NATURE'S PATH

AMERICA'S PIONEER NATURE CURE MAGAZINE

Dr. Lust Speaking

FEBRUARY, 1941

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PRINCIPLES OR MEN, WHICH?

PROCESSED FOODS AND PUBLIC DEMAND

CARBOHYDRATES IN THE NATIONAL DIETARY

ENERVATION THE FIRST BASIC CAUSE OF DISEASE

PREPARE FOR A GOLDEN AGE IN HEALTH

HONEY, ITS USES OF YESTERDAY AND TODAY

PIMPLES THE BANE OF YOUTH

ELEMENTARY HOME STUDY COURSE IN NATURAL LIVING AND NATURE CURE

— AND MANY OTHER INTERESTING ARTICLES AND FEATURES —

FOUNDED 1896
BY
DR. BENEDICT LUST
EDITOR

HEALTH THROUGH RATIONAL LIVING

GOLDEN BALLS OF JUICE

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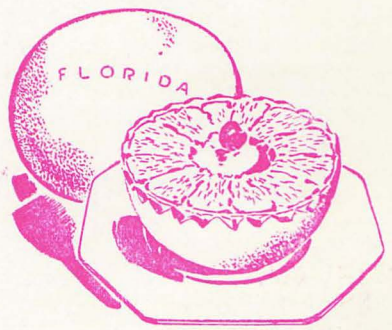

NEXT MONTH

Principles or Men, Which?
by Dr. Eugene A. Bergholz

The second part of the enlightening discussion of the Philosophy of Natural Healing by one of the outstanding exponents of the science.

•

An Interesting Milk Experiment
by Dr. Jesse Mercer Gehman

The author demonstrates the superior qualities of raw milk over pasteurized milk and shows that some of the most valuable constituents of cows milk are made ineffective by this process.

•

Hemorrhoids
by Christopher Gian-Cursio, N.D., D.C.

In this article an experienced practitioner who is also a graduate of the American School of Naturopathy reveals some interesting points about this frequent disturbance.

•

Take Care of Your Hair
by J. Silson

Whether you are "hair-conscious" or not, it will pay you to read what a true hair expert has to say.

•

Psychological Delineations
by J. C. Thie, N.D.

In his characteristically lucid style Dr. Thie leads us into the problems of character development and changes with special reference to diseases.

•

Presenting Bloodless Surgery
by Louis D. McKenney, N.D., D.C.

Most people have only a hazy idea of what bloodless surgery really means. This instructive article gives a clear definition.

•

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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.

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NATURE'S PATH

Dr. BENEDICT LUST, Editor

FEBRUARY, 1941

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

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Dr. Lust Speaking

THE RECENT EXAMINATIONS OF THE MILItary Defense Service Draftees and the resulting rejections of nearly one third because of physical unfitness, show the urgent need for a complete revamping and remodeling of our eating and living habits as they are practiced today. The movement to train and educate our young men that may be called upon to defend this country, in the proper way of keeping in good shape deserves the most enthusiastic assistance from all the various groups and schools of healing and of proper living. Physical exercise, balanced eating, moderation, cleanliness and good habits should be impressed upon all our people, both young and old, and NATURE'S PATH magazine will do its utmost in this most important task of arming the American people with health and resistance to disease. However, it is disconcerting to realize that a considerable section of the medical profession, at least that section that is following the dictates of the medical trust, is entirely wrong in its conceptions of health and disease and utterly ignorant of the facts regarding vaccination and inoculation. We are fully aware of the towering wall of vested interests that has been erected to shut out the light of truth in regard to these matters, but those who are brave enough to climb this wall will see beyond it the sunlight of truth and reason. Naturopathy and its various branches have been mining that wall for years, have destroyed a large part of its foundations and are confident that the day will come soon when the whole structure will tumble down and crumble from the sheer weight of its own absurdity.

Let us examine the question of immunity from disease through vaccination and inoculation. If we throw out of our minds the false idea regarding acute diseases, namely that they are due to an invasion of bacteria, and for a moment consider the more rational idea that they are due to the accumulated morbid waste matter, and the means of cleansing the body, whereby the germs merely play the role of oxydizing agents, then we can reason properly on the subject.

The human body in its natural course of life will tolerate accumulations of waste products for a number of years, but in the end will cause a reaction to take place in order to purify the blood and tissues. This reaction takes the form of an acute disease, its characteristics or symptoms depending upon the nature of the accumulations, the site selected for eliminating the poisons, and climatic conditions. After a person has experienced such a reaction there remain in the blood traces of what are erroneously termed immunizing bodies, but which are in reality ferments capable of chemically changing the character of the poison generated during this particular reaction. Should the individual accumulate waste products during that period they would not be able to assume the same character as on the first occasion, due to the presence of the ferment, consequently the reaction which would follow would have to assume a new form and the body select a new site for the eliminating process.

If we study these reactions from childhood up, we find that they occur in the earlier periods as skin eruptions and would most likely continue to assume that form, were it not for the suppressive treatment usually employed. However, we find the body making recurrent attempts to bring about surface elimination, even after repeated suppression, where the individual possesses superb vitality. The following periods usually bring reactions to the internal parts, with a consequent elimination from the mucous membrane, lining the respiratory, digestive or genito-urinary tracts.

Disease becomes chronic when the vitality reaches such a low ebb that the body has not the

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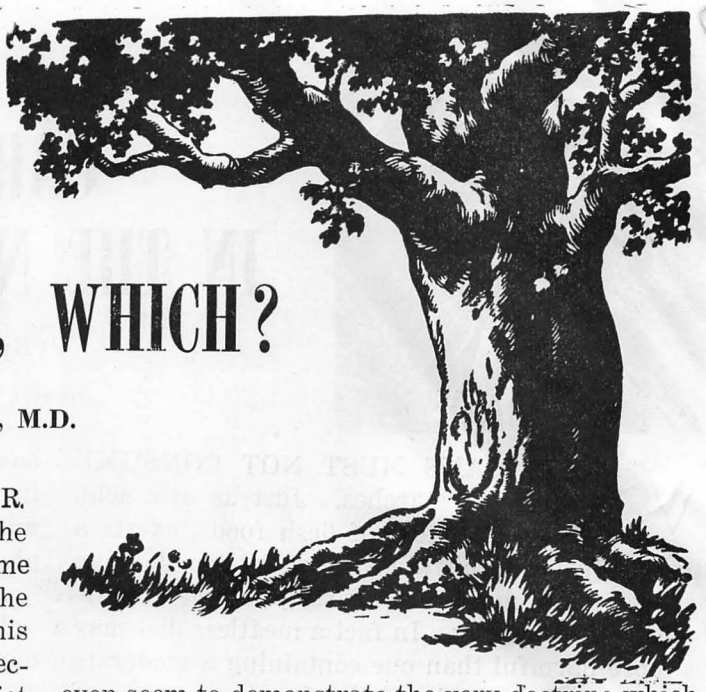

PRINCIPLES OR MEN, WHICH?

By EUGENE A. BERGHOLZ, M.D.

WITH THE RECENT DEATH OF DR. Wm. Hay of "Hay-Diet" fame, at the seemingly unseasonal age of 70, came many comments as to the efficacy of the system he preposed because he did not apparently, with his early passing, demonstrate the greater life-expectancy he attributed to following a program of diet stressing moderation and restricted food combinations.

This, so frequent a comment raised every time an authority on health is called into the great beyond, voiced particularly by those who, though they recognize the great benefits that can only accrue from a life of self-discipline but themselves lack the necessary "spine" to follow such a restricting regimen of living, brings to mind again a point that we have repeatedly stressed, that a philosophy based in truth is not dependent upon any man, procedure, experimental evidence, or any other agent that man may devise, but will ever stand by ITSELF in its OWN right, indisputable, unalterable, irrevocable, invincible, and eternal!

Every time a Great Light in the Field of Health Passes Hence, We hear the Weak Critics Cry Out, "The System is All Wrong!" Where Lies the Confusion?

It's Human-Nature!

WE HUMAN BEINGS, HOWEVER, ARE SO taken up with ourselves, that we feel MEN are the originators of principles and philosophies, rather than that they are merely DISCOVERERS of facts which were in existence long before even their own birthday appearance on the horizon, in fact, eternally so!

Therefore, we are enamored by the performance of MEN, we lean on THEIR beliefs, we give ear to THEIR interpretations and philosophies, and so we judge by men and performance, forgetting usually that they are but executors of either the truth they adhere to or the error they practice (or a mixture of both), and can only demonstrate to the limit of their own depth of knowledge, gifts, revelation, and to the DEGREE TO WHICH THEY THEMSELVES ACTUALLY DISCHARGE THEIR BETTER UNDERSTANDING! Men may not, for these reasons, even seem to demonstrate the very doctrine which they teach and know to be inviolably right, so, let us, therefore, not forget that the correctness of the principle should not be judged in the light of fallible men, for the principle is NOT dependent upon the MAN, but upon the PRINCIPLE itself. Principles, laws, truth, came first . . . Men either accept or reject them, and they demonstrate the facts involved to the degree that they accept and practice them. Law cannot change. Man ALONE confuses the picture through his interpretations of it and by his inability to obey it to the letter.

Other men are foolish merely to judge such men who CLAIM superior knowledge of truth, from purely external performance without themselves investigating and UNDERSTANDING the PRINCIPLES actually involved.

'Twill Ever Be Thus!

BUT WHAT DO WE USUALLY FIND? MAN sick unto death in his youth or prime, learns the eternal truth of health through the observance of natural law and begets certain results which inspire him to tell others of his precious findings. Factors in his own life, however, make it impossible to fulfill the irreparable breakage of the law he previously brought about, and he must be satisfied in his life of active humanitarian service with an ordinary "three score and ten" as his lease on earthly existence. But, because HE did not live beyond a century, which the law promises under IDEAL conditions, the principles proclaimed are entirely wrong or at least to be seriously questioned.

How fickle the opinions of men with their me-

(*Continued on page* 66)

CARBOHYDRATES IN THE NATIONAL DIETARY

By **LILLIAN R. CARQUE**

Natural Brands Research Foundation

VEGETARIANS MUST NOT CONSUME an excess of starches. Just as uric acid, the waste product of flesh foods, exerts a toxic influence upon the system, so too does an excess of starches and sugars give rise to carbonic acid poisoning. In fact a meatless diet may be more harmful than one containing a moderate amount of flesh foods, if the former consists of too many starchy denatured foods.

THE LATE OTTO CARQUE MAINTAINED that one of the principal causes of diabetes is a deficiency of iron and sodium in the blood. Without a constant renewal of these two elements, the blood cannot inspire an adequate supply of life-giving oxygen to burn up the carbon in the starchy constituents of the foods ingested; hence the products of combustion cannot be neutralized and eliminated. Sodium is one of the most powerful solvents, especially efficacious in the removal of carbonic acid. Yet it is one of the principal minerals which is usually not available in sufficient quantity. Because cereals, legumes and nuts are low in sodium, they should constitute the smaller part of the rational dietary. The excretion of carbonic acid via the lungs is carried on through the agency of the sodium phosphate contained in blood and lymph. Hence the paramount need of sodium in the purification of the system from poisonous carbonaceous waste products.

THE PERNICIOUS INFLUENCE OF REfined cane sugar, cannot be overestimated. Stripped of its iron, sodium, magnesium and water, and only in possession of mere traces of potassium, sulphur and calcium, refined sugar finds itself reduced to a vampire that sucks oxygen out of the stomach, sodium out of the muscles, calcium out of the teeth and bones, and phosphorus out of the brain.

Thus we can see that white sugar is an unnatural food. It cannot impart any vital nourishing properties to the body for it is devoid of life-giving mineral salts and vitamins—a destroyer of digestive power. Refined cane sugar yields only heat to the body. It is a "purified" fuel which is burned in the tissues without leaving behind a basic ash residue and vitamins to fortify the building and repairing material; the presence of these missing constituents is indispensable in all physiological performances.

FRUITS, WHICH NATURE DEVELOPS more slowly than other products of the soil, receive for a longer time the beneficent influences of light, heat and air, through which the electric and magnetic forces of the sun are transmitted. That is why the quick-energy yielding fruit sugars released by fruits—both fresh and sundried —are almost instantaneously assimilated, and their alkalinity renders them superior to the heavier starches, notably cereals and breads, in the elaboration of bodily heat and energy.

All CEREALS have a tendency to acidify the blood, since they carry a large amount of concentrated proteins and carbohydrates, which are detrimental if taken to excess, or to the exclusion of other foods. This condition is obviously aggravated in artificially prepared cereals which are devoid of the larger portion of their alkaline minerals.

CEREALS SHOULD BE EATEN PREFERably dry, in order to insure perfect insalivation and mastication. Mushes should never be mixed with sugar and milk, as this mixture usually causes fermentation in the stomach and small intestines; honey is preferable as a sweetening agent. Highly acid fruits consumed with cereals retard their digestion. While mildly acid fruits do not interfere seriously with the digestion of breakfast foods, people with weak stomachs should not combine them at the same meal.

Cereals even in their whole grain natural state are deficient in lime, soda and chlorine; hence they do not supply enough of the elements for building sound and healthy teeth and bones. Green-leafy vegetables should always accompany them to supply the needful minerals. Whole brown rice, unpeeled and unpolished, is the least objectionable and the least acid-forming of all whole grains. Avoid the demineralized and devitalized breakfast foods and flours, which have

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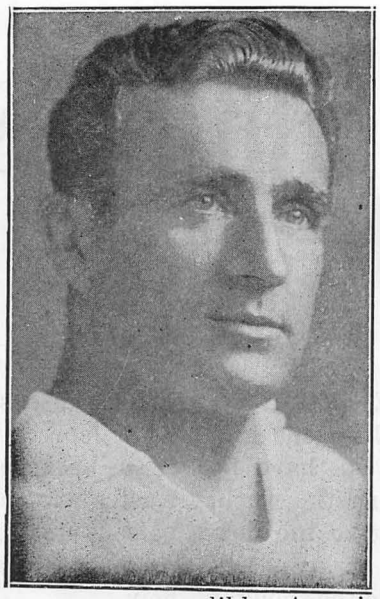
PROCESSED FOODS AND PUBLIC DEMAND

By **DR. JESSE MERCER GEHMAN**



MOST PEOPLE MERELY know food as food. It appears that the requirement of freshness is about the limit of the public's knowledge of what constitutes good or bad food.

This is not the fault of the public. For at one time freshness of food was about the only necessary item to consider in order to be assured good, wholesome, nourishing food.

But things have changed greatly in the past thirty years, so that one needs to be on the alert in making food purchases.

PERHAPS NOT ONE IN A THOUSAND realizes that foods which are protected or preserved against decay and deterioriation with chemicals are as a rule harmful and injurious to say the least.

Man, with the aid of chemical preservatives feels he has accomplished a great task in discovering a method of keeping food stuffs against time. But the chemical preservative method with respect to foods has been found wanting. True the food is preserved and will keep for a long period of time, but it can be eaten only with harm to the consumer.

NO IMMEDIATE HARM IS FELT OR seen. The amount of chemicals used is admittedly very small, being controlled by law. But the legal limit of quantity can have no effect on the potency of the chemical used nor the ultimate affect to an habitual consumer of such preserved food.

The effects of chemical food preservatives are cumulative. For instance a glass of jam containing salicylic acid as a preservative will do a family no apparent or measurable harm. But 1000 glasses of jam thus preserved used by the same family over a period of ten years do have a most deleterious effect.

And likewise one pound of dried fruit preserved with sulphur dioxide will not kill the family; but constant use of dried fruits preserved in this fashion over a period of years does have a harmful influence on the vitality and health of the members of the family.

In an effort of this length it is impossible to describe or point out each and every harmful preservative used and the effects of each. We shall confine ourselves to some of the most commonly used.

The late Doctor Harvey W. Wiley, Chief of the Staff of the United States, Department of Agriculture was always an arch enemy of the food adulterators, the manufacturers who deliberately adulterated their products. Through Doctor Wiley's efforts much was done in the U. S. in the way of legislation to protect the food supply of an unsuspecting and yet gullible American public against the inroads of chemical food preservatives.

IN THE PASSING OF DOCTOR WILEY, THE world lost one of its foremost pure food pioneers and crusaders. It was he who gave to the U. S. the pure food law, and it was he alone who untiringly fought to have it enforced.

Unfortunately for us, with the passing of time, new innovations of food manufacturers, and the greater dependency of a large part of the population on canned and package food, the law has long since been found wanting and we have frequently been obliged to eat food unworthy of the name.

A NEW PURE FOOD AND DRUG LAW HAS been passed and is now in operation. Time will tell how effective it is, or whether clever lawyers and food processors will find a way of evading it. It has teeth, but will they be sharp enough to protect us as we should be protected?

Though we are to have better protection it will not be amiss to have some knowledge of the more common preservatives and to exhibit this knowledge when making food purchases.

SOME YEARS AGO THIS WRITER SUGgested as one safe protection the labeling of all food indicating preservative used and also the quantity. It is hoped that our new pure food law will guarantee this.

This was a requirement in certain preservatives under the old law, but manufacturers, sens-

(*Continued on page* 68)

ENERVATION THE FIRST BASIC CAUSE OF DISEASE

By **LUCILE STEELE**

IN A CONVENTION A SPEAKER ROSE TO the platform to expound the Nietzsche and Darwin philosophy—that the weak have no right to live, and to the strong belong the world and its spoils—but after explaining to the doctors that it was a mistake trying to keep sick folk alive to weaken the race, he led to the thought that such cases could be palliated (for the sake of commercialism, we presume) if the doctor would buy his particular machine.

