NATURE'S PATH

AMERICA'S PIONEER NATURE CURE MAGAZINE

Dr. Lust Speaking

MARCH, 1941

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NEXT MONTH

The Ideal Diet of Man
by Eugene A. Bergholz, M.D.

The excellent writings of Dr. Bergholz need no special introduction to our readers. We only want to urge all of them to heed the sound advice on diet as given in this article. We are sure that by following his plan they will be amply rewarded.

•

Unusual Fruits
by Lillian R. Carque

The author who is research scientist of the Natural Brands Research Foundation, Glendale, California, in the coming issue will discuss two rare fruits, the Cherimoya and the Mango, which are little known but possess various qualities that recommend them for a more general use.

•

Hemorrhoids
by Christopher Gian-Cursio, N.D.

The second installment of an interesting treatise on a disorder that according to various estimates attacks between 60 and 75% of our population.

•

Less Speed and More Safety
by Edward Earle Purinton

We are happy to welcome back to our magazine a famous writer and author, whose name is familiar to many of our readers as the author of the books "Philosophy of Fasting" and "Efficiency in Drugless Healing."

•

I Object
by J. C. Thie, N.D.

With the April issue we present for the first time a regular monthly column in which Dr. Thie will discuss some crucial problems of our every day lives, with special emphasis on natural living, eating and healing.

•

Bladder Disturbances and Their Correction
by Dr. Jesse Mercer Gehman

Dr. Gehman is well known as an authority on natural therapy both here and abroad and in this contribution presents an extended discussion that gives a welcome answer to all our readers who have asked us for an outline on the treatment of bladder troubles.

•

As all good things, NATURE'S PATH improves with age. It is worth your while to save your copies for future reference, and be sure to send us your renewal for 1941 if you have not done so already.

•

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

Current No. 556 Vol. XXXXVI, No. 3

NATURE'S PATH

Dr. BENEDICT LUST, Editor

MARCH, 1941

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

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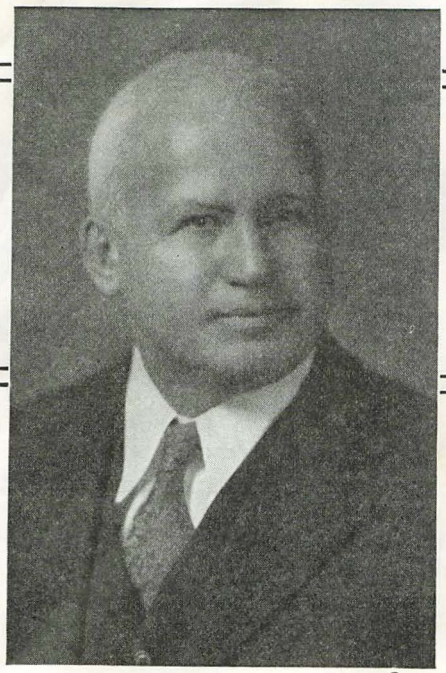


Dr. Lust Speaking

JUST AS EVERY HUMAN ACHIEVEMENT MUST be judged on the basis of its merits for the common good to mankind, just as every event in history has its roots in the dim past of prehistorical times and contains the seed for future events far beyond human minds to foresee, so by inexorable laws, every spiritual or philosophical movement must be judged by its usefulness for future generations. It stands to reason that the present troubled times will throw their shadows farther than human minds can perceive, and will burden our children and children's children with problems far different from those which we have to contend with. Whenever a crisis in history comes to a head, and the emotions are raised to fever pitch, whenever the waves of controversy rise to hitherto unknown dimensions and threaten to drag down all mankind into a maelstrom of chaos and disintegration, it is high time for all people possessed of senses to stand back and reassert their supreme right of cool judgment and calm deliberation, to swear off partisonship and to review the sacrosanct mission with which their creator has entrusted each of them in his own limited sphere. Only those whose vision has remained unobstructed by the cloud of passion and partisanship can properly judge the role they have to play. And only those tolerant enough and endowed with a horizon wide enough can be the true leaders of their fellowmen. The words of Plato that philosophers must be kings and kings must be philosophers still have their meaning today. Only he who weighs with a calm serene unprejudiced mind the present critical times can expect to lift a corner of the veil that hides the future. So let us not forget to reap spiritual comfort out of the bankruptcy, to take the good with the bad and to look at both sides of the medal. If we follow that rule we will gain peace for our souls and we will have done as best we could.

This program of tolerance and love for all mankind should be the cornerstone for our natural philosophy. There are those both within and outside of our nature cure movement who think that spiritualism and godliness have nothing in common with nature cure. They are mistaken.

We may talk of diet and constipation, of operations and injections, but we preach into the wind, if we lose sight of the Divine mission of man, if we lose touch with the spiritual bonds that bind us to our Creator. It is not a coincidence that all true leaders of nature cure have been deeply religious men. (Where would Nature Cure be without a Father Kneipp?) Let us be thankful for their guidance and let us walk in their footsteps to a more glorious and healthy future, where there will be no more materialism and cynical disregard for the human soul.

* * *

While political kingdoms fall and borderlines vanish over night, our Nature Cure movement steadily forges ahead and every year adds thousands of new converts to its fold, giving hope and encouragement to the hopeless and a new lease on life to those that already have been given up by orthodox medical skill. Reports from the outpost of Hawaii indicate that there, too, remarkable progress is being made in educating the public to the ideas and ideals of natural living and healing. Dr. Hans Zimmerman and his group of Naturopathic Doctors in Honolulu are deserving of the highest praise for their undaunted pioneer work in cooperation with the health food stores of Hawaii. We know from experience that the laying of the foundation stones for a new structure is only possible by a fearless and relentless outlay of energy and

(*Continued on page* 117)

PRINCIPLES OR MEN, WHICH?

By **EUGENE A. BERGHOLZ, M.D.**

(Continued from February)

HERE ARE SOME FACTORS THAT must be considered in determining the whys and wherefores in the judgment of any individual being considered in the light of his response to the execution of natural law.

1. What kind of body did he inherit? Did he have a vital one or one already heavily encumbered with obstructions of sundry nature?

2. What was his state of health prior to his own adopting a program of health restoration?

3. How strict did he have to become in order to bring back lost energies? Was he able to do so physically, psychologically, socially, economically, etc.?

4. How complete was the understanding of his counselors, associates, relatives, friends? Did they help or add confusion?

5. Could the individual discipline himself sufficiently on all scores?

6. What harm of a surgical- or drug-nature was done to his body prior to his embracing the natural mode of living?

7. Did he feel that physical health was not so important to warrant a perfect program, spiritual health being the more desirable?

8. What about the inability of others to discipline themselves whose experiences force him to adopt a "middle" course in his teachings?

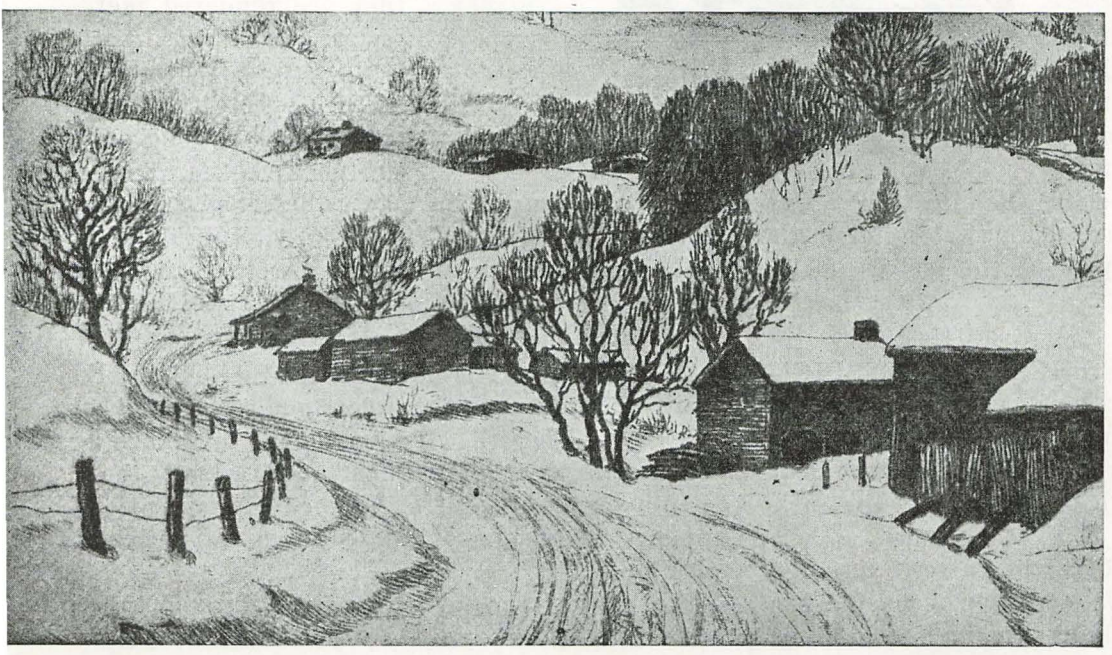
9. Was it *possible* for him to execute the laws himself as actually understood? How about his work, his rest, sleep, time for play, vacations? What about his social estate, the demands of his wife, who may not understand, his friends, his environment?

