NATURE'S PATH

AMERICA'S PIONEER NATURE CURE MAGAZINE

Dr. Lust Speaking

DECEMBER, 1941

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ARTERIOSCLEROSIS

BARGAINS IN HEALTH

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EXERCISE THE RIGHT WAY

WHITE OR BROWN SUGAR?

IF THE STOMACH COULD TALK

HERBAL REMEDIES AND NATURE CURE

HOLIDAYS EXCEPT FOR THE HOUSEWIFE

NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

NO MORE BICARBONATE OF SODA FOR DIGESTIVE TROUBLES

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FOUNDED 1896
BY
DR. BENEDICT LUST
EDITOR

HEALTH THROUGH RATIONAL LIVING

"MY MESSAGE TO SO-CALLED INCURABLES"

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NEXT MONTH

Winter Salads
By Lillian R. Carque

With her usual thoroughness the author of "Vital Facts About Foods" presents some helpful practical suggestions on how to make tasty and health promoting salads in winter time.

•

Is There Life After Death?
By Eugene A. Bergholz, M.D.

A dialogue between patient and doctor, giving spiritual encouragement to the discouraged and renewed sustaining hope to the hopeless.

•

Rational Diet Removes Gall Stone and Liver Trouble
By Lucile Steele

Some astonishing results can be obtained by a simple change in diet, and a little determination and will power.

•

Calcium As Catalyst
By John X. Loughran, Ph.D.

Catalysis is the scientific name for a chemic reaction due to the presence of a third unaffected substance. That Calcium is one of the most important catalysis is ably demonstrated by the author.

•

Low and High Blood Pressure Diseases or Symptoms?
By Dr. Jesse Mercer Gehman

Comparing the appearance of changes in blood pressure with red light signals our well known contributor describes corrective measures that deserve to be taken to heart by everyone.

•

Looking "Back"-ward To Health
By J. M. Rosen, D.C., M.C.

We believe that Chiropractic adjustments represent a highly important part in the field of natural treatments, and are therefore happy to present another series of well-written articles by a successful practitioner.

•

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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.

Current No. 565 Vol. XXXXVI, No. 12

NATURE'S PATH

Dr. BENEDICT LUST, Editor

DECEMBER, 1941

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

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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

SOON FIELD AND FOREST, CITY, TOWN AND hamlet will be covered with a blanket of snow and Old Man Winter will have made his first call. Children will enjoy to run around in the freshly fallen white fluffy downs and father will have to get out shovel and broom to sweep a path from the door. Sleds will appear on the streets, skating rinks will be crowded, skiing parties will leave for the mountains. Life will go on as usual, people will go to work in factories, shops and offices; traffic, although somewhat impeded at times through rough weather, will continue everywhere. Only mother Nature has gone to sleep, plowed under by wind and snow. If we walk through the forest on a cold winter morning, not a sound is heard but the crunching of our shoes in the hard snow, or the muffled sound that is made when the breeze blows a neat stack of snow from one of the tree branches. Mother Nature is dead. Is she really? Let's see for ourselves. Let us shake the snow off a young fir tree. Here it stands in all its bright glossy green splendor, fully clothed with the color of life. No, Mother Nature is not dead. She has preserved some of the trees to be the symbols and heralds of a new awakening. And Man has taken the Christmas tree and used it as a symbol of human rebirth and awakening, as a token of remembrance for rejoicing, as an assurance that sunshine will follow the clouds, that trouble will make way to contentment, and that the days of strife and war, of death and suffering will come to an end, too. That is why the Christmas tree is used to symbolize the birth of the Saviour who come to bring peace on earth.

So long as children and adults lift their voices up to the lights of the Christmas tree, so long as soldiers in the field, sailors on the high seas snatch a few minutes from the throes of destruction to think of their loved ones at home around their Christmas tree, just so long will there be the certainty that a power greater than all of us holds in His hand the threads of our fate, gives hope to the discouraged and strength to the weak. Let all those powers that today make war upon each other, let all the hirelings of death and harbingers of starvation, ponder the eternal truths set forth by our Saviour. "He who lives by the sword must perish by the sword." The message is simple enough and we hope that some future generation will attain lasting peace. As for us at this Christmas 1941, all we can do is to stand together at our Christmas tree and in humility bow our heads and turn our thoughts to the great teacher who gave these words to us: "Peace on earth and good will to all men."

Many are the great minds that have produced beautiful sentiments for us to read and remember at this sacred time. But in their own humble way, the Editor of NATURE'S PATH and his staff wish to express simply to all their friends, readers and co-workers, without distinction of class, creed or nationality, their fervent wish that they may all spend a Very Happy and Merry Christmas and have Good Health throughout the Coming Year.

ARTERIOSCLEROSIS

By **DR. EUGENE LEMOINE**

ARTERIOSCLEROSIS IS A FEAR INspiring word which is readily associated with thoughts of a stroke or heart failure. But while formerly it was dreaded only by older people and a hundred years ago was not even recognized correctly it is today a national disease which attacks 60% of our adult population. While formerly it was diagnosed mostly in persons beyond fifty years of age, it appears now already in the age group between thirty and forty. It is a disease that mainly attacks males, the ratio being eight males to one female. Arterioclerosis is essentially a degeneration of the innermost layer of the blood vessel walls, called "intima," a process which no doubt has its beginning in some nutritional imbalance within the blood vessels and may have various causes. This deterioration finally would lead to a rupture of the walls of the blood vessels or at least to dilatation at certain places, socalled aneurysms. But the protective forces of the organism which in tuberculosis, for instance, lead to calcination of the seat of the infection come into play in this case, too, by depositing microscopically small particles of calcium. This calcination is a sort of healing process. It is the last attempt of the organism to strengthen the blood vessel, to prevent a rupture or aneurysm. Naturally this is only a temporary expedient which seeks to delay the final catastrophe as long as possible. The calcium deposits more and more reduce the elasticity; the artery finally becomes a rigid pipe and as brittle as an old garden hose.

This decrease in elasticity in its turn leads to impaired blood circulation which can go so far as to obstruct the blood supply of a certain organ with the result of withering of the tissues. The incrusted artery finally breaks, with blood entering the brain, and there is a stroke. Or the impairment of activity of the arteries and circulation throws an additional burden upon the heart action; the latter organ then itself may become a victim of calcination, leading to heart failure.

A Christmas Card Come True At Andermatt, Switzerland

A MORE RECENT VIEW REGARDS ARteriosclerosis as a circulatory, and not as an arterial disease. Through age or other circumstances all tissues and organs become worn out, decrepit, frail and less resistant so that obstacles in assimilation lead to a slowing down of all life processes which in its turn then results in increased blood pressure inside the arteries. It is not the hardening of the arterial walls which increases the blood pressure according to this view, but the reverse way; the increased blood pressure, is said to damage the arteries, and makes them rigid as time goes on. The correctness of this latter view seems to be demonstrated by the circumstances leading to arteriosclerosis, such as exceptionally hard physical strain, toxic influences of food, syphilis, age, and some other causes which exhaust the organism in its totality and not the arterial walls alone.

Symptoms

AS THE IMPEDED BLOOD CIRCULATION leads to a diminished supply of blood to certain important organs, we find the following symptoms: Exhaustion, tiredness after little exertion, weakness of memory, light or pronounced attacks of dizziness, and all signs of neurasthenia which may lead to more serious brain involvements, such as paralysis, softening of the brain, hard breathing, (heart asthma), bleeding of the nose, occasional headaches of all kinds, spots before the eyes, and tingling in the ears.

What Are the Chances?

Is a man, once arteriosclerosis has been diagnosed, condemned to an early death? Not at all. Of course, the affected arteries cannot be returned to their former normal elasticity, and calcination once it is there, cannot be removed. There is no "remedy" in that respect. And it would be highly dangerous to destroy the makeshift self-help which nature has set up in the degenerated arteries, as the risk of tearing

(*Cont'd on page* 462)

WHITE OR BROWN SUGAR — WHICH IS THE BETTER?

By **DR. JESSE MERCER GEHMAN**

WHITE SUGAR OR BROWN SUGAR, which is the better? This is a question that many housewives ponder.

Both white and brown sugar are sweet, and serve this purpose apparently equally well from this standpoint, or do they? We shall see.

But both are not of equal value as food and this is by far the more important function of sugar, there is no question.

Perhaps it is the alabaster whiteness of the refined sugar that continues to commend it in preference to brown sugar to many housewives. But we feel confident that the modern food conscious mother would refuse to purchase white sugar in preference to brown were she to know all the facts. These facts we shall try to reveal here.

UNTIL THE LATE NINETIES OF THE last century the greater portion of the sugar consumed was brown or unrefined sugar. The growers of sugar cane sold their product to a dealer who in turn arranged for the distribution. Every grower, small and large, alike found a ready sale for his product.

The process of refining sugar was tried and perfected and white sugar found its way to the table. As in every perfected method of food preparation an argument had to be found to turn the consumer against the more natural product. The same procedure was followed by milk combines and manufacturers of pasteurizing equipment in turning the public mind against natural raw milk.

These convincing but deceptive arguments were necessary to increase the sale of the refined or prepared product which forced small producers to submerge their interests and seek outlet for their product through the larger dealer, in the case of the sugar cane grower, the refiner.

A chemist of spurious ilk, imported from Ireland, perhaps unwittingly, gave his support to an advertising campaign that is equalled only in deception by the lying campaigns of tobacco companies today for their poisonous and health destroying wares.

It is a matter of public record that said chemist insisted that a certain weird and previously unheard of organism had been found to be present in raw brown sugar. In fact actual physical description of the parasite was afforded. It was pronounced disgusting and the producer of a dread disease, and the campaign further stated that no sugar was safe from it or its eggs unless refined.

THE SAME LINE OF PROPAGANDA HAS been fed the public in reference to raw milk and the process of pasteurization in our present day.

Needless to say the bottom fell out of the raw sugar business. Refineries boomed. The small grower unable to find a market for his product, capitulated, sold the fruits of his labors for a mere pittance to the refinery, which soon owned the small planter lock, stock and barrel, and the vicious cycle complete, the world bowed down to white sugar.

We wonder if the Irish Chemist who with his sponsors deceived the public could have realized that he was sending untold thousands to early graves. It does not seem possible that they could have known diabetes and nephritis as direct results, would become double-edged scythes of the grim reaper.

Precisely the foregoing is what they accomplished and today it is practically a foregone conclusion that the average child will be a diabetic by the age of thirty-five or forty, unless he has been fortunate enough to be reared in a food conscious family or unless he enjoys a great-

(*Cont'd on page* 454)

HOLIDAYS!
--EXCEPT FOR THE HOUSEWIFE

But here is a way that will give nearly every housewife a "nerve" holiday she so much deserves.

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

DECEMBER IS HOLIDAY MONTH. THE children get their winter vacation from school, big brother or sister are home from college, Dad forgets the office for a while, the whole family gets together for some fun, frolic, and "eats," sometimes guests arrive, and everybody enjoys the relaxation and rest the holidays bring—everybody except the Housewife.

To Mrs. Housewife, tho she carries on cheerfully, the holidays mean early rising, late retiring, hurried shopping and frantic meal planning, tedious hours over the cook-stove, serving dinners, endless dishwashing and mopping floors, washing, scrubbing, steaming and boiling, until tired hands, weary legs, aching back and screaming nerves thankfully seek the few quiet hours of repose that the merciful night bestows. It's a bit unfair, don't you think, to the lady of the house?

NOW, WHAT CAN THE BRAVE LITTLE housewife do about all this? Well, if she can afford a maid, some of the tasks will be less burdensome, altho the responsibility and supervision will be there just the same. Usually, however, Mrs. Housewife assumes all the administrative and judicial labors of the household and relies solely upon her natural abilities and physical stamina to keep the home machinery running smoothly. Nor is her task confined to holiday functions only. She is the mainstay of efficient management at all times, the ever-ready supply of the ever-ready demand, and there are no time-clocks to punctuate the beginning or the end of her working hours. And the irony of it all is that her work is seldom appreciated and more often thankless. Women certainly have lots of courage, but many are frail, lack sufficient energy, and cannot "take it" very well. It is to these women that the following advice is given, and all thoughtful persons will benefit from the suggestions.

FIRST OF ALL, SHOULD COME A SYStematization of all work. There must be efficiency in all duties. Let the tired housewife stop for a few moments and survey her domain. Think of all the things that are done NEEDLESSLY during the day and eliminate those needless tasks. PLAN EACH DAY SEPARATELY, and plan each day for work, rest, and recreation. Have a "design for living" that you can follow as an everyday pattern. When you work, work systematically, using your energy intelligently. Write down your shopping list to avoid those extra trips to the store for forgotten items. Do the routine tasks of the home at the same hours each day to create more leisure time at other hours. Improve your cooking techniques so you can come out of that kitchen for some personal improvement. Conserve your energy by working quietly, unhurriedly, and doing one thing at a time. Get the habit of finishing each task separ-

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movement from the hair line up to the crown all

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No More Bicarbonate of Soda For Digestive Troubles

By **LUIS M. SERRANO**
(Barcelona, Spain)

MOST OF THE READERS of Nature's Path are well acquainted with the pernicious effect that bicarbonate of soda has upon the system. But there are every day new readers who glance over this helpful magazine the first time in their lives, and very likely are suffering from one or another kind of disease.