Now the author has a different message to bring to you who are ill—the philosophy of Christianity, demonstrated by Christ pausing in His busy life to give special attention to the sick or physical outcast. And on one occasion He remonstrated to the healed one, "Go and sin no more lest a greater thing come unto thee."

HEALTH IS OBEDIENCE TO PHYSICAL and spiritual laws. Until these laws have been infringed upon by the person or his forefathers, there is no disease. But the happy thought about it all is nature's ability to restore the sick to a life of comfort and usefulness, far in excess, many times, of the stalwarts about them. But such individuals must seek and understand natural physical law.

When man enjoys a state of health he has an abundance of nerve energy including the body's electricity. Vitality and body electricity are not one and the same manifestation. Human electricity when enhanced may be termed magnetism and this may be increased artificially through mechanical stimulation or through endocrine gland abuse. Yet this spasmodic stimulus within the body is not supported by natural law and order, hence will not produce perfect metabolism.

ENERVATION—a state of depleted vital energy—is loss of nerve functioning which must precede every inflammation or disease manifestation. As the nerve energy depreciates, disease increases itself in such tissue because metabolism is insufficient and body wastes are partially retained. These wastes and poisons—ordinarily termed toxemia—increase to predispose man to every disease to which he is heir.

My discussion has to do with some of the causes of enervation—warnings which a prudent man may heed.

Overwork of both mind and body is one of the most common offenders. A healthy body is geared for but so much activity—a frail body for less—but we drive them far beyond normal fatigue and often keep them in a state of perpetual exhaustion.

DIVINE INTELLIGENCE CONSTRUCTED this world to meet man's requirements, and day and night were divided accordingly. As the earth recedes from the sun the weather becomes colder, and man requires more rest to equalize metabolism since there is present a lack of the sunshine vitamin. Longer nights are instituted to meet that requirement.

But man does not observe these rulings and more illness in winter is the result. Exhausted from the day's duties he rushes home to a stimulating dinner, or off to a party or night club

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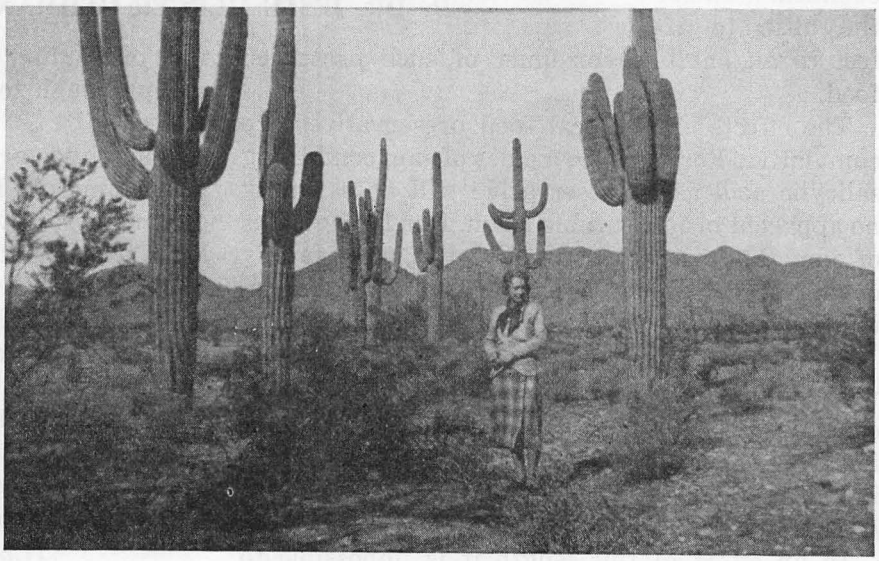

Snapshot of the Author

PREPARE FOR A GOLDEN AGE IN HEALTH

By **WALTER J. HODSON**

BILLIONS OF DOLLARS are being appropriated for defense purposes. All the country's resources are being organized and geared up to meet defense needs. The people are united as one in democracy and are wholeheartedly behind any measures necessary to keep our soil free from the threat or danger of possible invasion. But there is another invasion we must be equally prepared for—the invasion of bacteria and forces which seem to undermine our health. The nation can be strong defensively in armaments and men — prepared for any emergency. It is equally important that the health of the people should be fortified to withstand the strain and trials and uncertainty that the present generation is called upon to meet.

WE ARE LIVING IN A GOLDEN AGE OF science and it is science that will be called upon and harnessed to prepare the nation and the people for what is ahead. Science has already made such rapid strides that almost miraculous progress can be expected in every field of human endeavor in the new age that is dawning. It is this new Golden Age that will be our reward for the preparations and sacrifices we are making today—an age that will bring hope, encouragement and better health to us all.

Progress has been made in comfort, speed, safety, efficiency, transportation and communication, yet there is the danger that in this fast-moving world which man has created, man himself may be left behind with shattered nerves and broken health, unable to keep up with the pace he has set.

NOWHERE HAS SCIENTIFIC PROGRESS and achievement been more spectacular in solving this problem than in the field of Natural Health. Not only have the teachings of natural methods been able to keep up with the fast-changing needs of man, but in most instances have actually been ahead of their time. Almost daily headlines proclaim as a new discovery some principle which has been taught by natural healing for years.

Natural Law does not change, but science is constantly discovering new applications, different methods, and more effective techniques. In this process many of our old ideas about health have been clarified in the light of newer scientific knowledge, and in some cases a new emphasis has been placed on factors which before were considered of minor importance.

THE IMPORTANCE TO health of mineral elements in the dietary, has been stressed for years. It was evident that minerals as they existed in the soil could not directly feed the human body, so the rather loose term "organic minerals" was used to indicate elements which came to the body by way of plants or "organisms." For a time it was thought that all that was necessary was for the minerals to be "organic," and all would be well with the body.

Then science discovered that even these minerals could not always be utilized by the body. Only 20 per cent of the iron in spinach, for example, could be taken up by the blood stream. The same thing was true of other minerals in various foodstuffs—they were undeniably present, but the body could not always use them. And so science coined a new term—"availability."

MINERALS not only had to be from natural sources, but had to be available to the bloodstream. It was not enough for foods and food products to merely contain the proper elements, but it was necessary that these elements be assimilated by the blood if the individual was to profit from his regime of natural living.

Vitamins will undoubtedly play a prominent role in the health of this new Golden Age, for we will have rid ourselves of wrong ideas and misinformation about these vital food factors. The science of natural health will give vitamins their proper place as vital elements, indispensable in every diet if man is to maintain perfect health and his body is to carry on its vital functions. Science will indicate the source from which vitamins may be safely derived and will recognize the superiority of natural over synthetic products.

(*Continued on page* 58)

HONEY

ITS USES OF YESTERDAY AND TODAY

By **BEULAH THORNTON FITZ HUGH**

HONEY IS A FOOD THAT HAS LONG been tried and tested down through the ages. It has a wonderful food value. Almost every oriental country has some of its history and traditional customs linked with the usage of it. In Exodus 3:17 is told of "the land flowing with milk and honey," typifying a land of perfection. Again in Samuel 14:26 "And there was honey upon the ground" referring to its abundance. Early travellers record that the forests literally flowed with honey. And large pendulous combs could be seen hanging from the trees everywhere, bespeaking of abundance of food supply and a means of wealth. Throughout the Palestinian section, especially in Galilee and Bethlehem, wild bees were so plentiful that they furnished a means of livelihood to many of the inhabitants through the sale of honey. In India, the idle poor often found it their only means to raise their annual rent, taxes and levies. In ancient times it was of very great importance as a food article—being the almost only available source of sweetening. The Arabians considered it a delicacy. They served it with cream or fresh butter, with or without bread as one of their favorite dishes. In Africa the Masai warriors lived for days on honey rations.

WRITINGS HAVE EVIDENCED THAT honey has been celebrated in both ritual and heroic myth. For centuries it has been used both as a food and for medicinal purposes. Often it was and is still used by the heathen in their religious ceremonies. Before circumcision is performed honey is put in the sacred sprinkling water to be used for the blessing of their children. It was also a custom of the Hindus to place a little honey in the mouth of each new born male infant as one of the ceremonies of purification. Hindu medical writers of yore cited that honey, when new, was laxative and when more than a year old became an astringent. Also when a bridegroom arrives at the door of the bride's father or other honored guests, a mixture of honey and milk, or equal parts of curds and honey and clarified butter are recognized as a suitable and respectful offering.

IN MADAGASCAR, the Queen and her guests celebrate their New Year's festival by eating rice mingled with honey.

The Peruvian aborigines offered it to the Sun. A honey cake was the monthly food of the fabled serpent guardian of the Acropolis. As a libation to the dead it was used by the Greeks. In ancient Egypt it was employed as an embalming material. Throughout the East today it is commonly used for the preservation of food, especially fruit. Birds' eggs, grafts, seeds and such like are packed in honey, for transport over long distances.

IN INDIA AND OTHER TROPICAL COUNtries it was used as a mild stimulant for ulcers instead of animal fats which became rancid owing to the climatic conditions and thereby rendered them unfit for medicinal use. Pills were prepared with honey as an excipient.

Its beneficial use in beverages has long been established. The ancient Roman mulsum was honey, wine and water boiled together. The Abyssinians had a mead made with honey and carried it in large horns on their journeys. Mead of yore in England was a favorite drink made by fermentation of the liquor which came from boiling in water the combs from which the honey was drained. In Chaucer's era Clarre

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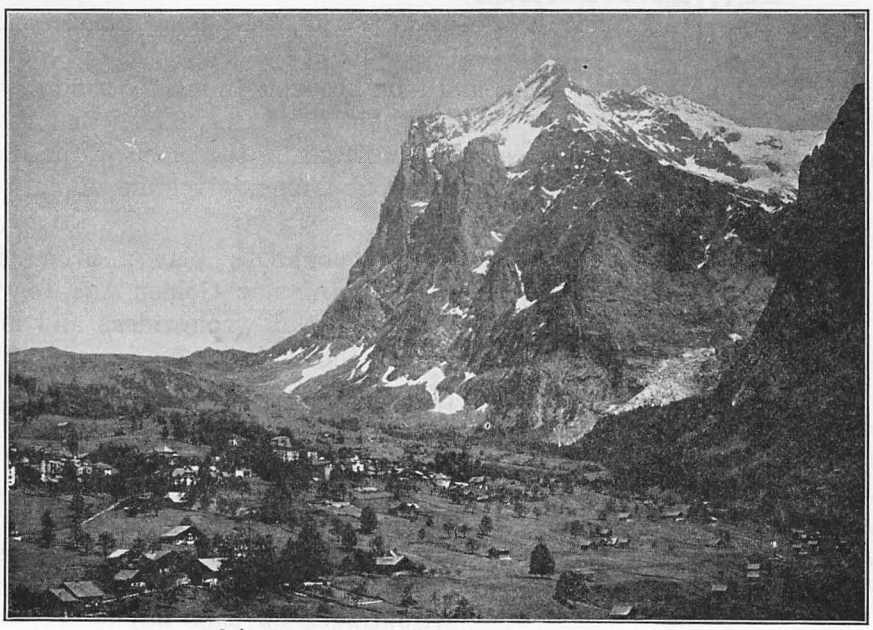

Grindelwald with Wetterhorn, Switzerland.

PIMPLES
THE BANE OF YOUTH

By **ARTHUR KAHN, Ph.T., Sc.D.**

YOU HAVE NO doubt paid fitting tribute to the legless wonder, the blind pianist, the deaf composer and a varied assortment of other such praiseworthy individuals who have risen to fame despite their handicaps. Your evaluation of their accomplishments was doubled and even trebled because they were stout-hearted enough to attain success in their particular field while burdened with such impediments. But, how many do you know who have risen to such heights with a face marred by a crop of pimples?

THERE IS A STIGMA CONNECTED WITH pimples wholly undeserving and unfounded. Aside from its detraction to personal comeliness, it seems to create an impression of uncleanliness, poor hygiene, sloppiness and absence of interest or concern in personal appearance to the onlooker, and a corresponding inferiority in the sufferer. The mental anguish at times causes greater torment than actual physical pain and often has a tragic effect on those inclined to brood.

IT HAS BEEN KNOWN to wreck so much havoc with the personality and character and even the very lives of so many young people, that it should be included among the more serious ailments to be contended with. This is not meant to imply that it is actually dangerous to life itself, but because of its distressing effects upon the mind and consequent sense of inferiority to such young people. The sensitive ones shun sociability and become self-imposed hermits. In a good many cases they miss opportunities both in business and social life which may never come their way again.

A TYPICAL INSTANCE OF THAT WOULD be the case of a young lady I know quite well. During her first year in high school she gave promise of everything a young lady looks for in a future, physique, beauty, a pleasing sociable disposition and brilliance.

It was during her second term that several dreaded pimples made their appearance on her face. For hours she would stand before her mirror frantically picking at them and smearing salves and creams over them, which resulted in an aggravation of the condition. As the blemishes became more widespread she took to brooding and cried herself to sleep most nights. Before long she became a changed girl.

GONE WAS HER FORMER PLEASANT SOciable disposition and with it had vanished her promise of beauty and sparkle. All attempts on the part of her friends to minimize her infliction she rejected as catty sympathy and consequently drifted into a hermit-like existence nursing her misery.

The months rolled off into a year; a long miserable year of insufferable mental anguish. And yet if you met her today you would never believe that she had ever gone through such an experience. With the proper treatment and care she not only got rid of her pimples, but has not a mark on her skin to indicate that it was at one time so badly blemished.

SKIN SPECIALISTS are unanimous in their statements that pimples, technically called *acne,* is the most frequently encountered skin disease there is. It usually makes its appearance during the age of adolescence; those tender years when we are emerging into maturity with all its hypersensitivity to impressions.

It is true that this condition will clear up in most cases as the person grows older, but this by no means justifies inattention or neglect. There is too much risk of disfigurement that will be permanent from the scarring, if it is left untreated. Then again, what young person wants to wait that length of time, suffering humiliation and mental distress so painfully during the interim?

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HOW AN APPENDICITIS OPERATION WAS PREVENTED

By **J. HENRY HALLBERG**

— PART 4 —

THE FOREGOING ARTICLES NUMBERed 1, 2 and 3 in November, December and January issues of Nature's Path referring to a series of attacks involving the appendix of our friend Josef, and which were successfully conquered, show clearly how a bit of common sense, recognition of symptoms and natural, simple and safe prevention can conquer such attacks preventing removal of the appendix through surgical operation.

For those who did not read the first articles we may briefly state that the first attack occurred in 1893, the second attack in the Spring of 1900 and the third attack in the Fall of 1902.

JOSEF WAS 20 YEARS OLD AT THE TIME of the first attack and had the good fortune to be diagnosed and treated by a medical doctor who practiced Homeopathy which insures practically drugless or extremely mild treatments with drugs. The treatment however, consisted chiefly of going to bed immediately and to apply a hot water bag over the abdomen as soon as possible after the symptoms had developed.

In the 3 attacks mentioned relief was almost immediate and at the most two or three days rest were required with a restricted and reduced diet to enable Josef to resume his work.

Josef's experience in 1902 when he was attacked for the third time made him realize that the high tension and mental strain involved in hazardous and intensely variable mental requirements had much to do with these attacks. He realized that the sympathetic nerve system was abnormal and jittery, causing disturbances in the physical functions of his glandular and organic systems. He began to understand the necessity for controlling and avoiding as much as possible emotional influences and shocks.

Josef also realized that his diet had much to do with his condition and the variation in the resistance of his system to counteract the emotional disturbances.

THIS ACQUIRED KNOWLEDGE AND UNderstanding through hard earned experience, led Josef to watch his step and to carefully guard his diet and especially to avoid over-eating and stimulations of all kinds. As a result he succeeded in keeping free from additional attacks. That is, he did not experience any violent manifestations of pain in his appendix, but during the following 10 years he was conscious of his sensitivity and liability to these attacks and as a result he took the necessary steps, on the least provocation, to guard against a repetition. There were times when he felt the pain of indigestion which may have followed after a day of strenuous office work or if he abused his diet or participated in some form of excessive stimulation but at no time did he forget to go to bed early, applying a hot water bag for an hour or two which relieved the pain and prevented an attack. It must also be remembered that Josef always followed the advice of nature practicing physicians to never allow constipation to interfere with reasonably frequent elimination. As a matter of fact proper elimination became one of his chief problems but he soon learned how to avoid complications of that kind by careful observation of his diet and the use of an enema. He became a firm believer in the necessity for a clean, active, digestive and elimination system and recognized that delayed elimination would poison his whole system, reducing his activity and mental alertness and incidentally reacting upon the digestive system causing delay in digestion, formation of gas and pressure on the membrane making the heart labor and feel uncomfortable in general.

PEOPLE GENERALLY EXPECT A STOMach ache, as it is called, now and then, but when stomach aches are accompanied by heart burn, lowered vitality, gas pressure in the abdomen and constipation, something is wrong and a competent physician should be consulted to insure a systemic correction and normalization of organic functions. If such a scheme is not followed, and one continues to work under high tension, especially mentally, chronic complications may follow.

Josef took great care of the least provocation to prevent irregularities of this kind but his family was naturally conscious of his occasional distress.