10. How about the continuous persecution by the enemies of truth he invariably must face?

Men Are Subjects of Lak

THERE ARE A THOUSAND AND ONE other factors that might be given. These are but a few and must suffice. It will be seen from these, however, that merely judging the principles a man upheld, by his life, health, death, practice, and performance, cannot be rapidly done without analyzing the individual factors involved. *Always* will it be found that every single being, without exception, *must* absolutely and irretrievably, reveal an irrevocable discharge of natural law. Men, *all* men, are *subjects* of laws. They are not their *makers*. Laws, principles were there always, man merely is an agent under their realm and influence, and they are not dependent upon him. Laws for that matter should be judged as of themselves and not by the men who may have the knowledge of them but by reason of certain impossible circumstances do not reveal satisfactory evidence in demonstration of the principles regardless of what they may be teaching. Man is a passing, fallible creature. Laws are irrevocable and eternal. First comes law, then man. Let us judge man in terms of the law, but *never*

(*Cont'd. on p.* 93)



AN INTERESTING MILK EXPERIMENT

By **DR. JESSE MERCER GEHMAN**

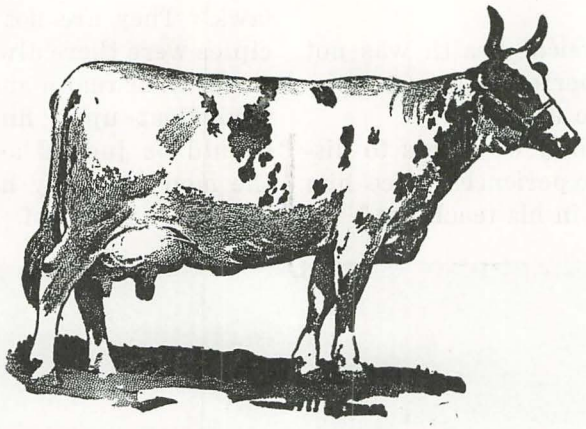
THE WORLD FAMOUS NUTRITION EXpert, Doctor E. V. McCollum, of Johns Hopkins describes milk as the great "Protective Food."

In its natural raw state it is that precisely. In its cooked or pasteurized state not as much can be said for it.

If milk is actually a protective food, it is natural to query how? Raw milk protects the body and guards the health by providing the necessary nutritional elements demanded by the human organism, which are lacking in so many other foods. It does more than this, in that it provides these elements in the best possible and most assimilable form, assuring quality and use.

FIRST AND FOREMOST MILK, THAT IS raw milk, supplies that all important element calcium, or what may be called lime, which is absolutely necessary to the building of strong vigorous bones and teeth, which we see in straight limbs and powerful lasting teeth.

One quart of milk every day is the recommendation of Doctor H. C. Sherman of Columbia University to guarantee the calcium needs of the growing child.



From the outstanding experimentation results extant showing the comparative values of raw and certified milk and pasteurized milk we believe that Doctors McCollum and Sherman had definitely in mind the former when they expressed themselves on the great powers of milk.

PERHAPS ONE OF THE MOST CONSPICUous experiments in recent years to prove the case of pasteurized milk was that conducted under strictest supervision at the West of Scotland Agricultural College at Auchincruive, near Ayr.

Two groups, each of eight calves, were fed, one group on raw milk, the other on pasteurized milk, prepared by holding the milk at 145 degrees Fahrenheit for thirty minutes, the most usual pasteurization procedure. The experiment covered a period of ninety days.

All the animals in the first group, the raw milk fed group, finished the trial without mortality. In the second or pasteurized milk fed group, two died before they were thirty days old, and a third died on the ninety-second day, that is two days after the experiment.

THE RATE INCREASE FOR WEIGHT gaining of the two groups was the same for the first sixty days, but during the last thirty days, the pasteurized group gained much more slowly.

The animals for the experiment were carefully selected and all other factors with the exception of the dietary of the animals during the experiment were equal.

The fifty per cent mortality record among the pasteurized group was appalling to the pasteurization interests which had prompted the experiment to prove their product.

This experiment proves conclusively that there are protective qualities in raw milk that are rendered ineffective by pasteurization. Precisely what all of these protective properties are no one can say positively.

Those that are known to be lessened are calcium, the anti-scorbutic vitamin, vitamin C; and the protein of milk as well as the butter fat are rendered less assimilable by pasteurization.

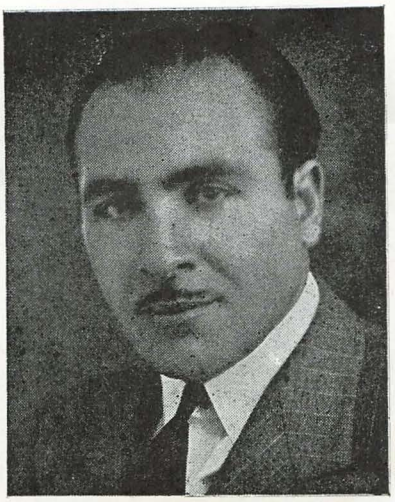
VITAMINS AND MINERAL SALTS ARE positive but not entirely understood requirements necessary to health. We know that they have a definite purpose in our diets; and we know that certain processes destroy them. Pasteurization appears to be one of these processes without question.

Fortunately for our little ones milk is not the

(*Continued on page* 113)

HEMORRHOIDS

By **CHRISTOPHER GIAN-CURSIO, N.D., D.C.**



HEMORRHOIDS or piles is the most frequent disturbance of the rectum and anus. It is seldom seen in children, and it becomes more common as the age of the individual increases from adolescence onward. It is more prevalent in men up to middle-age, but after the menopause the number of cases seen in women are about the same as in men.

So-called authorities would have us believe that piles are caused in women by pregnancy. This is not the case although during pregnancy the piles may become more pronounced. Any impairment in pregnancy is determined by debility and toxicity of the body in general, and the part in particular; not by the pregnancy itself which is a physiological process.

AS TO THE CAUSE OF PILES, CHARLES L. Greene, M.D., states, that the formation of hemorrhoids "is favored by the lack of valves in the hemorrhoidal veins." Also the hemorrhoidal veins are loosely situated and do not have strong support from the surrounding tissue which adds to their proneness to dilatation. The anatomoical state may determine the kind of disease manifestation that is likely to occur, but disease can never result unless causes of disease exist in the entire body.

Constipation is falsely accused of causing piles. Constipation is not the cause of disease but an effect of unnatural living. I have seen severe cases of constipation without any hemorrhoids, and I have also seen individuals with their daily bowel movements suffering from internal piles. Regardless of constipation, stasis and dilatation of the veins in the anus and the rectum can occur if debility and toxicity exist within the organism.

CONSTIPATION HELPS TO AGGRAVATE the condition especially when the fecal matter passes through the lower rectum and the anal canal. Those who resort to cathartics in hope of removing the constipation only make matters worse by irritating and inflaming the lining of the anus and rectum. This further weakens the structures, which, coupled with straining at stool results in increased dilatation of the hemorrhoidal veins. The use of spices and condiments has the same effect on the lining of the pile as purgatives. Wrong eating, and over-eating, the use of alcohol, drugs, in fact anything that tends to over-work and injure the liver creates obstruction and stasis of the portal and venous circulation, and as a result the hemorrhoidal veins in the anus and rectum dilate because of the venous sluggishness that results.

FOR OVER A CENTURY THE NATURE Curists in this country have been teaching that an unnatural diet is the principle factor in the causation of hemorrhoids. Today many progressive Medical men are advancing the same hygienic conception. One of them, Joseph Franklin Montague, M.D., F.A.C.S., a recognized authority on rectal diseases warns that the practices of over-eating and over-drinking are chief causes in the formation of piles. In criticizing the quality of the modern diet he states:

"There is no doubt that the refined foods upon which man lives today, and particularly those artificial aids to a lagging appetite which he has contrived and used for many years past, namely condiments, contribute very largely to the production of abnormal gastro-intestinal conditions. They induce chronic dilatation of the intestinal mucosal vessels, mucosal plethora, and finally portal plethora, with its resulting chronic passive congestion of the intestines. There is absolutely no need of the many highly spiced mixtures which are used in food today. Their only function is to evoke a pseudo-appetite, an abnormal craving for food which the mind desires, but which the body most certainly does not require."

THERE ARE THREE KINDS OF HEMORrhoids—the external, anal, and internal. External hemorrhoids are located around the edge of the anus. They are not troublesome unless a blood clot forms or the skin covering the pile is cracked. The vessels of the hemorrhoids may be injured and ruptured in this particular type of

(*Continued on page* 106)

Your Health Problems

Q. What is the cause and cure for spastic constipation, poor night's sleep and awakening two to three times during the night?

Mr. O. K., Detroit, Mich.

A Spastic colitis is often due to nervous irritation. To remedy this condition we recommend mild laxatives, a diet free from irritating foods, such as salt, pepper, pickles, vinegar, and plenty of vegetables in the form of salads. The regular use of Camomile Tea is also very beneficial and soothing for the nerves and will soon bring about better night's sleep.

Q. Please advise how we can combat poisonous sprays on vegetables and fruits. Dr. M. S. Brown.

A. Most poisonous sprays can be washed off by thoroughly rinsing the vegetables in water, also dipping them in a solution of lemon juice or salt. The danger of poisonous sprays on vegetables often has been exaggerated; however if you want to be sure to evade it, buy only products which you are sure do not contain sprays.

Q. Which is more beneficial to one's health, raw fruit and vegetable juice, or liquefied fruit and vegetable juice? E. P. Eastes.

A. For a healthy person there is no difference with regard to one's health, provided you eat the right amounts of other necessary food stuffs in proper balance, in addition to drinking fruit juice.

Q. Three of us have been taking Vitamin B for about six months, and two of us have been having Vitamin A for three months. Our health is undoubtedly improved but our hair is getting coarser, wiry and unmanageable. Does it mean we have had too much vitamins?

Z. F. B. and A. S. F.

A We doubt whether vitamins alone can be made responsible for this condition. Oiling and massaging of your scalp will soon take care of it.

Q. What causes freckles and how can they be removed? Mrs.J.L.

A. Freckles frequently occur in fairskinned persons and they should not be removed.

Q. Are foods prepared in a pressure cooker healthier than those prepared in an ordinary sauce pan?

Louis B.

