, Tobacco, Narcotics and Marijuana—

By George Thomason, M.D.

96 pages. 25 cents.

## The Cigarette as a Physician Sees It—

By Daniel H. Kress, M.D.

96 pages. 25 cents.

We wish we could present every adolescent boy and girl in this country with one of these booklets. They are comprehensive and factual reviews written by doctors who were first-hand witnesses of the destruction wrought by narcotics. One of the most valuable features of the three booklets is the splendid array of quotations from eminent scientists, athletes and men noted in the professional and business world. For a little volume, so full of vital information, we bespeak a wide circulation, especially among the youth who as yet have not fastened upon them the tentacles of a well-nigh unbreakable habit.

## The Book of Modern Poetry, 1941—

895 pages. \$4.00, which reached our desk just before we go to press, contains poetry covering every subject and experience known to man. But many of the authors, deeply stirred by the current world picture of bombs and blood, death and destruction, are represented with poems reflecting the spirit of America today. Readers of NATURE'S PATH magazine will be interested to learn that the book contains two excellent poems by Rose Breitfeld, Ph.D., author of "Your Psychic Self" and "Voices from the Great Beyond," which previously have been reviewed in this place. Miss Breitfeld studied in the United States and Austria and for some twenty years has been engaged in psychic research.

cium. Calcium is the most essential of the mineral chemicals in producing endurance. Deprive the tissue of it, and you are inviting acid inflammation.

Are you eating four or five vege-  
(Continued on page 435)

# FOOD FLASHES

*from the Health Field*

## FIRST NEW YORK HEALTH FOOD SHOW TO BE HELD FOR PUBLIC ON OCTOBER 27, 28 AND 29

Although health-food shows for the public have been held in smaller cities, and with great success, in New York, with the biggest and most health-conscious population in the world, there has never been a health food event of any kind for the public, so the announcement of the coming New York Health Food Exposition is welcome news.

What makes this Exposition of particular interest is the manner in which it is to be presented. The New York Health Food Exposition, to be held on October 27, 28, and 29 in the Grand Ballroom and on the Mezzanine of the Capitol Hotel, 8th Avenue and 51st Street, is not to be just another assemblage of booths. It is to be a real educational entertainment, to be conducted with showmanship and style.

A major feature of the Exposition will be a scientific health-food cooking school, conducted from the model kitchen on the Capitol stage, from which the preparation of health foods will be demonstrated; menus will be planned and health meals "in miniature" will be served. Lectures, demonstrations, health quizzes, contests, and prizes are among the features of the twelve hours of education and entertainment to be offered daily at the show. An admission of 25c will be charged.

The U. S. Public Health Service uses dried yeast for treatment of Pellagra cases. The American Red Cross used yeast during the Mississippi Flood, and this dried Brewer's Yeast has been used extensively by Health officials and physicians throughout the so-called Pellagra Belt. It is high in Vitamin B Complex including B1 and B2(G)—growth factor—and anti-neuritis, anti-pellagic. A highly concentrated and improved form of Brewer's Yeast is offered as V-B VITAMIN B COMPLEX and is sold by the THOMSON NATURAL FOOD CO., 7913 Jamaica Ave., Woodhaven, L. I., N. Y.

Of the various exercisers and massagers which are in use in doctors' offices as well as in private homes, one of the most effectful and agreeable ones is the New TU-WAY MASSAGER manufactured by the ED-

WARD W. ARNOLD CO., LOGANS-PORT, INDIANA. With its self-applied massage is made easy, will stimulate blood circulation skin activity and thus promote general well-being. The device is ingeniously constructed to pick up, knead and then smooth the skin and flesh, which produces splendid vitalizing benefits.

The Orjene Company, makers of the well known ORJENE PURE SHAMPOO and other famous hair treatments, facial soaps and creams, announce a new and valuable booklet entitled "Your Hair" and its care. It can be obtained FREE of charge at all leading health food stores.

The Scientific Manufacturing Co., Scranton, Pa. has been taken over by MR. HOWARD FORCE, 426 Prescott Ave., Scranton, Pa.

### Bisselo Mleko

No, it is not a typographical error, but the Bulgarian way of saying Bacillus Bulgaricus, one of those microscopically small germs which rid the intestines of useless and disease breeding decomposition materials. The majority of people have sluggish intestines, filled with fetid matter which if not eliminated in time will fill the bloodstream with impurities and hamper proper elimination. Bacillus Bulgaricus is bred in milk, and is the starter for YOGHURT. It can easily be prepared daily in one's own home, and is not expensive. Scientific instructions how to use it may be obtained from Mr. Louis Williams, President of the YOGHURT PRODUCTS CORPORATION, 108 Denny Way, Seattle, Wash.

### THERM-AIRE FRIENDLY FEVER CLINICS

THE Therm-Aire Equipment Company of Nashville, Tenn., manufacturers of the Therapeutic Bed used extensively abroad and throughout this country have provided a new directory service whereby all Physicians who are equipped to administer fever treatments will be made known to persons who are suffering with various diseases that have not responded to regular treatment and which may be effectively relieved and often completely cured by friendly fever.

The Company has received so many requests from persons suffering with

(Continued on page 438)

## HELPFUL HEALTH HINTS

By DR. MILTON E. HOLMES

### Eat Honey to Prevent Hay Fever and Asthma

HAY fever and asthma are often caused by irritating pollens coming in contact with the mucous membranes of the nose, throat and bronchial tracts in persons who are super-sensitive to such irritations during certain seasons of the years. Many such cases will find marked relief, if not complete prevention from such distressing conditions by simply eating about two teaspoonsful of pure Extracted Honey half an hour before meals and on retiring at night, beginning this treatment about eight weeks before the "hay fever season" each year and continuing with the treatment throughout the troublesome period. This helps to create a natural immunity against the irritating pollens as the honey being taken by the bees from the flowers and blossoms contains the pollens in highly concentrated form, that commonly cause the trouble, hence the value of honey as a natural preventative of hay fever and asthma in many cases. Once again honey shows what a wonderful medicine cabinet Nature really is.

This simple treatment is far safer and more certain than injections of pollen extracts under the skin of patients suffering from hay fever or asthma as practiced by some doctors.

Still another wonderful relief for asthma is Wild Plum Bark.

Place a heaping teaspoonful of Wild Plum Bark in a teacup and pour boiling hot water over it; allow to steep for about 10 minutes; strain and add two teaspoonsful of pure Extracted Honey and drink while hot.

Take from three to four doses a day as the case may require. This simple Natural Remedy has given marked relief in many cases of asthma.

Wild Plum Bark can be obtained from most any Botanical House.

### A Safe Natural Cough Remedy

IN cases of coughs due to colds or bronchitis the following will be found helpful in most cases: Equal parts of Pineapple Juice and pure Extracted Honey. Of this simple mixture take a teaspoonful as the case may require to relieve the coughing.

### Worms in Children

GARLIC and Parsley Tablets have been found highly effectual in expelling worms from youngsters. In such cases give from one to two Garlic and Parsley Tablets three times a day and an occasional enema of warm infusion of Quassia Bark. This simple treatment will result in expulsion of worms from children.



Father Kneipp

## Coffee is the Greatest Sleep Robber

Enjoy soothing Sleep and Drink

THE REAL KNEIPP STYLE

## Barley Malt Beverage

Formerly called (Barley Malt Coffee)

The nutritious Health Maintaining Cereal. The most pleasing Coffee Substitute. This is the genuine malted and roasted high grade Barley Product, not just ordinary burnt Barley. Sold and distributed by many Health Food Stores and Grocers.

Packed and Distributed by

### LUST'S HEALTH FOOD BAKERY, INC.

Retail Branch 309-311 E. 56th St., New York City  
Retail Branch 100 E. 105th St., New York City

Also sold at  
KNEIPP HEALTH FOOD STORE

343 Lexington Avenue New York City

**Ground or Whole**  
**1 lb. 25c, postpaid 35c.**  
**5 lbs. postpaid 1.00.**  
**West of Chicago \$1.25**  
**Ask for quotations in larger quantities.**  
**Agents Wanted**

## COLITIS—ITS CAUSE AND CURE

(Continued from page 406)

group of patients consists of nervous individuals who complain of pain in the colon, but who show a tendency to chronic constipation. In the former group of patients the colon is found to be in a state of morbid relaxation, whereas in the latter group the colon is always in a state of spasm.

Colitis is essentially due to mechanical and sometimes chemical irritation of the colon. The irritation may be due either to pressure produced by the accumulation of gases in the colon, frequently found in cases suffering from gastric and intestinal indigestion, or it may be due to pressure or friction produced by the accumulation of hard feces usually found in cases suffering from chronic constipation. Such retention of feces in an individual with nervous symptoms results in the abnormal contractions of the muscle fibers in the colon. These contractions produce painful spasms and discomfort. Another prominent symptom is the secretion of thick strips of mucus from the walls of the colon which can be plainly seen on the outside of each evacuation. Similar symptoms of colitis are found also in individuals who habitually use laxatives and cathartics.

**S**YMPTOMS of catarrhal colitis are also found in the disease known as dysentery, a condition which is due entirely to bacterial infection of the intestinal flora. In this disease the symptoms of pain and diarrhea are also accompanied by fever, delirium and prostration.

Diarrhea appears to be the chief symptom in a variety of conditions involving the colon. It may be produced by ptomaine poisoning; it may be caused by eating a quantity of indigestible food such as unripe fruit, corn or vegetables; or it may be due to certain food idiosyncrasies. However, diarrhea as a disease entity is a term used only to designate a frequent and copious discharge from the bowel; and in this simple form it is unattended by high fever, or any of the other general symptoms found in dysentery.

Very often diarrhea stands out as the chief symptom of some other disease, and the attack can usually be traced to the specific origin of the symptom. The diarrhea found in Bright's disease, for example, presents merely a symptom which indicates that nature is making a desperate effort to eliminate the toxic products accumulated in the body because of defective kidney functioning. In this emergency, diarrhea is a kind of vicarious elimination which the colon undertakes to perform by way of its mucous membrane, in order to safeguard the well-being of the body.

(Continued on next page)



24 capsules of Vitamina

## Famous for Results in Vitamin A deficiency

More vitamin A in 1 box of Vitamina than in 24 pounds of raw carrots. Those who need vitamin A most cannot always convert vegetable carotene (miscalled vitamin A) into available vitamin A. That is one difference.

Send for bulletin.

# VITAMINA

Packed 24 Capsules to Box

Send only \$1 cash, check, money order for box of Vitamina, 24 capsules in box, ordinary dose one capsule per day. Full directions and complete information will be enclosed.

Dr. Deederer Products

(Dept. 41)

139 S. E. 3rd Street

Miami, Fla.

## Your Health Problems

Answered by Dr. Harry Raitano

Q. Can you give some information about pains in the leg which move from one side to the other.—Mr. F.

A. This complaint seems to be of rheumatic origin. We would suggest that you go on a thorough cleansing diet, such as is described in detail in Prof. Ehret's book "Mucusless Natural Healing Diet."

Q. When one takes grape juice for a cleaning out, does one eat the shell or just the inside?—Mrs. H. E. S.

A. In a diet that aims at establishing internal cleanliness and elimination of toxic wastes, it is advisable to take the grapes in the form of grape juice.

Q. Do you advise refraining from meat entirely?—Mrs. H. E. S.

A. Yes, we believe that vegetable proteins can well replace meat proteins.

Q. What is there in black Mission figs when eaten quite liberally, to cause the skin to peel off the hands? I refer to dried unsulphured, not fresh figs.—E. A. S.

A. Such a case has never come to our attention before. It is possible that you have some low grade skin infection. We would suggest that when your hands are entirely clean you try again taking liberal amounts of Black Mission Figs and if the same thing occurs again please write us and we will suggest further.

### COLITIS—ITS CAUSE AND CURE

(Continued from previous page)

Ptomaine poisoning is always occasioned by diarrhea, and this eliminative action of the colon constitutes the first line of defense against the invading microbes and poisons. Here again the colon assumes the task of benevolent guardian to save the body from total destruction. Diarrhea occurs also in individuals who are habitual users of such drugs as arsenic and mercury. The use of cathartics over long periods will also tend to produce temporary diarrhea even after the laxative drug has been eliminated from the body.

#### Treatment

THE treatment of colitis depends wholly upon the exact nature and cause of the condition. Once the cause is discovered, the type of treat-

Q. My little boy eight years old breaks out with the hives. What can I do for him?—E. F. J.

A. Put the boy on a three day diet of milk. Give him a light herbal laxative each day of the diet to clean his intestinal tract. Return him to his normal diet excluding all animal proteins.

Q. I am 38 years of age and my eyesight is becoming weak.—L. O.

A. Have your eyes examined to rule out any eye conditions. In cases of eye weakness, eye exercises, cool eye baths performed by cupping the hands, filling them with cool running water and bring the head down so as to bathe the eyes. The addition of Vitamin A to the diet may also help.

Q. I have been married for twelve years and have not been able to conceive any children.—Mary R.

A. A complete examination by a Naturopath may disclose some Gynecological condition. In cases where examination does not disclose any abnormality it is suggested that Vitamin E and wheat germ be added to a natural diet. Mild exercises that influence the lower abdomen should be tried.

Q. I am bothered with bilious attacks; can you please tell me what to do?—F. P. R.

A. A fat free bland diet will relieve you of biliousness. Liverwort tea helps in these conditions.

ment becomes known and a cure can more easily be accomplished. Blind treatment of colitis always leads to failure and disappointment. Also the assumption that all types of colitis can be treated with one specific therapy, such as fasting, the meatless diet, or spinal adjustment, is like saying that a man can continuously live on a mono-diet consisting either of nuts, animal meats, bananas, or potatoes. I am personally of the opinion that diet is an essential adjunct in the treatment of colitis. I make this statement, however, not without regard to the use of other excellent remedies which have been successfully employed to cure many stubborn conditions of colitis.