One of Josef's daughters married and living

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ELEMENTARY HOME STUDY COURSE In Natural Living and Nature Cure

By DR. BENEDICT LUST

LESSON II

ADOLF JUST'S NATURAL BATH

The more modern civilized man has progressed toward higher forms of technical and scientific efficiency, the more he has estranged himself from close contact with nature and her beneficial forces. Industrial achievements, concentration in huge cities, automotive inventions, time and labor saving devices, all have contributed their share to heighten living standards, to render life in both city and farm communities more comfortable and to increase the time for recreation and leisure. Without detracting from the immense and almost unbelievable progress mankind has made during the last few decades we wish to state that concurrent with this movement the trend away from nature has increased in the same proportion. There are millions upon millions of individuals today whose feet have never touched the soft earth of the open fields of nature or whose lungs have never breathed the fragrant air of the wild forest. They are the same who daily toil in factories, workshops and offices, amid the soot, dust, nerve-wrecking noise and turmoil of modern cities, ignorant of the benign sustaining forces of the open country, of nature's medicine chest. And in the same degree as man has estranged himself from his source, the cry has gone up from country to country "Return to Nature." At first only a few have heeded the call, but the pioneers like Father Kneipp, Adolf Just, Louise Kuhne, Henry Lindlahr have not labored in vain. If they could awaken from their graves today they would see the slender seedling planted half a century ago grown up to a sturdy tree that promises well to stand for all eternity. Its roots have taken a foothold among all peoples of the earth, all classes, and races. Let us, the living, profit from what our forefathers have handed down to us and let us keep the trust sacred by adhering to their teachings and building and spreading them until Natural Living and Nature Cure will have become universally acknowledged and practiced by all without exception.

It is the purpose of these Lessons to faithfully record the various methods and applications of Nature Cure and Natural Principles of Living. Taking first the various ways in which water can be utilized for man's benefit we will in the following describe Adolf Just's Natural Bath.

The bather sits down in the tub, which contains naturally cold water (about 40-50 degrees F.), about three and a half inches deep, so that the seat, the feet and the sexual organs are for the most part in the water. Only the seat and the feet touch the bottom of the tub, while the knees are quite always above the water.

The knees are now spread apart, and the water is vigorously dashed over the abdomen with the hollow of the hand. The throwing of the water is followed by a brisk rubbing of the abdomen in the middle, on both sides, and all over with one or both hands. After this alternating process has been carried on for a few minutes the bather rubs the groins and sexual regions with the open hand under water. Hereupon the entire body is rapidly washed with the bare hands. A second person can assist in rapidly washing the body.

Then the body is rubbed with the bare open hands (not with a towel or brush) until it is completely dry.

The body ought never to be dried with a towel after a bath. The rubbing with the hands can be done by the bather himself. This is at the same time a beneficial bodily exercise. But the rubbing may also be done profitably by a second person. After the bath it is advisable to go about in the nude for a time in a cold room with open windows or in the open. But care must be taken to restore warmth; rapid, vigorous walking or physical work are the best means of bringing this about, or where neither is possible, wrapping in woollen blankets or bedding must be resorted to. Restoring warmth through the sun, the best warming and envigorating agent we have, is highly to be recommended. The duration of the bath must be regulated entirely by the temperature and condidition of the bather. Here again everybody must observe his own inclinations to some extent and heed the inner voice. On cool days from two to five minutes are sufficient. If it is warmer, or very hot in summer, the bath may last as long as ten minutes and over. One half of the time of duration of the bath is to be devoted to the abdominal rubbing, the other half to rubbing of the sexual region. The time thus indicated for the duration of the bath does not include the time for the washing of the entire body and the rubbing of it until dry.

The number of baths is left to one's own discretion. A daily bath may be taken in the warm season, or we may bathe twice a day if it can be done in the sun, in a room, or still better in the open air. In colder seasons it may be sufficient to bathe only once in two or three days. Sometimes it is even advisable to suspend bathing entirely for a time. As a matter of course hot fever patients and strong, vigorous persons can bathe longer and more frequently than chilly patients and weak anemic persons. I have often observed that many people prefer to take a short bath and repeat it at frequent intervals; others prefer it a longer time and less frequently. This is also the case among animals in the free state of nature.

It is advisable never to warm the water for the natural bath. It is also best to take the bath, if at all possible, in an unheated room, in which the windows are open.

At the end of the bath the feet and the anus should always be scrupulously washed. This insures their cleanliness, which is very important.

The most natural and very best way to take the bath is in the open air. For people living in the country this is relatively easy, while city people must be satisfied with taking the bath at home. The natural bath differs from all other water applications especially in that the bather does not sit or lie in the water quietly, but is continually rubbing special parts of the body, and finally the entire body with his bare hands. This method is in every way simpler and more beneficial than most other water applications that have heretofore been used. It requires but little water (not warm water) and can be taken alone without the help of a second person. If we look back a few thousand years we find added reasons for the superiority of this method. The primitive man, evidently, was often obliged to walk about for weeks, perhaps months, in

(*Continued on next page*)

the wet; perhaps even in snow. He was most likely also obliged to stand still in it for a length of time and also to sit down on damp ground. The feet and the posterior, therefore, must have been designed by nature to endure wet and cold. But whatever nature has made a necessity for her creatures, she has at the same time made their greatest blessing. When, therefore, present day man keeps his feet and the anus artificially warm, parts where congestions like piles so often occur, being caused by internal inflammation, then he deprives the body of its greatest blessings and does it much harm. Therefore many naturopaths order their patients to walk barefooted in the dew or on wet ground for hours, to stand in it for a short time, forbid the sitting on soft cushions in order not to heat the anus artificially and recommend enemas that are to be retained. It is well known that accumulation of the feces at the extreme end of the colon, piles, etc. which are productive of heat there, affect the head injuriously. A thorough cooling with water of those parts must therefore have the effect of relieving the head. By immersing the seat and the feet in water the circulation is at all events regulated. An intense cooling of the abdomen, being the source and actual hotbed of disease, where, as is well known, great heat is generated in sickness, must be of the greatest importance.

In the natural bath nearly all the means are united by which the practitioners of natural healing cure disease: going bare-foot, standing in the water, avoiding the heating of the anus, the enema, the light and air bath, the abdominal compress, the abdominal bath, the cooling of the sexual region, Kneipp douches (to be treated at length in a later lesson), massage of the abdomen and of the whole body. Just this simultaneous cooperation of all these means is the design of nature and the natural bath therefore is of the highest efficacy and benefit to mankind.

In cases of illness, these natural and effective means are of course usually accompanied by severe healing crises, which may manifest themselves in distressing sensations and pains, since the powerful reactions which are produced at once begin to dislodge and expel the foreign matter. The more natural a remedy is, the severer the crises may often be. But they are not at all of a nature to be dreaded; they are rather always to be welcomed. The crises occur only in the beginning, and we must above all not allow anything to prevent us from bathing. Man fell out of harmony with nature, he no longer subsisted on fruit which the earth offered him freely, he no longer went naked, and he transgressed the laws which nature gave him concerning air, light, earth and water. Consequently he became ill. Only by returning to the harmony in which nature had originally placed him can he regain health. Man must once more be led by nature; for he needs no skill and need not learn anything new, but must rather, in order to find the right way to health unlearn all the unnecessary and false things that one is obliged to learn today; he must first of all discard all the wise ballast that burdens and oppresses the mind and the soul, and that in reality only binds and stupifies mankind. When man once more listens to the voice of nature, he will be on the way to health and sanity.

PIMPLES, THE BANE OF YOUTH

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ACNE is preventable and curable, and, what is more, its treatment is not expensive or prohibitive even to the poorest person. Without an insight into its cause and effect or enough patience and perseverence, indifferent results are no more than to be expected. Advice and remedies are dispensed much too freely by those who know least about the subject, mostly based on misconceptions and a tragic lack of information on the fundamental cause of this widespread affection.

A FALLACY often connected with acne is that it is caused by some sexual irregularity. Nothing could be more baseless than such a conjecture. Marriage is often advised as the only means of overcoming the condition. Such advice is fantastic and does nothing more than add insult to injury. The afflicted ones suffer enough embarrassment from it without this added to their sufferings. In a good many cases the pimples do clear up after marriage, but that is because the person fully matured and not merely due to marriage. The same thing would have occurred even if they had not married.

WELL meaning friends at times advise some "tonic" or a blood purifier which they are sure will clear the pimples through the "inside." Medical science has thus far been unable to find a way of clearing up a case of acne by that route and it is doubtful if research along that line is worthy of consideration. Those with this condition do not need "blood purifiers" as there is nothing wrong with their blood in relation to their pimples.

The most commonly given advice is that of some freak diet. Almost without exception this advised diet is deficient in the necessary elements for the body's needs. The person with acne is, as has been inferred, in the growing or developing age. At no time in his or her life is there so much need for all the sources of nutrition as at that period. Any diet that does not include a plentiful supply of fruits and vegetables, milk, eggs and sufficient proteins, will unquestionably undermine such a young person's health. It will also undoubtedly have a deleterious effect upon the acne.

THERE is no particular diet that is especially applicable for all cases of acne. The one with this condition should subsist on a normal balanced regime; one that applies to any person wishing to maintain a desirable standard of health. There must be a varied assortment of foods consumed, and taken in quantity to just about satisfy the appetite when the body weight is normal. When underweight, it is advisable to eat more, or have a little snack between meals until the weight is brought to a normal level. The overweight should eat a little less at each meal, until the weight is what it should be. Each day there must be an adequate quantity of liquids consumed. It may be water, milk, fruit-juices, or some non-alcoholic beverage. It has been found however that sweets or sugars do exert a harmful effect in those subject to pimples and it is most advisable that they should be taken sparingly or omitted entirely. The daily menu should include only a small amount of starches as they also tend to aggravate the condition in some individuals. There is no necessity for restriction of proteins.

THE most important phase of care however, is that which applies to the seat of trouble, mostly centered on the face, upper back or chest. The rationale behind the mode of treatment can only be fully appreciated if the condition is explained in detail.

During the period of adolescence, great changes take place in the body, especially in the function of the glandular system. It is because of these changes that the boy develops into a man with all the full masculine characteristics and the girl into a woman with all the feminine characteristics.

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FINKELGRAM NO. 2
WHY WAIT?

Says

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

HEALTH is not a thing which just happens — one must work hard to get it, and continue to strive harder to retain it. So WHY WAIT? Natural foods which contain the necessary minerals and vitamins, and which are properly prepared and balanced, also, the hygienic care of the body in all its phases, plus normal sex conduct, inevitably result in that glorious physical state, known as health. So WHY WAIT to be continually reminded of this truth?

Disease is not a mystery, or a riddle, or a paradox, but rather a simple matter which could be easily solved. Unnatural foods and drinks, improperly prepared and combined, plus excitable harmful emotions, plus destructive thoughts, plus "wine, women and song," inevitably lead to acute and chronic forms of disease, operations, loss of limbs and vital organs, and an untimely occupancy in the Land of Eternity. It does not take much reasoning to learn the cause of disease. WHY WAIT for the doctor to tell you?

YOU could in some way be excused for not wanting to blame yourself for your various shortcomings, also, for laying the blame for your "bad breaks" in life at the door of relatives, friends, business associates, and society in general. You may be justified in thinking that others are responsible for your not being able to receive a high form of education, or for not making it possible for you to master the various arts, sciences, languages, or for your financial and matrimonial difficulties, but surely, you cannot blame anyone but yourself for developing periodical diseases throughout your entire life time, especially when, in our present age, dietetic knowledge and information on personal hygiene, literally speaking, are thrown at you. So WHY WAIT until you become sick and then blame anybody and everybody because you missed the golden opportunity of learning how to avoid disease, and how to have continued good health?

IF you are suffering from any form of indigestion, high or low blood pressure, anemia, diabetes, rheumatism, arthritis, constipation, piles, nervous or skin disorders, headaches, insomnia, or any form of the many so-called diseases, the truth is, that the fault for any and all of these lies with your diet and your general

habits of living. There is no doubt that the cause for nearly all of man's ailments is a toxic (poisonous) blood stream which developed from harboring the uric acid and other harmful poisons contained in all kinds of meat and fish; also, from eating the unnatural, toxic and highly acid-forming foods. If you sincerely want to prevent any kind of disease to take hold in your body, also, if you are living in the hope of curing yourself of any ailment from which you are likely to be suffering, you must change your diet—and right now! WHY WAIT until your doctor tells you to cut out highly toxic and acid-forming foods, and adopt a diet which is rich in minerals and vitamins? Can't you reason that if certain devitalized foods are not good for you to eat, while you are suffering from whatever ailment it may be, then it surely must be that these same foods were never meant for you to eat, and besides, they are the underlying cause for your afflictions? So WHY WAIT for the inevitable to happen?

WHY WAIT until your stomach is so deranged that you can no longer partake of the conventional meal which consists of meat, mashed or French fried potatoes, white pie dough, white bread, white sugar, and coffee or tea; or indulge in hot spices and condiments, artificially preserved foods, alcoholic or any of the unnatural beverages, and in fact, in any type of food which is definitely detrimental to the well-being of your body — and then have no alternative but to adopt a natural and rational diet?

WHY WAIT until you are told that you need an operation to remove a part of your anatomy and then after your surgical ordeal you will be compelled to alter your dietetic habits?

WHY WAIT until your children have developed either tonsilitis, rickets, anemia, infantile paralysis, or any of the deficiency diseases, and then learn that such ailments are the result of eating foodless food — the kind which is devoid of vitamins and mineral salts?

WHY WAIT for your optician to tell you that your eyesight is failing and that you need eyeglasses, when by eating natural foods you can preserve your normal vision and prevent the use of eye-crutches? Always bear in mind that life is a continued battle for the "survival of the fittest," and in order for you to be able to carry on your struggle for a healthy existence, you must continually fortify your system with the necessary "live" foods which create an abundance of physical power and nerve energy to combat the enemy (disease) which is lurking around the corner ready to pounce upon you. WHY WAIT? Enlist now in the army of health men and health women who have learned that it is wiser to prevent disease than to cure it.

Since Nature gave you life, and endowed you with a body which, under normal living conditions, can and will function a century or more, WHY WAIT to be reminded that you can reach this blessed, ripe age, provided you abide by the laws which govern good health and longevity?

NO greater mistake could one make than to trust to luck that he or she could escape disease in the face of continued dietetic and hygienic abuse. Disease is an unescapable reaction of one's bad habits of eating, and living in general. So WHY WAIT until it attacks you, and again trust to luck, and hope that the "grim reaper" will not call upon you to account for your erring conduct?

It is said that one cannot teach an old dog new tricks. This is no excuse for a sensible person, young or old, when it comes to changing from bad habits of eating to good ones. The only way for one to cure himself or herself from any badly formed habits is to stop doing the things which help to create them. And, the only sure and safe way for one to develop normal living habits, also, to regain lost health, is to begin to do the things which tend to bring about this greatest and most precious of all earthly virtues. Nature is your best guide — so WHY WAIT?

HOW TO BUILD AN INDOOR HERB GARDEN

By **PAUL D. LEEDY**

WITH the herbs of grandmother's garden assuming an increasingly important role in the scheme of modern cooking, the American housewife has learned anew how to make her soups, salads and dressings deliciously tempting by the addition of a sprig of parsley, mint or sage. In the writer's garden careful watch is kept for the first vernal indication of the swelling purple buds of the peppermint rootstock, presaging again the season of cool, refreshing drinks. In the Autumn we regret the passing of the parsley and the thyme. Or rather, we used to. That was before we began bringing our herb garden indoors each Fall!

Watermint
(Mentha Aquatica)

Within recent years in the corner of the kitchen stands our Winter herb garden. To one casually looking at it, it appears nothing more than the familiar ornamental garden that has become so popular in our homes.

The herbs are housed in an old five-gallon aquarium tank that was dragged out of its dusty hiding place in the attic.

Preparing the Tank

THE glass is polished until it sparkles. Then over the floor of the container is spread a layer of gravel, pebbles and several moderate-sized pieces of charcoal. This layer helps solve the problem of drainage, and the charcoal aids in keeping the soil sweet. Over this is arranged the soil mixture. A good formula is equal parts of sand, rich loam and leaf mold. Sufficient soil is used to accommodate the rather large root system which will develop in the course of time, especially if the garden is planted compactly.

The planting of a garden of this type is greatly simplified if one has on hand small potted specimens of the herbs to be included. These may sometimes be secured from large greenhouses or seed houses. Usually one or two plants of each kind are sufficient for the ordinary family, although in some cases, where the plants are less inclined to spread or produce a luxuriant foliage—thyme, for instance—the gardener may wish to plant more.

Herbs are usually luxuriant in growth, and many may be started from a piece of rootstock taken directly from the outdoor garden. In the case of perennials, this holds true even after severe frosts have caused the foliage to disappear. This applies especially to the mints, Sage and Catnip. In the aquarium garden such aggressive members as these three must be periodically checked by snipping off the "runners" that tend to monopolize the earth.

Rosemary
(Rosmarinus Officinalis)

IN planning the garden the natural characteristics of the particular plant must be considered, as well as the family's preferences among the herbs. Obviously, it is not possible to raise all the members of the herb clan in an artificial environment. With close arrangement, however, it will usually be possible, in an average-sized aquarium, to raise nearly all the types that one family particularly desires. Because of their profusion of foliage one or two sprigs of a particular type are usually enough to furnish the kitchen with zest and pungency.

Among the popular herbs that may easily be raised under such conditions are the mints, thyme, Parsley, Sage, Marjoram, Rosemary, the savorys, Catnip and lavender.

After Planting

AFTER the tank is planted it is covered, of course, with a pane of glass. This keeps the moisture within the glass walls and encourages rapid growth. It likewise excludes dust and germs so that the tender sprigs are always fresh and clean. This is the one great advantage that this method of raising herbs indoors has over the old-fashioned pot method.