A. Yes.

Q. What is the cause of Ringworm of the hand and the best natural treatment of it? Mr. E. G.

A. Ringworm is a contagious disease of the skin and hair due to the invasion of a fungus called trichophyton. The external treatment is by ultra-violet rays, the affected parts to be kept as dry as possible. Internally Seatabs have proven valuable.

Q. My little girl, 11, has psoriasis. Is there a diet that will help and are chocolate and cocoa harmful?

Mrs. I. F. H.

A. Put your girl on a bland diet rich in vitamin A, B and C. Chocolate and cocoa are harmful because they are binding and do not give the colon a chance to eliminate properly. We would suggest that you see a competent naturopathic physician.

PRINCIPLES OR MEN, WHICH?

(*Continued from page* 96)

exceptions. "Natural" death results because of an impossibility of obeying the law in all its precepts continuously. Even the most perfect health must end up in death. We, by the degree of our observance of law, can only discourage the obstructive factors that invite early disease and premature death.

And this brings us to a closing thought. Why be so concerned about the seeming infrequency of men living beyond the century mark, a lease on life often promised to others by such men adhering to the Natural Philosophy? Usually their principles are criticized, and rightly so, when they do not reach the five score mark themselves. But do we not here have another factor to contend with?

An Inheritance We Cannot Overcome Ourselves

I BELIEVE we have. Man may have ever so profound an understanding of the principles but there is a strain of human weakness in every living being to discipline ourselves to the every letter of the law. Men are not gods, but fallible, weak humans no matter how proudly they may speak, and they cannot, any more than anyone else, escape the just discharge of such natural law themselves.

Let's be honest with ourselves and realize this universal weakness and not with egotistical pride claim superior powers of supernatural nature.

Let us, however, go beyond this. There must be a reason even for this. We do not want to be left dangling in mid-air with incomplete explanations.

There is but one source of information that I know of, which speaks the voice of authority to answer this question to entire satisfaction. It is our Book of Eternal Wisdom. There we learn of man's original, immortal perfection, subsequent sin and its wages with disease, imperfection, and human weakness as resulting curses, and death the final penalty. Man, we learn, cannot by his own power obey the Law of God, moral or physical. Then, let us admit it! For men, *all* men, including naturists, prove it by their own demonstrations in their very life, day after day, time and time again. All have weaknesses! All must die sooner or later! We all inherit death which we by ourselves can never overcome. A gloomy picture to be sure!

The Glorious Light of Life!

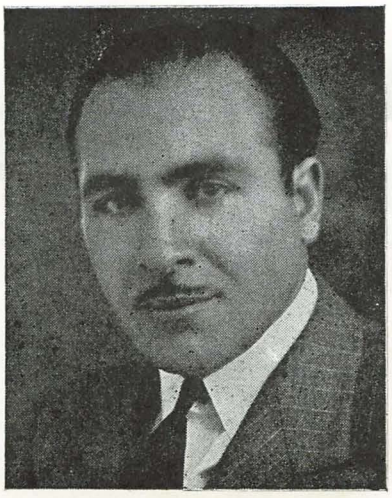
LET us, however, go further. The Scriptures also speak of grace, repentance, justification by faith, resulting good works, exemplary life, and, finally, death, yes, but a death through redemption unto salvation and *eternal LIFE!* A happy picture, indeed!

Yes, and an important one. In fact, *the* important one! Spiritual health you see is so *far more* important than all else, that we are apt to forget this in trying to live the perfect existence in this less important, temporal life. Indeed, because men seemingly so infrequently reveal a full demonstration of their philosophy, they do thus by their lives always show the relative unimportance of this present existence, as far as *God* is concerned. He, you know, alone made and preserves our every life. He places values where they truly belong. A life of eternity is so indescribably more important than this present one whether it be one or three hundred years in duration! Let us learn *that* indisputable fact. It will forever keep us clear on any question involving principles, men, and their inherent, inexorable weaknesses.

Men will come and men will go. The principles stay on forever. Learn them *all*, fully understand each and every one. Then, whether you study the principles or the men, neither will *ever* be found wanting as indisputably demonstrative of eternal, irrevocable Law!

HEMORRHOIDS

By **CHRISTOPHER GIAN-CURSIO, N.D., D.C.**



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AS TO THE CAUSE OF PILES, CHARLES L. Greene, M.D., states, that the formation of hemorrhoids "is favored by the lack of valves in the hemorrhoidal veins." Also the hemorrhoidal veins are loosely situated and do not have strong support from the surrounding tissue which adds to their proneness to dilatation. The anatomoical state may determine the kind of disease manifestation that is likely to occur, but disease can never result unless causes of disease exist in the entire body.

Constipation is falsely accused of causing piles. Constipation is not the cause of disease but an effect of unnatural living. I have seen severe cases of constipation without any hemorrhoids, and I have also seen individuals with their daily bowel movements suffering from internal piles. Regardless of constipation, stasis and dilatation of the veins in the anus and the rectum can occur if debility and toxicity exist within the organism.

CONSTIPATION HELPS TO AGGRAVATE the condition especially when the fecal matter passes through the lower rectum and the anal canal. Those who resort to cathartics in hope of removing the constipation only make matters worse by irritating and inflaming the lining of the anus and rectum. This further weakens the structures, which, coupled with straining at stool results in increased dilatation of the hemorrhoidal veins. The use of spices and condiments has the same effect on the lining of the pile as purgatives. Wrong eating, and over-eating, the use of alcohol, drugs, in fact anything that tends to over-work and injure the liver creates obstruction and stasis of the portal and venous circulation, and as a result the hemorrhoidal veins in the anus and rectum dilate because of the venous sluggishness that results.

FOR OVER A CENTURY THE NATURE Curists in this country have been teaching that an unnatural diet is the principle factor in the causation of hemorrhoids. Today many progressive Medical men are advancing the same hygienic conception. One of them, Joseph Franklin Montague, M.D., F.A.C.S., a recognized authority on rectal diseases warns that the practices of over-eating and over-drinking are chief causes in the formation of piles. In criticizing the quality of the modern diet he states:

"There is no doubt that the refined foods upon which man lives today, and particularly those artificial aids to a lagging appetite which he has contrived and used for many years past, namely condiments, contribute very largely to the production of abnormal gastro-intestinal conditions. They induce chronic dilatation of the intestinal mucosal vessels, mucosal plethora, and finally portal plethora, with its resulting chronic passive congestion of the intestines. There is absolutely no need of the many highly spiced mixtures which are used in food today. Their only function is to evoke a pseudo-appetite, an abnormal craving for food which the mind desires, but which the body most certainly does not require."

THERE ARE THREE KINDS OF HEMORrhoids—the external, anal, and internal. External hemorrhoids are located around the edge of the anus. They are not troublesome unless a blood clot forms or the skin covering the pile is cracked. The vessels of the hemorrhoids may be injured and ruptured in this particular type of

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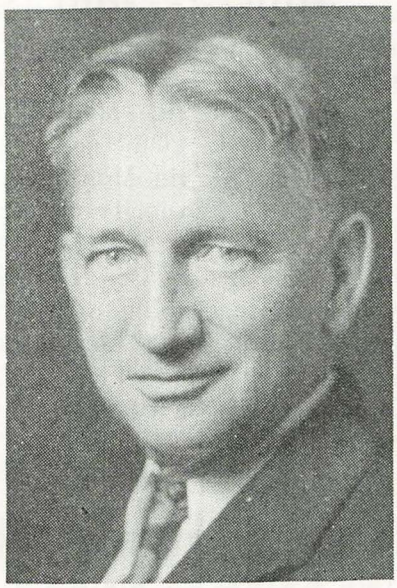
HEART TROUBLE

By **BIO BERTRAM BALL**

Health Director, Sta-Well Association, Yonkers, N. Y.

ONE DOES not like to generalize on so important a subject as heart trouble, but in my opinion, this condition is caused by waste matter and toxins which clog up the glands and the blood stream. It is the result of ignorance, wrong eating and living, and the speed with which we nonsensically rush through life. It is a great wonder that half the people now living do not die in their early adult life when we think of the habitual and excessive use of tea, coffee, alcohol, tobacco, stimulants, condiments, spices and so on. The severe strain of nervous worry, fear, and excesses of all kinds all take their toll. The high amount of starches and proteins in our meals all add to the sum total of the destructive forces that make for heart trouble.



TAKING DRUGS FOR deadening pain of all kinds, headaches, etc., has a decidedly harmful effect on the heart, no matter what you might be told by a charming radio voice.

In my opinion, all the factors that contribute to heart trouble are important, but the most vital enemies are lack of understanding and wrong eating. Chronic constipation has its effect on the system generally, and in turn must affect the heart. When the blood stream is clogged with waste matter, more trouble occurs. A lack of mineral substances, those vitally essential life-giving and life-sustaining elements, is a contributing factor. Vitamin deficiencies, particularly Vitamin B, are also responsible in a measure for heart involvements. Hardening of the blood vessels that supply the heart with blood, and kidney troubles, both do their part in creating heart conditions. I could cite many other causes, but these are enough to confirm my thesis that wrong eating and living are more responsible for heart trouble than anything else.

YEARS AGO MEN DIED OF HEART TROUBLE at advanced ages, but in these enlightened days young men by the thousand drop dead from this condition. Read the obituary page of any newspaper in the land and see how many of our younger men are passing away because of heart failure. It is a great pity; in the prime of life, when they could really enjoy every day, they go on to their reward because they have very little understanding of life.

There are various types of heart trouble—the common ones being enlargement of the heart, rapid heart, slow heart, nervous heart, and angina pectoris.

Enlargement of the heart is usually caused by excessive manual labor, athletics, smoking and inhaling. The heart becomes soft and flabby and lazy; and there is shortness of breath, cough and fatigue.

The weak heart is caused by overwork, nervous strain, and acute illnesses. Overweight is one of the contributory causes of this form of heart trouble.

Chronic constipation, indigestion, gas, etc., will often bring on certain symptoms that appear to be those associated with nervous heart, but often a normalizing of all the functions will clear up that condition.