Take for example the use of physiotherapy in the treatment of colitis. Dr. Simon Baruch, formerly professor of hydro-therapy at Columbia University Medical College, states in one of his books that in infant diarr-

## New, Easy Way to STRENGTHEN AND NORMALIZE YOUR SPINE

A few minutes each day will help to keep the spine flexible and strong . . . revive your pep . . . increase blood and lymph circulation in the spinal area . . . definitely remove contractions of spinal muscular tissues . . . promote normal nerve function. Easy to use, ready in a jiffy for adults and children. Light — Compact — Economical.

Send for  
Free Folder Today

WIL Equipment Co.

Dept. N  
P. O. Box 163  
St. Paul, Minn.



## NEED MORE PEP?

If you are not satisfied with the way you look and the way you feel, something should be done about it.

Vitamins alone are not enough, Calcium Phosphate is essential for nerves, cells and tissues, sound teeth, smooth finger nails and for well-being. Calcium Phosphate MUST be combined with proteins and other food factors for BEST results.

ALBERTY FOOD HAS BECOME NATIONALLY FAMOUS. IT is rich in Calcium Phosphate combined with other nutritional elements for cells and tissues. For more than 35 years, thousands of men and women have reported miraculous results. IT'S alkaline, soothing and satisfying to the Gas filled and irritated stomach. IT yields quick energy and digests 100 per cent. TRY Alberty Food and note the NEW feeling of energy and well-being.

### CALCIUM

#### The Staff of Life

A free, 72-page booklet. It's enlightening, full of the latest scientific information. Calcium—what it is and what it does, what happened to 200 men and women and other interesting information.

1 lb. Regular Alberty Food \$1.00  
1 lb. Instant Alberty Food \$1.35

At All Health Food Stores

and  
ORIGINAL HEALTH FOOD STORE  
343 Lexington Ave., New York City

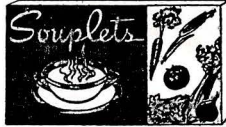
# NEW "HEALTH" FOODS

"Health" foods are foods with a Special Purpose . . . to give you extra vitamins, iron, protein, or other food elements which you personally may need, or to help you follow a prescribed diet.

Come in—It will pay you to use these American Dietaids.

## FOR REDUCING DIETS

Thousands acclaim SOUPLETS. Just add hot water to one little Souplet and presto!—a vegetable broth that is almost a meal in itself . . . filling but not fattening. Contains as much Vitamin B<sub>1</sub> as ½ pound beefsteak. 8 Souplets 25c. 18 for 49c.



## FOR EXTRA VITAMIN INSURANCE

Save money on vitamins and get extra protection this new easy way. JOYANA supplies the BIG FIVE vitamins everybody needs—Vitamins A, B<sub>1</sub>, C, D and G—all in one delicious powdered food that you use by the spoonful. Made from soya, dextrose, wheat germ, and other ingredients. Wonderful for young and old. 10 oz. can 49c; 22 oz. can 98c.

## DOES COFFEE MAKE YOU NERVOUS?

Coffee over-stimulates many people, makes them irritable, disturbs their sleep. Drink BREVY instead! Contains the vitamin needed for normal nerve functioning. No caffeine. Drink it at bedtime, it actually induces restful sleep. BREVY is a liquid—made instantly right in the cup. 39c.



At All Health Food Stores including  
**ORIGINAL HEALTH FOOD STORE**

343 Lexington Avenue

New York City

# TAKE OFF UGLY FAT

Many Lose 3 to 5 Pounds A Week  
Yet EAT Plenty

No Drugs — No Exercises

**M**EN and women all over the United States are reporting remarkable results in losing weight. Many tell of reducing 3 to 5 pounds a week—and more. These people are following the Plan of Dr. Edward Parrish, noted physician, former Health Officer, State of New York, Surgeon-in-Chief, Medical Staff, U. S. Army, Editor, Lecturer.

Dr. Parrish's Reducing Plan makes reducing a pleasure. A pleasure because it allows you to eat plenty, requires no exercises. Absolutely safe too, because it calls for no reducing drugs, no loss of vitality.

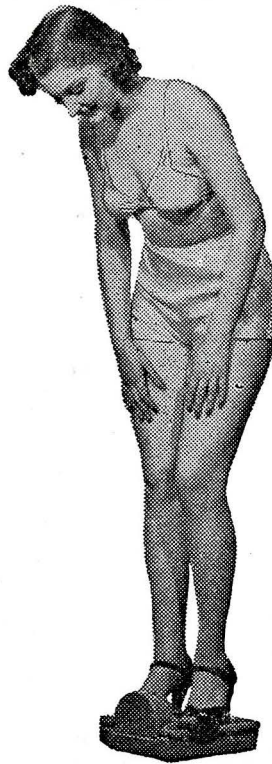
Here is Dr. Parrish's Plan: For lunch take 2 teaspoonfuls of Cal-Par in any fruit juice or other favorite beverage. Nothing else, except a cup of coffee if desired. For dinner and breakfast EAT AS YOU

USUALLY DO. DON'T CUT OUT fatty, starchy foods, merely CUT DOWN on them. That's all there is to it.

Try Dr. Parrish's Reducing Plan for one week. See if you too aren't delighted with the way ugly fat seems to melt away as hips, bust, waist assume more fashionable proportions. More overweight cases should be helped by Dr. Parrish's Reducing Plan. Try it today.

CAL-PAR is not a reducing drug. Cal-Par is a delicious, cereal-like special purpose food supplying iron, phosphorus, calcium, Vitamin D, also additional quantities of other essential Vitamins so often lacking in sufficient amounts by those reducing. It is this lack that often causes loss of vitality.

Cal-Par comes in plain or chocolate flavor. Get a can today.



## CAL-PAR

Comes in two sizes

7 oz. 65c  
16 oz. \$1.25

Sold under money back guarantee. Sent postpaid upon receipt of remittance.

CAL-PAR CORPORATION Dept. N. P. 1141  
685 Broadway, New York, N. Y.  
I enclose \$\_\_\_\_\_ for my order as listed below.  
( ) 7 oz. CAL-PAR, 65c ( ) 16 oz. CAL-PAR, \$1.25  
Name \_\_\_\_\_  
Street and No. \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

## COLITIS—ITS CAUSE AND CURE

(Continued from previous page)

hea there is nothing more excellent than the use of scientific intestinal irrigations. In my own experience, I found that in dysentery, a bacterial disease of the colon, intestinal irrigations constituted a most valuable therapeutic adjunct. This mode of treatment enables the inflamed bowel to rid itself immediately of all the poisonous wastes and pathogenic bacteria. Once the bowel has been thoroughly cleansed by this method, the application of short Radio Waves to the entire abdomen is indicated. The daily use of Radiotherapy will reduce the intestinal inflammation within a few weeks, and reestablish normal tone to the colon and good bowel action. Radio-Thermy is likewise useful in a great number of intestinal diseases; and in conjunction with rational diet, the use of Alpine Sun, Sinusoidal currents and spinal manipulations, many successful cures have been accomplished in such cases.

**T**HE question of roughage in the treatment of colitis is a very important factor to be mentioned here. The question is important because there are two conflicting theories relating to the cause and cure of the condition. One small group of diet experts are of the opinion that colitis is not caused by mechanical irritation of bacterial poisons. Hence they conclude that bran, fruit and vegetable roughage from meat fiber will not cause harmful irritation to the bowel, and, therefore, it should not be omitted from the diet in cases of colitis. To this group belongs a man of wide reputation. He is the brother of the health food manufacturer who made Kellogg's Bran famous throughout the American continent. In his voluminous book entitled "The New Dietetics" Dr. H. Kellogg of the Battle Creek Sanitarium gives his opinion on the use of roughage in colitis in the following manner: "The idea that bland foods should be used in these cases (colitis cases) is wholly erroneous." Dr. Kellogg further states that "Whole grain products, such as oatmeal, graham bread, etc., even bran, greens, and other fresh vegetables and stewed fruits, should be freely used." The founder of this theory Dr. Von Noorden goes even to greater extremes. He recommends that the diet in catarrhal colitis should consist largely of much indigestible fiber such as skins and seeds from raw fruits and vegetables, coarse black or rye bread, and such other cooked vegetables as cabbage, brussels sprouts, corn and plenty of fat, meats and oils.

This idea of roughage captivated so many serious minded people among

(Continued on next page)

# EASTMAN Radiant Energy LAMP

DEEP  
PENETRATION  
EQUAL TO  
MILD  
DIATHERMIA

The irritating and  
useless not so pene-  
trating rays are fil-  
tered out.

*Applicable  
Wherever Heat  
Is Needed*

Sold exclusively to  
the MEDICAL PRO-  
FESSIONS, HOSPI-  
TALS AND SANI-  
TARIUMS.

Inquire of your Med-  
ical Supply House or  
write direct to us.



A New Filtered  
Infra-red Ray —  
the first and only  
95% infra-red ray  
lamp produced be-  
tween 5,000 and  
27,000 Angstroms.  
Used at a distance  
of 30 in. from the  
field of applica-  
tion does not burn,  
blister or discolor.  
Treat as long as  
four hours.

S U M  
PRODUCTS COMPANY  
14408 Grand River Ave.  
Detroit, Michigan



VITAMIN B COMPLEX

BREWERS YEAST

## IMPROVED FORMULA

We are pleased to announce to our friends of Thomson's Brewer Yeast tablet users, that we are changing the name of Brewer's yeast tablets to V-B (Vitamin B complex) tablets, with a new label. V-B (Vitamin B complex) tablets are made of the highly concentrated and improved Brewer's Red Label yeast. Positively pure, nothing added.

1. V-B tablets Magically acts with its own power and stimulates and promotes better appetite and normal digestion.
2. For Children it promotes optimal Growth (increases Height and vigor).
3. Necessary to maintenance of normal metabolic processes such as: carbohydrate metabolism (lactic acid excesses); Cell respiration; Tissue respiration, etc.
4. Necessary to normal pregnancy, and lactation.
5. Maintains Nervous function.
6. Stimulates digestive secretion.
7. Necessary to maintenance of muscle tonus.
8. Prevents toxicosis from protein components in high meat diet.

Use Thomson's V-B complex tablets for the food V-B vitamin B complex and you will get the best results. Trial size bottle 100 tabs. 55c; 150 tabs. 75c; 250 tabs. \$1.15. Not postpaid. Approved by Sidney E. Smith, M.D. At your Health Food Store or direct from

THOMSON'S NATURAL FOOD CO.  
7913 Jamaica Ave., Woodhaven, N. Y.

## COLITIS—ITS CAUSE AND CURE (Continued from previous page)

the health seekers of this country, and even fascinated the imagination of those practicing the natural healing arts, that the use of roughage became the subject for proud conversation in the doctor's, the dentist's chair, and in health restaurants. The use of roughage thus became a cure-all for almost everything under the sun.

Many misguided people were convinced that, if eating hard and bulky foods preserved the teeth and insured the flow of saliva in the mouth, therefore such a diet must of necessity be good also for constipation. I venture to state, however, that instead of curing constipation such a diet will cause just as much injury to the colon as the habitual use of laxatives and cathartics. My own experience with numerous cases of chronic constipation leads me to believe that there are quite a few constipated individuals who originally had no sign of colitis and later developed this disease from the extreme use of the roughage diet. Moreover, those individuals already suffering from colitis later developed severe complications from the extreme use of the roughage diet.

TRUE science, however, has not failed us as yet. Listen to the scientific opinion of Dr. Herbert S. Carter regarding this all important subject. In treating an acute colitis, he is of the opinion that we must first completely empty the bowel, and withhold food from the patient for at least twenty-four hours in order to quiet the spasm of the colon. After this, feedings should be liquid. In chronic colitis he recommends that all foods shall be finely chopped, soft and contain as little roughage as possible.

From the foregoing pages we can summarize the following important facts regarding the treatment and cure of colitis. At first we must recognize and know the true nature of the disease. And the treatment must be planned in accordance with the special requirements of each individual case. No effort should be spared to give the patient immediate relief from his suffering. The diet must be bland; and in conjunction with the judicious use of Radio-Thermy, Spinal Manipulations, and Electro-Therapy sure recovery can be achieved.

## IS VACCINATION GOOD OR BAD?

Australia is an unvaccinated country. It has had but half a dozen deaths from smallpox in 50 years. Japan is a rigidly vaccinated country, and in 22 years has had 285,161 cases of smallpox with 77,525 deaths. Is vaccination good or bad? Form your own conclusion. . . .

## EXTRA! Big News For Users of Vitamin "B" Complex

SAVE  
MONEY  
You Get  
MORE  
UNITS

Use VALUMINS EV-4 and SAVE MONEY! Now—more units per tablet—more units per bottle! VALUMINS EV-4

supplements the diet with a rich NATURAL source of the ORIGINAL Vitamin "B" Complex. Includes Vitamin "B,"

(Thiamin), Vitamin "G" (Riboflavin), Vitamin "B<sub>6</sub>" (Pyridoxine), also Pantothenic Acid, Nicotinic Acid and all other Members of the Vitamin "B" Complex natural to yeast. Guaranteed to contain NO SYNTHETICS. Try it today—judge for yourself! Save Money—two economical sizes—\$1.25 and \$4.50.



AT CAMPBELL'S FOODS  
712 Locust Street, Des Moines, Iowa  
And All Other Good Health Food Stores

## EARN MONEY

Men and women wanted to act as Subscription REPRESENTATIVES for NATURE'S PATH. Earn money easily by selling subscriptions to this live vital health publication. It's easy! Write for full details to

NATURE'S PATH  
343 Lexington Ave., New York City

**RUN DOWN?  
AILING?**

**"TRY  
MY WAY  
OF LIVING  
FOR JUST  
90 DAYS!"**

**AL WILLIAMS**  
Nationally Known  
Conditioner

**Says Al Williams**  
Noted Health Advisor  
Tells How Thousands  
Regained Vitality

**HIS NEW  
FREE BOOK**  
Explains How You Can Learn  
to Condition Yourself Against  
**Headaches Colitis  
Nervousness  
Arthritis Anemia  
Blood Pressure  
and Other Ailments**

Are you run down, nervous, overweight, underweight, tired, sleepless, depressed? Do you know that "poor condition" may be the basic cause of your trouble? Do you know what "poor condition" really means? That it can cause or aggravate many other ailments—indigestion, indigestion, Constipation, Rheumatism, Colds, Kidney and Liver Disorders? Would you like to learn how YOU can get back into good condition? **"YOUR HEALTH AND THE NEXT 90 DAYS"**

Al Williams, nationally known conditioner, radio health lecturer, has directed conditioning programs for more than 37,000 men and women. If you are seeking renewed vigor and health improvement, send at once for his new, illustrated, free book, "Your Health and the Next 90 Days". Filled with amazing food facts and other valuable health information. Explains astonishing results of scientific conditioning methods in ridding body of ailments caused by wrong living habits. Tells how you can adopt the Williams health principles in your own daily life, right in your own home. Send for this remarkable new book today. No cost or obligation. Penny postcard will do.