This article is primarily addressed to this latter group and more particularly to those who are suffering from some type of digestive disorder and are addicted to the habit of taking bicarbonate of soda regularly, with the aim of curing themselves or at least finding relief from physical pain and other troubles. But the regular readers of this magazine, too, will find something of interest in these lines, which can prove useful to them if there is accumulation of gas in the stomach and bowels, fermentation, acidity, etc.

THE MAJOR DANGER IN THE USE OF BIcarbonate of soda is not in the dose by itself. We are not so fanatic to say that an occasional teaspoonful of the drug will cause definite harm. The danger lies in the habit-forming tendency which invariably is established after taking a number of doses regularly.

When the body has become accustomed to small doses, these render no longer any palliative benefit and an increasing quantity is then necessary if one wants to keep the symptoms unnoticed and wishes to feel a little more comfortable. After a short time, a new increase is needed and so on, until the moment arrives when the doses, no matter how large, cease to bring relief, and worse yet, when there appear other symptoms, more or less severe, and frequently more dangerous than the original "disease" which bicarbonate of soda was intended to fight.

DURING THE RECENT SPANISH WAR, while in charge of the Medical-Sanitary section in an Army unity, I had the opportunity of meeting with some of these cases. (We were several young practitioners, one in charge every five or six days, all under the supervision of a medical officer). Of course, we had to prescribe and give treatments along allopathic lines. We had to administer serums, vaccines, drugs of all kinds, etc., but whenever it was possible I applied some nature cure methods, such as massage, physical exercises, decoctions of herbs, water treatments, and others. Also, when we were ordered to vaccinate all the men "against typhoid fever," I injected the serum to those who wished me to do so, but my friends and those who showed very clearly they were against that practice, I "injected" with the empty syringe, only to get the vaccination puncture on their skin.

THE CASE TO WHICH I AM REFERRING now, was that of a young soldier who had been suffering from stomach pain and other digestive troubles for several years. Many things were tried, all allopathic of course, and it was interesting that all the "well combined" preparations of bismuth, magnesia, bicarbonate and belladonna, etc., mixed, had no (or very slight) effect on his pain and gas. On the other hand, bicarbonate of soda, used alone, calmed the pain for periods of two to three hours. This was due to the carbonic acid which was expulsed by mouth, so relieving the internal pressure of gases and acids, alleviating the pain for a time.

So the man continued taking bicarbonate regularly at definite hours of the day, about two hours after meals, then every two hours and before going to sleep, in fact, at all occasions when he felt the pain approaching or when awakened by it during the night. For a certain time he felt pretty well as the symptoms were checked and he didn't suffer much. But, at last, despite the usual doses of the drug, the stomach pain started more frequently. He increased the doses and was "well" for some days more. Then another increase was necessary and so on five or six times until the larger doses were all useless, and this was not all. In the meantime other alarming symptoms became noticeable, such as very

(*Continued on page* 467)

NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

The Fifth of a Series of Articles

By **J. SILSON**

IN BEAUTY CULTURE NO LESS TRULY than in other fields, "a stitch in time saves nine." Most women (and me, too) might save themselves a good deal of worry and expense because of hair troubles by beginning early to give their scalps proper treatments. Too often the tendency is to wait until the hair becomes decidedly dull and faded before doing anything about it. Then, of course, it takes long and sometimes costly treatments to restore its lustre and color.

If the scalp is to produce beautiful, thick lustrous hair, it must be treated with scientific care. We must know what constitutes a healthy scalp and how to keep it in the pink of condition.

Good Circulation Essential

GOOD CIRCULATION IS ESSENTIAL FOR a healthy scalp. This means, of course, an active circulation of rich blood throughout the body. Daily exercise and proper functioning of the digestive system are thus seen to be vitally related to hair health, since the former keeps the circulation from becoming sluggish and the latter provides the necessary nutritive elements to the blood stream. Indiscretions in the regimen of the individual tend to reduce the vitality of the hair. These basic faults must be corrected and proper treatment given to the scalp as well.

Massage of the Scalp

MASSAGE SHOULD NOT BE NEGLECTED by any one who wishes a luxuriant head of hair. Massage brings blood to the scalp and tones up the tiny erector muscles that attack to each hair.

The massage should be systematic and vigorous. Place the thumbs at the sides of the head over the ears. Spread the fingers of both hands over the front of the scalp. Massage by rotating the parts of the scalp under the fingers. Do not rub the surface of the scalp, but move the skin itself. Massage the crown and back of the head with the same movement for several minutes.

Place the fingers of the right hand on top of the head, and with the fingers of the other hand, massage with a jerky forward and backward movement from the hair line up to the crown all around the left side of the scalp. Change the position of the hands and massage the right side of the scalp in the same way. Again place the fingers of both hands, one opposite the other about three inches apart on the scalp. By pulling each hand in the opposite direction you loosen the tissues, prevent shrinkage of the scalp, and thus permit better absorption of the external application and secretion of the oil glands.

Proper remedial applications should follow the vigorous scalp massage. The important medicinal lotion and preparations must be selected to meet the individual requirements, since there are, in general, two types of treatment for the hair, namely, one for an oily scalp and one for a dry scalp, and each should therefore be treated accordingly.

The Shampoo

THE SHAMPOO IS IMPORTANT. SOAPS that are strong in alkali should never be used for shampooing, for dead cuticle and dandruff is likely to form in quantities, thus smothering the hair roots and menacing the health of the scalp. As might be expected some scalps are more sensitive than others. In general it is wise to avoid the use of highly perfumed soaps and shampoos which are designed to please your sense of smell but have no beneficial effect; often as not, these may be quite irritating to the skin.

Oily hair needs more frequent shampooing than dry hair does, as the oil collects and holds dust and dirt particles from the air. Daily brushing and combing will, of course, remove much of this accumulation, but it takes the proper shampoo to make this type of hair look and feel really clean.

The use of thin oil, such as a compound of Liquefied Sulphur, Lanolin-Cholesterol, which has absorbent properties and for which the scalp has a natural affinity, is very beneficial before and after shampooing.

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By **LUIS M. SERRANO**
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IF THE STOMACH COULD TALK

By **L. V. WINTER, D.C., Ph.D.**

IT IS NOT UNCOMMON TO HEAR SOMEone say "I am in perfect health," or "I have never been sick a day in my life," but if we stop to analyze the situation we will surely realize that they do not understand the true meaning of perfect health, nor of sickness.

These very same people who are "in perfect health" continue to abuse so many of nature's laws for so many years that eventually they are willing to admit to themselves and everyone else, that something is wrong.

If one of these people could open a door and walk into his own body and talk personally with some of the individual cells of which his body is composed, he would never again say that he was in perfect health.

Suppose for example that we take one of these "perfectly healthy" individuals and let him open that mythical door and go in and talk to some of the common cells of his stomach. This is what the stomach cells would have to say to their master.

WHEN WE FIRST CAME TO REALIZE that we were alive, we were happy and carefree, we were full of pep, vim and vitality. We soon learned that we had work to do, but it wasn't hard work and we enjoyed doing it. But as time passed you began to give us work to do that we weren't qualified to perform. You stopped using your teeth to chew your food and left it for us to tear apart. We didn't particularly mind the extra work, for we just naturally assumed that you had hurt your teeth and we were glad to help out all we could, and besides we were interested in seeing to it that the food was properly digested because we knew that our cousins in the liver, heart, lungs and elsewhere needed the food in its purest form, and we also wanted some food which we could get only after it was properly digested and brought back to us through the blood stream.

But we were disappointed. We finally found out that there was nothing whatever wrong with your teeth—that you were just plain lazy—too lazy to chew and enjoy good wholesome food. You'd merely gulp it down without chewing or mixing it with saliva and leave us all the work to do.

Year after year you kept this up and we continued to do the best we could—not for you, oh no! but for our own welfare and for our cousins in the other parts of your body.

BUT AS TIME went by, instead of showing us a little consideration, you became worse and worse. You began giving us stuff in such unreasonable concoctions that digestion was utterly impossible. In desperation, we'd try to push it on into the intestines and get it out of our way, but the intestines wouldn't have it, so it would stay in your stomach for hours. Fermentation would begin and gas would form and then you would blame us. Then the first thing we'd know, here'd come a gob of soda or maybe you'd go to some drug doctor and get something worse to give us.

After years of this mistreatment you had us so weakened from overwork, poisoning and malnutrition that we would have been unable to do even normal work if we had had the opportunity.

But still you kept on—getting worse and worse. You began to give us worse concoctions, stronger drugs—we got them at every meal and ofttimes between meals.

THIS, OUR DEAR MASTER, CONTINUED until many of our brothers died from overwork, starvation and drug poisoning. Then along came

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FINKELGRAM NO. 12

REJUVENATION AND THE TRAGEDY OF PREMATURE OLD AGE

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

EUREKA! BECOME YOUNG AGAIN! Rejuvenate your body! Restore your nerve power! These and other alluring advertisements are continually flaunted in newspapers and magazines, and when such people who have expended their mental and physical energies read them, they become excited to a pathetic degree of optimism. Without the slightest knowledge as to the merits of these highly advertised methods of rejuvenation, they plunge with the greatest enthusiasm to purchase some expensive mechanical device, or fall for some form of so-called rejuvenation treatment which promises them their long-sought-for "Fountain of Youth," only to learn later that they did not benefit by their costly experience.

THEY FEEL THAT EVEN THOUGH THEY are conscious of having lived a dissipated life for so many years, they are still entitled to risk such a venture in the hope of rejuvenating their old, broken-down and devitalized body, and to recapture the virility they have lost.

One could hardly conceive that people who have lost their vim, vigor and vitality could be made to believe that they could rekindle the spark of youth in their worn-out bodies by resorting to artificial methods only. And yet, such is the case, as they are told that all they need to do is to frequent a certain Hot Springs where they could take mineral or mud baths, or drink some highly charged mineral water, or all that is necessary is to take some kind of a special vitamin tablet, or eat gland foods, or have a surgeon graft a gland of some animal to their anatomy. Such people are foolish enough to believe that they can recoup the virility they have lost, merely by resorting to some magic cure.

WHILE IT IS TRUE THAT THE HUMAN body is a self-adjusting machine by doing its own repairing, however, like any piece of mechanism, the chance for a satisfactory rejuvenation is best when the machine has not been too greatly destroyed, and only when the proper application is made. And, as it has been so often proved in the case of the human machine, the only logical and workable plan for the restoration of life-force, is "via the Road to Nature."

When a young person transgresses the laws of diet and hygiene for a short time only, his chance for rehabilation is very good. This is because the cells of his body have not already lost too much of their vital force, and therefore, rejuvenation under a natural procedure goes on very rapidly. But, in the case where an individual has abused his body for many years, and by so doing expended the largest part of his cellular energy, repair is not likely to occur so readily. This does not necessarily mean that if one has wasted his youth over a period of years and became prematurely old, that he could not be helped into a fairly good comeback. In either case, whether the debility has affected a young or middle-aged person, the possibility for a satisfactory rejuvenation depends upon the individual, the seriousness of the case, the procedure, and the time Nature requires to make the adjustment.

WHILE NATURE IS VERY KIND IN HELPING one back to a comparative degree of youthfulness, nevertheless, in certain instances, where nerve and blood cells have lost nearly all of their vital energy, and where the body abuse was so severe and for a long duration of time, rejuvenation under any circumstance is hardly possible.

If a person has brought some form of mental or physical destruction upon his body through errors of living, thereby bringing on premature old age, it is hardly possible to conceive or expect a complete and permanent rejuvenation by taking "shots," or inorganic coal tar vitamins, or drafting monkey glands, or taking a so-called

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ELEMENTARY HOME STUDY COURSE In Natural Living and Nature Cure

By DR. BENEDICT LUST

LESSON XII

AGRICULTURE AND FRUIT CULTURE ACCORDING TO ADOLF JUST

I have already shown that nature originally voluntarily offered food to man, just as to every other creature, and I have also shown the reason why man still disregards the gifts of nature.

Agriculture, which always comprised cattle raising, has from the start been a punishment, a cure for man's falling away from nature. Hard labor, sorrow, and care were always to go hand in hand with it.

"Cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life."—Gen. 3:17.

The tiller of the soil could therefore never expect joy and happiness.