Auto-intoxication, due to an accumulation of toxic materials from wrong eating and unhygienic living habits, will often bring on a rapid heart. Conversely, the slow heart is often the result of some form of kidney trouble, hardening of the arteries, or angina pectoris.

Inflammation of the heart occurs in the muscles of the heart, the lining or the outer covering. These conditions are a complication of some disease elsewhere in the body where there is pus or infection. When these conditions are overcome the inflammation will subside.

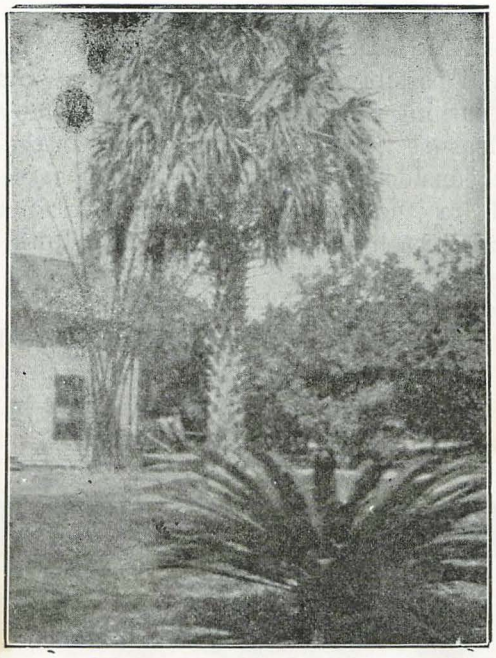
Then there is Angina Pectoris, the most devastingly painful of all heart conditions. Terrific pains in the chest that run down the left arm are a characteristic symptom.

TO PREVENT THE ONSLAUGHTS OF heart trouble, eat and live naturally. Use only such foods and supplements as build strong bodies and a blood stream, so as to eliminate for all time the things that create waste and congestion. Do not eat denatured foods, devitalized

(*Continued on page* 112)

THE ROMANCE OF CHLOROPHYLL

By **J. HENRY HALLBERG, Physiologist**



WHEN NATURE'S Laboratory is at work sun rays act upon all green vegetation to create life and all things for existence of life. Nature's Laboratory consists of infinite numbers of small molecules called Chlorophyll. This substance is the nucleus of all life and of all vitamins. It is bountiful and to be seen almost everywhere on land. These facts have been known for ages but now science has proven that these little green particles have therapeutic value and in fact represent green plant blood which through nature's means, when taken into a human body can create or rather stimulate the red blood producing system. It is therefore that Chlorophyll-containing tablets are so valuable in helping the anemic, tubercular and lowered vitality individuals. For the process of extracting this important Chlorophyll from green plant life and proving its relationship to hemoglobin in animals, Dr. Richard Willstatter was awarded the Nobel Prize.

NOT SATISFIED WITH THE AMAZING beneficial effects from Chlorophyll taken internally, science has continued its research to find out just why Chlorophyll acts so favorably and to discover wider application of its use by mankind. To this end research has been carried on during the past 5 years in laboratories, physician's offices, clinics and hospitals and thousands of cases, beneficially treated with Chlorophyll, have been proven. There was an idea that Chlorophyll by itself, unless mixed with iron, calcium and phosphates, could not possibly have therapeutic value but this idea has now been disproven as herewith reported.

Chlorophyll By Itself Now Proven In Clinical Practice On a Large Scale To Possess Therapeutic Value of Great Importance

TO BENJAMIN GRUSKIN, M.D., DIRECTOR of Experimental Pathology and Oncology of Temple University, goes the credit for substantiating on a large scale, the early clinical tests with Chlorophyll in salt water injections, demonstrated first in this country by Dr. John Harvey Kellogg at Battle Creek, where he relieved and practically cured certain types of Anemia and Tuberculosis with Chlorophyll injections.

Dr. Gruskin's work is of course much more important and judging by disclosures by him in published documents, he has provided a real background from scientific study, research and practical application for the therapeutic value of Chlorophyll without adulterating it with other antiseptics or active ingredients. His work is backed by more than 1000 specified and controlled case reports and perhaps thousands of regular hospital cases and it is claimed that there was not a single instant where a change for the better was not realized and often remarkable cures followed the simple use of Chlorophyll dissolved in salt water. Such solution is absolutely harmless when used as a wash, spray, douche, nosedrops, mouth wash or gargle in any amount and as often as one feels like and it is also known that this solution is harmless to swallow. For injection purposes into the blood stream, the necessary clinical precautions must be followed by the physician administering the injection.

IT IS CLAIMED THAT THIS CHLOROphyll solution sniffled or dropped into the nose cures a cold. The writer realizes this fact because he experienced the start of a cold with the usual symptoms, generally lasting from one to two weeks, ending with a nasty irritating night cough. He sniffled Chlorophyll Solution from his hand, into the nostrils before going to bed and once or twice during the day, swallowing the solution. The result was, that there was a free soft discharge in profusion after the first application and it was noted particularly that this discharge was bland or not irritating to the larynx and throat and as a result within two days the symptoms were over and the usual

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BATHING IN ANCIENT ROME

By **DR. JULES LEMOINE**

ALTHOUGH THERE SEEMS LITTLE doubt that the Greeks, and possibly some other races, indulged in bathing both for hygienic purposes and for pleasure long before the practice assumed any considerable dimensions in Italy, it remained for the Roman emperors to bring both cold and hot bathing to a new degree of popularity and the baths themselves to a state of splendor never before known in any part of the world.

At first the Romans, in their bathing methods, were no different from anyone else. They hied them to the Tiber, to other Italian rivers, and to the sea, and there plunged into the cold water to their hearts' content. Horace tells us that after performing their exercises and gymnastic exhibitions in the Campus Martius, the youths indulged in cold bathing. In particular, those partaking in the foot races which at one time were so popular, were usually obliged to swim the Tiber twice, once on the outward and again on the return journey, before the race was ended. In severe weather, as a means of minimizing to some extent the effects of the cold water, it was customary to anoint or oil the whole of the body before the commencement of the exercises.

"To tell the truth," writes Seneca, "we did not use to bathe daily. For as they say, who have written on the ancient customs of the city, they daily, indeed, washed their legs and arms, which were made dirty by toil and labor, but they never washed the whole body above once in nine days."

JULIUS CAESAR AND his general, Sertorius, we are told, both were addicted to bathing in the waters of Bareges as a means of restoring vigor to their tired limbs. According to Suetonius and Lampridius, Nero was so anamoured with the virtues of sea-bathing that he had sea-water conveyed to his palace for use in his private bath. Among the soldiers, and athletes, cold-water bathing as a restorative was immensely popular.

"Neither is it to be wondered at," says Peacham, "that the Romans were so skilful in swimming: for they were daily exercised in the same after their other exercises, and had a place in the river of Tiber, appointed unto them for the same purpose, adjoining to the field of Mars; and another of great depth, rough and full of whirlpits on purpose, to exercise their horses in."

ANTONIUS MUSA WAS REPUTED TO have cured Caesar of a chronic catarrh by a course of cold baths, and this in itself gave a fillip to cold bathing. The emperor, it is stated, had become so sensitive to cold that the rooms in his palace were lined with fur to exclude draughts.

Many other early Roman physicians advocated bathing for therapeutic purposes. The movement, once started, grew, and later we find Caelius Aurelianus waxing enthusiastic respecting the virtues of hydrotherapy in the treatment of a miscellany of distempers, including dropsy, haemorrhoids, dementia and paranoia; while Alexander of Tralles, a famous Greek physician residing in Rome, prescribed baths in the treatment of rheumatic and allied disorders.

IT WAS NOT UNTIL THE DIFFICULTIES in the way of bringing water into Rome, built on the hills, were finally overcome and the aqueducts constructed, that public baths were available for the population of the capital city. The first of these public establishments, erected in the year 312 B.C., was a cold-water bath, termed the *piscina publica*. Others followed. But soon they were to be replaced by warm-water baths.

Scipio Africanus was one of the first to own a private warm bath. He had it installed in his house at Linternum. For a long time these hot baths were of the simplest kind. Twenty-one years before the birth of Christ, the first of the magnificent giant Thermae (establishments containing all kinds of baths, and, in many cases, gymnasia and thea-

(*Cont'd. on page* 108)

NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

By J. SILSON

SOME DAY PEOPLE WILL BE AS WISE about their hair as they are about their teeth. They will cleanse, stimulate and nourish the scalp as faithfully as they do their skin. Your hair is not a useless appendage, but a living, breathing part of you, and deserves the same care you give your skin and teeth. You must know and understand the condition of your hair and scalp, and there is no mystery about it. If your scalp is oily, it must be treated as such; or if it is dry, it must be treated in accordance with that condition. To care for your own hair intelligently, you must know its type—just as you know your skin needs. You can do it successfully in your own home, as well as in the hands of experienced operators at the beauty salon, or may be better. Of course, at the beauty salon, you have no choice of your own. You must submit yourself to any shampoo that is being used for every customer, whether it is the proper one or not, without mentioning quality.

MEN AND WOMEN ARE BECOMING MORE and more hair-conscious. We all want to know how to prevent the loss of our hair, and how to arrange it becomingly. That concerns the men as well as the women.

The chief purpose for which Nature has given us our hair is *adornment and protection.* Everybody wants beautiful hair. To a woman, hair represents beauty—to a man, hair is a sign of strength and health. The hair is a remarkably wonderful reflection of body chemistry, a barometer by which we can judge health.

Correct Diet Essential

THE HAIR IS NOT SOMETHING APART from the body. It is alive, and must be nourished if it is to grow strong and luxurious. In addition to scientific care of the hair and scalp, a properly balanced diet is essential. This should be recommended by your physician, because what might be the right diet for one person may be wrong for someone else.