**FREE BOOK**

THE WILLIAMS PROGRAM  
542 So. Broadway

DEPT. 12K  
Los Angeles, Calif.

**ASSIST NATURE**  
 by providing  
**BULK LUBRICATION ACTION**  
*All in one teaspoonful*  
 with  
**Clermont's**  
**TRIPLE PURPOSE LAXATIVE**

Combines the age old value of pure Laxative Herbs in their natural state with Modern Bulk and Lubrication providing ingredients. Ready to take. No preparation required.

Pleasant, Convenient, Economical, Dependable, Adjustable dosage.  
 Write for FREE SAMPLE. Send 50c for regular size or \$1.00 for large family size can if your Health Food Store cannot supply you.

**THE CLERMONT COMPANY**  
 1999 Bryden Road, Columbus, Ohio



Suffers the country over report gratifying temporary relief from dizziness, nervousness, loss of sleep, and other distressing symptoms, by using **CIRCULIN GARLIC PEARLS** according to directions. If you tire easily, feel nervous and out-of-sorts, or run-down, take a tip from Nature. Circulin Garlic Pearls—a pure garlic vegetable product—offer quick benefits. Pleasant to take—**ODORLESS—TASTELESS—NO AFTERTASTE.** Users of **CIRCULIN** all over the country report amazing results—Convince yourself! Get a package today from your nearest dealer under a money back guarantee unless completely satisfied. You'll count it a happy investment in your well-being. 180 pearls—one full month's supply only \$1.00 — **INSIST UPON CIRCULIN.** For sale at all health food and drug stores.



**THE MIKO CO.**  
 Long Island City, N. Y.

**NERVOUSNESS**

(Continued from page 409)

Between the bodies of the vertebrae are found cartilaginous pads or cushions which act as shock absorbers and help to keep the little nerve openings free. Our perverted habits of living, however, cause changes in the spinal column. The intervertebral discs or pads become worn, distorted and compressed, the openings become narrowed, the nerves become pressed upon and impinged, their normal function is interfered with and anything can happen. It usually does. Any organ will suffer that doesn't receive its normal nerve supply and "nervousness" is one of those things that often accompanies this condition and makes you feel that you're neither sick nor well—just miserable.

**N**OW, what to do about it: Obviously, the first thing to do is to get mechanically adjusted. That nerve pressure **MUST BE RELIEVED!** This is fundamental and gets at the primary cause, after which the secondary causes may very logically be corrected. When you go to a Chiropractor, his trained and experienced hands are able to determine the exact point of nerve interference in your spine and by a skillful and scientific "adjustment" correction is accomplished and normal nerve function is restored. Magic? Not at all! Just common sense.

When weak nerves are being rehabilitated by Chiropractic adjustments, the wise patient will cooperate with the Chiropractor by heeding the following suggestions:

Make your rule of living **MODERATION IN ALL THINGS.** Don't get tired. Rest frequently. An afternoon nap is good sense. Breathe deeply. Exercise intelligently, and stretch your spine every day. Take sun-baths often and take an air-bath every night before retiring. Just open your windows and lounge around lazily for awhile allowing the air to get to your bare skin. You'll be rewarded with a good night's sleep.

Have your diet contain an adequate amount of **ALL** the vitamins, but especially Vitamin B1. Eat simply but nourishingly, avoiding rich and fancy foods. Drink a sufficient quantity of water daily. Avoid constipation.

Relax properly. Read good books. Don't be alone so much. Nervous people should never be alone. Good companionship is priceless. Take a day off once a week and do something different.

Cultivate a hobby. Here is a good one: Learn one new thing every day, even if it is only a new word. Another good hobby is to get a scrap book and paste into this book at least one humorous clipping every day. The

(Continued on next page)

**First Of The Season —**

READY FOR DELIVERY

**TREE RIPENED FLORIDA ORANGES and GRAPEFRUIT**

**Famous for their extra juice . . . prized for their clean tangy taste**

"Yungborn" tree-ripened fruit are grown on specially-treated soil with best mineral fertilizer, and are crated at just the proper stage of ripeness to insure all of their life-giving qualities.

Not colored or gassed. Not transported in refrigerated cars which takes life out of fruit. Fresh and full of juice when they reach you.

Full Crate ..... \$5.00                      Half Crate ..... \$3.00  
 (West of the Mississippi—\$6.00)              (West of the Mississippi—\$3.50)  
 (These Prices Are Express Prepaid)

You may order a crate of oranges OR grapefruit—or a crate of mixed fruit.

**"YUNGBORN" HEALTH RESORT**

**P. O. TANGERINE, FLORIDA**  
**FROM GROVE TO YOUR HOME**  
 PLEASE USE COUPON BELOW

Dr. Benedict Lust, "Yungborn" Health Resort,  
 P. O. Tangerine, Florida

Please send me by express prepaid the following fruit, for which find enclosed \$.....

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <b>FULL CRATE</b>                   | <b>HALF CRATE</b>                   |
| <input type="checkbox"/> Oranges    | <input type="checkbox"/> Oranges    |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Mixed      | <input type="checkbox"/> Mixed      |

Name .....

Address .....

City ..... State .....

## Your Life Can Be Prolonged

### Many More Vital Active Years Now Possible

The discoveries of Chicago and Stanford Universities, Lundsgaard, Lesgaft, etc. confirm my findings of 45 years. New light on acidity.

### The Entirely New Biochemistry of the Body

Amazing health, physical and muscular development and unlimited human energy process, equally applicable to the bed ridden invalid from any cause, or the most active person of any age.

#### LEFT-LACTIC ACID

Peters Energized Relaxation will produce more LEFT-LACTIC acid in the body in a day, than you can secure of only RIGHT-LACTIC acid in a barrel of any kind of milk product or sauerkraut. AND IT COSTS NOTHING. Also, there is a vast difference in these acids. Ilya Metchnikoff died an old, stout, ill, disappointed man. His theory was right; his technic wrong. Bulgarian milk had failed him and will always fail. Read "Vitality" by Sokoloff for proof and truth.

#### THREE SCIENTISTS

##### Peters - Lundsgaard - Lesgaft

completed this magic triangle, solving the mystery of 150 years of battle and research. The earlier scientists were burned at the stake for simply announcing their findings.

No Exercises, Special Foods, Diets, Vitamin goods, Apparatus or Treatments used.

Life processes and body chemicals controlled. This method acts with incredible swiftness.

#### Unique — Totally Different — Revolutionary

### AMAZING FREE LITERATURE ON PETERS ENERGIZED RELAXATION

(System Fully Copyrighted)

Taught privately for 45 years.

Positively first public release of this secret.

**H. ALLAN PETERS, Ph.D., D.D.**

Formerly Practicing Drugless Physician

P. O. Box 1520, Dept. O., San Francisco, Calif.

## Smoke To Your Heart's Content!

# O-NIC-O

DENICOTINIZED

## Cigars, Cigarettes, Smoking Tobacco

Less Than 1% of Nicotine

We are the originators and exclusive owners of the only process now known, which, without the use of chemicals, eliminates the bulk of the nicotine from tobacco and still preserves the fragrance, taste and aroma.

Send for free descriptive folder

Sold by

**DR. LUST'S HEALTH FOOD STORE**  
343 Lexington Ave., New York City

## Lincoln & Ulmer, Inc.

MANUFACTURERS

132 W. 43rd St., New York City

## NERVOUSNESS

(Continued from previous page)

newspapers and magazines contain plenty of funny cartoons, poems, and lines that make you laugh. Call it your "laugh book" and after a few weeks, you'll get the habit of your daily laugh so strongly it will become a useful tonic.

Get the habit, too, of not rushing. Do things leisurely, think calmly, work quietly, and cultivate a soft voice. These things are all soothing to weak nerves. Don't get discouraged if it takes time to rebuild yourself. Remember that success is usually the result of time, toil, and patience. Practice good habits every day, be persistent, and you will succeed.

## AWAKE YE DAIRY FARMERS!

(Continued from page 423)

and distributing depots. This can be done. It must be done if the death-like grip of the great milk concerns is to be broken and shattered and superseded by cooperative dairymen farmer control.

IN one locality the writer recently visited there are more than 800 independent dairy farmers. Herds range from 25 head and upwards of the finest cattle in the land. Some of the highest test milk of the country is produced in this area. A grand prize winner owned by a 15 year old girl produces milk that tests 5.6 percent butter milk. All of the milk of the area tests far above state requirements. Yet the producers are forced to sell their milk sometimes for less than it costs to produce it.

At least they think they are forced to do so, as they failed to seriously consider becoming an independent cooperative marketing unit. The thought of building their own plant has been too big for them to digest. Yet it is one that will have to be digested if the independent dairymen are to receive a fair price for their milk.

Complain they do to one another about the rising cost of feed and stock, and to others insofar as it does not offend the great milk trust that may have a stranglehold on the farm.

But complaining is not enough. There must be action and we venture to say that if action is taken every farmer producer of milk can have a fair price for his toil and the public will be served a better product.

IT would appear that such action to bring this about has to be one of close cooperation between the farmer milk producer and the consumer. For these are the ones to benefit. The consumers, the adult public and its children will be assured a better grade of milk, and the farm-

(Continued on next page)

## Don't Get The

# LAXATIVE HABIT!!!

**FREE!**

Some people take laxatives too freely. Or to get quick action they blast out the intestinal tract with harsh purgatives. No wonder more serious conditions often follow. We tell you frankly "Don't get the laxative habit." Proper bowel action is a normal function. It should be induced naturally. But when you need a laxative get a good one. The herbal and vegetable principles of IMPERIAL LAX-101 act to gently move the bowels as nature intended—does a real job—without harsh purging. And that's what counts! Get a bottle of IMPERIAL LAX-101 today. Feel like a million tomorrow! Two economical sizes—50c and \$1.00. Clip this ad and bring it in for FREE Sample and valuable booklet of useful dietary facts.

THE NATURAL FOOD CENTRE  
706 KING STREET, WILMINGTON, DEL.  
And All Other Good Health Food Stores

## THE ORIGINAL

Dr. Gaymont's

# YOGOURT

NOW AVAILABLE IN EVERY HOME!

The Amazing Health-Giving Milk-Food all New York is talking about!

ALLEVIATES:  
constipation,  
foul-breath,  
loss of appetite,  
giddiness, headache,  
acidity and skin troubles

Send for 6 weeks' supply of the starter culture with full instructions ..... **\$2.50**  
for simple preparation .....

For further information write for free pamphlet.

**American Yogourt Corp.**

DEPT. N.P. 11

230 East 124th St. New York City

## For Your Better Health

# VEGEBROTH'S

delicious  
FLAVOR  
IS

**ENRICHED**  
with  
**VITAMIN B<sub>1</sub>**

**100 UNITS TO EACH TEASPOONFUL**

Here is ONE Broth you'll REALLY enjoy! Tasty . . . delicious . . . nourishing . . . and now MORE health-full with added Vitamin B<sub>1</sub>. Teeming with readily available, naturally present minerals from carefully blended vegetables. Serve it piping hot for a "PEP-UP" drink between or with meals.

TRIAL SIZE 50c

INSIST ON GENUINE

VEGE-BROTH— treat your-

self to a FREE SAMPLE.

write direct to Dept NP-2,

Vegetates, Los Angeles, Calif.



**A VEGETATE PRODUCT**

**HAVE YOU TASTED**  
**"ISLE OF GOLD" PAPAYA**  
**NECTAR or SLICED?**  
 Made from Genuine Hawaiian Papaya, packed in raw sugar and pure fruit Acid. Excellent source of energy and recommended for sufferers of weak digestion.  
**DIABETICS**  
 WILL BE DELIGHTED to use the  
**DIAMANTE PURE Papaya Juice**  
 Just as it comes from the fruit. Nothing added.  
 AT ALL LEADING HEALTH FOOD STORES  
**MAURICE BILLAUDOT**  
 DIVISION OF BALANCED FOODS, INC.  
 Sole Distributor for Eastern U. S.  
 79 Fifth Ave., New York City

**FOOD SCIENCE**  
*Corrective Dietetics That Have Challenged the Best Clinics*  
 Hundreds of Sick Have Found These Books Their Greatest Blessing  
**FOOD SCIENCE — NATURE'S SUPREME HEALING ART**  
 316 pages, (new low price) . . . \$2.50  
**THE HEALTH COOK BOOK**  
 115 pages of menus and recipes . . . \$2.00  
**DIET RELIEVES KIDNEY CASE**  
 A college boy had an acute case of Bright's disease. He was ordered to the hospital at once, but was unable to go so my son brought him to our home. His face was swollen beyond recognition and one eye was entirely closed. He was bloated and puffed all over. As usual, we phoned Lucile Steele for directions and in two days relief came. He had gained ten pounds in a week because his kidneys refused to function. In seven days he lost this extra ten pounds of bloat, and a few weeks later was back in school much to the surprise of his instructors. We cannot speak too highly of Lucile Steele, her work and her books.  
**REV. & MRS. C. A. EVANS**  
 Rapid City, S. Dak.  
**Lucile Steele**  
**Institute of Corrective Dietetics**  
 703 St. Cloud, Rapid City, S. Dak.

*Find HEALTH at*  
**YUNGBORN**  
**TANGERINE, FLORIDA**  
 The finest health-building methods are available at this Nature Cure Health Resort which is under the personal supervision and control of Dr. Benedict Lust, recognized as the foremost authority on Nature Cure and Natural Living in America. Reasonable rates. Write for free descriptive literature.