Within the last fifty years, moreover, a great and disastrous change has taken place in agriculture by the so-called "separation." Single tracts in the field mark, belonging to individual holders have been thrown together into large joint fields. The reason for this was an attempt to utilize the field mark far more than has hitherto been done; for every corner and every strip of land that has been lying fallow, or had been planted with hedges and trees, is now put to use. And the tendency is no longer to plant bushes and trees, because they give shelter to birds and cause them to multiply. And the birds, of course, also derive their sustenance from the fields, which one begrudges the little songsters.

This has at the same time been the opportunity for transforming the great pasture lands, the large green meadows, that formerly beautified the field marks, into tillage. The pasturing of the herds, especially of the cows, was discontinued because it was known that cows would yield more milk on stable fodder. Since that time cows generally stand, from the time of their birth till the day of their death or slaughter, tied to their crib in dark, stuffy stables, and always on their own dung. They are thus forever deprived of every free movement and of all pure, fresh air, which is an appalling cruelty.

The field mark formerly appeared like a garden—yes, even like a carpet, with its interspersed hedges and trees, and green meadows; but today it makes a most uninspiring and dreary impression. The sight of a field mark today is no longer pleasing and refreshing.

All this, even the cruelty against the animals, has come about because the land owners wished to make more money out of agriculture and stock-raising. For this reason, too, all sorts of artificial, chemical fertilizers, and innumerable machines have been invented and introduced. The feeding of the animals in the stables is also made more and more artificial, and in fact is horrible.

But rarely can it be shown more clearly than here that all striving and struggling for earthly mammon strictly speaking leads but to misery and poverty.

The countryman labors on his land in the sweat of his brow, from early morning till late in the evening, and if he ever for a moment looks up to refresh himself, the old fields and meadows, variously adorned with bush and tree, no longer delight his eye. No longer do flocks of birds sing their glad, cheering tunes to him in his hard labor. Yes, the rich farmer of today is in truth very poor.

In consequence of the unnatural fertilization, the products of the soil indeed become more abundant, but they are also much more harmful to health since then.

By a sort of prostitution he can draw more milk from the cows, that are bloated and distended by their artificial stall-fodder, but the milk is by far less wholesome. The farmers at present live not only on milk that is less wholesome than formerly, but they also eat the flesh of those fattened animals that have been reared in their own dung, which must naturally result in still more sickness and suffering for them.

The greater abundance of money among the farmers, moreover, makes it possible for them to acquire many other unnatural habits. There is more unnatural clothing worn in the country now, and going bare-footed, for instance, has become almost a thing of the past. Indulgences and pleasures of all kinds that are detrimental to health have been introduced.

But one can soon perceive that all this has not brought the country people happiness. All kinds of sickness and diseases, that were unknown to the old country people, and sin, vice and corruption have made their appearance in the country. The old peace and contentment, the old piety, have disappeared.

In the manner above indicated the country people intended to achieve more gain and to improve their condition, but instead of the good fortune they expected we now have "the destitution of the agriculture districts," which is incessantly proclaimed and deplored. Discontent and misery now put in an appearance everywhere, which was never the case formerly.

And the farmers likewise do not see that they themselves are to blame for all these evils. They look for the causes elsewhere. They are now incessantly combating all sorts of institutions and laws; here, too, the State is to bear all the blame.

And yet here, too, all endeavors will be in vain; only one thing can help:

"Return to Nature!"

In the first place farmers ought no longer to strive for treasures and delights and all sorts of apparent advantages through luxuries, which never make happy but only have an external glitter which always deceives. They ought to begin a natural mode of life and return to the old simplicity and few wants, then they would indeed be able to live happily and without care.

It is, however, not to be expected that farmers will soon come to see things in the right light and will turn back. But the single individual can nevertheless begin to lay the foundation for greater happiness, for health and contentment.

I should especially like to urge farmers to turn their attention once more to fruit culture. It will certainly give them greater pleasure than agriculture.

Yes, when farmers shall seriously begin to devote themselves to fruit culture, they will have taken the first step toward a real improvement of their condition.

With the cultivation of turnips, hops and tobacco, with that horrible fattening of cattle, and the like, the farmers of today are engaged in an enterprise out of which nothing but disease and disaster can come to mankind.

The money which they receive for their products is in a

certain sense the wages of sin, and there must also be a curse on it.

But with fruit culture farmers will promote a cause which will regain for mankind true salvation and happiness. God will reward the fruit-farmer for his work, and he will have more pleasure and satisfaction, more rest and peace, than the agriculturist.

Every labor is also "worthy of its reward," and farmers will be more and more able to live on fruit culture. Everyone knows that fruit is very much sought after of late years, and is ever gaining in value. Even people who have as yet no comprehension of a natural mode of life and of healing still begin to eat much fruit.

It is sufficiently taught today that fruit culture can be so arranged as to yield good returns almost from the beginning. More attention must be paid to the cultivation of berries, strawberries, gooseberries, raspberries, etc., which must be planted beside dwarf fruit and half-stem fruit. In this manner fruit plantations can yield returns from the very first year, and can soon become very lucrative.

In fruit culture, too, we must avoid many unnatural practices; do everything in the simplest manner, and conform as closely as possible to nature; then we shall soon find the right way.

I would also strongly urge the cultivation of nuts (hazelnuts as well as walnuts).

Foresters are today regarding the hazelnut as a nuisance, and are actually trying in every way to exterminate it. The hazelnut will put up with and grow in the most stony soil, on the most barren mountain, where hardly anything else can grow. But even these places are no longer given up to it. The nut shrub is never cultivated in woods and forests like other trees, and yet by rights it deserves the very first attention. Thus we see that man even eagerly seeks to destroy the hazelnut bush, which nature spontaneously produces without the labor of man, and which gives him the food which he absolutely needs in order to get true strength and health; while on the other hand, with great labor and at great expense, he cultivates the food that is of little use to him, and even injures his health. But if man always acts in such an unreasonable manner, is it then difficult to explain how all this sorrow and want, all this infinite misery and disease have come into the world?

Let us therefore again make room for the hazelnut bush in our woods, and let us plant it in the gardens; it will soon yield a rich harvest, and if we again live on nuts, an even stronger, healthier, nobler and happier race of men will arise. The nut bush will then also become the most beautiful ornament of our gardens and fields.

One actually becomes deeply moved by observing how nature, in spite of all the opposition of unreasonable, foolish man, is determined to let the nut grow, in order to offer it to man as food. If he would now extend a helping hand to nature and, for the first at least, again give fallow places and mountains over to the nut, or even devote fertile land to it, upon which so much that is worthless and even injurious to health is now cultivated, the nut would soon again grow among us of so fine a quality and in such abundance that it could hardly be all consumed, and could finally be had almost for the asking.

But the nut is indeed the chief food of man; he can live upon it for the greatest part of the year almost exclusively, and in this way alone be truly strong and healthy.

But if now the nut were again to be grown so easily and so abundantly that man could have it for the gathering, cannot mankind see that it could then easily free itself from all want and material care?

Let everyone, then, who has come to recognize the truth, do his share to again encourage the culture of the nut, on private lands as well as on public domains.

In the same way as against the nut, mankind today sins against the berries of the forest (huckleberries, raspberries, strawberries, etc.), and what I have said with regard to the nut holds equally for the berries also.

Just the most necessary and most important shrubs and bushes man does not cherish, but even destroys them.

Would that it might soon be different in this respect.

The countryman who is only concerned about his own and his family's maintenance, who does not care to gather false riches, who wants to be and remain healthy and happy, who knows wherein true riches consist, can easily achieve his ends with fruit culture.

It seems to me that a farmer, with only a rudimentary knowledge of the right kind, who desires to be healthy and happy in a natural mode of life, and for this purpose turns to fruit culture, must be better able than anyone else to create for himself a paradise on earth.

Man has sacred duties also towards animals. Animals, too, are God's creatures, and man ought to take pity on them when they are sick, and ought to lend them a helping hand. But nowadays man sins against his domestic animals, his faithful helpers, in that he exposes them in every way to an unnatural life, as I have already shown above. May I succeed to show men the right way in this respect also!

I have already shown how the many diseases to which our domestic animals are liable arise from the bad mistakes of our present agricultural system, from artificial stable feeding.

If man were to be tied like that, deprived of every free movement, and forced to breathe in continually the fumes of his own excrements, would we not soon see that we were robbing him of his health in the most cruel manner? Men are continually sinning like this against the animals. This wrong cries to heaven and calls down severe punishment upon the head of man.

Therefore domestic animals must again be let out of their dark, stuffy stalls, away from their dung, into the fresh air, into the pastures.

If the common pasturage for cattle cannot at once be reintroduced, every farmer ought to have a pasture of his own to which he can drive his cattle at least sometimes. It is absolutely necessary to have such pastures to keep the animals in health.

In this place I would like to say a few words on vivisection.

In our times scientific researches are made on living animals, but cutting open their bodies and observing the workings of the inner organs. Furthermore living animals are sometimes deprived of their eyes, they are even burned out, their tongue is cut off, in others the stomach, liver, or some other organ is taken out of the body in order to be replaced later on. Science in this way practises the most atrocious cruelties and horrors that actually cry to heaven.

If science had the least ennobling influence on man, such brutalities would be utterly impossible to professors. It seems to me that vivisection more than anything else tramples under foot all the nobler impulses of man.

Researches and studies against which all the admonitions of conscience, all the voices of nature and God must at first powerfully rebel, and which can only be continued after all these divine impulses of the human breast have been smothered, can in no wise result in good. No. Such acquisitions are laden with curses and carry unspeakable harm in their train. At the sight of such scientific proceedings one must needs exclaim: "Woe to you, scholars, you degenerate men!" I have frequently shown how all vaccine poisons, anti-toxins, operations, these achievements of cruel, scientific research, destroy more and more all health among men, and are largely the cause of the misery that is abroad in the world, in a thousand different shapes. Yes, this whole misery of mankind is largely caused by the wrong medical treatment of men in times of sickness.

But this curse can be taken from us again when men will listen to the voices of nature alone, and will recognize how simply nature offers us the necessary rules of hygiene, and how all those studies and scientific labors, with all their cruelties, lead only to disaster.

HERBAL REMEDIES AND NATURE CURE

By **Eric F. W. Powell**

THE herbalists were the original nature cure practitioners; in fact, they formed the earliest school of medicine evolved by mankind. The use of botanic remedial agents has, for the most part, been based on long periods of observations and experience by sincere students of man, his organism and physical requirements.

It is only within the last hundred years or so that the more dangerous vegetable drugs have been used to any large extent. Formerly the simplest of wayside plants, those proved by experience (and later by analysis) to be harmless and acceptable to the animal economy, were those generally in use. Every priest was a physician, healing the sick by measures calculated to cause response in the sufferers' triune nature, with its physical, spiritual and intellectual departments.

In Nature Cure we do not care to advocate "taking" anything in the way of medicine because of the psychological effects. We are teaching people that medicine is unnecessary, knowing that the majority will always swallow something in preference to doing a little constructive dieting and exercise. However, there are so many cases where other means are indicated that the use of non-suppressive herbs or other biological medication seems almost a necessity. It must be remembered that all vegetables are cultivated herbs, but excessive cultivation and wrong treatment of the soil has resulted in denatured plant life, lacking in essential mineral matter and other vital elements. It is mainly because of this salt deficiency that we turn to wild herbs for the time being in order to restore chemical balance to the blood and bring about the necessary physical changes in the organism.

Both food and medicine should be in the form supplied by nature, and in herbs we have the ideal combination. Harmless wild plants aid cure for the following reasons:

1. Elimination is the key to health. Nearly all herbal simples are natural eliminators, encouraging the passing of waste materials without any weakening reaction.
2. Nutrition is the physical basis of life. Properly selected botanic agents supply cell and gland foods in homoeopathic doses. Physiologists agree that cure must begin with the treatment of the individual cells.
3. For the system to function normally the glands must be active. There are many herbs which exert a gentle and perfectly normal stimulation on the glandular system, thus enabling the organism to manufacture its own particular therapeutical secretions.

This is the case for herbalism in a nutshell. All those treatments endorsed by nature cure produce one or more of these effects to a degree, but herbal remedies tend to produce results more quickly, and are especially valuable where circumstances prevent the application of manipulative treatment, fasting and other measures.

HEALTH

MENUS FOR DECEMBER

MONDAY

Breakfast

Ripe pear; bran muffin and butter; honey.

Luncheon

Onion salad; sliced tomato; baked potato and butter; stewed sun-dried apricots.

Dinner

Chestnut croquettes (see recipe on page 454); lettuce and celery salad; bran or graham muffin and butter; baked apple; coffee substitute.

TUESDAY

Breakfast

Soaked prunes and cream or milk; whole wheat cereal.

Luncheon

Tomato and cress salad; whole rye toast and butter; baked apple.

Dinner

Spinach and radish salad with lemon and olive oil dressing; bran muffin; banana whip.

WEDNESDAY

Breakfast

Grapes; corn muffin; butter and honey; coffee substitute.