It is most important to supply the body with certain minerals which the hair needs, such as: Silicon, Manganese and Calcium, as found in fresh fruits and vegetables; also vitamins in our food provide a balanced diet which tends to induce the growth of a healthy head of hair.

Know the Type of Your Hair

THIS IS VERY important in collaboration with the proper diet. First, keep the hair follicles open, free from dust and dandruff scales, through proper cleansing. There is no set rule for shampooing the hair. For normal hair, once a week or once in ten days is proper; for oily hair, more frequent shampooing is necessary. But, be sure to select the proper shampoo to suit your scalp condition, in the same way that a diet will do justice for one person but do harm to another.

Air and Sunshine Beneficial

USE OF AIR AND SUNSHINE IS MOST beneficial if not overdone. Incidentally, while we are speaking about sunshine, we are reminded of a recent letter received from a lady in which she asks, "After I shampoo my hair, may I dry it in the sun?" The answer to the question was, of course, that it is a decided help to expose the hair to sunlight, but only after it is thoroughly dry.

The active rays of the sun are beneficial if the exposure is not too severe. Excess sunlight will tend to bleach the hair, causing the upper layer of the hair to become bleached, and the under layer of the hair to become a different color or even a series of colors.

Wetting Hair Dangerous

THE HABIT OF WETTING THE HAIR IS disastrous, and may actually be a contributing cause towards the development of scalp disorder, followed by dandruff and loss of hair. This is due to the fact that, when the hair is wetted, and then combed down, the ends of the hair will dry whilst the hair underneath, near the scalp, will remain damp. Hair which is properly and daily brushed does not need to be soaked with water before it is dressed. A good bristle hair brush, with the bristles far apart, will help the retention of the natural hair oils.

(*Continued on page* 97)

Your Health Problems

Q. What is the cause and cure for spastic constipation, poor night's sleep and awakening two to three times during the night?

Mr. O. K., Detroit, Mich.

A Spastic colitis is often due to nervous irritation. To remedy this condition we recommend mild laxatives, a diet free from irritating foods, such as salt, pepper, pickles, vinegar, and plenty of vegetables in the form of salads. The regular use of Camomile Tea is also very beneficial and soothing for the nerves and will soon bring about better night's sleep.

Q. Please advise how we can combat poisonous sprays on vegetables and fruits. Dr. M. S. Brown.

A. Most poisonous sprays can be washed off by thoroughly rinsing the vegetables in water, also dipping them in a solution of lemon juice or salt. The danger of poisonous sprays on vegetables often has been exaggerated; however if you want to be sure to evade it, buy only products which you are sure do not contain sprays.

Q. Which is more beneficial to one's health, raw fruit and vegetable juice, or liquefied fruit and vegetable juice? E. P. Eastes.

A. For a healthy person there is no difference with regard to one's health, provided you eat the right amounts of other necessary food stuffs in proper balance, in addition to drinking fruit juice.

Q. Three of us have been taking Vitamin B for about six months, and two of us have been having Vitamin A for three months. Our health is undoubtedly improved but our hair is getting coarser, wiry and unmanageable. Does it mean we have had too much vitamins?

Z. F. B. and A. S. F.

A We doubt whether vitamins alone can be made responsible for this condition. Oiling and massaging of your scalp will soon take care of it.

Q. What causes freckles and how can they be removed? Mrs.J.L.

A. Freckles frequently occur in fairskinned persons and they should not be removed.

Q. Are foods prepared in a pressure cooker healthier than those prepared in an ordinary sauce pan?

Louis B.

A. Yes.

Q. What is the cause of Ringworm of the hand and the best natural treatment of it? Mr. E. G.

A. Ringworm is a contagious disease of the skin and hair due to the invasion of a fungus called trichophyton. The external treatment is by ultra-violet rays, the affected parts to be kept as dry as possible. Internally Seatabs have proven valuable.

Q. My little girl, 11, has psoriasis. Is there a diet that will help and are chocolate and cocoa harmful?

Mrs. I. F. H.

A. Put your girl on a bland diet rich in vitamin A, B and C. Chocolate and cocoa are harmful because they are binding and do not give the colon a chance to eliminate properly. We would suggest that you see a competent naturopathic physician.

PRINCIPLES OR MEN, WHICH?

(*Continued from page* 96)

exceptions. "Natural" death results because of an impossibility of obeying the law in all its precepts continuously. Even the most perfect health must end up in death. We, by the degree of our observance of law, can only discourage the obstructive factors that invite early disease and premature death.

And this brings us to a closing thought. Why be so concerned about the seeming infrequency of men living beyond the century mark, a lease on life often promised to others by such men adhering to the Natural Philosophy? Usually their principles are criticized, and rightly so, when they do not reach the five score mark themselves. But do we not here have another factor to contend with?

An Inheritance We Cannot Overcome Ourselves

I BELIEVE we have. Man may have ever so profound an understanding of the principles but there is a strain of human weakness in every living being to discipline ourselves to the every letter of the law. Men are not gods, but fallible, weak humans no matter how proudly they may speak, and they cannot, any more than anyone else, escape the just discharge of such natural law themselves.

Let's be honest with ourselves and realize this universal weakness and not with egotistical pride claim superior powers of supernatural nature.

Let us, however, go beyond this. There must be a reason even for this. We do not want to be left dangling in mid-air with incomplete explanations.

There is but one source of information that I know of, which speaks the voice of authority to answer this question to entire satisfaction. It is our Book of Eternal Wisdom. There we learn of man's original, immortal perfection, subsequent sin and its wages with disease, imperfection, and human weakness as resulting curses, and death the final penalty. Man, we learn, cannot by his own power obey the Law of God, moral or physical. Then, let us admit it! For men, *all* men, including naturists, prove it by their own demonstrations in their very life, day after day, time and time again. All have weaknesses! All must die sooner or later! We all inherit death which we by ourselves can never overcome. A gloomy picture to be sure!

The Glorious Light of Life!

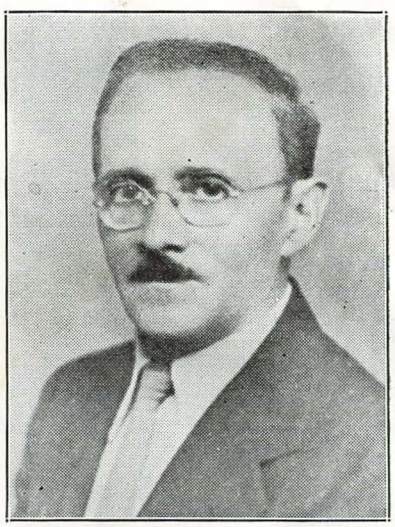
LET us, however, go further. The Scriptures also speak of grace, repentance, justification by faith, resulting good works, exemplary life, and, finally, death, yes, but a death through redemption unto salvation and *eternal LIFE!* A happy picture, indeed!

Yes, and an important one. In fact, *the* important one! Spiritual health you see is so *far more* important than all else, that we are apt to forget this in trying to live the perfect existence in this less important, temporal life. Indeed, because men seemingly so infrequently reveal a full demonstration of their philosophy, they do thus by their lives always show the relative unimportance of this present existence, as far as *God* is concerned. He, you know, alone made and preserves our every life. He places values where they truly belong. A life of eternity is so indescribably more important than this present one whether it be one or three hundred years in duration! Let us learn *that* indisputable fact. It will forever keep us clear on any question involving principles, men, and their inherent, inexorable weaknesses.

Men will come and men will go. The principles stay on forever. Learn them *all*, fully understand each and every one. Then, whether you study the principles or the men, neither will *ever* be found wanting as indisputably demonstrative of eternal, irrevocable Law!

NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

By J. SILSON



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(*Continued on page* 97)

THE CONQUEST OF DISEASE

By **DR. HANS ZIMMERMAN**
Honolulu, Hawaii

INTEREST IN THE CONQUEST OF DISease leads all other fields of human activities. Millions of dollars are spent annually by governmental agencies and institutions for this purpose.

However, the basic and most important of all subjects, HUMAN NUTRITION, which deals directly with health and disease, is the least known and the one most completely ignored by those who are entrusted by the public to safeguard their health and welfare.

Whatever progress has been made in nutrition is largely the result of the untiring efforts of the naturopathic profession. Their recognition of the importance of proper nutrition in the treatment of disease and maintenance of health contributed greatly in building health and treating successfully human ailments when orthodox methods failed.

THE VALUE OF NUTRITION HAD BEEN keenly emphasized by the naturopathic profession long before we ever heard of vitamins, synthetic products and other substitutes which at the present time are forced upon the public by commercial interests. There is no doubt that our present knowledge of vitamins and minerals furnishes the impetus to the public to make them food conscious and arouse their interest in taking vitamins and minerals for the sake of their health. Although the value of the various vitamins and mineral products as an adjunct to nutrition cannot be underestimated, there are however no substitutes for foods grown in its natural form, foods which are raised in a soil well fortified with minerals.

SINCE THE HUMAN BODY IS PRIMARILY an earthly product, because it is sustained thru plant life which in turn depends upon the soil for its growth, its normal physiological function requires all the basic elements of the earth in nutritional form. These elements are made available for human nutrition thru the processes of plant life, transmuting them from earthly inorganic form into assimilative substances.

Taking this important factor into consideration, one cannot overestimate the importance of the condition under which food is grown. The nutritional value of the food depends solely upon the condition of the soil in which it is raised. Unless soil, depleted of minerals is brought into proper mineral balance, the food raised on it is likewise deficient in minerals.

WHEN A MINERAL DEFICIENCY EXISTS in the food, the intake of any amount of vitamins will not help the system to correct diseases which are supposedly caused from various vitamin deficiencies. Vitamins control only the body's appropriation of minerals. In the absence of minerals they can't function. In lacking vitamins, the system can utilize minerals, but when the system is deficient in minerals, vitamins are useless. Any attempt to treat diseases which are known to be the result of certain vitamin deficiencies will not respond to vitamin therapy unless the body's mineral requirements are likewise taken in consideration.