The amount of moisture that such a terrarium will require must be regulated according to the growth and the needs of the plants. A good indicator is the forming of a patch of moisture on the inside of the glass. This shows that there is enough humidity for healthful growth. Drops of water show an excess of moisture. If the plants are over-watered lifting the glass cover for a few hours or longer will usually permit the excessive moisture to escape. This type of garden needs much less water, than the ordinary potted house plant.

Gardeners who bring their herb garden indoors for the Winter will discover that they provide an ornamental display as well as a constantly useful aid in supplying garnishings for the table and a zestful, pungent, aromatic tang to Midwinter menus.

"New York Times"

Vitamin C Requirements During Pregnancy and Lactation

NORMAL pregnancy and lactation markedly increase the demand for all the food elements, and during this period of some eighteen months the mother must live and eat for two. The fetus acts as a parasite; if its nutritional requirements are not met through the mother's diet, food materials are secured from the stores in her body even to the extent of breaking down the maternal tissues. Calcium, for example, may be taken from her bones or teeth.

Similarly, the concentration of Vitamin C in human milk is greater than in the mother's blood, though it varies with variation in the blood content. Hence it might be possible in certain cases for the child to obtain an adequate supply of Vitamin C from milk even though the mother were suffering from a slight degree of vitamin deficiency. At birth the child's blood contains higher concentrations of iron, calcium, and other essential substances than exist in the blood of the mother. The Vitamin C in cord blood is 2 to 4 times greater

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FREEDOM FROM INSULIN

By
Louis D. McKenney, N.D., DC.

TO be free from the insulin hypodermic needle is perhaps one of the dreams of any diabetic patient, but just how to become free or to know who can free him is the enigma of the diabetic patient. The individual who happens over a period of time to become independent of insulin leaves hope but no information, nor is he able to explain to other diabetics how this "miracle" happened.

Without any publicity to the effect that there is a most satisfactory treatment for diabetes one can scarcely expect the world at large to know that there is one. The world knows of insulin, for insulin manufacture is a business; but the treatment for diabetes is not a business and perhaps explains in part its failure to make headlines as insulin does.

MOST diabetic patients have a pancreas that is free of disease or acute pathology. At the most, the cells have shrunk a bit, while only a few are actually diseased. This reduces the majority of cases to a deficient insulin output on the part of the pancreas. The question of why there is a deficiency is not difficult to answer in the light of modern body mechanics.

The underlying cause of insufficient pancreatic secretion is that the pancreas is pressed upon so strongly by its neighboring fallen organs that its shape and size are altered thus eventually diminishing its normal output in quantity and quality. Also, its blood supply is so diminished that the cells become altered in function, thus further effecting the secretion.

THE problem is clearly seen as a case of ptosis of the obdominal organs which is responsible for diabetes. It would be indeed rare to find a diabetic patient without some degree of ptosis, general body sag and poor body mechanics. Comparing their physical condition in general with that of an athlete, they are similar to a car of 1910 vintage as contrasted with the new models in both performance and appearance.

A doctor well trained in body mechanics or in bloodless surgery can overcome this condition within a few months in most cases. As a matter of encouragement, very often the sugar will disappear during the very first treatment but of course will return again until such time that the pancreas can constantly retain its normal anatomical function. No insulin is ever used during the treatment

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New Health Recipes

By EMMA M. FRIESE, N. D.

Celery and Apple Salad

Chop the heart of celery into half inch pieces. Mix in about half the quantity of shredded dessert apple. Add still less of finely grated onion. Arrange this mixture on a bed of either lettuce leaves or finely sliced raw brussels sprouts or raw white cabbage heart. Dress with Olive Oil or whipped cream.

Yellow Turnips

2 tablespoons vegetable fat
1 tablespoon butter
2 large onions
Large turnip

Steam onion in melted fat until a golden brown. Clean and peel turnip. Cut into the form of dice. Add to the sauted onions. Almost cover with water, as turnips absorb much water. When turnips are partly tender, add two large diced potatoes. When tender, mash. Melt butter in a pan, add flour and allow to become a golden yellow and add to the turnips. Blend well and serve. Turnips should be so well mashed that there is only a puree free from any lumps.

Steamed Carrots

1 onion
3 tablespoons butter
1 teaspoon salt
2 tablespoons sugar
Carrots
Chopped parsley

Melt butter in a pan and brown slightly. Add finely chopped onion and steam in butter. Cut carrots in dainty thin one-inch strips (after having cleansed them well). Add carrots to onion and butter. Add ½ cup water or just enough to prevent burning. Add salt, sugar and steam slowly until tender. Sprinkle with parsley and serve.

Green Pea Soup

1 cup split dried green peas
1 sprig mint
½ cabbage
3 onions
2 tablespoons seedless raisins
1 quart vegetable stock

Bring everything to boil and simmer for two hours. Rub through a fine sieve with wooden spoon and reheat just before serving. If fresh peas are in season and plentiful they can take the place of the dried peas, using two or three cupfuls. Serves four to six persons.

Prune Roll

½ pound soaked prunes
3 oz. wholewheat flour
3 oz. brown bread crumbs
3 oz. chopped lemon peel
4 oz. vegetable or coconut fat
1 good teaspoon sugar

Beat the fat with a fork until it is creamy. Mix flour, sugar and breadcrumbs, work in the fat. Add prunes chopped up small and the peel. Mix to a paste with prune juice, roll out into a long strip, roll over and over. Steam in a cloth for three hours. The mixture can also be put into a buttered baking dish and baked in a moderate oven for one hour. Serves four persons.

Coconut Compote

½ large fresh coconut, grated fairly coarsely. An ordinary nut mill does it beautifully
1 dessertspoon maple syrup
1 teaspoon strained lemon juice
White of one egg, thoroughly whisked

Mix the lemon juice and syrup together. Add the coconut gradually and stir until the mixture is stiff. Add the beaten white of egg slowly. Pat the result with a knife into a block and put aside to harden, then cut into small chunks.

Soothing Bedtime Drink

Simmer celery washed with equal parts of onion (or leek tops) and carrots, for two hours or more. Strain off and you will have a delicious and invaluable bedtime drink.

Or substitute the stump and outer leaves of lettuce for the celery and the result will be equally good.

HOW TO PREPARE SOY MACARONI

Use a generous amount of water, which is boiling briskly, and salt to taste, using vegetized or sea salt.

Add Soymac slowly so boiling will not be interrupted and cook vigorously for 10 minutes.

If you wish to bake the product in some combination dish after boiling it, allow considerably less time for boiling, as it will finish cooking in the oven.

Drain and proceed with any desired receipe.

Prepare a package of Soymac according to general directions and place

(*Continued on page* 63)

FOOD FLASHES from the Health Field

Coffee lovers who have shopped around for a suitable substitute for real coffee have a treat in store for them when they try the new NUVECO Alkaline Coffee Substitute, which is a balanced blend of finest real coffee, vegetables, roots and fruits, containing no cereals. NUVECO is considered one of the most satisfying and tasty drinks. NUVECO contains the following nine minerals: Potassium, Phosphorus, Calcium, Magnesium, Sodium, Sulphur, Iron, Chlorine and Silicon, also the four essential vitamins A, B, C and G. Mothers may give NUVECO to their children and its delightful fragrance makes it excellently suited for both every day use and use for parties or social functions. NUVECO is prepared like ordinary coffee and comes in the following sizes: 6 ounces (about 30 cups) 25 cents, or 16 ounces (about 100 cups) 50 cents.

SOYMAC
Something New in Macaroni

Those who think they have tasted the best in macaroni will have a new pleasing experience with SOYMAC. It is made from the highest grade durum wheat (semolina) to which just the right proportion of Whole Soya Flour has been added. This carries the product over on the alkaline side, definitely resulting in a low starch and sugar content, yet retaining its high protein and food values.

Whole Soya Flour gives SOYMAC unusually delicious flavor along with the well known health qualities for which the Soy Bean is famous.

Careful tests prove that "soy beans have five times the caloric value, twenty times the protein value, and 200 times the fat value of potatoes." Yet SOYMAC is not fattening. It produces energy. Its fat value goes into tissue. Due to the peculiar quality of its lecithin and oil, its food value is not stored away in fatty deposits.

TREATMENT OF INFANTILE ECZEMA

IN the handling of infantile eczema one of the chief difficulties is the need of a satisfactory milk substitute. In many cases evaporated and reheated evaporated milk has been of great value, but since about 50 per cent of milk-sensitive eczema, observed in this study, did not tolerate it sufficiently well, it was not considered the ideal milk substitute.

The eighty-six cases making up this study were seen both in the outpatient clinic and private practice covering a period of three years.

That the soy bean can replace milk in the diet, and that it fulfills the nutritional requirements of the growing infant, has been shown by Drs. Hill, Stuart, and Tso. In the previous series of cases Sobee (a milk substitute) was used but not with entirely satisfactory results, as it frequently caused diarrhea, excoriated buttocks, and vomiting in the younger infants, and many of the older infants were persistent in refusing it, even to the point of starvation. It is not sufficiently soluble in water to prevent settling out and clogging the nipple of the nursing bottle. To overcome these disadvantages Kreme O'Soy Milk was used, and the results covering its use the past several years show that it was the most satisfactory milk substitute used.

THE diet fed these eczema cases consisted of Kreme O'Soy Milk (soy bean emulsion) which replaced milk in the infant's formula. It was diluted with water in the same proportion as cow's milk would be diluted. Two to four tablespoons of cane sugar was added for the twenty-four hour formula to increase the carbohydrate sufficiently. Cane sugar is apparently not antigenic, as none of the patients reacted unfavorably to it. Cane sugar was used exclusively, as it was felt that corn syrup and dextrimaltose was the cause of some difficulty. Sobee was added to the diet of infants over five months of age, as a cooked cereal (cooked for one hour until quite thick and firm). Some of the Kreme O'Soy Milk formula is poured over it. Sobee contains soy beans, some arrowroot flour, and olive oil, and is obviously not a 100 per cent soy bean food. The arrowroot flour and olive oil must be kept in mind as possible causes for the failure of this regime. Sensitization to the soy bean itself must be kept in mind. Of the eighty-six cases observed only two were clinically sensitive to the soy bean. For a period of one week no other food is allowed. This diet is undoubtedly deficient in vitamins, so it is felt that from one to two weeks is the maximum without adding other foods or vitamins. Other foods may be added before the eczema is entirely cleared up. If the diet is effective, a noticeable improvement will be seen the first week. After this the foods which are skin-test negative may be added to the diet, one at a time, every three to four days, noting the clinical effects.

MOST eczema cases have some seborrheic (scaly skin condition) element. If the scalp is affected, it must be treated thoroughly with two applications daily of an ointment containing 1 per cent each of salicylic and benzoic acids, these applications to be confined to the hair line, avoiding the skin beyond the hair line. With a superfatted soap and water, wash the scalp once a day.

Avoid woolen clothing. Enclose woolen blankets in two heavy sheets sewn together to make a blanket cover. In these studies the wool appeared to be a definite irritant on a mechanical basis, as no positive patch tests to wool or crude lanolin were obtained. Only three positive skin tests to wool were found, yet clinically most cases show that it is a definite irritant.

The harmful effects of bathing eczema infants seem to have been overemphasized. In this study patients not bathed for weeks, and in some cases months, prior to the time of this study, were bathed several times a week, and some daily. Several tablespoons of baking soda were added in the infant's bath. In only a few cases were the symptoms aggravated by bathing, indicating that it should be discontinued. Soap should not be used for the infant's bath, except for the scalp in cases of seborrhea (scaly skin condition), and then the soap is to be superfatted.

FOODS FOR SENSITIVE STOMACHS

Joy Jean Evans, *Dietitian*

MANY people who have no serious disease or disorder, are troubled with what is commonly called a "weak stomach." These people get a great deal more pleasure out of life when they learn which foods upset their delicate digestions, and which foods do not.

Ever since Dr. William Beaumont found an Indian into whose stomach he could see by means of a shotgun hole, it has been known that some foods pass out of the stomach more quickly than others. When the stomach is not acting right, it is wise to eat foods that do not remain in the stomach too long—this means a soft or bland diet.

A soft diet moves along much more quickly than one with cellulose or roughage. A high-roughage diet is

practically never recommended where the stomach is weak or sensitive.

Vegetable broth made from the new Vitamin B1 souplets belongs on your bland diet. Another excellent food-combination for this diet is chocolate-flavored or plain soy drink, in warm or cold milk (if you are overweight from faulty diet, use skimmed milk). The new liquid coffee substitute is also very good. Liquids like this, which supply nourishment and vitamins, are good because they do not tax the stomach. The "plain" style soy drink is fine in fruit juices or vegetable juices.

Fried foods and greasy foods are difficult for the sensitive stomach to handle and should not be eaten. Foods like horse-radish, pepper, mustard, pickles, spices, and condiments may irritate. Salads with cucumber, radishes, or peppers may cause trouble. Beans, cabbage, onions, peanuts, may create gas.

The foods permitted to people who must be on a bland diet should be low in their amount of cellulose or indigestible fiber, and should be free from irritating substances. Good foods are eggs, milk, cereals, butter, toast, zwieback, potatoes, carrots, lettuce, spinach, peas, squash; broiled, baked or boiled fish, meat or meat substitute.

The soup tablets to make Vitamin B1 vegetable boullion, come in 25c 49c, 98c packages. Vitamin B1 from some source is needed every day.

The soy drink mentioned comes in 4 sizes, 29c, 49c, 98c and the 5 lb. economy can at $2.98. This is made with the amazing soy bean, wheat germ, and other wholesome foods. It is fortified with 5 vitamins—A, B1, C, D, and G (B2).

A New Way to Relieve Over-Acid Stomach

THOUSANDS of people who formerly suffered distress from acid-indigestion, gas, sour taste in the mouth, and other symptoms of excess stomach acid, have found a fine new adsorbent product for the palliative relief of this condition. It acts in 5 ways:

1. Instantly refreshes the mouth.
2. Sweetens the breath.
3. Promptly relieves acid stomach distress.
4. Stays on the job for hours.
5. Indirectly aids the digestion of numerous foods (proteins) in many cases.

A new substance is the principal ingredient in these tablets. This substance was discovered in England, as a result of research work in the famous Guy's Hospital; it is now made in America.

The papaya plant supplies "vegetable pepsin," another valuable ingredient in these tablets, and pow-

(*Continued on page* 80)

HEALTH

MENUS FOR FEBRUARY

THIRTY DAY REJUVENATION MENU FOR 1941

Arranged by

THOMAS ROBERT GAINES

Editor's Note: For those of our readers who are no strict vegetarians, we will occasionally publish well balanced menus that contain meat and fish dishes.

SUNDAY

Breakfast

Glass of orange juice, boiled prunes, hot beverage.

Dinner

Well roasted leg of lamb, steamed stringbeans, steamed beets and beet tops, raw celery and watercress, ripe sliced bananas and prunes.

Supper

Vegetable soup made from potatoes finely sliced, beet tops, and parsley all finely cut, raw, celery and radishes, dates and dried figs, peppermint tea.

MONDAY

Breakfast

Ripe sliced bananas, wheat germ, canned peaches, hot beverage.

Luncheon

Vegetable soup, baked potato, celery, baked apple.

Dinner

Roast beef or steak very well done, steamed string beans and spinach, raw celery and lettuce, avocado and canned apricots.

TUESDAY

Breakfast

Baked apple, wheat germ, hot beverage or carrot juice.

Luncheon

Vegetable soup, steamed carrots and peas, fresh pear or apple beverage.

Dinner

Well broiled lamb chops, raw tomatoes and avacado, steamed dried lima beans and beet tops, fresh or canned peas, dates and coffee substitute.

WEDNESDAY

Breakfast

Boiled prunes, wheat germ, fresh pear, alfalfa tea.

Luncheon

Vegetable soup, steamed carrots and peas, baked apple.

Dinner

Boiled beef or braised oxtail, steamed beets and spinach, raw celery and watercress, canned apricots and fresh pears, hot beverage.

THURSDAY

Breakfast

Ripe sliced bananas, wheat germ, ripe pear or baked apple.

Luncheon

Vegetable soup, baked potato, celery, canned pears, beverage.

Dinner

Baked fresh calves liver or steak, steamed spinach and peas, raw celery, radishes and watercress, baked apple and dates, Nuveco coffee.

FRIDAY

Breakfast

Orange juice, boiled prunes, hot beverage.

Luncheon

Raw vegetable and canned fruit plate, hot beverage.

Dinner

Baked or boiled seafish or lamb chops, steamed spinach and stringbeans, raw celery and lettuce, fresh pears and dates, hot beverage.

SATURDAY

Breakfast

Raw pears, ripe sliced bananas, wheat germ, hot beverage.

Luncheon

Vegetable soup, steamed beets and beet tops, canned peaches, hot beverage.

Dinner

Roast chicken or roast beef, steamed yellow turnips and spinach, raw celery, radishes and lettuce, fresh pears or baked apples or both, hot beverage.

Yellow turnips may be frequently used. Raw parsley may be eaten at every meal, valuable for Vitamin A and C content.

If bread is craved, eat in moderation, whole wheat crusts are best.

A pint of fresh carrot juice is advised daily if available.

Instead of tea, coffee and cocoa substitute, Mint tea or clover or grain or fig beverages.

Baked onions advised with meat meals.

Bottled or canned tomato juice may be taken between or with meals.

Grated raw cabbage may be used frequently.