Luncheon

Tomato salad; whole wheat bread or baked potato and butter; figs and cream.

Dinner

Cabbage and apple salad; celery nut loaf (see recipe on page 454); baked potato or graham gems; orange mint.

THURSDAY

Breakfast

Baked apple; oatmeal and cream and honey; buttermilk.

Luncheon

Stuffed red cabbage; whole wheat toast and butter; stewed fruit.

Dinner

Watercress and apple salad; pepper cheese; corn muffins and butter; raisins and figs; herb tea.

FRIDAY

Breakfast

Figs and cream; dry soy bean cereal and cream; coffee substitute.

Luncheon

Hearts of lettuce with olive oil and lemon juice dressing; green peas; corn muffin and butter.

Dinner

Carrot salad with dressing; vegetable or lentil soup; baked potato and butter; baked soya beans; apple or pear; barley malt coffee.

SATURDAY

Breakfast

Apricots or prunes; whole wheat toast and butter; milk or buttermilk.

Luncheon

Asparagus salad; rye bread and butter; lemon cream.

Dinner

Cauliflower and beet salad; sliced cucumbers; bran muffins and butter; nut fig slices.

SUNDAY

Breakfast

Oranges or grape fruit or melon; corn muffin with butter and honey; peppermint tea, optional.

Dinner

Lettuce, radish, celery, olives and tomato salad with dressing; nut loaf; bran muffins and butter (or baked potato); baked apples and cream; coffee substitute.

Supper

Apple nut sandwiches; dates, cider.

These menus are ideal for this time of the year and may be alternated from day to day or week to week. Each day's menus should be kept intact, however.

New Health Recipes

By EMMA M. FRIESE, N.D.

Chestnut Croquettes

Mash two cups of chestnuts—add 4 tablespoons of sweet melted butter —a few drops of onion juice or 2 tablespoons grated onion. Mix thoroughly and shape into croquette form. Just before serving, over each pour some tomato juice.

Celery Nut Loaf

Into 3 cakes of cream cheese, stir two large stalks of celery which has been finely cut, ¾ cup finely ground pecans, two teaspoons full of grated onion and ½ minced pepper. Mix thoroughly. Press firmly into bread tin and chill. Slice before serving.

Stuffed Egg Plants

3 egg plants
7 ozs. chopped spinach (raw)
1 oz. oil
Grated bread
1 teaspoon flour
¼ pint vegetable stock
Vegetable salt

Peel and cut egg plants in half lengthways, lay them beside each other in an oiled pie dish, and sprinkle with a little vegetable salt. Lightly fry the spinach with oil, onions and flour, and add the middle of the egg plants when it has been scooped out and chopped up. Put this mixture into the half egg plants, sprinkle with bread, pour over vegetable stock, cover and cook 20 to 25 minutes in oven.

Red Cabbage

2 medium sized red cabbages
2 chopped onions
2 to 3 tablespoons lemon juice
½ pint vegetable stock
1 teaspoon flour
1½ oz. butter
2 apples
2 tablespoons cream
¾ pint water
Vegetable salt

Cut cabbages into four parts, slice them as thin as possible, wash, and fry for a short time in the onions which have first been fried a light golden color in butter. Add boiling water, vegetable stock, 1 tablespoon lemon juice and 2 apples, unpeeled, cut into slices. Cook 1 to 1½ hours. Shortly before serving sprinkle with flour and mix with the cream and as much lemon juice and salt as necessary. If desired, 5 ozs. peeled chestnuts can be cooked with the cabbage, or they may be cooked and used as a garnish. Roasted apple slices can also be used as a garnish.

Bread and Apple Pudding

7 ozs. wholewheat bread
1½ lbs. apples
5 ozs. brown sugar
1 oz. sultanas
Grated lemon peel
2 eggs
½ pint milk
½ to 1 oz. fresh butter
½ to 1 oz. grated hazel nuts
Cinnamon
Breadcrumbs

Cut bread into small cubes and moisten with a little milk. Peel apples, cut into thin slices and wash and steam together with sultanas, 2 ozs. sugar and a little butter. Butter baking dish, sprinkle with bread crumbs and fill it alternately with a layer of bread, sprinkled with hazel nuts and a layer of apples (the bottom and the top layer is bread). Mix milk, eggs, cinnamon, some lemon peel and remaining sugar and pour over pudding. Bake in a double saucepan in the oven 1 hour. Serve with apricot or other fruit sauce, according to taste.

Papaya

Papaya belongs to the melon family; it has an excellent taste when tree ripened. Destined to become one of America's "fruit habits," this fruit of the future may become as popular as the banana. Natives of tropical countries use it for treating diseases, particularly digestive disorders. They rub tough meat with slices of green papaya which makes the meat tender. The pulp of the ripe fruit applied to the skin removes blemishes and freckles. Papaya has an unusual protein digestive called papain that is a great aid to the system. Papaya is delicious with mayonnaise as a salad and makes a fine pie filling. This alkaline fruit goes with any meal (from Mariposa's Hollywood Glamour Cook Book).

Potassium Cocktail

This is one of the best vegetable combinations and made from equal amounts of carrot, celery, spinach, and parsley.

Orange Pear Salad

Place half a Bartlett pear in a lettuce cup on each individual salad plate. Pile centers with cottage cheese. Cover each pear half with ½ cup orange sections. Serve with fruit salad dressing. (See following recipe.)

Fruit Salad Dressing

½ cup orange juice
3 tablespoons lemon juice
¼ teaspoon vegetable salt
¼ teaspoon paprika
few grains of nutmeg

Shake well or stir just before serving. This is a delicious fresh fruit dressing, excellent for those who do not care for oil.

WHITE OR BROWN SUGAR— WHICH IS BEST?

(*Continued from page* 444)

er sugar tolerance than average.

Our readers have doubtless wondered why white sugar, which is considered an energy food, could be so destructive as we have pointed out.

WHITE sugar is practically speaking a hundred per cent carbohydrate. In reality it cannot be classed as food as beyond a certain point it provides nothing sustaining. The essential quality of food is its ability to sustain. Of course it is understood that all foods in their use in the body require expenditure of energy. If the expenditure of energy in utilizing a food is greater than that which it produces then it can scarcely be considered as food. White sugar falls in this category.

Moreover the use of white sugar and its by-products has a decidedly irritating effect on the entire system, and overworks the pancreas until it is no longer able to manufacture enough natural insulin to make it possible for the body to appropriate sugar. The result is the kidneys are burdened with the job of trying to meet the demands, causing nephritis and diabetes.

Devoid of all minerals and vitamins which natural brown sugar contains, white sugar not only fails to provide definite protective sustaining qualities, but is even more treacherous as a food on which we have been unwisely taught to depend.

True, there are some foods which though, through alteration may be correctly considered inefficient and inadequate, there are few the effects of which appear almost what we might term parasites in nature.

Failing to supply much needed minerals and vitamins white sugar errs not alone in this omission of providing mineral elements, but also in committing the great sin against health of leeching from the body, to

a degree, residual body mineral content and thus robs the body of vital elements it had before the sugar was consumed.

TO recapitulate, white sugar is a treacherous concentrated food, unfit for food, and should never be used. Some altered foods may be compensated for to a degree, though this is foolish practice. However, white sugar in its deficiencies cannot be compensated for, and the great dangers of its use as food condemn it as such.

Per capita consumption of sugar has progressively increased throughout the world since the refining practice was discovered. Today Great Britain uses in excess of forty pounds per person, France, somewhat less and in the U. S. more than one hundred and fifty pounds per person.

When raw brown sugar was in vogue, the per capita consumption was materially less everywhere. England used little, France less and the U. S. about one-fifth of its present volume.

The reason for this, discounting transportation facilities which were little less efficient then, as the product is not a perishable one, is the higher food value, unaltered mineral content, and subsequent greater flavor and more satisfying qualities. It was a case of a little of a good thing going a long way.

IF you disbelieve this try a simple experiment on yourself and note reactions. Make candy, ice cream, a cake or in whatever way you will, use white sugar. Then do the same using dark brown sugar. Eat of each. You will find the brown sugar food will satisfy and you will be content. The white sugar food will surfeit and not satisfy. You will be filled but yet you taste for more.

A less complicated experiment would be using a dessert, or breakfast food, one with white sugar and an equal portion of the same using brown sugar. Test them by eating a spoonful of each and note the taste and satisfaction of the brown sugar dish as compared with the white sugar dish. Unless your taste is extremely perverted one trial should convince you.

If your readers would have health they must insist upon brown sugar and products made therefrom, when sugar is desired in the preparation of foods. This demand is a big step forward to insure yourself and family against diabetes, nephritis or chronic kidney disease, and many other less disturbing conditions.

Few popular candies are fit to eat. Teach the children the preferability of dates, figs, prunes, raisins. If there must be candy, have it prepared at home or at your favorite candy kitchen with brown sugar. No glucose and no white sugar or syrup is to be used. Yes of course, honey may be used, but that is a sweet that stands by itself, and would require more space than we have at this time.

FRIEND OR FOE
—TRUE OR FALSE—

By **GRACE L. MOFFATT**

THERE is a wonderous beauty in the miracle of human friendship. Christ, who always took the highest ground in His estimate of men, made the high-water mark of true friendship the standard of His own great action, "Greater love hath no man than this, that a man lay down his life for his friends."

The classic instance of David and Jonathan represents the typical friendship. They met, and at the meeting knew each other to be nearer than kindred. By subtle elective affinity they felt that they belonged to each other. Out of all the chaos of the time and disorder of their lives, there arose for these two great souls a new and beautiful world, where there reigned peace and love, and sweet content. It was the miracle of the death of self. One forgot his pride, the other his ambition, one was saved from the temptations of a squalid court, and the other from the sourness of an exile's life. Jonathan's princely soul had no room for envy and David's frank nature rose to meet the magnanimity of his friend.

IN contemplating the theory that "Mental attitudes beget physical states," it would be difficult to imagine a person with a loving, friendly personality and understanding attitude toward life, develop into a physical wreck, or mental derelict. And on the other hand, it would be just as difficult to conceive a selfish, sour, insincere character with a perfect physique, health anatomy and sound mind.

It naturally follows that if one wishes to improve his physical state, the first change should be made in his mental attitude. Find out his "true friends" and "false foes." It may be that he has been trusting in a "false friend"! In the last analysis Satan, the arch enemy of our souls, represents a counterfeit "friend" who, when we recognize as a "true foe," to be dealt with accordingly in our lives, stands conquered. Then if we have at all thought of the blessed Christ as a "foe", when we change about and "get the mind of Christ" and realize that He is The Great Physician and Eternal Lover of our souls, the first step has been taken toward a victorious life, healthy, happy, triumphant!

"Love Him, and keep Him for thy Friend, who, when all go away, will not forsake thee, nor suffer thee to perish at the last."

—Thomas A Kempis.

"Hush, I pray you!
What if this friend happens to be—
God!"

BARGAINS IN HEALTH

(*Continued from page* 446)

WHEN the family physician fails, well meaning friends suggest that the discouraged patient see "my doctor," who is usually of the same profession, but prescribes a different remedy. This fails and the sufferer is referred to a specialist of the same school, who may be more successful in obtaining better fees than better results. Perhaps the osteopath and chiropractor are given a chance—admittedly not always a fair one, and finally a naturopath is consulted as a last resort.

But due to the previous cost of treatment the patient is still dominated with the bargain motive and when told by a reputable naturopath that several weeks or months treatment is necessary for satisfactory results, because the condition is chronic and has been several years in the making, he hunts for the doctor using so-called natural and drugless methods in a palliative way, who will promise a cure in the shortest possible time. From one doctor to another, from one bargain to another, from one delusion to another,—what a costly procedure.

(*Continued on page* 469)

WHY THE WORLD LIKES DOGS

***By* Capt. Will Judy**

Editor, Dog World Magazine, Chicago

THE most unselfish living thing in the world is your dog. If you are in danger, your dog needs only to hear your cry of distress to rush to your aid, without thought of his own life, fearless of guns and enemies.

The most patient thing in the world is your dog, waiting for hours at the top of the stairs to hear the sound of your footsteps, never complaining however late you may be.

The most grateful thing in the world is your dog. Whatever you give him, whatever you do for him, he never is guilty of ingratitude. To him you are the most powerful personage in the world and beyond censure; you are your dog's god; you can do no wrong.

The most friendly thing in the world is your dog. Of all the animal kingdom, he alone serves man without whip, without compulsion, glad to be by the side of his master wherever he may be, whatever he may do, and sad in heart when his master is away.

The most forgiving thing in the world is your dog. The one virtue most humans lack is that of forgiveness. But your dog carries no grudge and no spite. Punish him even undeservedly, and he comes to you, nudges his moist nose into your hand, looks up at you with pleading eyes, and wags his tail hesitatingly as though to say, "Oh, come on, let's be pals again."