The keen interest in the present vitamin craze, especially the synthetic manufactured products, will bring many a disappointment to those who rely on it without paying attention to balanced nutrition in its natural form.

IT REMAINS AGAIN FOR THE NATUROpathic profession to play a leading role in human nutrition and maintain the equilibrium in nutritional science as advocated by the pioneers of natural healing. The founders of natural healing may not have known anything about vitamins, but they surely knew the value of natural foods in combating disease and maintaining health. They went even further than that; they recognized the importance of proper soil in relation to food, and that at the time when diet or nutrition in relation to disease was regarded as quackery and nonsense by the orthodox healing profession.

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PSYCHOLOGICAL DELINEATIONS

By **J. C. THIE, N.D.**

ALL OF US HAVE CERTAIN CHARACteristics in common. They may be dormant, in abeyance, or potential. Regardless of their present status, however, we do possess them. Some of us have not observed in ourselves, or even suspected that we have, certain desirable characteristics that we admire in others. We need not feel that we have been cheated out of these coveted characteristics — cheated out of something that someone else has.

It may benefit others if my observations of these psychological manifestations were set down. Not that all of them may be reviewed in an article of this length but the most outstanding of these characteristics will be included.

THE SOONER WE, INDIVIDUALLY, ADmit the fact that very few people are endowed naturally with desirable characteristics that do not need developing, the sooner we are going to start developing a likable personality. Every person has the potentiality of developing a character of great delicacy, refinement, and brilliancy. We need only observe a small child and see how he picks up everything, at first clumsily, then with more and more delicacy and refinement as he develops.

Every healthy person's trend in married life is an elevated one. The growth toward constancy and harmony increases with the years. Not only to the few but to all is given the capacity to have a great intellectual sympathy with their mates; to have a tenderness in expression of affection and friendship. If people would only allow it, they all have an ethical trend of thought.

Not only in married life is the trend an elevated one but also with superb health there is an elevated love of all nature. With superb health there comes a deep and clear perception of natural law that seems inspirational to the exoterics.

WE BECOME MORE BRILLIANT IN ALL sciences with the study and examination into Nature's laws. The study of Nature seems to be everyone's natural forte.

We, all of us, have the foundation for rulership. This characteristic increases our stability and perseverance with a tendency toward the improvement of circumstances. The more improved the circumstances become over those in which we were born, the more reluctant we are to change them. In health the wish to rule is desirable but in disease this characteristic makes a brute of the individual. He does not care how much others suffer when he thinks he is gratifying his whim of governing with an iron rule.

Every healthy person is alert in guarding his own interests. There is a degree of severity in everything that requires modifying. We are inclined to be partial to that which is established and accepted, except where it leads toward the higher, more spiritualized range of thought. Our dreams are only ambitions to promote the nobler aims of life. It is thus that a normal, healthy individual tries to exert his influence to disseminate those truths that the less aggressive and less financially successful person cannot spread because of lack of vitality or other means.

IT IS NATURAL FOR AN INDIVIDUAL not to brook injury, insult, or oppression. Every creature of Nature needs and seeks freedom. Every healthy individual enjoys to help the weak and enjoin the powerful to its advantages.

Every one is endowed with the ability to give attention to financial and provisional matters. Everyone can exercise economy where it is needed. Every one can exercise caution in personal habits, and in general expression.

Without training it is only natural to expect a clash of impulses, carelessness, and unnecessary severity when aroused to anger.

A careful supervision of studies, aims, capacities and temperament is always valuable to every one. All parents and guardians should make an effort to arouse in their children a series of worthy ambitions.

Working toward the attainment of a worthy ambition gives more brilliancy and social desires to the individuals. It decreases personal and clannish selfishness, and thus awakens a fund of harmony in civil efforts—in matters that relate to the needs of the community.

THERE IS A CHARACTERISTIC IN every normally healthy person that incites to personal egotism, for instance, the egotism of

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ELEMENTARY HOME STUDY COURSE In Natural Living and Nature Cure

By DR. BENEDICT LUST

LESSON III

ADOLF JUST'S NATURAL BATH (Continued)

Disease is caused by the introduction into the human body of unnatural food, that is, such food as nature has not intended for man and for the assimilation of which his digestive organs are not adapted. The unnatural food is then either not sufficiently, or not at all, digested. Unassimilated remnants remain behind, constituting foreign matter within the body, which impedes its smooth functioning, enters into fermentation and becomes the cause of all disease, all pain and suffering in man. Like the want of water and light, powerful emotional influences also foster and cause disease by paralyzing and disturbing the nervous and digestive function of the body, and by aiding or favoring the formation of foreign matter.

In order to cure disease we must above all aim to eliminate the foreign matter. But it is also necessary to stimulate the vitality of the body so that full elimination of waste materials and assimilation of vital food elements can take place. It is readily to be seen that both of these ends can be achieved by means of the natural bath. By the application of cold water to the abdomen, which is the seat of most diseases, we secure the most immediate and effective activation of all vital processes. The nerves are stimulated to action by rubbing during the bath, and the cooling of the interior of the body.

All remedies that have not been taken from nature, and are not in accordance with her, prove futile; no matter how often, apparently, they may have operated beneficially and effectively. There are too many deceptions here. The injury that inevitably accompanies all unnatural remedies sooner or later always comes to the surface and causes much harm. Such unnatural, or not strictly natural, remedies come and go, but will forever leave their marks on the body. We see accordingly new remedies rising to the surface daily in medicine, only to disappear again as quickly as they came. Today it is aspirin and sulfanilamide, tomorrow something else on which mankind is said to depend, until it becomes clear that these drugs work only harm and disaster. At present we calmly allow ourselves to be most seriously injured by remedies whose dangerous character can reveal itself only in the future.

Since I look only to nature when I want to know the right thing to do for my health and my well being, I always find that everything that I have recognized as strictly natural, that is as thoroughly in the spirit of nature, has on trial always proved to be the right thing entirely. When nature is accurately observed, experiments to prove the correctness of a procedure are superfluous. When nature's intentions are perfectly understood, we can at once confidently rely upon them as correct, just as primitive man and the animals in the free state have always eaten and bathed without convincing themselves of the right way by experiment. This has likewise been shown by the Natural Bath.

After the first bath of this kind I at once felt benefited and refreshed in a way that I had never experienced from any other water application. Almost all who besides myself have tried this bath have been surprised by its agreeable and positively good effects. All experienced a very strong but pleasant sensation of coolness, and after the bath a much better and more agreeable warmth. The points that were especially commended on were the exceedingly stimulated digestion, warm feet for the entire day, increased action of the skin as shown by a slight perspiration, unusual vivacity and cheerfulness, remarkable vigor, and other favorable manifestations.

Whoever understands nature, and knows that everything which is in the spirit of nature and according to her dictates must result in the greatest blessing for mankind, will welcome this bath, and to him it will bring blessing and happiness in abundance. Let those who care nothing for all-wise nature and everything for the "science" of men, of sick men, and who flounder from one error to another, scorn and deride it.

The water ought not be too deep—about as deep as the width of the bather's hand; for adults at most three inches. The rubbing and the exercise after the bath must not be executed according to any definite rules, or any system of massage or gymnastics, but entirely according to one's own feeling and inclination. Whoever has the opportunity can take this bath in the open. Man originally had to take his bath in the open, and in the open he must again take it regularly, if he is to derive the full benefit of it, just as food partaken in fresh air always tastes better, and does more good than when it is eaten in the room and in impure air. Women can discontinue their bath during their monthly periods. The other remedies of nature, however, such as walking barefooted, the air and sun baths, mud packs, etc., women need not avoid during this period. They are especially beneficial at that time. The bath can always be taken in rivers (near the shore when they are deep), or in brooks and small ponds. In the room, if it is heated, the windows can always remain open. The early morning, or at least the forenoon, when one has not yet broken one's fast, or has eaten very little, is the best time for the bath.

As winter succeeds autumn, and night the day, according to stern natural law, so man, leading an unnatural mode of life, breathing impure air, using tobacco, alcohol, coffee and other stimulants, must fall a victim to disease. This does not always manifest itself in the form of what is called disease nowadays, but disease is nevertheless present, and will make itself felt plainly enough. The child is inattentive and indolent and learns his lessons with difficulty; often he is ill-bred, and becomes a prey to sin and vice. He is punished, often severely enough. But the poor fellow is in fact only ill, and suffers his punishment innocently. The husband and father is unkind, harsh, often even brutal toward his wife and children—toward those whom he loves. Later he is filled with remorse, not knowing that only his nerves have been overheated by the use of alcohol, tobacco and other modern poisons, and he, too, is ill.

Others are directly driven on to the path of vice and crime. They are put into houses of correction and penitentiaries, instead of being cured and made whole. The young wife becomes whimsical, irritable and hysterical. Conjugal happiness is not realized as had been expected, and the heaven dreamed of in reality turns into hell. The young girl who entered wedlock with the fairest qualities

PRINCIPLES OR MEN, WHICH?

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Sanitarium began in 1883, his "Sitz-Bath" being a famous application, and the natural diet the usual food prescribed. At 20 he was a physical wreck. His father and mother had died of Cancer and Tuberculosis. He himself could obtain no help from both Allopaths and the then existing Nature Curists. The "New Science" brought the prayed for results, and he embarked upon his grueling and renowned career. His last two years were so grief-striking, when thousands of the misunderstanding allopaths of the time, because of his great success, together through their attempts to collect evidence against him, kept him in continuous legal litigation and he finally died broken-hearted at the age of 57 in 1901.