Your Health Problems

Q. Is there a cure for a gradually increasing deafness in old age? Mrs. McC.

A. Elderly people become deaf, because the nerve of hearing which goes to the brain, degenerates. This nerve is nourished by blood vessels. When we age and our blood vessels harden, the ear nerve is deprived of nourishment, it shrinks, becomes degenerated and deafness is the result. From the foregoing it follows that there is no complete cure for this condition; however careful living and eating, regular exercise and water applications can arrest or slow down the progress of the disorder.

Q. Should acid fruits be sweetened with sugar? Emily W.

A. No. The addition of sugar to acid fruits is not advisable. If you feel you have to sweeten your acid fruits chose the lesser evil and take honey.

Q. Can smoking a package of cigarettes a day cause palpitation of the heart? R. Carrington

A. Most assuredly.

Q. What is the proper diet for one who had a paralytic stroke? Cecily O'Bryan

A. A strictly vegetarian diet with plenty of fresh fruit and vegetable juices.

Q. Is an occasional glass of beer in the evening harmful to one who is in good health? B. K.

A. We do not believe it is harmful to drink one glass of beer at night, but neither is it of any value to health. Why not take some good herb tea?

Q. Please tell me how I can overcome the pain during the menstrual period. L. C.

A. By proper diet and proper living you can greatly ease if not remove the pain. If you are otherwise healthy and have undergone no operations we do not see any reason why this condition could not be remedied in a few months.

Q. Is grapefruit good for a man suffering from diabetes. F. K. L.

A. Yes, as it is low in sugar It is one of the best fruits for diabetics.

Q. I am 15 pounds underweight. Do you think that I can increase my weight by drinking large amounts of orange juice? Mrs. E. P., Orlando, Fla.

A. No, not by drinking orange juice alone. But if you combine it with a natural well-balanced diet such as is given at the Yungborn, Tangerine, you will soon come back to normal weight.

PREPARE FOR A GOLDEN AGE IN HEALTH

(*Continued from page* 47)

THIS new Golden Age will have scientific information about the chemistry of the blood. Natural science today knows that there is no such thing as "acid blood"—that while blood may become less alkaline, it can never become acid during life. This popular misunderstanding about "acidosis" has given rise to a great number of products emphasizing their "alkalinity," particularly in the patent medicine field. Most of these nostrums are of doubtful value, and many are definitely harmful.

Science is giving more and more recognition to the part that various "toxins" or poisons play in the production of disease. It becomes evident that disease is the process by which the body rids itself of these poisons, and the surest way to prevent disease is to stop producing the toxins which make disease necessary. The finest blood chemistry is found in a blood-stream free of waste material.

This new Golden Age will offer a well balanced health program, without over-emphasis on any factor. For instance, food is the obvious, but not the only avenue to health, and science will give equal emphasis to a constructive mental attitude, good posture, proper exercise, adequate rest and relaxation, breathing, personal hygiene, and regular elimination of every type of waste from the body.

OUR ideas of exercise have changed in recent years from the old notion that every man had to be a Hercules with bulging biceps or his exercise was doing him no good. Now we regulate the exercise to the physical needs of the individual with greater profit and less strain on the vital organs. We have even developed different types of exercise from the old "setting-up" routines of the past years, and now have simpler methods which can be used anywhere or anytime.

Science will give us a more effective method of intestinal cleanliness. In the past it was considered enough just to be "regular." If the colon produced one movement each day it was considered satisfactory. But when intestinal specialists pointed out that this left from nine to eleven meals still in the body, it became obvious that one movement was not enough.

The use of harsh drug laxatives to meet this condition did more harm than good. In most cases of constipation the bowel itself was not at fault, but the victim of the poisons generated in the decaying food-mass in the colon. These poisons acted to paralyze the bowels ability to move at all, and harsh drugs only added irritation to the paralysis.

NATURAL science discovered that the only solution lay in changing the chemistry of the contents of the bowel. In the infant, Nature produced a mild acid which kept the food from decaying in the bowel; and science found that it had to reproduce this same mildly acid condition in the adult bowel before it could be made to function normally. This was accomplished by "changing the intestinal flora" through the use of properly protected cultures of friendly bacteria. Thus "intestinal hygiene" took its place as the most effective method known to science for reducing the amount of toxic material in the body.

Yes, this new Golden Age of health is almost upon us and as the dawn breaks will bring new hope and renewed health to the sincere student. Everything in this new health world will be of a finer order and of more benefit to mankind, for in the Golden Age that is dawning, the science of natural health will take its rightful place as the only health philosophy which offers mankind any hope of maintaining his body as the Temple of the Soul, rather than its prison.

HONEY—ITS USES OF YESTERDAY AND TODAY

(*Continued from page* 48)

was wine mixed with honey and spices and then strained until very clear. Even today honey is used sometimes to strengthen ale. The Russians have long been known for their lipez, this being manufactured from the delicious honey taken from the flowers of the linden trees.

THE far famed European honey of ancient times usually came from Narbonne, in the sunny southern port of France. It was white and granular and very aromatic. Even a finer grade came from the Corbiere Mountains—six to nine miles southwest.

Today in the United States we recognize the tupelo honey as one of the finest of all varieties. It comes from a section of eastern Georgia. Its levulose content seems to be the high-

(*Continued on page* 60)

"YOUR JUICE TODAY ASSURES TOMORROW'S WAY"

NATURAL RAW

DEAERATED **VACUUM PACKED** **FROZEN**

FRUIT & VEGETABLE JUICES

Wholesome Extraction of Fruits and Vegetables

Nutritional Supplements For The Diet

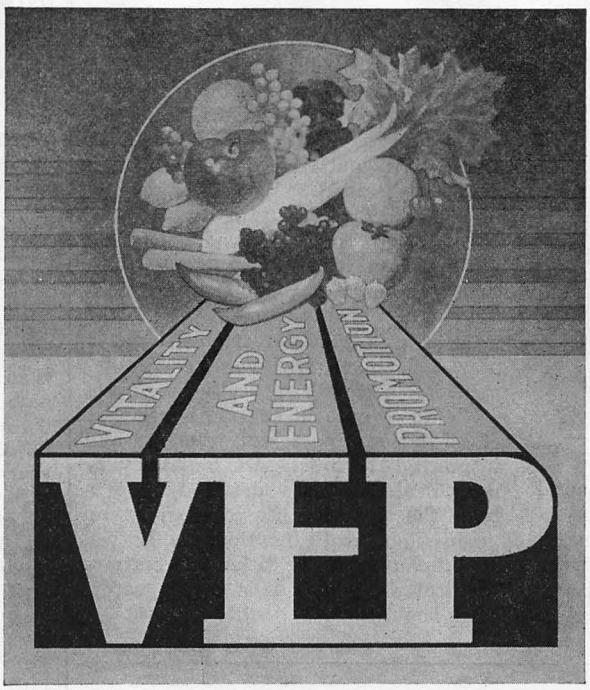
CONDITIONED BY OXYGEN ELIMINATION

Preservation

Science, through the advent of research, has proven the value of vegetable and fruit-like constituents such as: Mineral-matter, Vitamins and Enzymes. To preserve these in full quality and quantity, essential processes have been introduced for the purpose.

Storing

Place the container in coldest part of refrigerator (freezing compartment) until ready to use.



Thawing

Frozen Juices require three hours to thaw at room temperature. It will also thaw over night if held under normal refrigerator temperatures. Once thawed, contents should be consumed within 24 hours, at refrigerator temperature, (40-degrees Fahrenheit). Do not attempt to refreeze and hold after thawing.

Serving

Juice should be served cold. Do not heat, since some of the natural constituents are destroyed by heating.

Absolutely **NO PRESERVATIVES**

SUPPLIED FOR HOME AND FAMILY USE IN 6 OZ. AND 12 OZ. ENAMELED LINED CANS

Healthful living is a producer not only of vitality and energy, but also of moral and spiritual well-being. You can have all of these things through the regular use of nutritional supplements to your daily diet.

VEP JUICES bring to you the utmost value in nutrition and vitamin content, because they have been scientifically prepared and processed to retain vegetable and fruit-like constituents, such as mineral salts, vitamins and enzymes.

Send for convenient order blank, price list and descriptive literature today.

VEP FOODS, INC.

68-12 58th Avenue **Maspeth, L. I., N. Y.**

From Our Book Shelves

Outwitting Illness—

By Paul C. Bragg. 273 pages. Paper cover. $1.00.

Although much of what Mr. Bragg writes in this, his latest book, has been said before, it has never been said in such an inimitable and readily convincing language. If ever a book on health matters has made the reader jump up and do the things recommended it is Paul Bragg's book. Through fifty-two crisp, easily comprehensible short chapters the reader is instructed in the art of how to control his life, to keep a healthy normal physique and to get back to normal once his organism is out of balance. Highly interesting are the illustrated chapters about exercise both for daily routine and for corrective purposes, special recipes for breaking the drinking and smoking habits, and short chapters on all the most frequent diseases that befall mankind. Mention should finally also be made of the bold and large type which adds to readability.

Nature's Path—

12 issues of 1940. Cloth bound. 480 pages. $5.00.

As every year, Nature's Path magazine is being offered in book form. The twelve issues of 1940 are bound in a sturdy cloth cover that can withstand a lot of handling and serve as an attractive addition on the nature cure book shelf. The index of both authors and titles renders it easy to find articles on any subject desired, while the great variety of titles and diseases discussed represents a practically complete encyclopedia on nature cure and natural living.

Naturopath and Herald of Health—

12 issues of 1940. Cloth bound. 384 pages. $10.00.

As the official journal of the American Naturopathic Association and the American School of Naturopathy, the Naturopath and Herald of Health can also be obtained in book form. The 12 issues of 1940 contain Lessons No. 151 to 175 of the Post Graduate Study of Naturotherapy which began with the 1934 volume. Besides the course the book contains a great variety of detailed studies, dissertations, research papers, lectures, which make it indispensible for all practitioners and students of natural healing regardless of affiliation, and for all students and interested laymen. As usual every month also carries detailed reports from the various states on legislative, professional and educational activities. A complete index of titles and authors facilitates its use as a ready reference book.

HONEY—ITS USES OF YESTERDAY AND TODAY

(*Continued from page* 58)

est. The bees gather the nectar from the white flowers of the tupelo gum trees. There are two other excellent sources, one the white clover which has a slight amber hue and that from the heather may be detected by a dark golden hue.

HONEY should be used by our housewives a great deal more than is the case today for its wonderful food value. Records of present usage reveal that we are using 50% more cane and beet sugars than honey. Honey is a natural sugar. All natural foods are the best to use in order to maintain health at its highest possible level. It should be employed much more, even though the initial cost is somewhat higher than other sweetenings. Let's use more honey on our tables at least. It compensates the user partly in its ease of digestibility. It is a fine substitute for that highly acid forming cane sugar. And it breaks the monotony of the usual cane or beet or maple sugars, all of which should be used with great discretion owing to their excessive carbohydrate concentration.

DIABETICS often find honey harmless because approximately one tablespoonful will contain 96% carbohydrate, 4% protein and no fat. Cane sugar is taboo. This group must always remember to use the raw, unheated honey. People with low vitality find it has a tonic effect. It can be taken in the middle of the forenoon and again in the afternoon. Add one tablespoonful of strained honey to a glass of warm water. Older people find it valuable because of its heart

(*Continued on next page*)

BACK NUMBERS RARE ISSUES

MAKE YOUR SELECTION WHILE THEY LAST

NEW HOPE FOR CANCER SUFFERERS. The natural methods of treatment for this dread disease which kills thousands every year are explained in four different rare back numbers of Nature's Path magazine (December 1928, January, July and August 1929). **HOW CAN NEURASTHENIA BE CURED WITH SUCCESS** is told by an expert in the July 1926 issue of Nature's Path. Read this rare back number and get on the road to permanent good health. **WHAT IS CHROMOTHERAPY? WHAT IS AN INTERNAL BATH?** Nature's Path supplies the answers and in addition gives you advice on the use of these new methods which may mean many years of a more radiant and joyful life (September 1929 and April 1928). **HOW TO DEVELOP THE CHEST** is a series of highly enlightening articles in eight different back issues of Nature's Path magazine (March to September 1929). **IS TUBERCULOSIS CURABLE?** The answer to this tormenting question can be found in the June 1929 number of Nature's Path. If you wish information on **ARTERIOSCLEROSIS** consult the September copy 1929, containing a timely article from the pen of an experienced naturopath on this common disease of the middle-aged. **IF YOU WANT TO BE BEAUTIFUL** then above all take care of your hair as described in a five-page article of May 1929 Nature's Path. The belief is that **BRIGHT'S DISEASE AND DIABETES** are generally fatal. Naturopathic treatment, however, has proven by past experience, if applied in time, will save the patient and restore his health. This treatise in January 1929 Nature's Path is from the able pen of Dr. Benedict Lust himself. **NATUROPATHIC TREATMENT OF INFLUENZA** should never be neglected if an epidemic is rampant. How to attack influenza is explained in the April 1929 issue of Nature's Path. Also many other instructive and educational articles on every conceivable disease and its proper treatment. Ask for back numbers on **APPENDICITIS, ASTHMA, FEVER, GOITRE, NERVOUS DISEASES, ULCERS AND BOILS in Nature's Path.** Build a health library from these back issues. There is only one road to health and happiness, the road called nature cure as propounded and analyzed in **NATURE'S PATH** magazine. Order these old rare copies while they last, at 25 cents a copy or SIX FOR $1.00.

Mailed Postpaid.

●

NATURE'S PATH MAGAZINE

343 Lexington Ave., New York City

HONEY—ITS USES OF YESTERDAY AND TODAY

(*Continued from previous page*)

hormone content. Some glandular cases are benefited also, because it contains large amounts of Vitamin E, the important vitamin for this group. It is excellent for children. It is a change from the usual sugar and is very easily digested by them. Many love it spread on their bread, in their custards, and on their fruit, berries and cereal.

HONEY is both a nectar and saccharine extraction, containing about 18% water

0.40% protein—very small amount

81% carbohydrate—nearly equal parts of levulose and glucose (which are the simplest forms of sugar)

0.20% ash.

The value of honey per pound is 1520 calories, whereas sugar is 1860, maple sugar 1540 and molasses 1290.

The United States Dept. of Agriculture has a fixed formula standard which prevents the sale of an adulterated strained product, requiring its contents in general to be not over 25% water, not over 25% ash, and above 10% sucrose.

COMB honey is of course sealed in the cells by the bees so that contamination is impossible. Through modern processes honey may be removed from the comb so that the danger of contamination is reduced to a minimum. Many recommend the use of strained honey because it is both easier to handle, has less waste and is more economical.

The best honey on the market is known as "raw" unheated and pure. This type will harden slightly in cold temperatures and is not transparent. There are also quite acceptable brands of honey which are mixed with cane sugar or a syrup. These are transparent and will not solidify even in cold temperature. But beware of the artificially manufactured brands which contain detrimental sugars and syrups which show deficiency in vitamin contents as well as many other food constituents, for these have been extracted during their processing.

Honey combined with lemon juice and olive oil makes a thick, smooth textured mayonnaise.

A VERY nice Honey Vinegar was made by our early Virginian housewives during the later part of the seventeenth and eighteenth centuries.

Take one pint of clear honey, pour over it four quarts of warm water, and stir thoroughly. A white vinegar will be formed after it has passed through the acetous fermentation. One will find it much better than the ordinary vinegar.

Honey is used in candy, giving it quicker assimilation for children. Try pouring honey over pop corn. It will save much time and the little folks will like it. In one of our swankiest sanatoria it is served in large pitchers on the table instead of the sugar bowl. Very delectable when poured over fresh strawberries.

Bakers use it in their products as anti-drier. It will keep bread and cake from drying out so rapidly.

BESIDES its worth as a good food builder it has a medicinal and therapeutic value. It is strength giving. Sponges saturated with it are given to our long distance swimmers to restore their energy today as of old. It is still being used as a healing aid externally for boils and carbuncles and internally to relieve sore and dry throat conditions.

It is considered to have a fine bleaching and antiseptic effect on the skin. Many face creams even today contain it. It is a mild disinfectant due to its high levulose content which causes dehydration. Some bacteria will die in it within a few hours.

Honey can therefore be considered an essential to our daily health maintenance, food sustenance and physical well being.

FREEDOM FROM INSULIN

(*Continued from page* 55)

which causes the sugar to be absent from the urine. In fact the treatment of diabetes is directed at the underlying cause which is specifically to remove all obstacles which are interfering with normal pancreatic function. Insulin keeps the urine sugar free but only by making up for the inefficiency of the pancreas. The mechanical treatment is to make the pancreas function again which is obviously the most scientific manner of operating.

THERE are perhaps two obstacles which might prevent complete recovery. These are extreme old age and a pancreas damaged beyond repair. However, the latter is true in such a small percentage of cases and as such information is quickly determined, nobody with diabetes should feel discouraged. The real tragedy of it all is that most diabetics can be made to live a normal life again within a few months treatment by body mechanics methods and bloodless surgery and are not aware of it. The fact that such knowledge is withheld from the world further adds to the tragedy. It is our hope that this article will in some small way cast a gleam of light into the diabetic patient's dilemma.

TRUTH ABOUT COFFEE SUBSTITUTES

It is a true fact that while many beverages are called "coffee substitutes," they taste no more like coffee than tea does. These drinks are a great disappointment to coffee lovers who have stopped drinking coffee for their health's sake.

If you are one of these people and you still long for the tantalizing flavor and aroma of a cup of good coffee, NUVECO is the answer to your prayers. NUVECO is a coffee substitute that actually looks, tastes and smells like real coffee, yet is a healthful beverage. Here's why.