Ask for delicious  
**CUBAN HONEY FRUIT BARS**  
 health made with  
 Papaya, Mango or Guava Fruits and El Aguinaldo Cuban Wonder Honey.  
**ONLY 5c**

**AWAKE YE DAIRY FARMERS!**  
*(Continued from previous page)*  
 er milk producer and his sons and daughters can look for a life that allows of more normal comforts.  
 And it is the children of the farmer milk producer who will have to carry the fight of organization forward, for it is the children who comprehend and see the light. They have seen mother and father slave for years from early morn till late at night to produce the best milk possible and procure a decent living for them and they have seen the monthly milk check grow progressively smaller.

They have seen their homes go backwards because of lack of money. Buildings have had to go without repair and paint so the bare necessities of life could be available. Clothes had to be worn longer than intended as production costs of milk have risen and income from milk has fallen. Their education in many instances had to be curtailed, so they know first hand the stifling effects on the life of dairy farmers and their families caused by being compelled to sell milk to the big milk distributors that practically control the flow of milk to the consumer from this area. And this area is not an unusual example. It is a typical example of the situation in many areas of this country.


**M**OST of the younger generation are belligerent and want to fight. They know all the evils of the powerful milk trusts. They are not blinded by the loans these trusts make to carry Dad over a bad season, when sickness or other emergencies may have demanded aid. They see through the veiled generosity the eventual loss of their homes as the price they receive for milk is hammered down to a new low, as the quantity they are allowed to sell to the company with whom they are dealing will accept, is reduced and feed costs mount.

A dairyman farmer is in business to produce good milk, and as much of it as the size of his place and the efforts of his help will allow, but the big milk trust comes along and says "We will buy so much from you and no more at such and such a price."

What happens to the amount our dairymen produce beyond that which the milk trust will buy? Is it thrown to the pigs or fed to the chickens? Much of it used to be. But no more. Powerful milk interests saw therein an immense profit for themselves. So they conceived the idea of helping the farmer a little, while they helped themselves much. They would buy the surplus milk from the dairymen as cheaply as possible. This they proceeded to do.

Surplus milk is bought far below cost of production. This is then made into cheese, or buttermilk, if not, as  
*(Continued on next page)*

**I scolded the children needlessly before I learned about HERBS for irregularity**



When occasional constipation makes you cranky and irritable, don't wait a day—try **INNER-CLEAN HERBAL LAXATIVE**. Here is a common-sense laxative made only of nature's herbs in their natural state. Easy and pleasant to take...a third of a teaspoonful produces *gentle yet thorough* action. Economical, too!...a package lasts a family for months. 50c, all druggists.  
 For **FREE GENEROUS TRIAL SUPPLY** write Innerclean Co., Dept. 632, Los Angeles, Cal.

**INNERCLEAN Herbal Laxative**

**STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC. REQUIRED BY THE ACT OF AUGUST 24, 1912**  
 Of NATURE'S PATH, published monthly at New York, N. Y., for October 1, 1941.  
 State of New York }  
 County of New York } ss.:

Before me, a Notary Public, in and for the State and county aforesaid, personally appeared Dr. Benedict Lust, who having been duly sworn according to law, deposes and says that he is the editor and publisher of the Nature's Path, and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912 embodied in section 411, Postal Laws and Regulations, printed on the reverse side of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are: Publisher, Benedict Lust, 343 Lexington Ave., New York; Editor, Benedict Lust, 343 Lexington Ave., New York; Managing Editor, none; Business Manager; none.
2. That the owner is: (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding one per cent or more of the total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a firm, company, or other unincorporated concern, its name and address, as well as those of each individual member, must be given.) Dr. Benedict Lust, 343 Lexington Ave., New York.
3. That the known bondholders, mortgages and other security holders, owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are: (If there are none, so state.) None.
4. That the two paragraphs next above giving the names of the owners, stockholders, and security holders, if any, contain not only the list of stockholders, and security holders as they appear upon the books of the company but also, in cases where the stockholders or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation has any interest direct or indirect in the said stock, bonds, or other securities than as so stated by him.

**BENEDICT LUST**  
 Sworn to and subscribed before me this 23rd day of September, 1941.  
**HANSE VOELKEL,**  
 (Seal) Notary Public, New York County  
 (My commission expires March 30, 1942)

## ZOY-KOFF

Coffee Flavor Without Coffee  
After-Effects

For young or old at morning, noon, or night ZOY-KOFF is an ideal hot beverage. Not even a trace of the drug caffeine, which is found in all coffees to a greater or lesser degree, is present in healthful ZOY-KOFF. Many who have been looking for the coffee flavor without its all-too-often after-effects are enjoying their change to ZOY-KOFF, the beverage suitable for every member of the family. It is easy to make. Use the same quantity, and prepare in the same way as coffee in coffee pot, percolator, dripulator, or glass coffee-maker. Two grinds—Regular, for coffee pot and percolator; Fine, for dripulator and glass coffee-maker. 25c per package, each package makes 35 cups.

FREE a sample of ZOY-KOFF or WHEAT-ASOY breakfast food at your health food store.

MADISON FOODS

Madison College, Tennessee



## El Aquinaldo

### Cuban Wonder Honey

Nature's own gift to you from the rare, mountain flowers of Romantic Cuba

- In digestive troubles, a special purpose food supplement to the soft or bland diet
- In respiratory conditions, a smooth, soothing palliative
- Contains a delicate balance of nine minerals your body needs
- Produces abundant, quick energy
- Easily and entirely digested
- Mildly laxative
- Has a delicious, superior flavor
- Excellent for adults, children or babies
- Contains all of the necessary elements to make vitamins work, with one element your body provides.

TRULY A MARVELOUS PRODUCT — A WONDER FOOD

9 OZ., \$1.00      22½ OZ., \$2.00

## DOES YOUR STOMACH "BALLOON" AFTER EATING?

FREE!

Don't let gas, and "bloating" or "ballooning" stomach spoil your fun — prevent you from enjoying your food at home or when you go out. Take VALUMINS N-56 after eating. Users say it expels stomach gas surprisingly fast. That's because it contains valuable ingredients for relaxing the stomach and promoting protein digestion. No harmful drugs. Used by thousands. Get a bottle of N-56 today. Try it for 10 days at NO MONEY RISK. Money back if not satisfied. Readers who clip this ad and bring it in will receive FREE valuable booklet of useful dietary facts.

VITAL FOOD SERVICE

72 PROSPECT ST.,      PATERSON, N. J.  
And All Other Good Health Food Stores

## NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

(Continued from page 411)

mended. It stands to reason, that no matter how often the water is changed, some of the residue will still remain. A final rinse with cold water creates a stimulating effect aiding circulation of the blood in the scalp and closing the pores which have been expanded and cleansed by the hot water. The hair should be dried immediately with a towel, rubbing gently with a rotary motion. The mechanical friction creates heat and stimulation.

### Unnecessary Wetting of Hair

THE disastrous habit of combing, continually wetting the hair, plastering down, keeping it in place, may actually be a contributing cause of dandruff, loss of hair and possible baldness. Examine the hair of a person addicted to this habit, and you will find that the hair close to the scalp is flat and unhealthy looking, and is infested with a considerable amount of dandruff, which may bring about an inflammation known as seborrheic eczema. Itching becomes more pronounced, ceases at times for a period after shampooing, then is renewed in greater intensity. The hair loss is noticeably greater, becomes thin and sparse, and bald streaks appear.

This simple personal hygiene should be practiced regularly. It may be a little troublesome, but is the only safe method of keeping the scalp in a normal, healthy condition.

A valuable booklet is available at your health food store, entitled "Your Hair" and its care, which should prove helpful in the solution of your hair and scalp problems.

(To be continued)

## AWAKE YE DAIRY FARMERS!

(Continued from previous page)

is frequently the case marketed at the same price as the milk purchased from the farmer at the regular market price. In either case it can be readily seen that profits from the products of surplus milk are a hundred-fold greater than from regular quota milk itself, and so it is to the interest of milk trusts marketing cheese and other by-products of milk to keep to a minimum and thus assure more surplus milk which they agreeably and profitably buy from the farmer who again believes he is being favored and protected against loss.

THE whole milk problem resolves itself into one solvable by the producer—that is the dairymen farmer, and the consumer public, if the producer and the dairymen farmers unite to produce a superior product and build their own plant which they

(Continued on next page)

For GUARANTEED POTENCY  
ECONOMY and QUALITY

## Rely on the HAIN VITAMIN LINE



FOR VIBRANT HEALTH and HEALTHY BEAUTY!

4 Scientifically balanced and selected Vitamin Products to fit your every need. Ask for, and insist on HAIN brand vitamin products . . . That's your GUARANTEE of ever-faithful HAIN quality. Get HAIN Vitamins at your favorite Health Food Store.

## FIGHT NERVOUS WEAKNESS with KAL



AMAZING CHANGES COME WITH RESTORED CALCIUM AND VITAMIN B1

Calcium Deficiency Symptoms Are:

NERVOUSNESS, POOR BONES AND TEETH, BRITTLE NAILS, EARLY SIGNS OF OLD AGE, SLEEPLESSNESS, GENERAL RUN-DOWN CONDITION.

If your general health and vitality is below par because you do not get enough calcium, phosphorus, vitamins D and B1, add KAL to your diet. Watch the change that these NEEDED elements make in your daily enjoyment of life. 100 Tablets Introductory size, \$1 All Health Food Stores

# KAL

## YOUR HAIR

should be beautiful, rich with gleaming lustre. Healthy hair is so distinctive. It adds so much to a woman's personality and a man's too. Strive for HAIR-HEALTH with a bottle of ORJENE PURE SHAMPOO. This modern treatment, winner of the Gold Medal Award, stimulates the scalp with that tingling, glowing sensation. The very feel of your hair will be different.

Send for Six Months Supply for only \$1.00  
OUR GUARANTEE!

Money back if not satisfied.

## SULPHUR liquid (V-KOL)

For DRY HAIR, DRY & ITCHY SCALP, DANDRUFF—The only sulphur liquid in a lanolin-cholesterol oil compound on the market. ORJENE PURE SHAMPOO and V-KOL Sulphur Treatment for sale at all health stores. If there is no store near you order direct.

ORJENE COMPANY  
DEPT. N-11  
100 Fifth Ave., New York City



## SOLVE YOUR Christmas Gift Problem THIS YEAR

# GIVE Health Books

### NATURE CURE

Brandt, Johanna— The Grape Cure .....	\$1.50
Deschauer, Thomas— Complete Course in Herbalism— 2 vols. ....	15.00
Garlic, Constance— Fruits and Flowers .....	5.00
Hayes, Dr. H.— The Outhouser, for Irregular Fel- lows .....	1.00
Holbrook, M. L.— Home Culture .....	2.00
Ingham, Eunice D.— Stories the Feet can Tell .....	1.50
Just, Adolf— Return to Nature, paper cover .....	2.00
cloth bound .....	3.00
Kuhne, Louis— New Science of Healing .....	3.00
Science of Facial Expression .....	5.00
Platen, Dr. M.— New Curative Method, 2 vols .....	15.00
Post, Drs. Howard A., Iva M. and Sterley— Post System for Feet .....	2.00
Purinton, Edw. Earl— Efficiency in Drugless Healing, paper cover .....	1.50
cloth bound .....	2.50
Richter, Dr. John T.— Nature the Healer .....	4.00
Riley, Dr. J. Shelby— Conquering Units .....	5.00
Schilling, Dr. Carl Q.— Art of Natural Healing .....	3.00
Sussman, Ben— My Life Began After 50 .....	1.00
Wilson, Merle A.— Sight and Hearing .....	1.00

### DIET AND FOOD

Bergholz, Dr. Eugene A.— Food Guide to Glorious Health .....	2.50
Carque, Otto— Vital Facts about Foods .....	1.00
Ehret, Prof. Arnold— Mucusless Healing Diet .....	1.00
Empiringham, Dr. James— What to Eat and Why .....	1.00
Intestinal Gardening .....	1.00
Finkel, Dr. Harry— Diet and Cook Books .....	2.25
Health via Nature .....	2.25
Seven Day Trial on Natural Food .....	1.00
Graves, Dr. Wm. H.— Medicinal Value of Natural Foods .....	.50
Hay, Dr. Wm. Howard— Health via Food .....	3.50
Jackson, Dr. Robert G.— How to be Always Well .....	3.50

### DISEASES

#### ARTHRITIS

Robinson, F. A.— Attacking and Arresting Arthritis .....	1.25
-------------------------------------------------------------	------

#### ASTHMA

Macfadden, Bernarr— Asthma & Hay Fever .....	3.00
Bergholz, Eugene A., M.D.— The Respiratory Diseases .....	.35

### CANCER

Bergholz, Eugene A., M.D.— Cancer, What Is It? .....	.35
Rabagliati, Dr.— The Causes of Cancer .....	.50
Brandt, Johanna— The Grape Cure .....	1.50
Shelton, Herbert M.— The Natural Cure of Cancer .....	1.00
Scott, Cyrill— Victory over Cancer .....	3.00

### COLDS

Macfadden, Bernarr— Coughs, Colds and Catarrh .....	3.00
--------------------------------------------------------	------

### CONSTIPATION

Wilkins, Dr. Juan Amon— Coconuts and Constipation .....	.50
Jackson, Robt. G.— Constipation, Its Cause and How to Treat It .....	.50
Macfadden, Bernarr— Constipation .....	3.00
Digestive Troubles .....	3.00
Ehret, Prof. Arnold The Definite Cure of Chronic Con- stipation .....	.25
Mucusless Diet Healing System .....	1.00

### CONSUMPTION

Alsaker, R. L., M.D.— Conquering Consumption .....	2.50
Macfadden, Bernarr— Tuberculosis .....	3.00
J. S. Riley— Tuberculosis .....	.50
Shadel, A. F.— White Plague .....	.50
Morrison, Dr. J.— Tuberculosis .....	.50

### DIABETES

Macfadden, Bernarr— Diabetes .....	3.00
---------------------------------------	------

### HEART TROUBLE

Alsaker, R. L., M.D.— Curing Diseases of the Heart and Arteries .....	2.50
-----------------------------------------------------------------------------	------

### NERVOUS TROUBLES

Macfadden, Bernarr— Headaches .....	3.00
More Power to Your Nerves .....	2.00
Baumgarten, Dr. A.— Insomnia .....	.15
Petinak, Dr. Marko J.— Mind, Nerves and Body .....	1.00

### SKIN TROUBLES

Macfadden, Bernarr— Skin Troubles .....	3.00
--------------------------------------------	------

### SMALLPOX

Lust, Dr. Benedict— Crime of Vaccination .....	.50
---------------------------------------------------	-----

## AWAKE YE DAIRY FARMERS!

(Continued from previous page)

could well afford to do on a cooperative basis, each contributing so much per month, for instance the value of their surplus milk. Or as a young dairyman of 16 just entering agriculture college aptly suggested, in the area I alluded to further back: He suggested that so much per can or gallon be deducted to form a cooperative community plant, owned and operated by the farmers themselves. But, said he, "I've talked it, but the farmers will not or cannot see it, even though they are paying or being robbed of a greater amount each month by the big milk trusts that purchase their milk."