The most loyal thing in the world is your dog. Whether you come home from Congress or from jail, whether you have lost your fortune or made a million, whether you return dressed in fashion's height or in rags, whether you have been hailed hero or condemned as criminal, your dog is waiting for you with a welcoming bark of delight, a wagging tail and a heart that knows no guide.

The world likes dogs because dogs are nearest to moral perfection of all living things.

SEA GULLS PROVE AID TO PUBLIC HEALTH

Seemingly tireless, the sea gulls wheel in dipping circles over every great harbor and river. To the casual watcher these great birds may simply represent a delightful sight. Their freedom of soaring is a constant inspiration to the beholder. Public health authorities, however, take a more matter-of-fact view regarding the sea gull. They are not interested in the beauties of bird flight. The interest that they have in the sea gull is a purely hygienic one. Without the aid of these tireless scavengers, our rivers and harbors, according to an official of the U. S. Public Health Service quoted, "would soon become choked with a putrid mass of bacteria laden refuse." That's why the sea gull is protected by law in every one of our forty-eight states. To hunt or snare them makes the offender liable to a stiff fine or imprisonment or both.

Sea gulls congregate in vast numbers in the early morning hours at New York City's Fulton Street Fish Market, second only to London's Billingsgate as the largest fish market in the world. The task of removing refuse left after the fish are cleaned would be a tremendous one were it not for the sea gull scavengers. Every morning as tons of offal, the product of fish cleaning, are dumped into the East River, sea gulls pounce down and within a few minutes consume the entire mass of floating refuse. In winter the Fulton Street Fish Market Association delegates a special workman whose sole duty consists in strewing gull feed on slabs of ice floating in the water where it becomes a sort of sea gull cafeteria. The birds, many of them are almost tame, soar down and take the choicest morsels first just as children might do at a free-for-all picnic.

Sea gulls change their plumage during the year. The winter plumage is white to afford protective coloration when floating on ice-dotted water. In summer the coat darkens, ranging from rich brown to a bluish slate color. A full-grown harbor sea gull often weighs fifteen or twenty pounds and birds larger than this are by no means uncommon.

Think twice, then, the next time you are tempted to regard the sea gulls as useless. Like all living animals and birds, they fit into the balanced scheme of life intended by the Creator. The majestic fliers who squawk noisily as they hover over the wake of ships bound down the bay are one of the greatest factors in keeping our navigable waters clean and refuse free. Verily they guard man against disease.—Our Dumb Animals.

BEAUTY

***By* Lilian Wit Cahan**

Time and Outlook—How It Affects Health and Beauty

If your outlook is upward your physical being will not slump. Under all conditions if you can remain poised, hopeful and self reliant you are apt to retain a healthy outlook regarding all things and matters that face you.

To withstand stress and strain it is of primary importance to be free of putrefaction. Fighting putrefaction in the body requires perpetual vigilance. A bath alone won't do it. Deodorants certainly won't. Being in the air doesn't answer that either. But clearing the inner tract day in and day out will keep you clear of putrefaction. That is getting beauty from within. It's a job requiring time, attention and more than that, you must have a feeling, a liking for the very high type of hygiene to make you want to do it. Keeping your person clean and vibrant can't be put off till tomorrow. Hygienic measures are a daily necessity. You realize that to keep smelling sweet is a science all its own.

It's a blessing to be able to keep on striving towards better health, beautifying the body. Overworked reactions of days gone by color our living and doing. We may not be able to overcome entirely the effects of past living. To help maintain the upward outlook, so essential to beauty, try to be non-suggestible to negative thoughts. By this is meant don't let negative wording and world conditions touch you that much that your health and good looks become impaired by the suggestions. Rising above humdrum living is still the best antidote toward various negations.

AN HERB FOR RHEUMATIC AFFECTIONS

The Black Cohosh root has been found effective in rheumatic affections and uterine disorders. In periodical cramps, leuchorrhea and irregular menses, it is valuable. It also has a quieting and strengthening effect on the nervous system.

HOW FIT DO YOU FEEL?

How much is YOUR score?

HERE is a health analysis on your general fitness. For each question to which you can answer "yes," give yourself 5. If your total score is under 45, look out for illness; 45 to 55, you're in moderate health, and might try a diet; 55 to 65, you're fairly fit; a daily dozen might improve you; 65 to 80, you're sound in wind and limb. Score over 80, and you're in tip-top condition. Congratulations!

1. Can you sprint for the 8:15 a.m. or make a similar effort without panting?
2. Can you walk three miles and feel you could do another three without tiring?
3. Can you see your toes by dropping your head forward on your chest, without bending your back?
4. Can you touch your toes, swinging your hands from overhead —20 times without feeling any giddiness?
5. Can you roll your head 20 times clockwise, 20 times counter-clockwise, and then pick up a penny at your feet without feeling dizzy?
7. Are you free from cold feet in chilly weather?
8. Do you weigh just about 1.9 lbs per inch of your height? (2.2 lbs. for men.)
9. Can you take a cold plunge or shower without turning blue afterwards?
10. Do sudden noises, such as a door slammed, leave you unmoved?
11. Do you fall asleep easily and waken refreshed?
12. Are you normally free from headaches?
13. Can you breathe in, hold your breath for 20 seconds, breathe out slowly, and repeat three times without pain?
14. Are you satisfied with three meals a day without nibbling in between?
15. Can you enjoy your everyday fare without the help of spices, sauces, condiments, or drinks?
16. Do you whistle, hum, or sing at odd moments of the day?
17. Are you free from worry, a sense of irritation with things and people?
18. Do you take a lively interest in life—books, radio, cinema, magazines?

—S. B. Whitehead in Lilliput.

HELPFUL HEALTH HINTS

By DR. MILTON E. HOLMES

THE following Helpful Health Hints comprise certain natural remedies based upon well established principles of real Nature Cure, have proven their real worth in actual practice and are, therefore, not derived from mere untried experimental theories.

Whole Wheat Bread and Molasses For Anemia

IT has been found that molasses and whole wheat bread contain one of the best forms of iron for nutritional anemia in cases of children. Molasses and whole wheat bread present iron in an easily available and inexpensive form and compare favorably with many different preparations commonly advised in cases of nutritional anemia. It contains a higher amount of iron than even beef liver. It is even ahead of the much vaunted spinach. Helps to increase the red coloring matter in the blood corpuscles, enriches and improves the blood. Be sure to use whole wheat bread and not bread made from devitalized and demineralized white flour. Bread made from white flour is constipating and contains practically no real food value.

It is utterly impossible to "doctor" white flour that has been robbed of the whole wheat grain part of its constituents by adding any possible combination of synthetic substances as has been recently suggested in an article by Mr. Paul de Kruif, in Reader's Digest Magazine and make it anywhere near as good as the natural whole wheat flour. You can't cheat Nature by adding such synthetic substances as thiamin, riboflavin and nicotinic acid to white flour and "get away with it." The only thing that devitalized and demineralized white flour is good for is to paste paper onto the wall. If you eat foods made from white flour products it will cause constipation and deficiency of certain vitally necessary food elements.

A Good Natural Remedy for Constipation

A SALAD should be made by chopping up raw carrots, celery, small amount of green peppers, cabbage and lettuce. Dress with salad dressing made of lemon juice and olive oil. Eat a portion of this salad once or twice a day. The first thing in the morning drink fresh fruit juice such as prune juice, orange juice or a glass of hot water with lemon juice squeezed into it, without adding any sugar and take before breakfast every morning. Go to the toilet at a certain fixed time each day and thus help in forming the habit of regular daily bowel movement.

A squatting position is conducive to natural, easy bowel elimination, therefore, a foot-stool should be placed in front of the toilet seat and the feet should rest upon this.

Twist and sway the body or torso in a sort of rotary movement, from right to left, imitating a hula-hula dancer, performing this helpful exercise for about 10 minutes each morning. This helps to strengthen and to stimulate the abdominal muscles, helping to correct constipation in a natural way. Avoid taking powerful laxatives or cathartics containing drugs and don't take salts as these only make matters much worse in the end. If any laxative be necessary,

(*Continued on next page*)

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HELPFUL HEALTH HINTS

(*Continued from previous page*)

take nothing but a mild Herbal Laxative which can be obtained at any Health Food Store. There are numerous Herbal Laxatives containing nothing but pure Natural Herbal ingredients that will not prove harmful.

A Safe Herbal Eye Wash

A fine Herbal Eye Wash can be made by simply steeping one part of elder flowers with ten parts of water, have water boiling hot, steep for one hour and then strain. For preserving, add about 2 or 3 ounces of glycerine to a pint of this infusion. Use as necessary as a safe wash for the eyes. Far superior to so-called Eye Washes commonly advertised.

Garden Prescribed by Dr. Allan Dafoe

DR. ALLAN DAFOE, who has brought the Dionne quints safely through their seventh birthday, has this to say about gardening, which he loves, though the pressure of his duties has made active participation in it impossible for him.

"I can still prescribe gardening for others. It's as subtle as the soothing power of music—only 10 times more potent. Certainly one of Nature's finest remedies is the good warm earth. Just putting your hands deep into it seems to recharge your batteries like nothing else in the world. Everybody should have a garden—and work in it with his own hands."

"Long ago I found out that the people who love flowers are, as a rule, pretty decent sort of folks. You know, you could almost make a case for "religion" of gardening. To be a good gardener you must want to create and to give to others something fine and lovely. To do this you have to be in tune with the simple and lasting things—close to the Eternal Truths."

The writer of this article agrees with Dr. Allan Dafoe, that gardening and growing beautiful flowers is good for health, it is good for the soul because it brings one closer to God's own things of rare beauty.

Live a good clean natural life, keep ever close to God and Nature, be kind to every living thing and you shall meet with God's blessings in everything that is truly worth while and good.

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8.	Cancer, a Cure for	July	1929
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12.	Tuberculosis	June	1929
12	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
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THE ANTI-GRAY-HAIR VITAMIN

"DOCTOR, I have eaten a pound of raw carrots for lunch every day for a year," said a white haired fellow about fifty, and yet apparently this had no effect on the hair in regard to restoring pigment and turning the hair to its natural black color.

Why? Simply because he lacked the kind of vitamin A that would convert substances in his food to hair pigment.

But white hair in itself would be glorious if it did not indicate that all through the body as well as in the hair the ravages of age were slowly creeping up like an enemy scout.

After taking a vitamin A which had been formerly lacking in his diet this man not only gained in vitality but to the amazement of all at that time years ago began growing "black hairs among the silver" to reverse the language of a famous song of the drear ages before "What to do to stay young" was discovered.

Think of it! Today we can by an act of the will so live and take in dietary substances that the inevitable sentence as to duration of life can be commuted.

Those who argue that by seeking longer and better life we are opposing nature, are hopelessly wrong. To convince a skeptic on the principles of health may be difficult. He usually has an alibi for everything. He may say: "Oh, I was gray since I was seventeen. It came on after an attack of pneumo-typho-epizoodico-malaria."

With such fixed ideas it is hard to convince him that his illness robbed him not only of his vitamin A reserve but weakened his ability to build up vitamin A from its precursors (runners before) in his diet. Hence he became gray. Others unknowingly may carry a possibly slight but continuous chronic irritation such as a pivot tooth which always harbors toxic germs in its dead root. Such teeth are often installed by a dentist ignorant of the laws of health. This has been reported previously.

Of all the vitamins in the diet,

(*Continued on page* 463)

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The Honey Fruit Cakes and Cookies are all made with soya flour. The Soyabeanuts will delight both young and old with their crispy, crackly, crunchy, delicious taste. And last, but not least, the Soy Bean Milk Powder affords you the opportunity of making a beverage much more nutritious and healthful than cow's milk.

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Your Health Problems

ANSWERED BY DR. HARRY RAITANO

Q. How can I stop the cigarette habit?—Mrs. R. D.

A. Smoking is nothing but a bad habit and can be overcome if you have enough will power. If you are a very heavy smoker it would be difficult to cut it out abruptly as it would tax your nervous system due to the absence of the stimulating effect of nicotine. Cut down on the number of cigarettes daily until you finally rid yourself of the habit. There are many tobacco remedies on the market but the best cure is "WILL POWER."

Q. How much Vitamin A does one need daily?—J. Schmidt.

A. The daily amount of Vitamin A needed by the body is approximately between 3,000 to 10,000 International Units. In Vitamin A deficiencies, 100,000 International Units and more have been administered.

Q. Is Cod Liver Oil good for children?—Mrs. Moren.

A. Yes. It is a food with a good source of Vitamins A and D.

Q. I have a buzzing in the ears which is quite annoying. Can you please tell me what to do for it?—J. D.

A. Buzzing in the ears may come from many causes, such as High Blood Pressure, Wax in the Ears, Hardening of the drums, etc. We advise you to have a complete ear examination.