Scientific Fools

IT should be clear by now to the critical onlooker who judges only by a life-span, that he is decidedly unjust in his observations and actually makes a scientific fool of himself to be so simple-minded in his hasty, ill-considered conclusions. A review of the history of individuals who preach self-discipline will usually find them adhering to the rules themselves to the best of their ability, circumstances, and knowledge, and, in defending the truth, will have the enemies of truth arrayed against them, plus the imposition on their vitality of the rigors of an abnormally active life in the humanitarian care of, generally, the sickest of the sick, who seek Nature Cure as a last resort. The human machine, however, has limitations. No Nature Curist has ever denied that. Only he who himself cannot discipline himself to truth, expects the impossible of others. In the impersonal analysis for Science' sake, though, we should at least be fair if we do not, from the standpoint of purely egotistical, stubborn personal motives, wish to accept what is so plainly to be seen.

Drs. Harter, Trall, Tilden, Hay, and others as well as those just listed, also had individual habits, handicaps, etc. *All*, however, reveal in their own lives, when thoroughly analyzed, an absolute performance of natural laws *to the degree* that they executed them.

Ye Editor As Example

THE writer, himself, has frequently been accosted as not representing the principles he believes and teaches because of a predisposing tendency toward leanness which is not particularly demonstrative of a gorilla-specimen of physical strength. Yet he maintains that he is, nevertheless, a living example of the principles

(*Continued on next page*)

New Health Recipes

By EMMA M. FRIESE, N. D.

Winter Mixed Salad

Grate a small quantity each of carrots, artichokes, beets, onions and turnips, keeping each vegetable separate. On each plate make a center of finely sliced brussels sprouts, cress and endive. Around this center arrange separate portions of the grated roots, and over all sprinkle chopped celery heart or chicory and chopped or grated apple. Dress with lemon mayonnaise.

Egg Salad

5 hard boiled eggs
½ cup celery
¼ cup onions
1½ tablespoons of lemon juice
1½ tablespoons of mayonnaise

Mix ingredients well, adding one after the other as in recipe. Serve on bed of lettuce. Chill before serving.

Honey Shortcakes

8 oz. butter
¾ lbs. whole wheat flour
4 oz. thick honey
1 egg
Grated rind of 2 tangerines.

Beat the butter and honey together to a cream, add the tangerine rind. Dredge the whole wheat into the mixture. Mix all to a paste, with the egg. Roll out quickly, cut into squares, put on floured tins, put a preserved cherry on top and bake in a slow oven for 20 to 30 minutes.

Borscht

4 medium sized beets, peeled
1 onion, grated on medium grater
Juice of two lemons
3 tablespoons sugar
Vegetable salt
2 eggs
1 pint sour cream

Put beets and onion in 2-quart sauce pan and boil 20 minutes. Add lemon juice, sugar and seasoning; and boil 5 more minutes. Beat eggs with cream; stir in slowly. Take off fire and allow to chill. Makes 6-8 portions.

Orange Jelly

Enough orange and lemon juice to fill a tumbler, allowing twice as much orange as lemon. Put a tumblerful of water, a level tablespoonful of prepared agar and a dessertspoonful of honey into a bowl. Bring to the boil and simmer until dissolved, about 30 minutes. Allow to cool a little and add the fruit juice. Stir and pour into a wetted mould.

Caraway Seed Soup

1 carrot diced
1 young turnip, diced
1 onion diced
3 cups beef broth
3 tablespoons fat
1 tablespoon flour
2 tablespoons caraway seed
Vegetable salt
Croutons

Cook carrot, turnip and onion in beef broth until tender. Strain and press through sieve. Heat fat (chicken fat is best), add flour and caraway seed, stir, and let slowly color golden. Add sieved liquid slowly, stirring until smooth. Simmer ½ hour. Strain through cheese cloth and serve hot, with croutons.

Bean Sprouts

Spread navy beans on any absorbent piece of cloth in a big flat pan, keep in a warm spot, covered with water and another cloth until the sprouts shoot up. These make a succulent, crunchy salad. They may also be cooked or steamed with the juice from a can of pineapple, to give the real oriental tang to chop suey and many another fine Chinatown dish.

Lentil Puree

1 lb. lentils
1 Spanish onion (sliced)
A few cloves
Half small teaspoon celery salt
1 teaspoon mixed herbs
2 grated carrots
1 oz. butter
1 tablespoon chopped parsley

Cook the washed lentils with the onions, cloves, salt, herb and carrots in one quart of water until thoroughly mashed. Rub through a hair sieve with wooden spoon. Put the result in a pan, cream the butter and add, and then the parsley. If there is not enough liquid stock, milk can be used to make this very nourishing. Some celery can be added with advantage. Serve hot, with dry whole wheat toast.

Savoy Cabbage

Small head cabbage
Rich cream sauce

Boil savoy cabbage in enough water to cover. Cook until tender. When tender chop it and add a thick cream sauce. Use the water in which cabbage was cooked in preparing sauce. Place mixture in a double boiler and steam until well blended.

HEALTH

MENUS FOR MARCH

Grapefruit or orange juice before breakfast.

MONDAY

Breakfast

Apple sauce and cream; 1 poached egg on whole wheat toast; coffee substitute.

Lunch

Large fruit salad with dates and nuts; buttermilk.

Dinner

Lettuce, carrots, watercress salad with health mayonnaise; buttered beets, steamed cabbage; sliced tomatoes; raw apple.

TUESDAY

Breakfast

Whole wheat cereal with cream; Nuveco coffee.

Lunch

Salad with tomatoes and green peppers; and celery; ripe bananas and nuts; buttermilk.

Dinner

Cabbage, carrot and apple salad; steamed onions; spinach; cauliflower; baked potato; prune whip; Alvita tea.

WEDNESDAY

Breakfast

Figs and cream; whole wheat cereal or dry cereal with milk; milk or buttermilk.

Lunch

Cabbage salad with carrots; hot vegetable or pea soup; baked potato.

Dinner

Raw vegetable salad — your own combination, buttered carrots; baked sweet potato; green peppers; lentil or bean roast; dates or figs; Zoy-koff coffee substitute.

THURSDAY

Breakfast

Raisins and nuts with dry cereal and cream; mate tea.

Lunch

Squash or turnips; carrots and peas; lima beans; fresh or stewed fruit.

Dinner

Lettuce, carrot and apple salad with health mayonnaise; soy bean or walnut roast; baked potato or whole wheat toast and butter; baked apple or apple sauce; peppermint tea.

FRIDAY

Breakfast

Whole grain cereal with cream; 1 poached or coddled egg; Joyana breakfast drink.

Lunch

Radishes and celery; cottage cheese; rye crisps and butter; dates or figs.

Dinner

Raw salad with onions or scallions; asparagus; cauliflower or potato; peas; carrots; pear or apple; coffee substitute.

SATURDAY

Breakfast

Raisins; dates or figs; nuts; buttermilk.

Lunch

Soup or broth; vegetable plate of steamed vegetables—your own selection or combination; coffee substitute; baked apple or raw apple.

Dinner

Nut, bean or lentil loaf; stewed celery and tomatoes; potato or cauliflower; spinach or kale; prune or date whip; coffee substitute or buttermilk.

SUNDAY

Breakfast

Whole wheat or buckwheat waffles with butter and cream; 1 egg, poached or coddled; Kevo food drink.

Dinner

Lettuce, carrots, cabbage and apple salad with health mayonnaise; soup or broth; nut or soya bean loaf; baked sweet or white potato; kale or spinach; asparagus or brussel sprouts; baked apple; coffee substitute.

Supper

Cheese and nut sandwiches on whole wheat toast; fresh fruit.

PRINCIPLES OR MEN, WHICH?

(*Continued from previous page*)

given before. With every year, now going on fourteen, he is adding another to a life virtually decreed without much further lease in 1927, following a subtotal thyroidectomy (goiter operation), which he attributes entirely to obedience to principle as best as circumstances permitted. He is discharging an active sanitarium practice and that of a clinic; publishing a magazine, writing books, lecturing and teaching, spreading the principles far and wide and incidentally influencing the lives of thousands in also becoming acquainted with their universal benefit, *none of which* would have been possible without a revelation of such principles and a discharge of the same.

An Historical Point

YET, the writer does *not* expect to live into ripe old age, unless, God-willing, he be in error. Physically there has not been a vital *inheritance*, and a subtotal *operation* on so vital a gland as the thyroid in relative youth, usually precludes old age. He wishes, therefore, to state right here and now, as a matter of record, if in the wisdom of the Almighty he should be called to rest prior to his allotted three score and ten, that no man judge the principles by his *seemingly* early passing. The principles are there and not dependent upon him, I hope, to verify their validity. He will discharge them to his best ability and a thorough analysis of his physical estate will vindicate them entirely. But to judge by casual, external appearance, or by the date of passing would be entirely unfair to the principles. He is but another man, fallible and of temporal existence. Law, truth, principles are infallible and eternal. Learn to follow them first, then if you are sincere and not just trying to criticize to cover your own weakness, study the men too, for under investigation they will prove the law to every satisfaction.

No Exceptions!

EACH and everyone, in their own lives, will display indisputable evidence of the absolute reliance upon natural laws' inviolable operation. (We have purposely not mentioned the thousands who by their health and longevity proved *beyond any doubt* the absolute reliance that can be placed upon the principles; because even these men's *lives* do not *prove* the principles. They merely demonstrate their truth. The principles, you see, need no proof, for they are proof unto themselves.) Health results when we live in accord with natural law, disease when we do not. There are *no*

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NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

(*Continued from page* 89)

Oil Necessary for Healthy Hair

WHEN oil produced by the sebaceous glands is deficient, it should be supplemented by external application. The scalp requires more oil than does any other part of the body, to feed the hair roots.

Oil keeps the hair smooth, soft and lustrous. With insufficient natural oil, the hair becomes dull, rough, shaggy and brittle. The oil also acts as a protection against the effects of dust, wind, heat, salt water, etc., which cause the hair to lose its natural beauty.