What this young man says is true. The situation in this area is duplicated in countless areas throughout the country.

There are many more like him on the dairy farms of our country who are taking over, who will carry this fight to the milk combines that have a death grip on the nation's milk supply and a stranglehold on the independent dairy farmers. We predict there will be a breaking away from this unfair control of a great American industry.

These young men and young women are going to fight, not only for themselves and their right to enjoy the fruits of their labors but for us the consumers who are now obliged to drink whatever swill the large companies throw together, pasteurize and serve to us in a clean bottle with a pretty label.

THIS writer has asked many of these stalwart farmer lads and lassies how they liked pasteurized milk. "That stuff, why we wouldn't drink that," is the usual reply. One young maid remarked, "Why we wouldn't even feed that to the pigs."

They all drink raw, natural milk and they like it. Apparently it likes them. And strangely there is less undulant fever, less septic sore throat and less of everything raw milk is supposed to give and pasteurized milk is supposed to protect against, than among the users of pasteurized milk.

Their fight to produce and market pure, wholesome milk is our fight and we can help assure their winning for us by demanding that our milk be clean natural raw milk instead of pasteurized dirty milk.

Raw milk has to be delivered fresh to be used as food. Pasteurized milk may be days old and in a state of putrefaction before it reaches you and you will not know the difference.

Natural, raw milk as a food produced under existing State and Federal statutes governing its production cannot be improved upon.

Pasteurization cannot improve or

(Continued on next page)

Sent Postpaid Anywhere

HEALTH BOOK SERVICE—Benedict Lust Publications  
343 Lexington Ave. New York City

**YOG-A-LAX**

Not only a Laxative, but a stomach and Bowel corrective  
Mild, yet radical, non habit forming. Send \$1 for a carton of 30 cubes for THIS WONDERFUL PRODUCT.  
YOGHURT PRODUCTS INC.  
108 Denny Way, Seattle, Wash., U.S.A.  
Established 1913

**NATURE SUPPLIES**

The treatment to overcome chronic diseases if we but conform to Natural Methods in securing the needed remedy. The same reasoning applies in regard to obtaining a correct diagnosis. Established 26 years. Write for literature.

Auto-Bio-Chemic Laboratory  
54 W. Randolph St., Chicago, Ill.

*Life Lite*

**ULTRA VIOLET RAYS**

If more doctors and parents could be made to realize the importance of ultra-violet rays in maintaining the health of growing children there would be fewer cases of the common illnesses among them; of underweight, poor teeth, and bone deformities.

ALL LIFE LITE Lamps use pure fused quartz tubes and each is automatically clock controlled.

Send for Free Literature & Information

ULTRA-VIOLET PRODUCTS, Inc.  
5205 SANTA MONICA BLVD.  
LOS ANGELES, CALIF.  
Dept. NP-31

**WORK OVERTIME for National Defense?**

Then replenish your regular foods with essential vitamins and minerals, offered in this magazine.

FREE Literature and food catalog sent on request. Orders filled on day of arrival.

DESK V

ORIGINAL HEALTH FOOD STORE  
343 Lexington Ave., New York City  
Phone LE 2-1263

**Australian Therapeutic Vaginal Douche**

WOMEN — DOCTORS

Can be used for all Therapeutic and Hygienic methods pertaining to the vagina. Easily attached to faucet for alternating hot and cold water. A boon to sufferers of leucorrhoea, hemorrhage, ulceration, inflammation, etc.

Price — \$2.50

AUSTRALIAN HEALTH INSTITUTE  
1608 West Madison Street  
Chicago, Illinois

**AWAKE YE DAIRY FARMERS!**

(Continued from previous page)

milk supply. Rather pasteurization definitely promotes carelessness in production and handling; it actually encourages the breaking of the hygienic laws for producing raw milk and allows large combines to market milk that could not otherwise be sold for human consumption.

The pasteurization of milk benefits but two classes of people—the manufacturers of pasteurization equipment and the large milk combines—and these are benefited at the expense of the public health.

So wake up ye dairymen and fight for your right to live and serve the people with a wholesome product and wake up ye consumer and demand the product the dairyman farmer is equipped to serve without the detriment of pasteurization equipment.

Let us have clean, wholesome raw milk, raw milk produced according to the State and Federal rules for raw milk production—we will then have a healthier happier populace and bigger and better dairies with the profits to the dairymen farmers commensurate with their efforts in producing one of our most widely used, but abused foods.

**ARE YOU SUFFERING FROM LOW BLOOD PRESSURE?**

(Continued from page 424)

tables daily? Raw carrots, baked yams, and rutabagas are the best of the root variety. The seed vegetables assist in calcium metabolism; the leafy ones help in acid elimination.

Are you taking your quart of raw milk daily? Are you eating cottage or other mild cheese five times weekly? Are you keeping proteins away from starches in food combination? Are you using starches but once daily, and are they 100% whole rye or whole wheat, rather than a hodgepodge of this and that?

The breakfast of sub-acid fruit and milk may be supplemented with cheese, egg yolk custard (set the previous evening), coconut butter or cashew butter.

Every class of food has been abused by commercialists—milk has been pasteurized; starch and sugar devitalized; eggs preserved in a state of unwholesomeness; fruits gathered too green for alkaline reaction—but the solution is not to taboo them altogether, but to demonstrate your preference at the market place. Commercialism will eventually yield to demand.

CAUTION—Love your Neighbor, but don't pull down your Hedge.

Resolve to perform what you ought; perform without fail what you resolve.

**Neuritis, Rheumatism**

**ARTHRITIS**

**No Relief, No Cost!**

STERLING CAPSULES must relieve the pains and aches to your satisfaction or no cost. This offer is open to every sufferer who obtains the capsules direct from us at retail and takes them as directed for thirty days. If tired of spending money without getting satisfactory results, write for full particulars regarding STERLING CAPSULES and our money-back guarantee.

**GET THIS FREE!**

Mention this ad and we will mail you a free trial package of PLANTLAX HERBS, the pleasant laxative. SPECIAL DISCOUNTS to physicians and bona fide dealers.

NATURE'S HERB CO., Div. 24  
1260 Market St., San Francisco, Calif.

**For Brittle, Splitting BREAKING NAILS**

**Hang Nails... Ragged Cuticle Chapped Skin... Callouses**

Use the Original "STENO" Nail Protection Cream—it works wonderfully. Just apply at night before retiring and see the difference in the morning. If you are troubled with breaking nails, hang-nails, ragged cuticle, chapped hands or callouses you'll like "STENO" a lot. "STENO" is endorsed by leading beauty editors, used by nurses, teachers and thousands of manicurists. Try "STENO" today. It's guaranteed to please. 3 sizes—35c, 60c and \$1.00. **10 DAYS TRIAL**



At All Cosmetic Counters

Health Rule No. 1 is to always have some

**- HONEY -**

in the kitchen and on your table. Replace white sugar entirely with honey for your health's sake.

- 5 lbs. White Clover, raw, unheated, crystallized ..... \$1.00
- 5 lbs. Orange Blossom, the very best ..... 1.00
- 5 lbs. Cuban Honey, dark, tropical wild flowers ..... 1.75
- 5 lbs. Cuban Honey, light ..... 1.00
- 5 lbs. Tupelo, highest in Levulose ..... 1.25
- 5 lbs. Porto Rican Honey, for cooking ..... .60
- 5 lbs. Keuka Lake, our finest domestic Honey ..... 1.25
- 5 lbs. Buckwheat, dark, strong ..... 1.00
- 5 lbs. Hawaiian, has wonderful aroma ..... 1.25
- 5 lbs. N. Y. State Red Clover, liquid ..... .75

also Basswood, Alfalfa, Guatemala, Palmetto, and many others. Ask for our new Honey Booklet (free).

Shipments by Railway Express, collect charges. 10% discount if you order any 5 pails of the above varieties at one time.

HUNI HEALTH PRODUCTS  
(Specializing in Honey)

207 East 87th St. (next to Post Office)  
New York, N. Y. Tel. ATwater 9-3160

**MEN! Do You Suffer From Prostate Disease?**

Send today for our Free illustrated booklet "Facts for Men Past 40." This booklet tells the latest facts about prostate disease—Symptoms such as pains in the lower back, hips, and legs; forgetfulness, low vitality, sleeplessness, night-rising, and bladder trouble are explained in detail.

For years, men from every walk of life—ministers, doctors, merchants, farmers, railroad men, and lawyers coming from every state have benefited by our mild and effective treatment for ailments common to men past 40.

Don't delay another day—a postal card will bring your free copy of this booklet by return mail. Write:

**MILFORD SANITARIUM**  
MILFORD, KANSAS **BOX 52**

## WHAT CAUSES EPILEPSY?

A booklet containing the opinions of famous doctors on this interesting subject will be sent FREE, while they last, to any reader writing to the Educational Division, 535 Fifth Avenue, Dept. NP-11, New York, New York.

## "NATURE'S MIGHTY MILLIONS" Get YOURS FREE

# The VITAMINS

EVERYONE interested in vitamins and minerals should get a FREE copy of thrilling 24 page book "Nature's Mighty Millions". Packed with valuable, interesting facts, charts and information... how many units needed of each... why they're so important... what happens when there's deficiency! A vital up-to-the-minute book of facts. Yours FREE for the asking. Just send your name and address to —

New way to get Vitamins  
A-B<sub>1</sub>-C-D-E-G(B<sub>2</sub>) plus Calcium Phosphorus and Iron in "Vacuum-Pack" Nutri-Vac!



NUTRI-VAC, 7433-54 W. Blanchard St., Milwaukee, Wis.

## THE "BLITZ" THAT AMERICA MUST WAGE

(Continued from page 421)

the spirit will still have a difficult struggle in a world of sin, crime, vice, hatred, suicide, murder, war, and the host of offenses men give arising from the practices of their naturally corrupt spiritually-decadent hearts.

While I honestly believe much could be accomplished through the Natural Philosophy in cleansing sick bodies of the irritating toxic factors which help to lead to discontent, disharmony, and greater invitation to viscious actions; in the final analysis, man's heart must be changed from within, if he is to become truly regenerated, and only the Holy Spirit Himself can accomplish that.

Only if a Philosophy, then, entertains His entrance into the scheme of things, will any "blitz" of regeneration be completely effective in resurrecting a rapidly physically, mentally, and morally decaying race.

Only through the soul-regenerating influence resulting in faith in Him who redeemed us through His fully atoning suffering as the sinless Son of God Himself, so simple and profound the act without effort on our part, can we ever bring about a desire to be peaceful, content, humble, and long-suffering out of love for Him who first loved us. Also such simple, unquestioning faith takes away the fear of death, eternal uncertainty is forever removed. What glorious Truth, majestic, divine?

How different would be our world of hate when changed to one of love? Falling, rather than increasing, would be the rates of drunkenness, divorce, licentious publications, questionable movies, shady business practices, crime, vice, murder, war,—and men would strive to live *with* and not *against* one another. What possibilities the Christian Philosophy, with its unchanging and unchallenged Authority, our Bible, to back its eternal verities!

### To Battle On All Fronts!

THERE is a Blitz America must wage! She is physically, mentally, and spiritually sick! May we start now to brace our lines of material defense, yes, but let us start first where the effectiveness of our attack will do the most good. No program of defense will ever be successful unless these three sides of men's lives are considered first. And this plan of attack will be most successful if we combine the principles underlying the Natural Philosophy, which is really merely an outgrowth of Bible Philosophy, explaining the physical universe as a manifestation also of the same divine power that governs our spiritual lives and not really to be considered a separate and distinct

(Continued on next page)

## HAIR AND ITS CARE

New Book only 50c

This new book contains the "meat" of dozens of books and courses that promise more attractive and healthy hair. Contains ancient and modern hair culture instructions, hair chart, hair experts' advice. Also old world methods and formulas, and 15 selected hair and scalp exercises. Do you know the causes of baldness? Thing most important to hair growth? Is dandruff contagious? Destroying dandruff germ? What causes grey hair? How often should dry or oily hair be washed? These conditions are fully discussed. This book also gives advice on—soaps—shampoos—combs—brushes—diets—causes of hair troubles—dandruff—dry and oily scalp—falling hair—baldness—grey hair—hair tonics—etc. To buy all books and courses from which these methods were gleaned would cost a good deal. Yet you can have the "meat" of all of them for only 50c. Money back if not satisfied.

HAIR CULTURE SERVICE  
1903 W. National, Milwaukee, Wis.

## NATURAL GRASS FOOD

now yields through a new process

### VITAMINS

### A-B<sub>1</sub>-C-G and K

with essential food minerals: CALCIUM, PHOSPHORUS, MAGNESIUM, POTASSIUM, SODIUM, IRON, MANGANESE, COPPER & COBALT in natural form without addition of synthetic Vitamins and Minerals. This food product bears the Seal of Acceptance of the A. M. A. Council On Foods, and comes in tablet and powder form. Recommended for infants and the aged as well. Two to Four Week's supply in tablet or powder form. \$1.15 each. Combination unit of Tablet and Powder, with interesting informative booklet, \$2.20 postpaid. Powder may be mixed with liquids and cereals.