NUVECO is made with vegetables, roots and fruits, plus a blend of the finest aromatic coffee. No cereals added. These ingredients, after being carefully roasted and blended, are put through a special process that imparts the true coffee flavor to the entire mixture. Although NUVECO does contain some coffee, the other ingredients are of such a healthful nature that the tannin and caffeine in the coffee are modified to such an extent that it does not produce the harmful effect characteristic of coffee. Drink NUVECO and feel and sleep better. Guaranteed pure and wholesome.

Try NUVECO today. Once you've tasted that real flavor, you will quickly realize that here at last is the perfect coffee substitute that you have always longed for.

Made like ordinary coffee.

NUVECO

The Alkaline Coffee Substitute

6 oz. (about 30 cups) — 25c

16 oz. (about 100 cups) — 50c

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PIMPLES, THE BANE OF YOUTH

(*Continued from page* 52)

The oil glands of the skin are part of this glandular system and therefore take part in this sudden and vigorous development, resulting in their temporary over-activity. This enhanced activity produces an excessive oiliness in the skin that will eventually normalize itself when the body is settled down to full maturity. The so-called pores become filled with the excess oil, which in turn attracts dust and dirt particles from the air. This mixture of dust and oil becomes tightly packed in these small openings and the result is what we know as a blackhead or comedo.

BACTERIA, which are ever present in dust and dirt, now have an entry into the skin and begin their nefarious work of rapid multiplication. In a short time there is enough of them to produce a local irritation and inflammation which is a pimple. Therefore, we have in acne first of all the excessive oil, then the blackhead that forms in its wake and finally the pimple.

At times the fibrous layer of the skin spans across the opening and prevents dust from mixing with the grease. Instead of a pimple a little ball of fat can be seen and felt under the skin. This is known as a "whitehead" or milium. A milium will remain stationary in size for an indefinite length of time and will not disappear unless removed. Rarely do they recur after once being removed.

THE most effective means of treatment is administered with the object of effecting the process in the order in which the symptoms make their appearance. At the outset, if we combat the excessive oiliness there will be no blackheads and therefore no pimples. Prevention is the keynote of the procedure. The basis of the treatment lies in washing or scrubbing the area involved with soap and water not less than twice every day. This should be done thoroughly, either with a wash-cloth or a skin brush. The soap used does not necessarily need to be of the medicated variety, merely one that is mild and non-irritating. The scrubbing is followed by an application of witch hazel or a good toilet water gently patted on the skin. All creams and salves are strictly prohibited, as they are mainly composed of grease. Their application would surely aggravate the condition by adding a deposit of grease to a skin that is already over-abundantly supplied with it. Make-up is detrimental during this period as it clogs the pores and thus creates a stagnation to the flow of the oil from the excretory ducts.

BLACKHEADS should be removed after the skin has been scrubbed. The procedure is facilitated when a suitable blackhead remover is used. It is a small metal instrument with a hole in one end approximately one-sixteenth of an inch in diameter. It can be procured at any drug store or cosmetic counter for an outlay of but a few cents. Before and after using, the blackhead remover should be sterilized by dipping it in alcohol, or, better still, holding it over the flame of a lighted match for a few seconds. That is sufficient to sterilize it for this use. Before using it, two or three hot towels should be applied to the area to be treated so as to soften the hardened plugs and facilitate their removal. After the blackheads are removed, two more hot towels are applied to the skin so as to nullify the irritation due to pressure and squeezing. Follow this with an application of witch hazel, alcohol or toilet water patted on the skin.

WHEN pimples are present, they should be opened with a sterilized needle, and their contents squeezed out gently until blood flows. No attempt should be made to remove the shell of the pimple, as that may leave a scar or hole, which later will prove as undesirable as was the pimple. Before attempting this, the hands should be cleansed and it is best that the skin be held by a piece of disposable tissue. Care should be exercised not to allow the discharge to get on the skin surrounding the pimple, as it may reinfect another spot. Two hot towels should then be applied to the skin followed by peroxide of hydrogen immediately after the pimples have been emptied. The milium or whitehead can also be removed by piercing it with a sterilized needle and then expressing the contents. The same procedure as for pimples is followed.

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WHEN a pimple full of pus has been in existence for too long a time, the deeper layers of the skin become involved with some destruction of its connective tissue. This must sooner or later be replaced by scar tissue and leave a permanent disfigurement in the form of a "pit" mark or scar. The only means of preventing this is not to allow the pimples to progress to that stage by attending to them early after their appearance. Another harmful practice that may lead to scarring is the constant picking at the pimples with the finger nails. Very large pimples that are beyond management at home should be incised by the physician in order to prevent unnecessary disfigurement or scarring.

MOST likely there will be a complaint from some who try these methods of treatment, that the constant scrubbing and astringent applications tend toward making the skin over-dry and flaky. This is exactly what was intended and will correct itself before long. In any case it is certainly preferred to the grimy display of the blackheads and the ugliness of the pimples. There is no danger in any way of harming the skin and its texture is never damaged. Stimulating procedures such as these are never harmful in acne; it is only continued soothing treatment that can do harm by relaxing the skin overmuch. However, dryness is only a temporary phase and will soon right itself. With sufficient confidence and determination to see it through, the end results are certainly more than worth while.

IN addition to the forementioned home care, ultra violet rays are particularly beneficial for acne. During the summer months, two or three exposures a week lasting from 15 to 30 minutes each time, will produce results beyond all expectation if adhered to perseveringly. The rays will have the desired effect of decreasing the overproduction of oil in the skin, and at the same time they are inveterate germ-killers. No oils, greases or sun-burn lotions are to be used either before or after the exposures. Should exfoliation ensue, so much the better.

During the fall and winter months the sun's rays are not rich in ultra violet rays and therefore of no value for this purpose. Resort will have to be made to an artificial source. This may be obtained for a nominal fee in the office of any naturopath, chiropractor or physical therapy institute. From these artificial sources no more than one exposure a week is needed to obtain satisfactory results, because their rays are highly concentrated. It is not necessary or of any particular value to produce a skin tan.

ONCE the excessive oiliness is under control, formation of blackheads ceases and the cause of the pimples is non-existent. When this stage is reached, the skin scrubbing can be lessened in severity and done less frequently. The ultra violet ray exposures can be discontinued and vigilance gradually relaxed. At this stage there will be no harm if make-up is used, but it is still unadvisable to use greasy creams or salves. If a cream is to be used for some reason, such as removing make-up, it must be thoroughly washed off and never left in contact with the skin for any great length of time.

Just how long it will take to overcome the condition of course varies with each individual. When carried out steadfastly it cannot fail to be effective and put an end to the pimples with all its melancholic sequelae. It will mean no more brooding over an imaginary stigma and a complete change of disposition with the beginning of a new and pleasanter character in the making.

HOW TO PREPARE SOY MACARONI

(*Continued from page* 55)

in an olive oiled baking dish. Pour over a sauce made as follows: Heat 3 tablespoonsful of olive oil. Add 3 tablespoonsful of Soy flour. Use vegetized or sea salt to taste. Stir until smooth—then add slowly 1½ cups coconut milk or skimmed milk. Stir until mixture boils, adding ¼ lb. goat's milk cheese. Stir until melted. Cover with bread crumbs and bake in a hot oven or at 400 degrees F. for 15 minutes or until brown.

VITAMIN C REQUIREMENTS

(*Continued from page* 54)

than in maternal blood examined at the same time.

THROUGHOUT pregnancy and lactation the mother's diet is of primary importance. She must not only supply all of the materials for the growth and development of the child, but also maintain her own health in order to meet the stresses of parturition and the subsequent nutrition and care of the infant. To do this she must have a sufficient quantity of good food in a well-balanced diet. When the usual diet is not amplified during pregnancy, the intake of vitamins and minerals is below optimum or frankly deficient in 50 per cent of cases according to a number of recent studies. A considerable proportion of women ordinarily live on a sub-standard calcium intake, and do not improve this intake sufficiently during pregnancy; an easily utilizable calcium reserve may be

(*Continued on page* 65)

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Tonight drink a warm cup of "CHEER" before you go to bed. See if you don't sleep like a top. Give those tired, weary nerves a rest Nature's way—without drugs or sedatives. And then, after peaceful hours of relief from strain and tension, if you don't wake up feeling like a lark—it won't cost you one cent. You simply return the jar and get your money back. "CHEER" has to satisfy you. Drink hot or cold—delicious either way. In glass jars—39c, 79c and $2.50.

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SUITABLE DIET IN DIABETES MELLITUS

By **BRUNHILDE H. BOEHNKE**

A Diabetic Diet should conform as nearly as possible to that of a normal, healthy person. This is in stark contrast to the numerous extremes in diet in Diabetes which have been heretofore not only proposed but also practiced.

To be able to understand the meaning of the above fully, the interested diabetic sufferer must realize that treating Diabetes without proper diet is well nigh impossible. But what is meant by proper diet? That is the most significant and debated question of all. Since a diabetic is no less a living, breathing human organism as the average healthy person, he must also, like the latter, partake of foods as fats, proteins, carbohydrates, including the essential vitamins and minerals in spite of his malady, and what is more, the diabetic must have an especially well balanced diet because of the very fact that he is ill.

IN order to get a clearer picture of these facts, let us take a diabetic sufferer who has either been told to "unbalance" his diet or has taken it upon himself to do so because that is supposed to help him. By unbalancing one's diet is meant cutting out a substance, say carbohydrates in the case of a diabetic, that one is certain to have overindulged in, believing that the maladjustment in metabolism which had formerly existed would now readjust itself and return to normal. The theory is excellent, only in practice Mother Nature does not work that way. If we look into the matter a little more deeply we will more readily be able to see why this must necessarily be so. First of all, to attain and possess good health, a person—be he normal or not to start with—must have a daily intake of proportionate amounts of carbohydrates, fats and proteins. An overdose or a lack of any one of these essential food elements will cause additional metabolic disorders. Especially does this hold true in the case of a diabetic who is naturally already suffering from an abnormal metabolic condition. Therefore, by living on a one-sided diet the diabetic sufferer's disorder becomes much more severe than before as other disturbing factors set in. Such factors may be, the secretion of more sugar in the urine (produced from proteins which turn into sugar to make up the deficiency of the natural carbohydrate intake), the production of acetone and acetoacetic acid in the urine (as a result of an overintake of protein elements as a substitute for the carbohydrates), and also what is now commonly known as "mineral" and "Vitamin starvation," a forerunner of the so-called pre-scurvy condition.

IN order to counteract all this damage that is being done by improper diet and in order to burn up the sugar, additional units of animal insulin are most often injected into the skin. This is equivalent to inviting the devil in through one door and then putting him out again through another door.

Given the use of GLUCOCININE, on the other hand, in connection with a balanced, well rounded, wholesome and nourishing diet the diabetic (unless he is so far gone that natural means are of no more avail) will improve, will build his impaired cells of Langerhans in the pancreas so that he can tolerate carbohydrates without secreting sugar, in a way that nature intended it.

The first prerequisite is to eat no white bread or so-called whole wheat bread that is not fortified with vitamin B1 (Thiamin). Only whole wheat bread which is made from stone ground whole wheat flour may be eaten in which the natural vitamins are retained. In this case Dr. Senftner's Dietetic Bread with GLUCOCININE is the properly balanced bread for a diabetic. It is not only highly palatable but delicious as well. Do not resort to a variety of protein, aerated ("baked air") bread, etc. because they would upset your diet from the start as they are poor in vitamins and minerals, giving one the feeling of being satiated and nourished when one is not.

NEXT, the importance of fresh foods; fresh fruits, fresh vegetables (especially green), milk, etc. cannot be emphasized too much. Avoid canned foods as much as possible because these are for the most part "devitalized" by the canning process. However, if fresh fruit is not obtainable all the time, special dietetic fruits (without sugar) may be substituted occasionally. Practically all foods containing much vitamin B1 are recommendable because vitamin B1 is important in building up the insulin producing cells in the pancreas. However, it must be remembered that foods rich in both carbohydrates and proteins should only be taken in limited amounts—neither omitted altogether nor overindulged in. Avoid sugar, grapes, honey, cake

(*Continued on page* 77)

From Far and Near

DETROIT THE HEALTHIEST BIG CITY IN THE UNITED STATES

With Detroit's 1939 death rate of 8.3 per 1,000 persons being repeated for 1940, this city again will rank as the healthiest big city in the United States, a Detroit Department of Health report revealed today.

Pointing to the reduction in deaths from communicable diseases in the last decade, health authorities listed several diseases which have been brought almost under complete control.

Diphtheria, for instance, had a death rate in the city of 10.9 per 1,000,000 persons in 1930. This year there were only three diphtheria deaths in the city, for a rating of .19. This was 50 per cent lower than last year.

Pneumonia Down

Pneumonia had a death rate of 82.8 per 100,000 persons in 1930. This year pneumonia's death rate has been reduced to 38.3 per 100,000.

The 1940 birth rate of 18.7 per 1,000 is the highest in the last 10 years in Detroit. It is an increase of 1.1 over 1939.

This is significant news indeed. Our subscription manager tells us that Detroit receives more Nature's Path magazines every month per 100,000 of its population than any other large city, and that Detroit's many prosperous Health Food Stores are all carrying NATURE'S PATH on their counters.

NO SMOKING

Waterbury, Conn.—Women shoppers who smoke, and not men, create fire hazards in department stores, according to the city fire board.

The board voted to ask for an ordinance forbidding smoking in department stores. Members said men rarely smoke while shopping, but women do, and drop ashes near inflammable materials.

RATIONING AIDS ENGLISH HEALTH

New Orleans—David John Rodgers, British consul, sees the English people growing more healthy on wartime rations.

"We have always eaten too much," Rodgers said. "Food rationing is not only conserving food, but is rectifying the English diet. Now we are learning moderation in food. I think it is unlikely that when the war is over the English people will go back to their classic British breakfasts and heavy lunches. The afternoon tea custom may also disappear.

"The rationing plan was put into effect not so much because there is a scarcity of food in England," the consul explained, "but because we want to build up a reserve."

BRITISH HEED GARBO'S DOC

London, Dec. 22 (U.P.)—To cure "blackout blindness" the Ministry of Agriculture today recommended the suggestion of Dr. Gayelord Hauser, Hollywood dietetic beauty expert and friend of Greta Garbo, that Londoners eat lots of carrots.

Blackout blindness is the same as common night blindness, or inability to see well after dark. It has been attributed to vitamin A deficiency, and carrots, which are strong in vitamin A, have been recommended for night drivers.

NATUROPATHIC CONVENTION

St. Louis, Mo., January 7.—While the machinery for National Defense is gradually brought to full speed, it is the duty of all friends and practitioners of Natural Healing to do their part for the common cause. During this time of emergency this year's convention of the National American Naturopathic Association deserves special attention and support from all. Make your plans now to attend. Time: September 10th to 14th. Place: DeSoto Hotel, St. Louis, Mo. Management is under the well-known and trained guidance of Dr. Geo. Collingwood, who can be reached until June 15th at P. O. Box 872, Denver, Colorado.

VITAMIN C REQUIREMENTS

(*Continued from page* 63)

a very important factor in relation to parturition.

THE pregnant woman and nursing mother require a generous Vitamin C intake so that the new born infant shall have an adequate store of the vitamin at birth and receive a sufficient supply during lactation, and this holds true for the other vitamins and the mineral salts. CITRUS FRUITS equivalent to at least 1 pint of citrus juice daily should form a

(*Continued on page* 77)

Elimination of toxic waste is just as important to Health as eating proper food. You can supply the correct variety and amount of food, but can you control the waste products of digestion? You

GET

the most out of life, when your elimination system functions thoroughly and frequently. If there is delayed elimination, the microbes of decay in the intestines may cut down your resistance to disease. In sickness, how invariably does the doctor ask if elimination is regular!

Correcting constipation is important, but eliminating the destructive bacteria in the colon is more far-reaching. And usually, when these dangerous invaders of the colon are controlled, you have taken an important step to maintain your general health. There is

ONE

good and safe way to get rid of the harmful effects of most bacterial invaders of the intestines and that is to take an effective acidophilus culture.

Theradophilus, an acidophilus culture in a soy bean medium, is one of the most effective. It grows so remarkably in this newly developed medium that only a small quantity is required daily. With acidophilus, daily use over a period of from six to twelve weeks is generally required. To make this easy, we have arranged so that when you have taken one bottle a week for six weeks, you secure the seventh bottle

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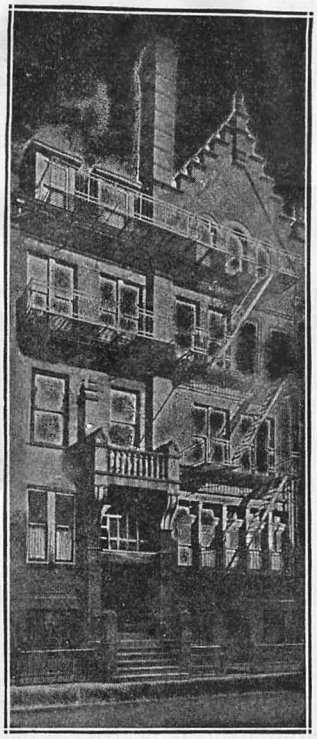
All you have to do is to go into any Health Food Store and buy six bottles of Theradophilus at $1.25 each, all at one time or singly, and ask the store to make out for you the Theradophilus card and cancel it for each bottle you take. The store will supply the seventh bottle without cost to you.

Also, ask for a free pamphlet describing Theradophilus and other products of Therapy, Ltd. Theradophilus is supplied by many leading Health Food Stores in the United States. If your dealer does not at present carry it, simply send his name to Therapy, Ltd., Pasadena, California.