Q. I have acid indigestion. What can I do for this condition?—H. Caron.

A. Give your stomach a rest from foods for three to five days by drinking only warm milk, about a glass every two hours. The intake should not exceed two quarts per day. The milk diet should be followed by a week of chopped raw fruit for breakfast and raw vegetables for the other meals with sour cream. During the entire period of dieting large doses of Vitamin B1 should be taken, from 6000 to 10,000 I.U. per day. If this does not relieve your symptoms in two weeks, consult a Naturopath.

Q. My little daughter suffers from bed wetting, will you kindly tell me what I can do to correct this condition?—Mrs. M. L. R.

A. Bed wetting is caused by an involuntary relaxation of the sphincter muscle of the bladder due to a weakness. Training the child not to drink water after 6 P.M. and awakening the child at about 10 P. M. to void urine is helpful as it takes the strain off the bladder. A T-Bandage made by putting on a belly band as tightly as possible is also helpful. The following formula, a tea has been used with some success in these cases:

	Drachms
Mountain Cranberry	6
St. Johnworts	6
Cypripedium	2½
Water Plantain	3
Belladonna leaves	½
Pewter Wort	2

Mix thoroughly from herbs specially cut for this purpose and divide into 20 doses. Add one dose to a cup of boiling water and let steep for 5 minutes, sweeten with honey and give half of the amount before breakfast and the other half after supper.

Q. Is short wave therapy good for high blood pressure?—Mr. L. L.

A. Short wave therapy gives temporary relief from high blood pressure in some cases. A thorough examination to disclose the possible nature of your ailment is in order. Short wave therapy as well as other therapies would depend upon a proper diagnosis.

Q. I have a slightly enlarged thyroid which is quite noticeable. Should I be operated on to clear up this condition?—Miss B. L.

A. We do not recommend operation for slightly enlarged thyroid. The absence of organic iodine from the diet sometimes causes the condition. The addition of kelp and other sea vegetables to your diet may help.

Q. My three children, ages five, seven and eight, have the whooping cough. My doctor has suggested that they receive injections. What should I do?—Mrs. E. F. Gray.

A. We do not recommend injections as they may do more harm than good. Keep the children on a natural diet with plenty of fruit juices. Care should be taken that they are not exposed to cold drafts as complications are most dangerous in this children's disease. A mild expectorant made up of thyme tea and honey is helpful. Steam inhalations help loosen the phlegm.

Q. I am bothered with a condition which my doctor calls Intertrigo. What is it, and what can be done for it?—Mrs. P. F.

A. If you are giving us the correct term that the doctor applied for your condition, you have a chafing caused by a rubbing. The best remedy is to keep the part clean and dry and well-powdered with corn starch.

Q. I am 28 years of age, have been losing much weight. I am a very poor sleeper, and I perspire very much during the night. I am generally very nervous. Can you please tell me how I can gain back my weight?—Miss Bertha Callahan.

A. Yours is not a question of only gaining some weight; there may be some serious underlying malady which may be causing your rundown condition. We suggest that you get a thorough physical examination and perhaps an X-ray of the chest. We advise you not to let this condition go unattended.

Q. I have an inflammation of the bladder which causes me to urinate very frequently. What can I do for this ailment.—Mr. W. H.

A. Hot sitz baths and flaxseed tea, two cups per day, are helpful in these conditions.

Q. I have a burning and tired sensation of the eyes which is quite annoying. What can I do to remedy this?—Mr. Geo. A. Bahl.

A. Suggest washing the eyes out with eyebright tea before retiring.

HOLIDAYS!

Except for the Housewife

(*Continued from page* 445)

ately. This avoids mental confusion, makes you a calm individual, and saves those NERVES.

WHEN it comes to getting rest, do this intelligently, too. Two or three short rests during the day are better than one long one. Resting at frequent intervals during the

(*Continued on next page*)

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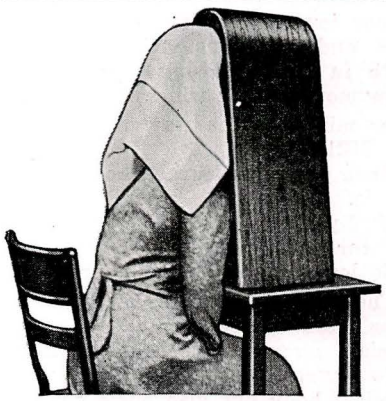

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Write For Vaporizer Bulletin—
Now — Today

THERM-AIRE EQUIPMENT CO.
2713 Gallatin Rd., Nashville, Tenn.

HOLIDAYS!
Except for the Housewife

(*Continued from previous page*)

day is not only a splendid habit, but it becomes a rejuvenating factor influencing all the other activities of the day. Go to a quiet spot, in or out of the house, sit down or lie down, and simply let go. Relax completely. Ten or fifteen minutes of this and all the storage batteries of the mind and body are recharged. You soon find not only new energy but new enthusiasm for the work ahead. But you must practice complete relaxation. Spin the dial of your mind, just as you would spin your radio dial, to new thoughts and pleasant ones. After practicing this method of relaxation for a few days, you will master excellent control of your thoughts and emotions, and soon your friends will notice it.

WITH your new-found leisure, you will find time and energy for personal improvement. Good books, good music, and other good hobbies will add zest to your life. All of these things will transform you into a vital, magnetic personality, and the wan existence of the household drudge you once were, will be forgotten. But these things are possible only if your nervous system is in good order. The real HOLIDAY for the nerves comes when there is no interference with the transmission of nervous energy. Too many housewives have what Chiropractors call "subluxations." These prevent relaxation, prevent nervous control, and prevent the accomplishment of the orderly manner of living described here. The sensible thing to do, then, is to have these "subluxations" corrected, which fortunately can be done by the skillful Chiropractor, because the subluxations are found in your spine. They can be adjusted, usually, in a few minutes. If neglected, they cause pressure upon those all-important NERVES, and may be responsible for the backaches, headaches, constipation, tiredness, weakness, pains, and cross tempers, from which so many housewives suffer.

Since there are really no holidays for the busy housewife, she should take advantage of a weekly visit to her Chiropractor's office for the purpose of receiving the scientific corrections that may make possible a new freedom from household aches and pains, thus getting a "nerve holiday" far superior in real value than any regular holiday can possibly give. As one of my patients recently remarked as she relaxed on the adjusting table after her spinal adjustment: "Doctor, I feel so refreshed, this is better than a vacation. It's a real holiday!" There is a lesson in this for every housewife.

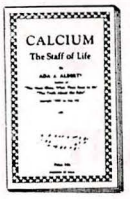
ARE YOU DANGEROUSLY

UNDERWEIGHT?

Many people who are big eaters never gain weight because of the lack of certain elements in their diet. Fats, proteins, starches, vitamins are not always enough. Minerals must be included. Especially important are calcium and phosphate. Certain symptoms which indicate a lack of calcium and phosphate are: a run-down condition . . . tooth decay . . . broken fingernails . . . general nervous disorders.

YOU MAY NEED CALCIUM!

If you want to have a good figure and a lithesome carriage, if you want to keep your hair lustrous and your eyes sparkling, if you want to have a glowing complexion you may find that calcium and phosphate will help you. Alberty Food, famous for over 35 years, is rich in calcium, phosphate, proteins and other nutritional factors. Thousands of men and women who were chronically thin and unable to gain in weight have reported improved health and normal weight from Alberty Food.



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From Our Book Shelves

101 Useful Weeds and Wildlings—

By Orcella Rexford, 143 pages, $2.50.

Only few people realize what a wonderful store of beneficial herbs is growing in their back yard, in the fields and woods. Orcella Rexford has written a delightful book on these wild herbs and weeds that will inspire many readers to go out into the great market place of Mother Nature. It is easy to identify the herbs with the help of 113 pen and ink drawings by the author. In addition there is a charming story of the pioneers and the Indians and how they used the various weeds, which takes one right into the spirit of the fields and woods. There is also a shorter list of poisonous herbs with their descriptions and drawings which should be consulted if there is any doubt about the identity of some herb. An index and very clear large print are additional points that recommend Orcella Rexford's Book to all herb lovers and friends of Nature Cure.

We Need Vitamins — What Are They What Do They Do?—

By Walter H. Eddy and G. G. Hawley; cloth bound, 101 pages; $1.50.

This book is a primer of the nature and functions of all the known vitamins. It contains authentic, simply stated information designed for lay people but based on the latest scientific developments in vitamin research. Such questions as to chemical and physical properties, potency and its determination and the different effects of the various vitamins are fully discussed and clearly stated. The various vitamins covered by the book are A, B Complex, B1, C, D, E; K and P. The Appendix has an extended table of vitamin contents of the various food stuffs. It is the most complete and up-to-date table on vitamins the reviewer has seen so far and no doubt will be welcomed by people who wish to measure their daily intake of vitamins. Lack of certain vitamins is directly responsible for various disorders of the whole organism as well as of certain organs. The authors cover the whole field of these "avitaminoses." The book belongs on the shelf of every nature cure library.

Common Sense and Its Application in Everyday Life—

By Sarah Flowers; 205 pages; $2.00.

This is an interesting compendium on self-healing through metaphysical means interpreted and explained by way of individual case reports. Practically all sick people are badly in need of spiritual strength such as the author imparts in the pages of her book, and the essence of which is set forth in the following lines of an anonymous author which we quote:

Your mind has the way of a Magic Mill,
Once you have learned how to use it.
And if you take thought it will work for you.
So long as you do not abuse it.

There are lessons on many occasions, for many professions and special circumstances and useful hints for strengthening not only one's physical body but also one's character and mind.

ARTERIOSCLEROSIS

(*Continued from page* 443)

would be increased. But the various other conditions which follow in the wake of arteriosclerosis can be favorably influenced so that the patient is helped a lot; and by adjusting the organism to the changed circulatory conditions his life span can be lengthened.

What To Do?

GENERALLY speaking, everything must be avoided that burdens the blood circulation and calls for a greater strain on the heart. This means proper nourishment. Moderation in eating and drinking is absolutely essential: Three meals a day, of which one should be omitted occasionally. For it is the dietetic transgressions which bring about calcination and metabolic disturbances. In the first place meat must be left off and eggs and fermented cheese reduced to a minimum. Menus should be mainly vegetarian with fruits, vegetables, salads (without vinegar) predominating. The blood thereby will become more liquid, and the burden on the vascular system lightened. Then above all, moderation in drinking: Great amounts of liquids are to be avoided and especially to drinks containing poisons which increase blood pressure, such as alcohol (in every form), coffee, tea, cocoa. In

their stead take fresh water, fruit juices, barley malt coffee, herb teas, alcohol free wines, but in small quantities. Tobacco must be entirely left off.

Habits

BESIDE the diet the habits are of greatest influence on the development or retardation of the hardening of the arteries. Sedentary occupations especially in connection with brain work show a greater incidence of arteriosclerosis than those doing strenuous physical work. Of great value for the former are regular walks, regular light exercises, air baths with dry rubbing of the skin taken before the open window, and deep breathing.

The right mode of life is to a large extent dictated by the right rational attitude toward the struggle for an existence and the way to make a living, which are responsible for a good deal of the spread of hardening of the arteries. Excitement, worry, fear, rushing about, all this weakens the arteries which easily are affected by nervous reactions. This means that the potential or actual sufferer must exercise self-control and bear all the irritations and disagreeable burdens with serenity and equanimity instead of overrating the dark side of his existence to the detriment of his health. Instead he should concentrate on the fact that everything under the sun is of a passing nature and will come to its end, and that it matters very little whether he worries about minor problems. To all those who are standing in the front line trenches of the struggle for an existence, whose whole life is an endless series of worries, surprises, excitements, restless activity, never-ending efforts I want to give this final word of advice: Lay down your weapons for a few hours each day, give yourself a little more diversion and take it easy.

THE ANTI-GRAY-HAIR VITAMIN

(*Continued from page* 458)

vitamin A in active form is the most difficult to obtain. It is needed to assure complete mineral absorption as well as to prepare the body for the utilization of other vitamins in the diet.

In taking any vitamin A for the nutritional benefit of the hair, eyes, glandular system, or even to prevent kidney stones or aid their dissolution, the greatest care should be taken to keep the body like a garden of health properly cultivated by exercise and right living, cleared of all weeds of diseased spots, and supplied with whatever substances will aid proper assimilation from the diet.

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Put your Body in the Pink of Condition

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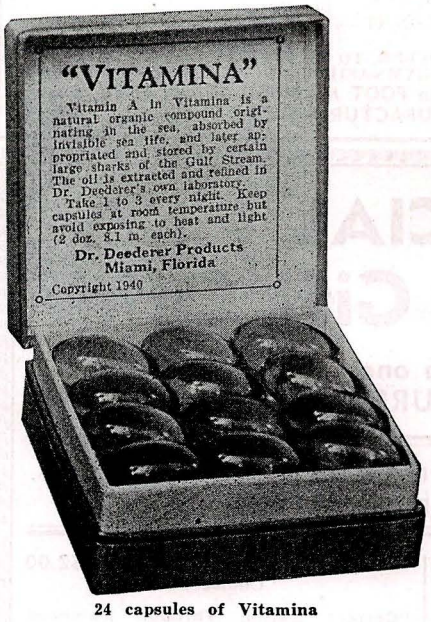

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SEE RENEWAL BLANK WITH LIST OF FREE PREMIUMS ON PAGE 464.