J. HENRY HALLBERG  
572 Madison Avenue New York, N. Y.  
PLaza 5-2794

20c a Copy \$2.00 a Year

## THE ROSICRUCIAN MAGAZINE

Established by Max Heindel, 1913

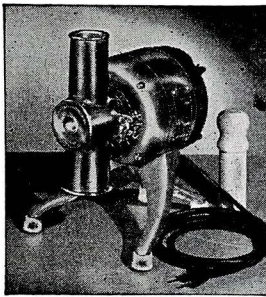
A 48-page magazine with but one purpose—to make known Rosicrucian Christianity. We believe in the Harmless Life; Astrology as a Religious Science; Spiritual and Physical Healing; World Brotherhood, the Way of Christ... Do these ideals stir your mind and heart? Then join our family of subscribers NOW.

### Special Premium Gift

"Salads for Vegetarian Menus" (41 pp.)—free with 1 year subscription, \$2.00 Prepaid.

THE ROSICRUCIAN FELLOWSHIP  
Oceanside, California

Drink Your Way to Health



The finest juice equipment in the country... Write for information.

KNUTH ENGINEERING CO.  
2617 N. St. Louis Ave., Chicago, Ill.

HEADQUARTERS FOR

# HERBS

WHOLESALE and RETAIL

We can supply domestic or foreign herbs of any kind, in any quantity. Our stock includes nearly 1000 medicinal herbs, roots, barks, leaves and flowers. Write for catalog and price list.

NATURE'S HERB CO., Div. 1,  
1260 Market St., San Francisco, Cal.

## Castle Of Health - -

Founded on truth and years of successful experience. The only Sanatorium in this part of America devoted to Natural Hygiene. Under the personal supervision of CHRISTOPHER GIAN-CURSIO, N.D., D.C. (formerly, Director of Natural Health Sanatorium, Batavia, New York). Graduate Nurse in Attendance.

Reservations must be made.

FOR PARTICULARS WRITE TO:  
CASTLE OF HEALTH  
52 Birr Street, Rochester, New York

## REPRESENTATIVES Take Xmas Gift Subscriptions

Serious minded men and women wanted in every community to represent NATURE'S PATH magazine.

### LIBERAL COMMISSION

Write the Circulation Manager of  
NATURE'S PATH

343 Lexington Ave., New York City

## ARE YOU SICK OF BEING SICK?

Write for FREE Booklet "A Message of Vital Importance to all who Suffer."

• From all parts of the country chronic sufferers come to this famous Sanatoria, specializing in natural drugless methods. Free Literature and Consultation. Moderate Rates. Correspondence invited.

DR. NYSTUL'S  
SANITORIA  
Successors to Lindlabr Sanitorium  
1930 IRVING PARK  
CHICAGO, ILLINOIS

**Keep Fit as a Fiddle with  
VITALAX**

Strictly a natural food laxative. Free from drugs. Non-habit forming. Formula by Andre Tempe—your guarantee of a superior product.

**MASTER VITAMIN LABS.**  
224 W. SUPERIOR ST., CHICAGO, ILLINOIS

Write for our complete price list.  
Mail orders promptly filled.  
SEND 10c FOR TRIAL SIZE

**FOR QUICKEST RELIEF  
and  
Most Permanent Results**

Try  
**NATURE'S CURE**

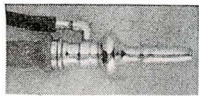
at the  
**BERGHOLZ CLINIC AND  
SANITARIUM**  
2711 WEST WELLS STREET  
Milwaukee, Wisconsin

SEND FOR FREE BROCHURE  
Your health can be improved by using the  
**Food Guide to Glorious Health**

by  
**Eugene A. Bergholz, M.D.**  
SEND FOR LITERATURE

**Australian Deluxe Procto-Irrigator**

The last word in Proctoscopes for Colon-Irrigations!  
Used with new Pressure technique. No pain, irritation,  
discomfort, distention. Bubblicizes the water  
passing in colon. Uses 10 gallons of water every  
10 minutes. Send for literature.



**AUSTRALIAN  
HEALTH  
INSTITUTE**  
1608 W. Madison St.  
Chicago, Illinois

**SPECIAL FOR NOVEMBER ONLY:** Cash with order.  
Add 10c extra per pound for postage. Shepherd's  
Purse Herb 75c lb. Slippery Elm Bark 75c lb.  
Spice Bush Leaves 75c lb. Star Anise Seed 50c lb.  
Stinging Nettle Herb 75c lb. Sweet Fern Leaves  
75c lb. Tansy Herb 75c lb. Uva Ursi Leaves 60c  
lb. Virginia Poke Root 75c lb. Water Cress \$1.00 lb.

**PENN HERB COMPANY**  
603 N. 2nd St., Dept. 2 Philadelphia, Pa.  
Pennsylvania's Largest Botanical Drug House.  
Send 5c stamp for price list.

**STUDY FOR THE DEGREE**

of Doctor of Psychology (Ps.D.), Doctor of  
Metaphysics (Mc.D.), or Doctor of Divinity  
(D.D.), by correspondence. Write for further  
information.

**THE COLLEGE OF DIVINE METAPHYSICS.**  
INC.  
Dept. N-P, 2811 N. Illinois St.  
Indianapolis, Indiana

**THE NEW CIVILIZATION**

Will use Hermetic astrology to indicate the  
predisposition toward certain diseases and  
the periods when definite preventive mea-  
sures should be taken to keep them from  
developing. And it will use Mental Al-  
chemy to aid in restoring health which has  
been lost. Send for free copy of The  
Church of Light Quarterly and further de-  
tails.

**THE CHURCH OF LIGHT**  
Dept. P  
818 Union League Bldg., 2nd and Hill  
Los Angeles, Calif.

Telephone ASHland 4-3083

**DR. H. R. BERGLIND**

• DENTIST •

104 East 40th Street  
New York City

OPEN DAILY 9 A. M. to 8 P. M.

**THE "BLITZ" THAT AMERICA  
MUST WAGE**

(Continued from previous page)

empire,—such a complete Combined  
Philosophy, better Truth of life, tem-  
poral, and eternal, could give men the  
supreme answers to all their problems  
of a physical, moral, social, national,  
international, or any other nature.

Let us arise to our possibilities and  
then to our responsibilities. Let us  
first defend ourselves by being  
pledged to a wholehearted embracing  
of revealed Truth *ourselves*. And  
then let us, by *our* lives, demonstrate  
the truth within us. Thus and thus  
alone, can we fully discharge our  
calling to be of honest help to our  
physically, mentally, and spiritually  
suffering fellowmen and of profound-  
est service to our God.

**The Victory!**

**T**HIS fondest dream of perfection  
can be realized when we begin  
to see the power of a combining of  
the "sword" of discipline through ad-  
herence to the law of Nature with  
the "sword" of the Spirit. The  
"Blitz" of such warfare waged in  
America would be the most epochal  
and far reaching in its ultimate  
achievement as has ever been realized  
in the history of man's relentless bat-  
tle against world evils!

Law, through the Natural Philos-  
ophy, is important. We are, however,  
natural law breakers. The law can-  
not be observed perfectly by any of  
us. It is physically, mentally, and  
spiritually painful to break physical  
and moral laws. Let us, therefore,  
remember that the supreme healing  
agent lies not ultimately in Nature  
alone, but in her only completely, even  
in death itself, when applied re-  
ligiously and generously with the  
supreme panacea for all ills, by the  
Great Physician Himself—the sooth-  
ing, healing "balm of Gilead."

The Victory must then be ours!

**THE VALUE OF KIND WORDS**  
(Continued from page 410)

Which of your friends or relatives  
most needs kind words?

You need not ask him or  
her for a direct personal answer,  
since the question might be so extra-  
ordinary as to cause unkind commo-  
tion and disturbance. However, you  
can wisely and commendably ask  
yourself whom you could aid most by  
means of kind words, then plan how  
to produce the friendly conversation  
so as to confer best results.

A kind heart makes a kind tongue,  
and we should be a nation of people  
with kind hearts. Could you form in  
your home or community a Kind  
Words League? Everybody might  
well be invited to join, with no mem-  
bership fee. A monthly meeting of  
such an organization would serve to  
motivate and renovate conversation.

**Genuine  
BULGARIAN MILK**

**Daily In Your Own Home**

Purifies the blood, energizes organic activity to  
build the body anew for a longer and more useful  
life. Send \$1 for a month's supply with full in-  
structions for its scientific use.

**YOGHURT PRODUCTS INC.**  
108 Denny Way Seattle, Wash., U.S.A.



**POCONO  
HAVEN**

A SANATORIUM HOTEL

*The Home of the Hay System*

Mt. Pocono, Pa. Phone 3811  
C. D. HALLOCK, Manager

If you want to know all about herbs,  
minerals and vitamins  
get our

**Complete Course in Herbalism**

2 vol. — Price \$10.00 postpaid.

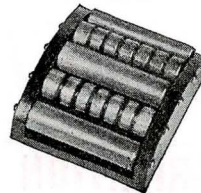
**THOS. DESCHAUER PUBLICATIONS**  
Maywood, Ill.

**Vital Secrets of Health and Youth**

A rare book with an original, fascinating mes-  
sage showing the way to radiant health, youth-  
ful vigor and longer life. No theories but logi-  
cal philosophy and scientific facts. It is  
unique, delightful, inspiring. Special price  
\$1.00. Money back guarantee. Ask for free  
literature.

T. de la Torre, Ph.O.  
780 Post Street, San Francisco, Cal.

**Feet Hurt?**



Foot Sufferers if you seek  
relief use and rebuild your  
own feet with a

Comfort Foot Exerciser  
Try It — You will praise  
and recommend the device  
to other foot sufferers.

Comfort Foot Exerciser —  
\$1.50 postpaid.

**HEALTH APPLIANCE CO.**  
1115 McKinley Ave. N.W.,  
Canton, Ohio



**Beverage Base  
Grape Flavor**

Sold at health food stores.

Write for "Tale of a Five Day Fast."

**LUNDS CO., 332 E. 6 St., Erie, Penna.**

**JOIN  
THE ARTHRITIS CLUB**

Interesting, educational, beneficial. No  
dues. Write for particulars to Dept. NP.

**M. & M. SERVICE**

13 Carolina Court, Orlando, Fla.

**FREE...  
64 Page BOOK  
List**

Write For Your Copy Today!

**HEALTH BOOK SERVICE**

**BENEDICT LUST PUBLICATIONS**  
343 Lexington Ave., New York City

### FEEDUM



Recommended by  
**ORCELLA REXFORD**  
Contains Melanite, one of the richest sources of Natural Food  
**VITAMINS B & C**  
Dextrose, an energy Sugar and Malt Diatase, a starch splitting Enzyme and Goat Milk Powdered Whey. 1 lb. \$1.00, 3 lbs. \$2.50. Available at all Health Food Stores or direct from  
**KINGS GOAT MILK LAB.**  
467 St. Marks Ave.  
Brooklyn, N. Y.

### FOOD BALANCE

with F. B. Vegetable & Herb Powders. Handy shaker 30c. Also 4 oz. carton, by the pound. In 3 grain capsules (month's supply) \$1.35 and up. Drink RUSH the wholesome daily beverage, like regular tea just for a change. 8 oz. 60c. Vegetable Powders supply alkaline salts, help to balance the heavier acid-forming foods. Write for literature.

**FOOD BALANCE CORPORATION**

519 No. Central Avenue Chicago, Illinois

GET RELIEF FROM  
**PILES**  
WITH  
**BREOSAN**  
PER BOX OF 24 SUPPOSITORIES  
\$1 PREPAID. At Health Food Stores or  
**BREOSAN LABORATORIES**  
Box 142, Long Island City, N. Y.

### EPILEPSY—EPILEPTICS!

Detroit lady finds relief for husband. She will tell you how. All letters answered.

**MRS. GEO. DEMPSTER**

Apt. 2  
6900 W. Lafayette Blvd. Detroit, Mich.

### Mucusless Diet Healing System

by Arnold Ehret

• Send NOW for this remarkable book, often quoted by leading health lecturers. Includes 21 lessons originally given in classes—194 pages packed full of appetizing health food recipes, diets, physio-corrective exercises, etc. More than 70,000 copies sold. Send \$1 check or money order to Ehret Lit. Publishing Co., Dept. N.P., 846 East Sixth St., Los Angeles, Calif.



### SPINAL IRRITATION

Back of Head Aches; EYES affected; Neck Muscles Sore, Pull; Dizzy, Vomit; Neck bones grit; Backache; Between Shoulders or other place in Spine—sore, pains, burns, itches; hands, feet numb—pin-pricks. "Crazy Bone" feel; Sigh, Yawn to expand chest; Belt Around Body; insects creeping; pain, distress at Heart, Stomach, Liver, Kidneys; Indigestion; Neuralgia; Sciatica. All Easily Relieved. FREE Book.

**FLORENCE ENGLISH HENRY**

Route 3. Box NPN. 199, San Diego, Calif.

### Become a Successful Herbalist

The coming profession is HERBALISM. Our courses teach you properties and uses of herbs. A student reports making four hundred dollars in two months in spare time before finishing course. Laymen's Complete Course and Post Graduate Course for physicians.

FREE CATALOG

**DOMINION HERBAL COLLEGE LTD.**

18 W. Hastings St., Vancouver, B. C., Canada

### FOR SALE

Mail Order Business. Herb Laxative and New Cleanser for household use. A large publishers library, books of great value and many kinds. Great bargain.

**HEALTH BUILDERS**

Post Office Box 25

Dyker Heights Station, Brooklyn, N.Y.

### Constipated?

Then you know anything taken internally for this trouble works only until the body creates resistance against the medicine, when the effect is lost and you must hunt a new remedy. Be sensible! Give Nature a chance! Simple one-minute-per-day exercise stimulates bile flow—Nature's bowel lubricant—without medicine. No apparatus required. Simple and logical as ABC. Amazing relief \$1.

**L. SHERWOOD,** Box 232-B, Plain City, Ohio

### THERM-AIRE FRIENDLY FEVER CLINICS

(Continued from page 425)\*

certain forms of Arthritis, Neuritis, Asthma, Chronic Rheumatism, and other diseases that can be successfully treated with fever, that they are now offering a service whereby they will gladly refer cases that are reported to them to an accredited Doctor within easy reach of the patient's home and where these treatments may be obtained with minimum of cost and maximum results.