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DR. B. LUST, P.O. Tangerine, Orange Co., Florida

PRINCIPLES OR MEN, WHICH?

(*Continued from page 43*)

chanical interpretations judged from outward appearances! What about the laws involved?

We could list many men of prominence in the field of health and natural living who have passed on at the appointed time in the execution of eternal law—and usually do we find the question raised, "Why didn't he live longer?" (The many others who did through long life prove their philosophy, of course, do not count. "Haven't others reached the same age seemingly without a life of adherence to those laws?")

What Are The Laws?

SINCE there seems to be such a confusion in the outward picture displayed through the performance of men, let us review briefly once more the principles really involved when it comes to life, health, disease, cure, and death, and let us determine the factors of circumstance which bring about the confusion in the demonstrations of men ascribing to certain philosophies of life.

Without any personal interpretation entering in, the LAW of Nature says this about life and the other subjects mentioned:—

LIFE expresses itself as a building up and discharge of energy in the functions of our bodies, their organs, and finally the cells.

HEALTH is that estate of life when its expression is not interfered with or obstructed by any outside agent, mechanical (as an injury), chemical (as toxins), or biological (emotions, etc.).

DISEASE is that estate of body function resulting when the normal expression of life is obstructed by one or another aforementioned agents; the name or "diagnosis," as appendicitis, giving the locality, the ORGANS involved, and the KIND of involvement; and the seriousness, as acute, sub-acute, ruptured, etc., reflecting the DEGREE of obstruction present.

DEATH is that estate when obstruction is so great as to prevent the normal discharge of energy behind the life-process.

CURE can only be realized with or without assistance, through the action of inherent vitality which always reacts in an attempt to free itself of any encumbrance, or obstruction, that the energy of life may again express itself in a normal, unobstructed manner.

THERAPEUTICS or treatment can, therefore, only be of true assistance if they naturally help in the removal of the mechanical, chemical, or biological interference. Thus, all healing by application re

(*Continued on next page*)

A NEW WAY TO RELIEVE OVER-ACID STOMACH

Thousands of people who formerly suffered distress from acid-indigestion, gas, sour taste in the mouth, and other symptoms of excess stomach acid, have found a fine new product SORBEX, for the palliative relief of this condition. Sorbex acts in 5 ways:

1. Instantly refreshes the mouth
2. Sweetens the breath
3. Promptly relieves acid stomach distress
4. Stays on the job for hours
5. Indirectly aids the digestion of numerous foods (proteins) in many cases

A new substance is the principal ingredient in SORBEX Tablets. This substance was discovered in England, as a result of research work in the famous Guy's Hospital; it is now made in America.

The papaya plant supplies "vegetable pepsin," another valuable ingredient in SORBEX Tablets, and powdered apples furnish a third ingredient.

Many folks who suffer from "drum belly" find SORBEX Tablets a great help. This is a blown-up condition of the abdomen, which may be due to gas from fermenting foods.

SORBEX Tablets are economical—60 tablets $1—Larger size, 140 for $2. Special economy package, 300 for $3.95. At all health food stores, especially the ORIGINAL HEALTH FOOD STORE, 343 Lexington Avenue, New York City.

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RIGKO—CN6—TABLETS

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A GRATEFUL STUDENT

After trying everywhere and every way to find relief for my suffering body for twenty years—taking medicine and having operation after operation, but still no relief—it was a happy day for me when I decided to try the Health way of eating.

I had been in bed most of the time for almost three months with a bad heart, high blood-pressure, and nervousness; also lots of headaches. But since I took my stressed elimination and started eating the Health way, I haven't taken a drop of medicine and am a new woman. I just haven't the words to express my thankfulness to Lucile Steele for all she has done for me. I regret that I didn't start sooner.

MRS. KATHERINE LANGELAND,
Lake Andes, S. Dak.

Lucile Steele
Institute of Corrective Dietetics
703 St. Cloud, Rapid City, S. Dak.

PRINCIPLES OR MEN, WHICH?

(Continued from previous page)

solves itself in assisting the body's own inherent, self-restorative powers to act freely. The Natural Agent employed does not perform the actual CURING. ONLY THE BODY CAN DO THIS. The agent merely assists.

In Interpretations Thus Far

THE above six principles are not interpretations by any man, myself, or anyone else. They are axioms of Nature, laws that are immediately self-explanatory, have been since the dawn of history, and will be at its termination. There can NEVER be argument about them because they are merely definitions, simple statements, culled from Nature, immediately acceptable by the rational mind and, furthermore, are indisputably borne out by the daily experiences of everyone. We are all living in a world of cause and effect, action and reaction, crisis and anti-crisis. Any kind of effect is always determined by the cause behind it and if it be a good or evil one, must, sooner or later, manifest itself in like manner, for good or evil. We know that through our experiences. And so it is with life, health, disease, death, cure and therapeutics. They are but studies in causes and effects.

So far everything sounds simple enough. It is, however, in the application of the principles where man steps in, and through multiple personal opinions and experiences of fallible natures, is all too apt to bring confusion into the picture.

How much confusion arises will necessitate a little further analysis of the aforegoing principles.

The Principles Developed

THE function of life reveals itself in a two-fold manner, namely, in an INTAKE and an OUTPUT, a combined process which we call metabolism or the process of life.

Now, since life expresses itself as such, it follows that so long as the INTAKE is NORMAL and the OUTPUT is NORMAL, the process of life must be NORMAL. HEALTH, then, is the estate of that body.

On the other hand, if the INTAKE is ABNORMAL, obstructive, toxic and in addition, the OUTPUT is ABNORMAL, inefficient, congested, then the process of life will NOT find smooth expression because of a piling up of obstruction (more coming in, but elimination retarded). We thus shall have disturbance in, or ABNORMAL function resulting. DISEASE is the estate of that body.

Once this latter condition has been allowed to occur, in attempting to restore order, it definitely and

(Continued on next page)

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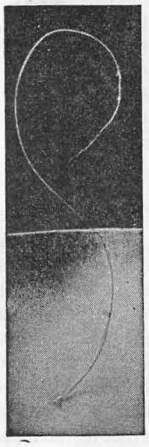

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PRINCIPLES OR MEN, WHICH?

(*Continued from previous page*)

logically MUST follow that only two things are open for us to do, either one or the other, or both: First, improve, bring the INTAKE back to NORMAL, and, second, encourage the OUTPUT to more NORMAL and efficient function.

Factors Involved

THE INTAKE involves air, light, food and other factors. The OUTPUT involves eliminations by way of bowels, kidneys, lungs and skin.

If we on the one hand, improve the quality and quantity of air breathed in, obtain plenty of sunlight and other outdoor natural forces, and, perhaps as important as all else, eliminate all obstructive tendencies from the food intake and change it to a normal or natural one, then we shall be assisting the body in a maximum manner to restore a normal flow of living energy as far as INTAKE is concerned.

If we now also, on the other hand, improve the elimination from bowels, kidneys, lungs and skin through assistive agents designated as natural therapeutics, examples being fasting, colon irrigations, manipulations, herbs, hydrotherapy, physical culture, deep breathing exercises, etc., then we, by improving OUTPUT, further assist the natural function of life to have freedom of expression.

THE COMBINED CORRECTION OF INTAKE AND ASSISTANCE TO OUTPUT GIVES MAN THE ONLY EXTERNAL MEANS TO HELP IN THE RESTORATION OF SICK BODIES TO HEALTH. THE BODY MUST DO THE REST.

Where Confusion Arises

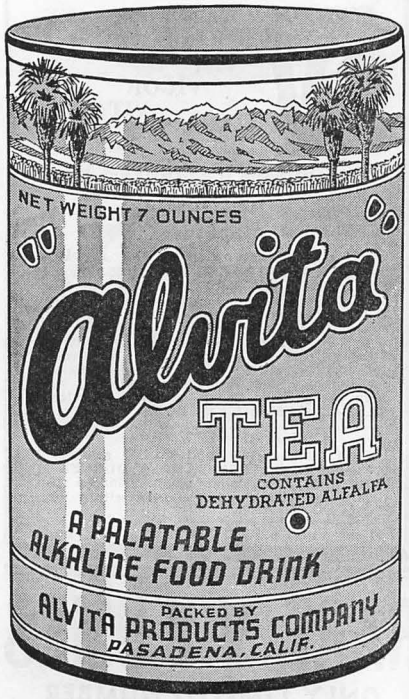
NOW, it is the degree to which the above procedures are carried and personally understood in individual cases, and conducted in the light of experience, that will either demonstrate the principles unequivocally, partially, or confusedly. And it is to the degree that the man teaching these truths has been enlightened himself which will determine how exemplary he will be in his execution of the same, how complete his philosophy, and how thorough his advice to others in unconfused manner.

(*To be continued*)

PROCESSED FOODS AND PUBLIC DEMAND

(*Continued from page* 45)

ing the objection of the consumer aroused by reading that his food contained them, were reluctant to subscribe to the law. However, they did, but published the declaration of the presence of preservatives in the



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PROCESSED FOODS AND PUBLIC DEMAND

(*Continued from previous page*)

food so small and inconspicuously that only the most careful scrutiny of the prospective buyer would reveal it.

OF the more common adulterants, bicarbonate of soda is widely used in drinks, cider, etc., and salicylic acid is used in jams and jellies, while sulphite of copper finds its way into canned peas. Sulphur dioxide is often used in dried apricots, prunes and raisins and saltpeter among other things in meats.

Despite the fact we have a better pure food law, take personal steps to insure a better food supply. This can be done readily.

WHEN buying food stuffs, if you are not positive the food is safe from preservatives and adulterants ask your dealer. It is his duty to tell you. If he does not know, he will soon find out which foods have preservatives or adulterants and which have not, in order to keep your trade. Ten customers doing the same thing will make him alert to supplying your needs.

The public must demand pure foods and it will get them.

All should not be left to the protection of the pure food law.

CARBOHYDRATES IN THE NATIONAL DIETARY

(*Continued from page* 44)

been robbed of their rugged strength by mechanical modern milling and refining processes, chemical bleaches and harmful preservatives.

NATURE never intended that we should eat products of the soil containing a large amount of raw starch, as our teeth are not suitably constructed for the perfect mastication of dry grain. Because of their heavy covering, the protoplasm and starch-bearing cells of cereals and legumes are not so quickly disorganized by heat as are those of meat, milk and eggs. It must be remembered that man's original home was in the tropical and subtropical zones which produce an abundance of fruits containing carbohydrates in a soluble form that needs no further preparation.

PERSONS with sound teeth and healthy digestive organs undoubtedly can eat raw cereals in reasonable amounts with impunity, but difficulty will be experienced in breaking down all the cell walls protecting the starch grains, even by prolonged

(*Continued on next page*)

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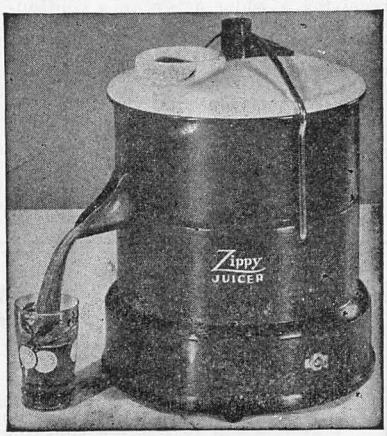

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CARBOHYDRATES IN THE NATIONAL DIETARY

(*Continued from previous page*)

mastication. Before starch can be utilized by the organism, it must be converted into dextrose—a slow process indeed! Only a small percentage of starch is thus changed by the enzymic action of the saliva; and while the inversion, if there is no hyperacidity, may go on for some time in the stomach, it must be completed for bodily assimilation by the more powerful enzymes of the pancreatic juice. The raw starch of the uncooked potato, none the less, will be dissolved by the digestive juices if it is sufficiently masticated or so finely grated that the cell walls are ruptured completely.

WHEAT, rye or barley, in their natural condition, that is, not milled, may be soaked in soft water for twenty-four hours, when they begin to germinate; they may then be blended with a few seeded raisins or dates and run together through a food chopper. This will greatly facilitate the digestion of starch, for the cell walls become softened and are easily broken, while part of the starch has already been converted into maltose by the action of the enzymes during the process of germination. If these sprouted grains are thoroughly chewed and well mixed with the saliva, the larger part of their starch may be changed into dextrin and maltose in the stomach, and subsequently completed in the small intestine.

FOODS of high starchy content are best not combined with high protein foods. It is strongly recommended that only one protein *or* one starchy food accompany a meal and that the balance comprise such salads and steamed vegetables as are available in season. For example, a salad dish followed by some steamed green leafy or other non-starchy vegetables will combine harmoniously with baked potatoes, or *in place of* the latter, a few slices of whole wheat bread or any other hygienic carbohydrate (starch) like whole wheat spaghetti or corn on the cob:—just *one* of these.

THE digestion of starchy food is delayed by the almost universal habit of using free fats in their preparation. Fats, as they exist in emulsified form in nuts and fruits, combine freely with the saliva, without interfering with its function. Such free fats as oil, butter and lard cover the starch granule and thus protect it against the dissolving power of the saliva. The frying of foods is still more objectionable, for it breaks up the free fats into fatty acids which irritate the mucous membranes of the

(*Continued on next page*)

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CARBOHYDRATES IN THE NATIONAL DIETARY

(*Continued from previous page*)

alimentary canal. Flaxseed meal, immersed in hot water, to which meatless flavorings have been added, affords a hygienic and nutritious substitute for free fats.

THE habit of taking starchy foods, immersed in such fluids as coffee, tea, soups or soft mush, retards the flow of saliva and throws the bulk of starch digestion upon the small intestines. The use of free acids such as acetic acid occurring in vinegar, and even the citric acid of lemon juice, impedes the digestion of starch. One part of vinegar diluted with two hundred parts of water completely destroys the activity of the saliva.

For this reason firm tomatoes should be included in a salad only if little or preferably no starchy food is consumed at the same meal. Because tomatoes are to some extent acid, they retard the digestion of bread or other cereal foods. That is why no flour or cornstarch should enter into the composition of cooked dressings when lemon juice or its substitute is used as the acid ingredient. Cold potatoes of themselves are difficult of digestion; by combining them with an acid salad dressing, they are rendered more so.

IN order to promote digestion and to preserve the integrity of our teeth, our food should be taken in a hard or solid consistency, exactly the opposite from that of soup. The objectionable effects of the soup habit, however, may be partially overcome by sipping them slowly with some hard cracker or toasted bread that requires thorough mastication, or with any raw vegetable such as radishes, celery stalks, sliced turnips or sliced rutabagas. Where tomatoes or rhubarb are incorporated in the soup, raw vegetables are best as nibblers, as starchy foods do not combine harmoniously with acid-type vegetables, as already explained.

Peels of many starchy roots, too coarse to eat, as well as nearly all grains, notably rice, corn and whole barley, are welcome contributions to soup, and if desired, they may be seasoned with herbs. If whole grain macaroni or vermicelli are intended for use in soup, they should be well cooked separately, then added. It is suggested to use potatoes seldom in any thing but potato soups. The addition of potatoes to an otherwise wholesome soup might convert it into a sermentable combination, as well as remove it from the dietary of those who cannot use starchy foods.

SANDWICHES form an important part of most school lunches.

(*Continued on next page*)

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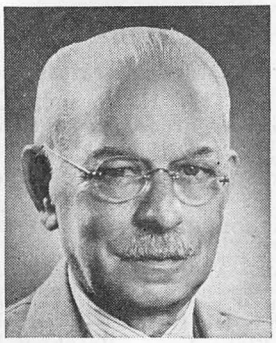

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Some understand an Internal Bath to be an enema. Others take it to be some new-fangled laxative. Both are wrong. A real genuine true Internal Bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case.

A bona fide Tyrrell Internal Bath is the administration into the lower intestinal tract of pure, warm water in which J. B. L. Cleansing Powder has been dissolved. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell. Now, here's where the genuine Internal Bath differs radically from the enema.

The lower intestine, called by the late Professor Foges of Vienna "the most prolific source of disease," is five feet long and shaped like an inverted U—thus ∩. The enema cleanses but a third of this "horseshoe," or to the first bend. The J. B. L. Cascade treatment cleanses it the entire length—and does it effectively. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade does it—without pain or discomfort.

Why Take an Internal Bath?

Here is why: the intestinal tract is the waste canal of the body. Due to our soft foods, lack of vigorous exercise, and highly artificial civilization, a large percentage of persons suffer from intestinal stasis (delay). In many cases the passage of the colonic wastes is delayed entirely too long. Result: an accumulation of long-retained impacted fecal matter that is bound to be uncomfortable at best. But, in the opinion of many—an increased susceptibility to colds, certain kinds of headaches, so-called rheumatic pains, listlessness and fatigue—sometimes various skin blemishes, not to mention other more serious attributed ills. Many authorities believe that you should be kept free of chronic constipation. Internal Bathing is an effective means. No harsh cathartics or laxatives. Through the use of the J. B. L. Cascade you can give yourself a high colonic irrigation—and right in the privacy of your own home. In only fifteen minutes it flushes the intestinal tract—quick, hygienic action. As the intestinal muscles tend to be strengthened, the passage of waste is hastened. The use of the J. B. L. Cascade is non-habit forming.

Frequent Benefits

Taken just before retiring, for instance, it often induces sleep as restful as that of a child and often helps the user to arise in the morning—as many advocates of the J. B. L. Cascade have testified—with a new sense of vigor—with a new fund of optimism. Many, many men and women who have faithfully practised Internal Bathing attribute these results and many others to this marvelous method of keeping clean inwardly.