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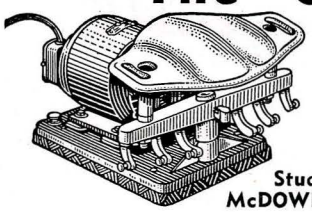

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IF THE STOMACH COULD TALK

(*Continued from page* 449)

a host of foreign bacteria to eat up the remains leaving their virus to add to our misery.

And please don't forget that our cousins in your liver, kidneys, spleen, etc. were in trouble also for they too had their normal work to perform, but what could they do with the material we were forced to send them? We were only able to send them polluted and drugged materials, while they needed pure, wholesome food the same as we did, while you supplied only those things that your perverted appetite called for. Seldom did we get any of the natural foods we needed, such as fresh fruits and vegetables—instead we got greasy foods, canned foods, pickles, preserves, pastries, hot dogs or chili, coffee, nicotine and tobacco juice, iced drinks, pie, cake, drugs, candy and everything under the sun that we shouldn't have had.

So our cousins were starved, poisoned and overworked, and some of them died too, and the foreign bacteria came to eat their remains and scatter more virus. And our cousins in your muscles and nerves became weakened, overworked and poisoned —your vertebrae became displaced because of the irritation and poisoning in the muscles and nerves, and so it became an endless chain—you abused us with unreasonable food concoctions, drugs and other rank poisons. We were forced to send the results of this mess on to our cousins. They in turn did the best they could, but all of our efforts weren't enough to keep you well.

Now you're sick. You have stomach ulcers, infected liver and colon and your kidneys are in trouble. You're toxic from head to toes. Your vertebrae are twisted and interfering with our vital nerve supply and it serves you right. But, if you want to get well—really want to get well, and incidently do us and our cousins a favor, you'll dump all your drugs in the river, and then take the advice of a competent physician who will use only natural methods. He will probably tell you just what to eat and a lot of other things you don't seem to know. He will probably destroy the foreign bacteria and their virus with electronic treatments and use Naturopathy and Chiropractic to straighten the vertebrae so that we can get our normal nerve supply again.

When you have done all of this, we promise you that we and all of our cousins will work day and night to help you repair the damage.

From Far and Near

CAVEMEN HAD CAVITIES, TOO

Homer, Neb.—The belief that prehistoric man had superior teeth was exploded when excavators near here uncovered skeletons of a prehistoric Nebraska tribe which was supposed to have roamed the prairies long before the present-day Indian appeared.

Professor John Champ of University of Nebraska anthropology department, who examined the skeletons, reported that virtually all of them had large cavities in their teeth.

MAN, 85, WALKS 55 MILES

Bear Mountain, N. Y., Oct. 15 — Celebrating his eighty-fifth birthday, James H. Hocking of Teaneck, N. J., made his annual hike to Bear Mountain from his home today.

The aged pedestrian said he had walked an estimated route of fifty-five miles in twelve hours and had not stopped en route. He left his home at 22 Brinkerhoff Avenue at 5 A. M. and arrived here at 5 P. M. After dinner at the Bear Mountain Inn, he returned to Teaneck in the automobile of a friend.

He bettered the time he made last year, when he walked fifty miles over a slightly different route in eleven hours, he said. Walking has been Mr. Hocking's hobby for many years and he ascribes his good health to it. When he arrived here he showed no signs of weariness.

"New York Times."

ORANGE JUICE IN CAPSULE FORM

Dunedin, Fla.—Britain's home defenders may soon be drinking Florida orange juice despite wartime shipping restrictions which have made the price of fresh citrus prohibitive.

A Dunedin firm has completed a $150,000 order for concentrated orange juice for the federal government to be shipped to England and is working on another order just received.

Company officials say the concentrate is only a fraction of the volume of fresh juice and requires little shipping space, but with the addition of water regains its original flavor.

PAIN KILLERS DANGEROUS

The morning paper records the sudden death of a Massachusetts Congressman from a heart attack, which reminds me that I recently asked a doctor friend if he had any theory to account for the rapidly increasing ratio of deaths from this malady. He ventured the opinion that one of the leading causes was the almost universal use of aspirin which is used freely by children and grown folks alike, saying that in Germany where it originated one cannot buy it at the drug stores without a physician's prescription.

Pain is simply the warning of some physical disability that requires attention. To attempt to deaden every ache and pain with aspirin or other narcotic preparations is about as senseless as to muffle the noise of a creaking wagon wheel instead of getting at the cause and applying lubrication to the axle. It is true that there are cases wherein the intelligent use of narcotics is necessary, as in surgical operations and hopeless cases wherein the patient is suffering excruciating pain. But generally speaking, it is well to avoid the habitual use of aspirin. Look for the cause. Correct it, if possible, and pain (the warning signal) will cease automatically.

—The American Eagle.

THE INDIAN TRAIL TO HAPPINESS

Charles Eagle Plume, an Indian lecturer, tells of an old Indian who was entertained in one of our large cities. He was taken to the best night clubs, heard the swing bands and was shown how white men have their fun. He sat through a number of movies. He was feverishly rushed from place to place and given a taste of modern life in all its phases.

What did the old Indian have to say about it all? Just this: "White man must be unhappy—work so hard for have good time—no have good time at all." This old Indian found more satisfaction in watching the sun go down every evening as his ancestors had done, than in rushing here and there as the white man does.

There is much peace and happiness in quiet things: Moonlight on rippling water; the glowing embers of an open fire; pine trees whispering together on a hilltop; the silent stars, like flickering candle flames in heaven.

The Indian trail to happiness is worth following.

—"The New Eden Magazine"

He that riseth late must trot all Day, and shall scarce overtake his Business at Night.

Laziness travels so slowly that Poverty soon overtakes him.

—Benjamin Franklin.

FEEL TIRED THESE MORNINGS?

Try delicious new Joyana at bedtime tonight

. . . To wake up clear-eyed and cheerful

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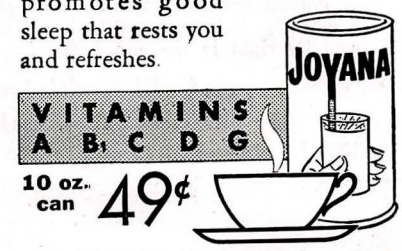
Get Vitamins. Try JOYANA —see if you don't wake up feeling more energetic, more rested in mind and body—more buoyant, more alive.



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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.

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

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REJUVENATION AND THE TRAGEDY OF PREMATURE OLD AGE

(*Continued from page* 450)

tonic, or through the use of an electrical machine, or any mechanical device, or relying upon certain baths, or by merely hoping, praying and wishing. The "Road Back to Youth" could be accomplished only through reformatory measures, through "Back to Nature Life," and through a complete adjustment of living habits which tend to continually maintain health, instead of destroying the body and mind.

THE usual term "old age" which is considered around fifty years, carries the thought that at this time of life one should begin to "take things easy," that one should expect his hearing and seeing to be impaired, to tire easily, to breathe heavily, to have heart trouble, to suffer from some form of chronic ailment to be nervous, and not to sleep well. Such a false conception is impregnated in the minds of those who have broken all the natural laws of living. But, it does not necessarily mean that all who reach the age of fifty years must pay the price of a physical or mental collapse.

While it is true that the above mentioned debilities result in premature old age, however, it is comfortable to know that one could avoid premature old age with its accompanying mental and physical deficiencies, regardless of any advanced age, providing one lives in harmony with the biological and physiological laws which govern the health and welfare of the human body. It is not normal or natural to age prematurely. Mental and physical weaknesses result only through many years of dietetic and hygienic transgressions.

NATURAL old age, in the true sense of the meaning, should be beautiful, glorious, dignified and satisfying. Even at this time of life one should possess all of his faculties to a normal degree of function, be buoyant, alert, upright and enthusiastic. Yours truly, who has already reached the so-called "pension age," and who has for many years lived the "natural way," can, and does prove the fallacy of premature old age. I say, with all sincerity — you can prevent aging prematurely— you can maintain that upright, sprightly, buoyant carriage — you can avoid physical deterioration — you need not be burdensome — you need not have a wrinkled skin or an harassed expression — and also, you can be interesting even to young folk.

Nature does not hold out any short

(*Continued on next page*)

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FOOD SCIENCE — NATURE'S SUPREME HEALING ART

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THIS BOY MATURES INTO HEALTHY MANHOOD

My son Paul was shown by tests by Dr. X to be a perfect hay-fever victim . . . His condition became worse and he took hay-fever serums with no relief, and Dr. X advised me he could do nothing for him. By that time he had to spray his nose before meals to enable him to eat. He was thin and very irritable; could not run and play like other boys because he had no "wind."

I heard of Lucile Steele's treatment by diet and correct eating . . . I followed the treatment very closely and my boy is now cured and suffers no more than any person from dust or weeds. I, myself, was a regular sufferer with bronchitis and neuritis for several years. Since I have been under the instructions of Lucile Steele I have had no recurrence of the above diseases.

MRS. LOUISA OVERHOLT
Rapid City, S. Dak.

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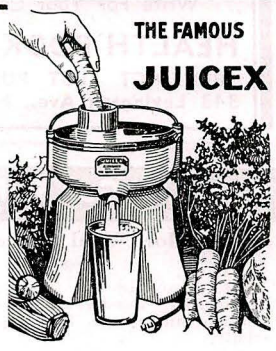

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Finkelgram No. 12

REJUVENATION AND THE TRAGEDY OF PREMATURE OLD AGE

(*Continued from previous page*)

cuts for rejuvenation, and therefore, it is useless and folly to rely upon artificial means for the restoration of youth. On his ninetieth birthday, Chauncey Depew said, "Human life is prolonged not by monkey glands, but by common sense." A very prominent doctor once said, "The only way to prolong life is not to shorten it." This can be paraphrased—the only way to prevent premature old age is not to bring it on.

THERE is only one way by which the body can be rejuvenated and that is by natural methods, which include a diet that contains the necessary amount of calcium, sodium, potassium, phosphorus, and in fact, all the minerals and vitamins the body requires for normal physiological function; also by deep breathing and proper exercise, rest, relaxation and sleep, adequate bathing, sufficient water drinking, normal sex conduct, and in general, by following a sane plan of hygienic living.

It is too bad that people cannot see the wisdom of living more sensibly and foresee THE TRAGEDY OF PREMATURE OLD AGE. If they only knew what unhappiness and sadness life holds for those who are prematurely old and decrepit they would dread to dissipate their youth during our present jazz and hectic life. Your writer can assure them that were they to give up their bad habits of living and adopt those which are rational and natural, REJUVENATION would be only a matter of time, and THE TRAGEDY OF PREMATURE OLD AGE would no longer be the curse which is robbing many people of the joy and beauty Nature holds in store for her earthly creatures, when they reach their unavoidable, natural old age, the age limit of man's possible existence on this earth.

NO MORE BICARBONATE OF SODA FOR DIGESTIVE TROUBLES

(*Continued from page* 448)

severe headaches, heart palpitations, and a feeling of weakness. His stomach was dilated due to the continuous presence of carbonic acid formed by the drug. The headaches and other symptoms were due doubtless to the hyperalkalization caused by the great quantities of bicarbonate. To say it in his own words, his head "seemed to burst as if filled with lead."

THEN I decided to treat the patient according to my ideas and not those of my superiors. I sent the patient to bed and made him fast

(*Continued on next page*)

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NO MORE BICARBONATE OF SODA FOR DIGESTIVE TROUBLES

(*Continued from previous page*)

for two days. He drank only water, two spoonfuls every half an hour. This ended all the symptoms including the pain which only appeared at the beginning of the fast when he still had food of previous meals to work on in his digestive apparatus. About fifteen hours after starting the fast the pain was gone. It was, however, not possible to prolong the fasting period and to follow a complete natural treatment with the aim of getting a cure. All men were needed due to the heavy demands of the service and we couldn't undertake a curative treatment. My aim was to make the patient go with as few troubles and pain as possible until he could undertake a complete curative treatment.

As soon as he was again on a solid food diet his digestive troubles reappeared though not so severely as the last days before the fast. I expected them to come, for while the fast proved useful in overcoming the disturbances caused by the great quantity of bicarbonate of soda, it was not a sufficient measure to eradicate the true cause of the digestive disorders of such a long standing. A more prolonged fast was needed then, perhaps an exclusive grape, or apple or orange cure, followed with a milk diet to pass gradually to a normal one; this together with water, sun, herbs and other treatments, would accomplish a cure and this was actually done after the war.