The Doctors who are listed in the Company Directory are all men of very high standing and experience in the proper administering of therapeutic fever. Patients may consult these doctors about their case without charge and if fever can be used successfully in the treatment of their case, these patients will be given a complete diagnosis and a course of treatments outlined. If in the opinion of the Doctor these treatments will not produce desired results, the person will be honestly advised.

Fever is one of Nature's most potent remedies and when applied in the efficient and effective way.

The Therm-Aire Equipment Company, Nashville, Tenn. will be pleased to refer inquiries to the nearest Clinic qualified to treat such cases. There is no charge for this service.

### WHAT IS GRAPHOLOGY?

(Continued from page 416)

The correct interpretation of concrete samples of handwriting requires a great deal of understanding of the human heart and soul but it also demands a good deal of restraint and humility. Someone has said that there is no book, regardless how badly written, from which not a lesson of some kind can be drawn. Likewise the graphologist must keep in mind that there is no man regardless how mean, wicked and cruel he has become, who has not a divine spark of goodness and human value somewhere under the outer shell.

In men whom men pronounce as ill,  
I find a lot of goodness still;  
In men whom men pronounce divine;  
I find a lot of sin and blot;  
I hesitate to draw the line  
Between the two, where God has not!

—Miller

### THE CHEMISTRY OF MAN

A man weighing 140 pounds contains enough fat for seven cakes of soap, carbon for 9,000 pencils, phosphorus to make 2,200 match heads, magnesium for one dose of salts, iron to make one medium sized nail, sufficient lime to whitewash a chicken coop, enough sulphur to rid one dog of fleas and water to fill a 10-gallon barrel.

—Dr. F. E. Lawson.

### CALS-I-DINE

Trade Mark Reg. U. S. Pat. Off.  
"The Carrot of The Sea"



Don't say "Kelp"  
say "CAL'S-I-DINE"

Free sample if you enclose stamped self-addressed envelope.

**THE BURT CO.**

Box 902 Seattle, Wash.

### EXTRA PAY

can be yours each week, by taking subscriptions to NATURE'S PATH magazine. Liberal commission. Write for details to

**BENEDICT LUST PUBLICATIONS**

343 Lexington Avenue  
New York City

Petra—plus Digestion plus Air equals

### 'Electra'!

A drugless Rejuvenation process!  
Sample \$2.50.

PAIN—anywhere? Use Healquick!  
Per Tube \$0.50

**OTTO KOHLER, Ph.D.**

P.O.B. 57, Station B, Brooklyn, N. Y.

### HEALTH SECRETS

are freely offered the world today, many of them but passing fads and fancies. But those who seek long hidden, time tested, inner teachings, disclosing the MAIN SPRINGS from which issue health, vitality, and "the abundance of all good things," will find them openly related in the CHRISTIAN ESOTERIC magazine (and books). Write today for FREE sample copy of our Magazine.

ESOTERIC FRATERNITY, B-2, Applegate, Calif.

### SICK or WELL?

Let Us Solve Your Health Problems

Send for DR. FINKEL'S

Alkaline Herb Beverage .....\$1.00  
Vegetable Broth ..... 1.00  
Diet and Cook Book ..... 2.25  
Health via Nature ..... 2.25  
Seven Day Natural Food Diet .... 1.00

Write for Free Literature

**SOCIETY FOR PUBLIC HEALTH EDU.**

425 (a) No. Larchmont Blvd.  
Los Angeles, California

Why Suffer with  
FOOT or LEG Ailments



WARM medicated Vapors as produced by the THERMOBATH, will quickly restore circulation, reduce inflammation, relieves pain and stimulates Nature's forces of repair.

Used by Foot Specialists for Years

NOW AVAILABLE FOR HOME USE

You'll be glad you made this small investment that will return so much in Health dividends.

WRITE FOR FOLDER AND SPECIAL PRICE

**THERMAIRE EQUIPMENT CO.**

2713 Gallatin Road, Nashville, Tenn.

# Directory of Health Aids

## "HAWAIIAN HONEY"

The Sandwich Islands Honey Co., Ltd., of Honolulu, Hawaii, invites you to try the popular Vitale Keawe Honey. A pure, natural product of our own tropics Healing — Energizing — Delicious. Unexcelled as a food with remedial values in the diet of sick convalescents, etc. Price postpaid: 2½ pound can 75c; West of the Rockies 90c. Liberal discounts on large orders. No stamps. Write to:

HOWARD HONEY HOUSE  
4170 S. Howell Avenue Milwaukee, Wisconsin

## NEW CROP • UNSULPHURED FRUITS

WRITE FOR PRICE LIST  
FOUNDATION FOODS CO., INC.  
6411 Hollywood Blvd.  
Hollywood, Calif.

## MILK DIET AT HOME

Rebuild your blood, nerves and glands with Nature's own balanced food. Directions for taking Milk Diet at home. Also sample of Shasta Armenian Cultured milk with instructions for preparing at home, both for \$2.00.

S. LEILA HOOVER

Box 127 Redwood City, Calif.

## Indians Know the Value of Herbs

TRY

## "WAN-A-TA LAXATIVE"

for Constipation, Liver and Kidney disorders, carton 50c. Indian Chief Inhaler for Colds, Sinus and Headaches, 50c each. Dealers for special prices, address:

LEONARD PRODUCTS

1016 Upton Avenue Toledo, Ohio

## Why Be Fat?

### REDUCE NATURE'S WAY

The new streamline lightweight Perspir-ator is a practical convenient and inexpensive (costs less than \$10.00) home outfit which can be set up in 30 seconds in the privacy of your own bathroom. This new kind of "Turkish Bath" is a pleasant and simple way of losing excess weight. Send a stamp for further details

GORDON BROS., Dept. N6

654 Grand Street, Brooklyn, N. Y.

## DR. CHIRILA'S

## Treating Medicinal Herb Food Preparations

Nos. 317 medium — 328 strong for Constipation without griping. 30 capsule package. price \$1.00. Can't get better!

HOME SANITARIUM

706 E. Jackson Blvd., Elkhart, Ind., U.S.A

## HONEY FACIAL BATH

Leading Beauty Editors recommend this amazing lotion to men and women for Oiliness, Dryness, Enlarged Pores, Wrinkles. It cleanses, tones and bleaches.

MADE WITH PURE HONEY

Ask For This At Your Health Food Store  
\$1 POSTPAID

ELIZABETH REDDEN

52 W. 53rd Street, New York City

## HEALTH FOOD SPECIALS

- 2 lbs. finest Alfalfa Tea .....\$1.00
- 5 lbs. Fresh Wheat Germ .....1.00
- 5 lbs. Cuban Honey, light .....1.00
- 1 box Dr. Deederer Vit. A .....1.00
- 2 doz. ass'd 5c Honey Candies .....1.00
- 2 lbs. Kelp or Vegetable Salt .....1.00

All six articles for \$5—Express Collect

HUNI HEALTH PRODUCTS

207 East 87th Street, New York, N. Y.  
Tel. ATwater 9-3169

## V. M. V. Vegetable Fracturates

are the highest quality vegetable tablets and powders. They are grown on mineralized soils and intended for convenient use in adding to the diet many different blends, mixtures and formulae as uncooked vegetables. Correct your vegetable deficiency by using these fine foods. Write today for information.

V.M.V. FOOD PRODUCTS CO.

264 ADAMS ST. OAKLAND, CALIF.

## STOP TOBACCO HABIT

Release yourself from this pernicious slavery. Regain health, buoyancy that you may be losing to nicotine. Use

NICO-BANN MOUTH RINSE

Unconditionally guaranteed. It is a harmless astringent solution. A few drops in some water, a few times a day makes the taste of tobacco so repulsive that it is almost impossible to continue the nasty habit. No continuous use necessary. Once Nico-Bann causes a couple week's abstinence the habit is broken, craving usually lost. Nico-Bann itself is tasteless. At your health food dealer or send \$1—cash; registered, or check.

EUGENE SCHIFF BIO-CHEMICALS

3705 E. Fort, Dept. N.P., Detroit, Mich.

DEMAND THE ORIGINAL

*Baker Lust*

Natural Unroasted

## PEANUT BUTTER

From your Health Food Dealer or send for a Liberal Sample Jar. 10c postage.

Ask for our Wholesale Price List on above.  
Nut Butters — Wheat Germ — Natural Brown Rice  
Raw Sugar — Honey Fruit Candies  
LUST'S HEALTH FOOD BAKERY, INC.  
309-311 E. 56th St. New York, N. Y.

## Zendel's Natural Cosmetics

Cosmetic users will do well to try our Lettuce Cleansing cream, as it is unexcelled as a cleanser for all kinds of skin. The natural chlorine present in the form of Lettuce Extract goes into the cream. It is the best cleanser that can be bought at any price. The continued demand for over 12 years is sufficient evidence of its merits. It is sold at leading health food stores.

ZENDEL

866 Hewitt Place, New York, N. Y.  
ORIGINATORS OF NATURAL COSMETICS

TREE RIPENED FLORIDA

## Oranges and Grapefruit

READY FOR DELIVERY

Famous for their extra juice, prized for their clean tangy taste.

Full Crate \$5.00 (West of the Mississippi \$6.00)

Half Crate \$3.00 (West of the Mississippi \$3.50)  
express prepaid.

ORDER TODAY FROM

DR. B. LUST, LAKE OLA LODGE  
P. O. Tangerine, Florida

## ATTENTION!!

Special to the readers of this Ad for this Month ONLY:

- 100 Ginseng, Golden Seal or Gotu Kola (Hydro-cotyle Asiatic) Tablets .....\$2.00
- 50 Soybean Lecithin Capsules .....1.00
- 100 Wheat Germ Oil Perles .....1.85
- 100 Vitamin "B" Complex Tablets .....1.35
- 100 NAVEG (Vegetable Laxative) Tablets .....1.00
- 100 Alfalfa Tablets .....1.50

ALL POSTPAID

Send for Free Catalog of more Health, Vitality and Longevity building products.

NATURE'S GIFT TO MANKIND

P. O. Box 5104 — Dept. NP  
CHICAGO, ILLINOIS

## RADIANT HEALTH

is dependent on an adequate supply of

Vitamins and Minerals

Your best source is

Merimaid Kelp Powder

SEND FOR BOOKLET TO

WOOD'S NATURAL FOODS

1411 E. 42nd St. Seattle, Wash.

## WHEAT GERM OIL PERLES

Guaranteed Highly Potent — Natural Source of

VITAMIN E

150 perles, \$1.00 — 500 perles, \$3.00

FREE With Every Order of a Dollar or More in November—a liberal four day's supply of QUAFF-UM—Delicious Vitamin and Fruit Drink. QUAFF-UM SUPPLIES 6 VITAMINS IN AN ENTICING DRINK MADE FROM FRUIT, LECITHIN, HONEY AND FLAVORING — 9 oz. \$1.00 — ONLY 5½¢ per day's supply of VITAMIN E—IT'S A GRAND DRINK! Postage Prepaid U. S. A. AMITYMART, Dept. N. 2932 Second Avenue South, Minneapolis, Minnesota

"It's GOOD and It's GOOD For You"  
PATENTED COLD PROCESS

3/V

## PAPAYA

Drink 3V for 10 days and see what happens. Dilute with four parts water.

••••• At Better Health

Food Stores or Direct.

\$1.50 per qt., \$4.50 per gallon postpaid.  
3V COMPANY, 192 Front Street, New York

## Vegetable Hair Remover

No chemicals. No odor. No stubby regrowth. Applied cold. Takes hair OUT, not off. Use on face, arms, and legs. Quick, easy, and SAFE. Write for details today. Dept. N,

PLASTEEL

6305 YUCCA STREET  
HOLLYWOOD, CALIFORNIA

Delicious - Economical - Energizing

PERKIN'S DEHYDRATED

## GREEN GRASS

5c — Candy Bar — 5c

Eat one bar BEFORE BREAKFAST for 12 days and check results.

For Sale at all 1st Class Health Stores.  
Made by Perkins Candy Factory, Agua Caliente, Calif.

## PEPPERMINT LEAVES

We handle the whole leaves only—no stems. Chew or brew our Mint-T-Green Peppermint Leaves for a refreshing treat. Full strength Mint tea. Mint-T-Green Peppermint is this season's crop. A quart box for 75c postpaid. FREE—Fruit Mint Julep and Sauce Recipes.

DE SOTO NATURAL FOODS CO.

De Soto, Missouri

## REDUCE WITHOUT DRUGS

Be proud of yourself. Look younger and feel younger. Dieting alone may do but why challenge your willpower, run into possible loss of energy, weakening "deficiencies" when science now offers CHY-STA-JELL vegetable-gelatin granules. The aid of this remarkable preparation enabled thousands to lose weight, as much as 20 lbs. per month, without severe dieting, fad menus, etc. It is an amazing combination of highly water absorbent gelatinous substances, satiating and filling, with energizing dextrose (grape sugar) important vitamin-mineral factors, plus Kelp . . . all in one. Generous supply \$1.50 at your dealer or Schiff Bio Foods, 3705 E. Fort, Detroit.

## GENUINE STERILIZED RAW SUGAR

The real natural health maintaining sweet. Received by us direct in original bags from Puerto Rico.

5 and 10 lbs. bags

Inquire for prices.

50 and 100 lb. sacks at special wholesale price.

LUST'S HEALTH FOOD BAKERY, INC.  
309-311 E. 56th Street New York, N. Y.

## FREE OFFER

One of the Following:

With each order of \$5.00 or over we offer you absolutely FREE of charge, P. C. Bragg's books. 1. Four Generation Cook Book. 2. Outwitting Illness. 3. Building Health and Youthfulness. 4. Modern Sex Life, or Vital Facts About Foods. Postage Extra. Free gift our Magazine "FOODS FOR HEALTH." Write to "Sales Department"

VITAL HEALTH FOODS

465 Lorimer Street Brooklyn, N. Y.  
Phone EVergreen 8-9805

## DIRECTORY OF HEALTH AIDS

(Continued from previous page)

### NEW EDIBLE TYPE SOYBEANS

Cook better, More Flavor, 12c lb. or 10 for \$1.00 plus postage. 30 Recipes 5c.