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CARBOHYDRATES IN THE NATIONAL DIETARY

(*Continued from previous page*)

Bread for sandwiches should be of fine even grain and at least twenty-four hours old. Melba toasted or even browned slices encourage thorough mastication, affording the jaws and the teeth the necessary exercise. All forms of white grain breads are predominantly starchy; consequently one must exercise care that no appreciable quantity of high protein foods enters into the composition of the filler. Fatty and alkaline foods combine best as sandwich fillers. Soy beans and low protein nuts such as coconut, peanut, pecan and the chestnut are compatible with starchy breads, since the type of protein they contain does not require a high gastric acidity for digestion. Meat and meat gravies, citrus fruit juices, very hard cooked eggs, pickles or other relishes preserved with commercial vinegar obviously should be avoided as sandwich fillers.

SAVE for the tolerances indicated above, the prevailing practice of combining concentrated fats, proteins and carbohydrates in a sandwich tends to wear out the digestive glands in the course of time and impair their function. This concentrated combination requires a large amount of digestive juices for digestion, because they constitute a mixture so complex in nature, that the digestive glands are taxed to their physiological limits in responding to the various stimuli which these various food constituents provoke.

ENERVATION THE FIRST BASIC CAUSE OF DISEASE

(*Continued from page* 46)

where stimulants are called upon to drive away natural relaxation, and fit him for half a night's further activity. A mere suggestion of bedtime will irk him.

As darkness approaches, the primitive man or animal will make his retirement with natural relaxation because stimulants have not infringed upon his life. He also will stir with approaching daylight without the use of an alarm clock.

The ambitious student uses little discretion when he studies to a late hour on lagging energies while nature is crying for rest. Nature often penalizes such persons by throwing them on their backs with acute disease until she is able to reduce the surfeit of accumulated waste within the system. This is a protective and compensatory measure insofar as nature can command the energies for reducing poisons. An elderly physi-

(*Continued on next page*)

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ENERVATION THE FIRST BASIC CAUSE OF DISEASE

(*Continued from previous page*)

cian once said, "Some people are too weak to be sick," meaning their bodies do not possess sufficient nerve and glandular power to stage a house cleaning.

MY greatest condemnation of the tobacco habit is the capacity of this narcotic to violate the sleeping habits of individuals. In that regard it is worse than coffee. Seldom do we find an inveterate smoker seeking slumber until midnight hours, and his body is thus robbed of the best hours for physical rest and restoration.

Many people sap the life-giving properties of their bodies with drugs, every one of which must be counteracted and eliminated at nerve expense. Drugging brings on premature aging. Its deleterious effect upon the brain produces neurasthenics and neurotics.

THE water-drinking habit is an avenue of nerve expenditure. A drink upon rising in the morning (preferably hot) is desirable, but with the healthful mode of eating the body will require little other liquid. Working the kidneys overtime dissipates quantities of vital energy that might be applied to better digestion. Heavily chlorinated city water is not fit for human consumption. One city engineer whose duty it was to chlorinate the city wells admitted he would not drink the water himself.

FROM our tables we serve stimulants which plunder health resources. These are almost too numerous for discussion.

Jellies, jams and pastries made with sugar, will lessen the vitality and calcium supply of any body into which they enter. General anemia and a bad heart are a natural sequence—with a train of symptoms such as over-fatigue, eczema, migraine, arthritis, asthma, etc.

The other day the president of our leading bakery passed away with a sudden heart attack at 55 years. My memory returned to the time—about eight years ago—when this president and his wife were showing me through their new modern plant. She, having attended some of my lectures, knew my sentiments regarding pastries and white breads, and she remarked patronizingly, "My family won't eat any of the dark flour foods so it is no use to serve them."

COMMERCIAL ice cream may be equally devastating with its sugar and often pasteurized and putrid cream. I recall a mother saying in hot weather that she fed ice cream to her little son three times daily to

(*Continued on next page*)

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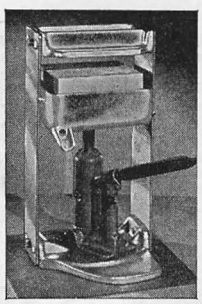

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ENERVATION THE FIRST BASIC CAUSE OF DISEASE

(Continued from previous page)

keep him cool. She kept his stomach cool and incapable of good digestion; but not the boy. He grew older and manifested the anemia to be expected; his face was pinched and his eyes weak. He had to be outfitted with glasses as soon as he entered school, characteristic of children whose stomachs have been ruined by injudicious feeding. Eye and stomach trouble invariably go hand-in-hand.

Another conscientious mother kept soft drinks in the refrigerator to serve her child daily to offset the heat. This child also became anemic with tubercular tendency; and like the boy mentioned above, has worn glasses from her first year in school.

Both of these mothers are college women, but they are delinquent in the most vital subject affecting the health of their families.

CAN anyone estimate the gallons of soft drinks consumed annually? Each year sees the introduction of many new varieties, all full of toxic materials capable of wrecking any stomach.

Coffee and tea take a heavy toll in nerve energy, tearing down nerve centers, and incapacitating the heart, liver and kidneys. These stimulants are the ones most defended by those enslaved—which is possibly 75% of the adult population.

Our protein foods frequently come to the table as deranged and damaged for nutrition as our starch foods. Take the group of ground meats—wieners, bolognas, and sausages which almost without exception will carry some degree of ptomaine or putrescence. Then there are cold-storage meats including fowl (which in the fresh state is an excellent food), and eggs of antiquity, also from cold-storage. Animal foods are valuable in the dietary but they must be fresh.

When the public demands it these foods will be provided in the fresh state. Public demand is the only thing that will change commercial customs. Stale eggs may be responsible for erysipelas conditions or inflammatory rheumatism.

MY next item of concern applies only to the western half of the nation which has been unfortunate enough to be located in the natural gas belt, where this is the most popular and cheapest fuel. During the past decade it has been like a leech saddled upon the health of the public.

Many types of gas heaters have been devised, every one of which robs the room of its oxygen and precipitates monoxide in its stead. An opening has to be left for oxygen absorp-

(Continued on next page)

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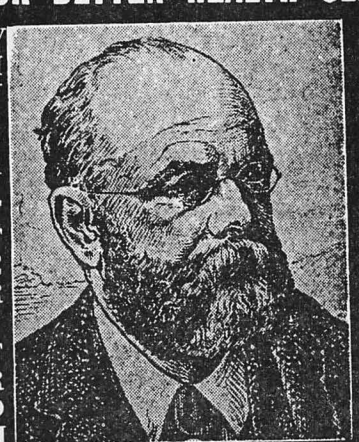

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ENERVATION THE FIRST BASIC CAUSE OF DISEASE

(*Continued from previous page*)

tion, and it is impossible to keep monoxide gas (or any other kind of gas) within the confines, although there may be a vent to the chimney. It is a crime to bring children up in this atmosphere of slow poisoning.

Throughout the west a number of deaths have occurred from monoxide poisoning, and no one can estimate the illness precipitated by this mode of heating. Under no circumstances should installation of natural gas be within the living quarters of a home. It is bad enough to operate a furnace from the basement.

MOTHERS, do your families go out in stormy weather without rubbers? The body's electricity is dissipated rapidly through damp shoe soles. This habit is often the final touch that precipitates an illness.

Perhaps these loop-holes—which a health instructor repeatedly checks on her student clientele in order to conserve and build up their vitality—may be suggestive to the reader who is pondering his lack of vital endurance.

DR. LUST SPEAKING

(*Continued from page* 42)

power of reaction. Such reactions will continue to come over the body as long as it has sufficient vitality to produce them, but seldom assume the same form, if the poisons producing them are of the character to require the presence of a special oxidizing agent or germ. If the vitality of a person is good, he may get a reaction after the injection of vaccine or serum, which reaction may enable him to throw off the poison, but it is important to note that in practically all cases a ferment is left within the body that will change the character of any like poisons that may be generated and which will have to be eliminated in another manner, giving different symptoms to the reaction. In other words, the injection has succeeded in eliminating most of the disease, but of itself does not possess enough impetus to also eliminate all the traces of its own presence.

It therefore is entirely possible that the high mortality from influenza may be due to the fact that the natural channels of elimination were blocked by the use of sera given to prevent smallpox, typhoid, diphtheria, etc., and that the overburdened system found no other channel through which to throw off poisons except the lungs, and the result is a high frequency of pneumonia.

The medical theory of immunity assumes that acute diseases are produced by infecting agents and that they are specific in nature. However,

(*Continued on next page*)

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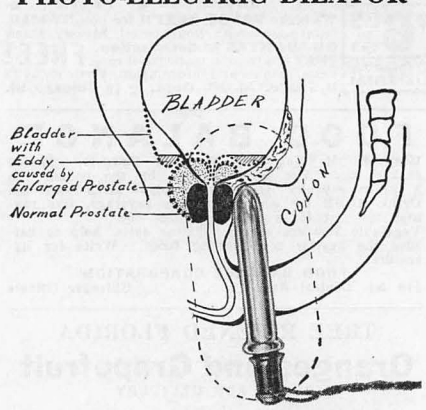

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DR. LUST SPEAKING

(*Continued from previous page*)

this theory does not work except in cases where the germs and infecting agents find a fertile field such as in cases of physical weakness, one-sided nourishment, wrong climatic conditions and bad living habits.

Until it is proved by medical science that acute diseases such as typhoid, diphtheria, etc., can be produced at will in any individual, regardless of his powers of resistance, until that time Nature Cure and Naturopathy will pursue its own and sounder way of disease prevention. It is not sufficient to get rid of disease, it must be got rid of in the right way; otherwise the balance of good and evil may be on the wrong side.

In view of the present national emergency the question of compulsory vaccination and inoculation of the recruits becomes one of major importance. We therefore call on all our readers and friends to study and support our stand and to help us in the fight against any kind of compulsion or coercion such as are employed today to make our healthy soldier boys submit to filthy injections and inoculations of vaccines and sera. The human body is sacred and any incision or operation should be made only with the full knowledge and consent of its owner, and also with his full knowledge of the consequences such an operation or incision may entail for himself as well as for his future offspring.

HOW AN APPENDICITIS OPERATION WAS PREVENTED

(*Continued from page* 50)

away from home was taken with a severe abdominal pain in 1932. The medical doctor diagnosed it as acute appendicitis and ordered her to the hospital while Josef and his wife were away. An operation was performed at an expense of about $1500 and a year later she was subjected to a second operation for adhesions at another expense of $500 after which she appears to have been normal. The daughter knowing of Josef's periodical attacks urged him to go to her doctor for an examination sometime during July, 1933.

UPON examination the medical doctor could not find anything particularly wrong with Josef's abdomen but he thought that the Fluoroscope indicated a slightly abnormal appendix. As a result Josef received an order to visit the Radiologist in a large hospital where three x-ray pictures were made on empty stomach and later three pictures after eating. After examining the x-ray pictures the doctor told Josef that they did not indicate an acute condition but in

(*Continued on next page*)

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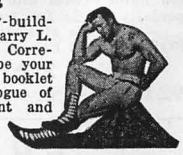

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HOW AN APPENDICITIS OPERATION WAS PREVENTED

(*Continued from previous page*)

view of the previous attacks, it would be advisable to have a simple and quick operation. As a matter of fact the doctor told Josef that as he was in good condition he could perform the operation making a small 3" incision within ½ hour's time and that after staying in the hospital 10 days, he would be entirely relieved of any further attacks and difficulties but minus his appendix and $300 to cover the entire charges for the operation and hospitalization.

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SUITABLE DIET IN DIABETES

(*Continued from page* 64)

beer, etc. Whereas milk, fruit, carrots, etc. are so important for their vitamin content that one must not forbid them to the diabetic.

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VITAMIN C REQUIREMENTS

(*Continued from page* 65)

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FOODS FOR SENSITIVE STOMACHS

(*Continued from page* 57)

dered apples furnish a third ingredient.

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BIOLOGICAL CHEMISTRY

Dr. P. W. Bowman

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Effects

A principal constituent of blood and lymph; promotes formation of saliva, pancreatic juices and bile; prevents digestive disorders; halts fermentations; produces strength, endurance and energy; counteracts acidosis; purifies the blood and promotes a healthy condition of the mucous membranes.

Apples, asparagus, bananas, beans, beef, beets, bran, cantaloupes, carrots, celery, cheese, clams, crackers, cress, cucumbers, eggs, figs, horseradish, milk, oats, olives, peaches, pumpkin, raisins, spinach, strawberries, turnips, wheat germ.

SULPHUR

Effects

Oxidizing agent; promotes flow of bile; a blood purifier; cleanser; eliminator; tones up the nerves; promotes normal liver activity; maintains good eyesight; gives steady nerves; purifies and tones entire system; keeps hair and nails healthy.

Sources

Asparagus, beans, bread, bran, brussels sprouts, cabbage, cantaloupes, carrots, cauliflower, celery, cheese, cocoa, cucumbers, eggs, greens, lettuce, macaroni, meats, onions, peanuts, peas, radishes, turnips, whitefish.

For normal health a ratio of 80 points alkaline to 20 points acid is required. Raw egg-yolk, leafy vegetables, milk and fruits are alkaline reacting. Sugars, starches, fats, meats, refined flours, oatmeal, broken grains and nuts, egg whites are acid forming. Except in aggravated cases of acidosis the alkaline minerals in whole grains, nuts and honey neutralize acid action.

A Good Rule to Follow

Do not combine proteins with starch. Do not combine acid fruits with starches. You may combine proteins with acid fruits.

If nobody loves you, be sure it is your own fault. —Doddridge.

He who fears being conquered is sure of defeat. —Napoleon.

Experience teaches slowly, and at the cost of mistakes. —Froude.

LUCK

According to Mac O'Rel, "Luck is of your own making. Luck means rising at 6 in the morning, living on $2 a day if you get $4, minding your own business, and not meddling with other people's. Luck means the hardships and privations which you have had to endure, the long nights you have devoted to work. Luck means the appointments you have never failed to get. Luck comes to those who help themselves and know how to wait."

—The Interstate.

THANKS

We have received so many wonderful expressions of good will and friendship, at the occasion of the Christmas and New Year's holidays that it is impossible for us to answer all of same personally. Thanks a thousand times and God's blessing to all our readers. May health, happiness and peace be with you during this new year.

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

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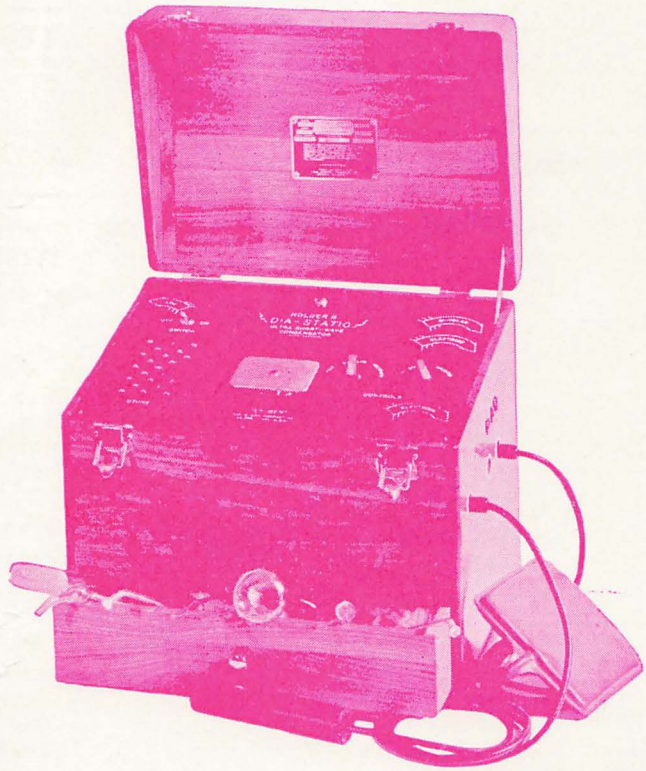

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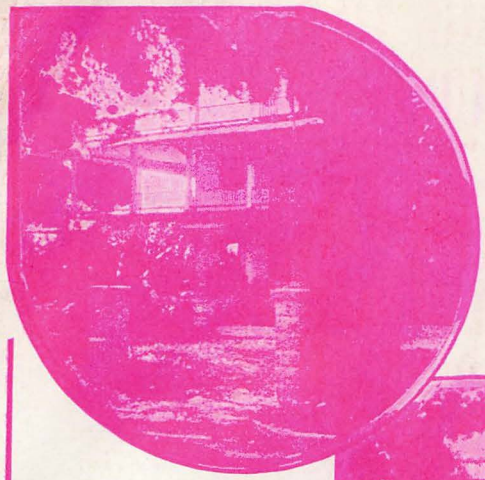

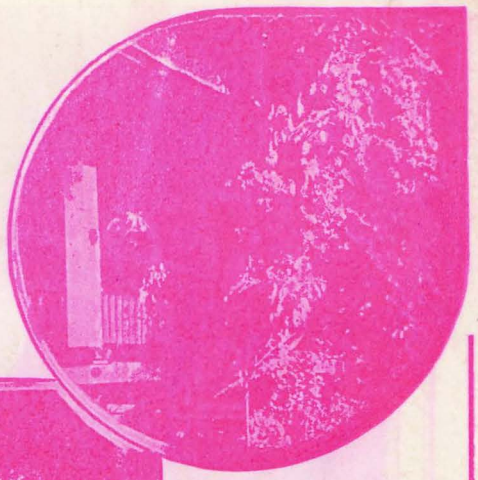

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