IN the meantime I knew that it was urgent to find some measure which could relieve his troubles, but without damaging the system as bicarbonate of soda did. And I found it. It was physical exercise, and from my own experience I knew it would help. As the palliative effects of the bicarbonate of soda on the stomach were chiefly due to the formation of carbonic acid I expected that exercise to cause the expulsion of gas through the same way, though acting differently. In fact the exercise acted as a very efficient compressive internal massage over the organs lodged in the abdominal cavity, forcing the gas in the stomach to ascend to the mouth. So, we would have the same easing effects of the bicarbonate of soda, but without favoring a dilatation of the stomach and preventing also other serious disorders.

I ordered the soldier the exercise to be repeated during the day, as many times as he felt the troubles approaching. And it was completely helpful. The man did not suffer his previous pain, his digestion and assimilation improved to the point of

(*Continued on next page*)

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NO MORE BICARBONATE OF SODA FOR DIGESTIVE TROUBLES

(*Continued from previous page*)

increasing his weight five pounds in a month, and as a general result his strength and endurance grew.

THE exercise is termed "circumduction of hips or pelvis," also for fun called, "gymnastic rumba" and is as follows:

Stand erect in the middle of the room. Place your hands on hips. Feet closely together.

Bend the body from the abdomen down to the thighs forward as much as possible, avoiding excessive tension. Follow on with the same movement in a circular motion, to the right, then backwards, to the left, forward again. Continue to the count of thirty complete turns. Then repeat the same number of counts, in opposite rotation. The exercise must be taken slowly. Avoid quick turns. All persons suffering of hernia, or some ulcerative lesion, pregnant women, etc., are to avoid this exercise.

When there is a condition of acid excess and gas in the stomach, gas and fermentation in the bowels, about at the count of 15, one begins to eructate, obtaining immediate relief. This exercise is a healthful substitute without the dangers from the use of the drug. At the same time, all conditions of atony in the bowels, liver, spleen, and also hip function of the genito-urinary apparatus are frankly benefitted.

BARGAINS IN HEALTH

(*Continued from page* 455)

THE reputable naturopathic physician will tell a patient at the outset that there is no short cut to health. He will explain that a condition caused by years of violating natural laws cannot be corrected in a few treatments. Natural laws governing life affect all human beings regardless of station in life. Barring accidents and depending on inherited tendencies, transgressions of these laws will result in ill health in varying degrees from a simple headache and constipation to the more serious chronic diseases such as arthritis, cancer, etc.

To correct such conditions TIME and the co-operation of the patient are essential factors as well as treatment. Natural laws regulating life and the repairing of it can no more be hurried than the natural laws regulating the heavenly bodies, gravitation and matter. The supreme virtue of naturopathy is that it recognizes the immense power of nature and applies treatment only in accordance with these well defined laws. It utilizes the forces of nature and all constructive drugless health-building methods of treatment and relies on the proper adaptation of these forces to the patient.

(*Continued on page* 471)

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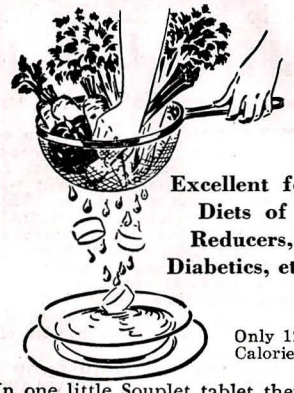

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NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

(*Continued from page* 447)

Brushing and Combing the Hair

I CANNOT emphasize too often the importance of proper brushing and combing of the hair daily, with a type of comb-brush described in a previous article.

A brush should have firm and well spaced groups of bristles (brushes of metal, with wire bristles, are not recommended), varied in length and graded so that the longest bristles are in the center of each group, thus permitting a more even and deeper penetration of the brush through the hair to the scalp. The bristles will create a warm, tingling sensation on the skin and stimulate the scalp. After this vigorous brushing the hair should be treated with a suitable external application.

It should not be necessary to emphasize however, that an individual comb-brush is as essential as an individual tooth brush. The strict observance of cleanliness is of paramount importance. The brush should be washed and cleaned thoroughly with a special brush cleanser, as often as once a week to remove the dust, grease and dandruff accumulated during its use. If the bristles of the brush get soft from rinsing, a little alum added to the water will stiffen them.

Dry and Split Hair

CURLING with irons, cold water waving, permanent waving methods and all such artificial distortions of the hair structure render it dry and lifeless. Hair so treated will split and break. Cutting the hair or hair ends will not improve the condition because almost at once there appears a splitting of new free ends. The hair should be oiled whenever it appears dry, brittle and harsh, or when it loses its glossiness. These conditions are sure to lead to its becoming split and broken at the ends, and to further weakness and falling out.

The oil mentioned here, should be used freely on the split ends of the hair. Massage of the scalp with the oil will greatly aid in improving the condition of the hair.

You may obtain a valuable booklet entitled "Your Hair and Its Care" at your health food store to help you keep your hair in the best possible condition.

(*To be continued*)

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BARGAINS IN HEALTH

(*Continued from page* 469)

THE best bargain in health then is not the treatment giving temporary or palliative results, but one giving permanent benefit in a reasonable length of time. It is a system of treatment that relieves the local manifestations of disease in the form of pain, inflammation, etc., and at the same time eradicates the underlying cause of all these manifestations, namely toxemia. The best bargain is the treatment that restores the patient to health and maintains it when the patient lives in accordance with natural laws. The first investment is usually the only investment, because there are seldom complications in naturopathic treatment, when properly given by the physician and completed by the patient following the health program outlined.

All graduates of naturopathic colleges are trained to teach healthful living as well as to treat ailments and they are qualified to make the only real bargain in health, namely that which corrects the condition permanently and gives the patient a new lease on life, so that except for accidents and wrong environment a physician is seldom needed. It may take a little longer than ordinary palliative treatment, but it saves the individual and the members of the family hundreds of dollars during the rest of their lifetime.

EXERCISE THE RIGHT WAY

By **Louis Arnold Pike**

JUST as it is important to eat the correct way, so is it important to exercise the right way. There are certain principles relating to exercise that everyone should know before undertaking a physical fitness regime.

The first thing to do before commencing with your "daily dozen" is to wear as little clothing as possible. Trunks, a bathing suit or your "birthday suit" are most suitable. The less clothes are worn while exercising the easier it will be to move your body. At the same time more oxygen will reach the pores of the skin. The room should be well ventilated.

Now you are set to do your first exercise. This should usually be what is known as a warm-up movement, to adjust the body for the more vigorous movements that follow. A breathing exercise, wherein the arms are flung from the sides upward overhead while inhaling and then lowered to the sides exhaling, is ideal.

It is essential that the exercises which succeed be systematically arranged in order that each part of the physique receive equal activation. The neck, arms, chest, abdomen, hips,

(*Continued on page* 475)

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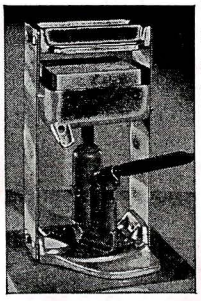

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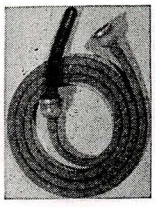

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The Exposition hall, divided into two main aisles of exhibition booths, was chuck full of edibles from 'soup to nuts.' Raw nuts, sun-ripened dehydrated pasteurized bananas packed like dates, unsulphured dried fruits; whole wheat date flakes; soy beans and various soy bean products in form of noodles, oil, meat, spreads and breads; tealess alfalfa tea; a saltless salt from dehydrated vegetables; artichoke forming the basic ingredient of noodles, spaghetti and flour; Bakon yeast; Papaya honey; Yogourt and Yogourt-papaya were among the wholesome nutritious products on display, many of which were offered in tempting samples to the crowds.

Among the Exhibitors displaying their Health Foods were American Yogourt Corp., Bakon Yeast, Buitoni Products, Catalyn New York Co., Chief Rising Sun and his Indians, Loma Linda Products, Health Brands, Inc., Huni Health Products, Lust's Health Food Bakery, Nutradiet Products and many others.

The Exposition which was open from 10 A.M. to 11 P.M. each day had several interesting features. Three times daily a Health Food Cooking School was conducted under Mrs. Alice Satterwhaite who demonstrated how to cook the right way to preserve minerals and vitamins. A number of wonderful recipes were given to those in attendance. Thruout the day there were educational lectures by various speakers such as Dr. H. Sachren, W. Scott Roberts, Dr. N. S. Hanoka, Felicia Kornreich, Chief Rising Sun and the famous bacteriologist Dr. Stephen Gaymont.

Chief Rising Sun of the Cherokee Nation and two Indian families proved a drawing crowd. Their tents pitched on the exposition floor, this group demonstrated the health value of many Indian foods and their place in the diet.

New York Dailies featured the Exposition in their food columns which is indicative of the growing popularity of Health Foods. 'Health Foods for Defense' is the motto of the day.

Reported by Lewis Arnold Pike.

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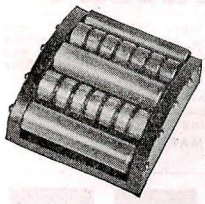

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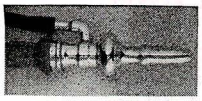

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EXERCISE THE RIGHT WAY

(*Continued from page* 471)

thighs, calfs and ankles must be considered and given a place to play in the 'daily dozen.'

WHEN planning your fitness program it is wise to avoid exercising related parts after each other. In other words do not work the upper arms, then the forearms and next the chest. Such a procedure would congest the blood in the upper body and make you feel tired much sooner than you should. The blood should circulate freely through the entire body, swelling in the arms momentarily, in the legs next and so forth. This induces more copious perspiration, greater elimination and quicker, better development.

A training arrangement that the author has found very agreeable with his patients and himself is the following. First, there is a warm-up breathing exercise, then the shoulders, legs, chest, neck, upper arms, calfs, waist, forearms, legs and chest are activated in that order. This training program requires only 20 to 30 minutes to perform and when you complete it you feel like a new person. The principle muscles, circulatory and nervous systems are put through a brief vigorous workout, one that refreshes rather than fatigues the body.

Organizing a 'daily dozen' is one thing, practising it correctly is another. The author has discovered that in his calisthenic classes, 9 out of 10 persons perform the exercises incorrectly and thereby benefit little. Remember this then, adhere to the instructions to the dot. Be certain that you are in the correct starting position maintaining good posture. The wrong position and poor posture are hindrances to correct movement.

Secondly, when performing the movements put zest and pep into them. Don't exercise as though it were going to melt you but contract and extend your muscles completely. Halfhearted, incomplete movements lead to muscle boundness, tightness and poor development. The results you achieve depend primarily upon what you put into your work.

Dietitians always recommend chewing food slowly and thoroughly; likewise physical instructors advise exercise to be performed at a moderate rate, each movement done thoroughly and vigorously. Between each different exercise there should be a moment's rest to permit the body to recuperate.

When you have completed your "daily dozen" a refreshing shower or bath is a perfect dessert. By exercising the right way, you will be living the healthy way.

The used Key is always bright.
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Food Revolution Is Predicted From Training of Selectees

St. Louis—A revolution in American food habits and farm production will result from the training in nutrition which more than 1,600,000 soldiers are receiving in Army training, it was predicted by Colonel R. A. Osmun of the Army Quartermaster Corps.

Soldiers who lived at home on lean meat, potatoes and coffee or on hominy grits, fat pork, molasses and a little bread are now learning what life is like with a balanced diet, Colonel Osmun declared.

Some of the men stick to meat and potatoes for the first few days in camp but they soon begin wolfing down their carrots, lettuce, beans, peas and milk.

This nation-wide lesson in nutrition is not only good for Private Plink and his buddies, who have maintained a steady gain in weight and physique since they entered the Army, but is a widespread educational program for their families, he said.

Colonel Osmun told the dietitians that the trained soldiers on returning to civilian life will demand milk, fresh vegetables, fruits and other food for a balanced diet and will begin developing dairy herds, vegetable gardens and fruit farms to supply nutritional deficiencies in areas which are now one-crop farming districts.

"Demand will diversify the entire farming effort of the country, something which should have been done a long time ago," he added. "The present Army feeding plan will do its part to develop this healthy demand."

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Wild grape; rich vine—that lent
A tang and sweetness to the air
When sun-burnt vines hung everywhere.
This is my heritage—to see
The God in burning bush and tree;
To find the grass I trod upon
Star-jeweled at the burst of dawn;
To know at dusk a safe retreat,
From toil; and gladly greet
The stars that beckon, far, yet near
As God is near; to know not fear
Twixt dawn to dawn; to kneel in prayer
And sense His goodness everywhere.
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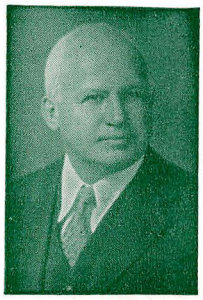

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