JOHN R. SCHMIDT  
Plainfield, Illinois

## NATURAL TREATMENTS

LET NATURE MAKE YOU WELL  
SHE CAN IF YOU  
ALLOW HER TO

JESSE MERCER GEHMAN, N.D., N.M.  
Telephone: SHERwood 2-4588

P. O. Box 1725 Paterson, New Jersey  
and 656 Tulpehocken St., Reading, Pa.  
Consultation By Appointment Only.

### MIHALICH HEALTH CLINIC

Acute and chronic diseases of men, women and children. All natural methods used. 21 years' experience.

DR. S. MIHALICH  
Graduate Blumer and Lindlahr Colleges  
1183 East Grand Blvd., Detroit, Mich.

## MAPLE VIEW HEALTH RESORT

WATCHUNG MOUNTAINS  
"For Health and Happiness"

Latest and one of the finest equipped Naturopathic Institutions in the East. Beautiful grounds and extremely healthy climate. Massage, treatments, solarium, weight adjustments, etc. Treatments individualized. Ideal for vacation or convalescence. Finest foods; dietary laws. Reasonable rates. Write or call

MAPLE VIEW  
Gillette, N. J., Millington 228M

**A Clinic Service For The Sick** ●  
To the many who desire, but who cannot afford the regular fees for

### CHIROPRACTIC ADJUSTMENTS

two days a week (Tuesdays & Thursdays) will be devoted to such patients at this office. This is a humanitarian service to the needy, and only a small clinic fee will be charged.  
Hours: 2 to 8 p.m. only. Bring this announcement.

J. M. ROSEN, M.C.  
887 E. 176th St., (near So. Blvd.) Bronx, N. Y.  
Telephone: DAYton 9-3731

## DETROIT'S

Largest Nature Cure Establishment offers you the finest Natural Health Service made possible by the latest and most advanced Therapeutic Equipment, and staff of skilled Technicians.  
MODERATE CHARGES

CONSULTATION FREE  
G. W. WIKANDER, D.C., D.P.  
Formerly Health Director  
Bernarr Macfadden Sanatorium  
30 YEARS OF NATURAL HEALING  
22305 GRAND RIVER AVE., DETROIT, MICH  
Phone REDford 0750

## BIGGS HEALTH HOME

For the care and treatment of general non-contagious chronic ailments, especially nervous, digestive and rheumatic disorders. The best in Naturopathy along with the best in Physiotherapy and our own special regimens.

Pamphlet and information form Free.  
Asheville, North Carolina

## YUNGBORN

The Finest NATURE CURE HOME  
in America

### Tangerine, Florida

Write For Descriptive Literature  
DR. B. LUST, 343 Lexington Ave.,  
New York City

## DETROIT HEALTH CLINIC

Arthritis - Kidney - Heart - Liver - Gall Bladder - Stomach and Nervous Diseases treated successfully for many years. Individual diets. Colonic irrigation. X-ray. I teach you how to stay well as you get well. House calls made.

DR. M. ROSENFELD  
Lust Graduate Naturopath & Chiropractor  
60 Collingwood (nr. Woodward Ave.)  
Phone Townsend 5-3307

## HEALTH BOOKS

### STOP SMOKING

The Cigarette as a Physician Sees It by Daniel H. Kress, M.D. Science Speaks to Young Men on Liquor, Tobacco, Narcotics and Marijuana by George Thomason, M.D. Plain Facts for Young Women on Marijuana, Narcotics, Liquor and Tobacco by Belle Woodcomstock, M.D.

SEND 25c EACH TO  
L. E. SMITH  
226 W. 28th St., New York City

### THE GRAPE CURE

Johanna Brandt, D.N.

Famous book on the uses of Grapes and Grape Juice. Price \$1.50. Health Products. Health Literature.

604 West 112th St., New York City  
HARMONY CENTRE  
JESSIE F. SPRINGER, Secretary

## FREE OF ALL CHARGES

information as to the Book—

### A PERFECT LIFE AND HOW TO LIVE IT

This Book has cured many said to be incurable.

DR. HENRY HOFFMAN, Dept. N.P.  
1720 Cass St. Omaha, Neb., U.S.A.

### MY BOOKLET A SCIENTIFIC DISCOVERY

## My Death and Resurrection

How I was able to start my heart again, after an injury of my right leg on the clutch of my car caused my legs to swell, my heart to stop at night between the hour of 11 and 12 o'clock, and Death to set in. Price 25c postpaid. Address

PROF. V. GREENEWALD  
R. R. 1, Box 36, Covington, Ky.

### AVAIL YOURSELF OF

## TWO MOST ENLIGHTENING BOOKS

"YOUR PSYCHIC SELF," how to develop that Eternally Part of yourself termed INNER or PSYCHIC, also supplementary volume "VOICES FROM THE GREAT BEYOND," both works a great means to rejuvenate your mind-outlook. "How to Unfold Your Psychic Self," \$1.00 — "Voices From the Great Beyond," \$1.50. Order from

DR. BENEDICT LUST  
343 Lexington Ave., New York, N. Y.

### FOR CHRISTMAS PRESENT

THIS AMAZING BOOK

## "My Life Began After 50"

by BEN SUSSMAN

Learn to guard yourself against sickness. Tells what he eats and how he lives. Young and old will find this book of inestimable value for \$1.00. Sold at Book and Health Food Stores, or sent direct to you postpaid from

BEN SUSSMAN  
159 W. 103rd Street New York City

## Get a Hold of Yourself

Let the study of your handwriting help you to gain an insight into your physical and mental weaknesses and strengthen your best points. Send \$1.00 for personal analysis. Also learn to analyze yourself by studying book

"Secrets of the Alphabet" — \$2.00  
MARIE DE BERRI  
507 - 5th Ave., New York City

Recent newspaper accounts credit Dr. F. M. Pat-tenger, Jr. of Calif. as saying the human race is sterilizing itself by sterilizing its food, milk and water. He also found cooked meat very injurious to cats. For a better diet read:

### "THE PROLONGATION OF LIFE THROUGH DIET"

By R. B. PEARSON  
Paper Cover \$1.00 — Cloth Bound \$1.50  
HEALTH, INC.

817 — 17th Street Denver, Colo.

### Every One Should Read "YOUR GAIN BY RIGHT THINKING"

FOR 50c  
Read — Put to practice — Get results.  
Send today for your book. Address

PAULINE SCAPERLANDA  
555 Donaldson Ave., San Antonio, Texas

## HEALTH SCHOOLS

### LEARN DRUGLESS THERAPY

MASSAGE, HYDROTHERAPY, DIETETICS, CORRECTIVE GYMNASTICS, DRUGLESS NURSING, HEALTH FARMING (Foods, Honey, Pecans, Sorghum). Opportunities near you. Send for FREE literature of Outstanding Courses.

CAROLINA COURSES, Dept. NP  
ROCK HILL, S. C. BOX 187

## THE NEW YORK SCHOOL OF MASSAGE, INC.

(Established 1896)  
Licensed by the State of New York, offers a complete and thorough Course qualifying for a Massage License in all States.

NINE MONTHS COURSE LEADING TO A  
CERTIFICATE  
Write for new Descriptive Folder  
THE NEW YORK SCHOOL OF MASSAGE  
307-309 East 12th Street New York City  
ENROLL NOW FOR THE FALL TERM

## MISCELLANEOUS

### Start YOUR OWN BUSINESS

Sell vital vegetable foods. Your home as office. Wholesale and retail. Mail order. A full line of highest quality vegetable fracturates. In bulk or attractive retail packages. From Packer to you makes low wholesale prices available. Write today.

V.M.V. FOOD PRODUCTS CO.  
264 ADAMS ST. OAKLAND, CALIF.

## ... FOR SALE ...

Income owner property, one block from new post office and recreation center on state highway, consisting modern filling station, ten room furnished house divided into three apts., fruit stand, three car garage, lot 100 x 315, citrus and tropical fruits. Splendid opportunity for health restaurant and food store in fast growing city. New air base nearby, now in construction. Write for terms. TREE RIPENED FRUIT FOR SALE AFTER NOV. 1. Inquire:  
MRS. JOHN PEYER  
Sebring, Fla.

## WANTED

to buy good used Chromotherapy Lamp,  
Loeb's preferred.

P. O. BOX 2060  
Jacksonville, Florida

## REPRESENTATIVES

Serious minded men and women wanted in every community to represent NATURE'S PATH magazine.

WRITE THE CIRCULATION MANAGER OF

NATURE'S PATH

343 Lexington Avenue New York City



ELDER  
(*Sambucus*)

# CONSTIPATED?

FOR TEMPORARY RELIEF

## USE DR. BENEDICT LUST'S HERBS NUMBER THREE PILLS

in convenient tablet form



FENNEL  
(*Foeniculum officinale*)

Help yourself back to regularity with this scientific blend of Herbs, Barks and Seeds — Known for decades for their gentle action on digestion and elimination.

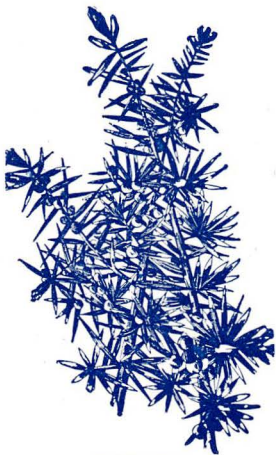
Nobody can blame you for looking sad, tired—or feeling cross—when you are troubled with eliminative sluggishness. But someone **should blame you** if you don't hurry up and do something about it.



Made from his own formula (see below) —successfully used for over forty-three years by three generations of satisfied people.

Prescribed in Dr. Lust's two health homes for four decades as a strictly Naturopathic preparation.

Contain no dope, no senna leaves, no drastic purgative substances.



JUNIPER  
(*Juniperus Communis*)

### COMPOUNDED AFTER THE FOLLOWING FORMULA:

- |                 |                   |
|-----------------|-------------------|
| Rhubarb         | De-rosinized Aloe |
| Aromatic Herbs  | Dwarf Elder       |
| Sweet Flag      | Fennel Seed       |
| Foenugreek Seed | Juniper Berries   |

If headaches, stomach disorders, nervousness arising from a constipated condition, insomnia, gas pains and similar conditions are affected by or associated with constipation, the use of

### DR. BENEDICT LUST'S *Herbs Number Three Pills*

will tend to alleviate these conditions.



FOENUGREEK  
(*Trigonella foenum-graecum*)

Price \$1.00 per box; 6 boxes \$5.00; Trial Size 50c

Send Your Orders To

**DR. B. LUST — ORIGINAL HEALTH FOOD STORE**  
343 LEXINGTON AVE. (Between 39th & 40th Sts.) NEW YORK CITY  
Telephone: Lexington 2-1263

FILL OUT, TEAR OFF, AND MAIL THIS COUPON

Date \_\_\_\_\_

DR. B. LUST  
THE ORIGINAL HEALTH FOOD STORE  
343 Lexington Avenue, New York City.

- Enclosed find \$1.00 for which please send me, postpaid, one large size box of Dr. Benedict Lust's Herbs Number Three Pills.
- I enclose \$5.00 for which please send me, postpaid, 6 large boxes.
- I enclose 50c for which please send me, postpaid, 1 Trial Size Box.
- Please send me price on wholesale quantities.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Sun, Light and Air Baths . . . .

Vegetarian and Special Diets . . . .

Every Facility for Natural Healing . . . .

Splendidly Equipped for Convalescents . . . .

TO GET WELL . . . . . TO LEARN TO KEEP WELL

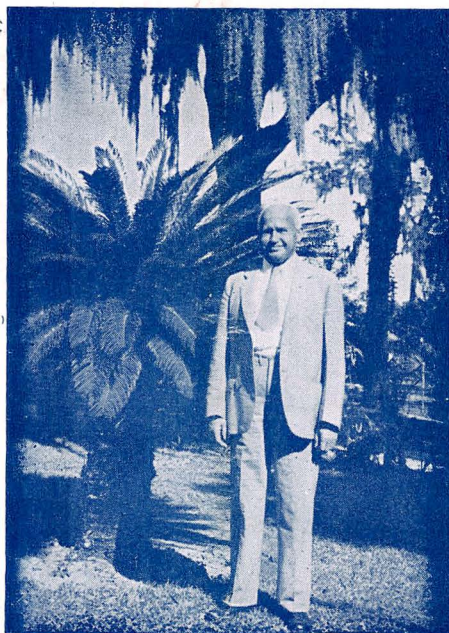
COME TO SUNNY

# YUNGBORN

NATURE CURE HEALTH RESORT

TANGERINE . . . . . FLORIDA

"YUNGBORN," the pioneer Nature Cure Health Home in America, modeled after the famous European 'Jungborn' of Adolph Just, was founded by Dr. Benedict Lust in 1896 and has continued to render a magnificent health service to this very day. Men and women have come to "Yungborn" from all over the world, and carried away with them glorious, glowing, spirited health—a new joy in living. The charm of "Yungborn" is captivating. You will not want to leave it. The sunshine, frag-



Dr. Benedict Lust On The Grounds Of  
The Florida "Yungborn"

rant air, and unexcelled food as prepared by experts will all exert their influence to hold you here. THIS SYLVAN RETREAT FOR NATURE LOVERS is not a hospital or sanatorium in any respect. It is a real Nature Health Home—a school where you may acquire health and happiness with a delightful home atmosphere, where sick and exhausted bodies and minds may be imbued with supreme new health and vigor—and convalescents and vacationists may relax, amid beautiful surroundings.

Replenish Your Tired Body At "Yungborn" . . . . Where Health Awaits You. Leave the Snow and Sleet Behind and Come Where Summer Spends the Winter . . . . In the Land of Perpetual Sunshine—A Real Paradise in the Heart of the Orange Country!

For further information write to

## Dr. BENEDICT LUST

343 LEXINGTON AVE.,  
NEW YORK CITY  
— Lex. 2-1263

or

"YUNGBORN"  
TANGERINE,  
FLORIDA