AN oil treatment protects hair from parching effects of irons and dryers, which result in the hair splitting and breaking. Therefore, if a deficiency of the natural oil occurs, it should be replaced by external application of an oil which has the absorbent properties, particularly one that the scalp has an affinity for, to aid Nature (by no means a mineral oil or petrolatum which has no penetrating effect and only clogs the pores). The oil will protect your scalp and help save your hair while you follow the fascinating modes of hair dress.

BEAUTY

By Lilian Wit Cahan

MIND OVER MATTER

Part II

NO person that thinks scientifically assumes that mind is not the motivating power of our bodily functions. Mind guides. Mind over matter should be considered whenever we are prompted to re-educate bodily forces for our welfare or if we are called upon to aid others who are in need of such training.

Guidance, or mind power is everywhere. We live and have our being in universal force whether we perceive it or not, for the essence of life is not perceptible to our senses. The mind's eye, however, does and can perceive the connection between visible and invisible matter, if we are trained to do so. Surmising, conjecturing, mere imagining is not knowing. One may safely depend on invisible guidance and time is the all important factor to bring to our attention the real —the lasting.

Lasting things are not visible, yet they pervade all the ethers, all space. When we become attuned, we accomplish all that is desired by us. Thought creates and recreates what we set out to do. Yet one may not do it at the expense of body welfare. There is a comeback to come into our life for all we have done and still do. The law that keeps us here functioning physically demands that we take care of that marvelous vehicle, so little understood. Once we realize the importance of how necessary it is to do so, we will continue to look after the physical organism, blending mind and body for a perfect whole, for the greatest good as well as for our highest expression in life. Then and only then can we call ourselves being of culture and light.

PRESENTING BLOODLESS SURGERY

By LOUIS D. McKENNEY, N.D., D.C.

THE average reader these days needs no introduction to the many marvels performed by competent surgeons. If he or she has not had the actual experience, then probably the movies, some friends or even the daily paper had succeeded in acquainting him with some of the miraculous things surgery does. Surgery is known as the "queen" of the arts but like most of our kings and queens nowadays, it is facing the future with uncertainty as the new "queen" matures.

Allow me to present the "new queen." She is bloodless surgery. Her scientific background is anatomy, physiology and pathology. Her art is the use of the bloodless surgeon's hands as the only instruments. Bloodless surgery, as the name implies, has none of the life and death dramatics of surgery; no hemostats, knives, no anaesthetic nor expensive post-operative care. Most important of all, bloodless surgery does not contain the dangerous "surgical shock" which is too often responsible for death following an operation.

BLOODLESS surgery is the art and science of restoring by hand the normal functions of the human body. Its operation is based upon the theory that any obstruction upon nerves, blood vessels, lymphatic vessels or upon the various organs constitutes a blocking of forces which must have free movement if normal function is to take place. In actual practice, it is the breaking down of abnormal tissue formation, the restoring to normal position of any displaced part in order that the body may function normally.

Body mechanics, also known as bioengineering, has a part in bloodless surgery. It is here that the type of build, the posture and age of the patient are carefully analyzed before commencing a definite treatment. Having made an analysis and a diagnosis, the course of treatment and the method of operation can be determined definitely.

BLOODLESS surgery makes possible many operations which previously were considered only operable by knife. It also presents the opportunity to be operated upon without fear of possible death. Gall bladder and liver conditions are now successfully operated upon; likewise, kidney, prostate, thyroid, spleen, uterus, ovaries, eye, ears, nose and throat conditions, stomach and intestinal cases and even certain types of tumors. All these can be operated upon by bloodless surgery. No part is actually removed, there is no cutting or scraping and yet the condition is entirely remedied. Tumors and their like are operated upon and removed through creating an absorption process which after a period of time eliminates the tumor.

Bloodless surgery has its limitations as does everything. Like plastic surgery, it does not cover the entire field where operations might be required. No bloodless surgeon would think of applying his art in a case that would ordinarily call for amputation or the actual removal of a mass which could not be removed through absorption as in the case of a malignant kidney tumor.

THE length of the average bloodless surgery operation does not exceed one half hour, during which time the patient does not experience any pain beyond a very slight discomfort. Following the operation patients feel considerably improved and are most capable of going about their routine duties.

Middle aged and elderly people who ordinarily recuperate slowly following an operation, actually experience a feeling of well-being following bloodless surgery. Here in Florida, the mecca of such people, bloodless surgery is a blessing for all those contemplating the knife but hesitate, and not without reason. People who have had bloodless surgery, on the other hand, marvel why such a simple and uncomplicated method of surgery had to wait twenty centuries before people could benefit in so many cases through an operation without bloodshed, mutilation, danger of shock and without fear of possible death.

FOOD FLASHES from the Health Field

WHAT goes into the body must be a natural product; natural either to the body itself or natural to the earth that God has given us to reproduce them with. Then the body is not forced to an unnatural state of activity, like the tired horse with the whip, but is aided by a natural activity.

There is a terrific difference in effects between natural and unnatural elements. A teaspoonful of powdered arsenic will kill. A teaspoonful of powered vegetable cane sugar will invigorate and sustain. SEROYAL BRANDS are bringing out a splendid line of nourishing concentrated vegetables in dehydrated form. The natural ingredients needed for keeping the human machine in excellent condition are in no way affected by this process of dehydration. From the Vegetable Broth Powder of the SEROYAL BRANDS an excellent delicious and appetizing broth can be prepared that will readily gain favor among all who care for clean natural foods.

YOGOURT, THE AMAZING MILK-FOOD

YOGOURT has been for centuries a national favorite in Bulgaria where more people reach 100 years of age than in any other country in the world.

Those who are suffering from such common human troubles as constipation, foul breath, loss of appetite, giddiness, headache, acidity or skin troubles will find an amazingly quick alleviation by consuming this delicious milk-food.

YOGOURT is a zestful snow-white milk product of custard-like consistency, cultured with the Bacillus Bulgaricus, a discovery of Prof. Ilja Metchnikoff, the Nobel prize winner. This germ has the amazing power to destroy the harmful microbes that breed in the intestines and cause so many ailments and disorders in the system.

YOGOURT is manufactured by the AMERICAN YOGOURT CORPORATION, 230 EAST 124th ST., NEW YORK CITY, under the scientific supervision of DR. STEPHEN GAYMONT, famous European dairy bacteriologist.

Those who live in New York City can obtain Dr. Gaymont's YOGOURT in hundreds of retail stores and restaurants, but others too, can have the benefits of this excellent health-giving milk-food by preparing YOGOURT in their own home with the original Dr. Gaymont's starter-culture which can be obtained from the AMERICAN YOGOURT CORP. For a modest charge they will send the culture with instructions by mail and there is no special equipment or skill needed to prepare it.

THE RAW JUICE THERAPY

NATURE with her supply of Fruits and Vegetables provides wisely the precious mineral elements corrective of poisonous and polluted blood-stream. A person deficient in alkaline substance giving the proper balance to the blood is carrying within his blood-stream acid, mucus and poisonous debris. As a result symptoms are noted in time which if not heeded terminate in disease.

Scientific authorities say that there is no blood cell within our body that is over fourteen days old. Therefore, the one answer to all such questions as these is to constantly replenish our bodies with minerals that nature has definitely and specifically prescribed.

For abundant vitality and energy we must promote general good health principles daily, without reservation. To best do this our regular diet should be supplemented by the definite use of Fruit and Vegetable Juices properly prepared for human consumption, without the loss of any of the essential properties.

THE underlying purpose for using raw Fruit and Vegetable Juices is to completely eliminate the labor involved in our digestive processes of extracting the vitamins and mineral elements from the fibrous structure of such foods so that the body can more readily assimilate their value with no actual effort. Furthermore by the Juice being "unfired" or consumed in a completely raw state the enzymatic properties are preserved so that more nearly the full catalytic response will result assuring completeness to the cycle of assimilation, hence greater bodily benefit.

The raw Juices therefore, from fresh fruits and vegetables are among the most valuable foods available and the regular use of these will protect one from bodily deficiency and aid in rounding out one's daily diet. For these important reasons "unfired" juices cannot be too highly extolled and praised.

VEP FOODS, INC., 68-12 58th Ave., Maspeth, L. I., N. Y., have worked out a completely novel procedure for packing and preserving raw fruit and vegetable juices. The frozen juices are furnished in deaerated, vacuum packed containers of 6 and 12 ounces which can be stored indefinitely in the freezing compartment of the refrigerator until ready to use. Thawing out takes three hours.

VEP JUICES are the last word in nutrition, and can be obtained in a great number of different combinations as well as in unmixed form.

GENUINE WHEAT GERM WHITE BREAD

THE supereme efforts on part of the highly modern white flour mills to make white flour still whiter and consequently poorer, has at last reached its peak. Common sense has forced a sharp turnabout to find ways and means to make wheat flour that contains nature's great vital minerals and vitamins, especially the indispensable embryo or wheat germ of each kernel of wheat, without which we would stop growing, lose weight, appetite, muscle control, mental efficiency and hearing.

Half a billion pounds a year of nature's best health insurance can be restored to our diets at no cost to the consumer, and in order to assist in preventing further vitamin food deficiency a valuable wheat germ white flour is being offered made up as BAKERLUST WHEAT GERM WHITE BREAD. The flour can also be had in 2½ lbs., 5 lbs. and 10 lbs. bags. Both are on sale at Health Food Stores, and at the Lust's Health Food Bakery, Inc., 309-311 East 56th Street, New York City.

USE DEXTROSE SUGAR IN THE HOME

DEXTROSE sugar is a simple sugar. The form used in the DEX-TRO products is made from the starch of the Indian corn or maize by rather a complicated process. It is thoroughly refined, pure white, mildly sweet and cooling to the taste and is as finely ground as the ordinary powdered sugar. DEXTROSE is a predigested sugar. It is absorbed into the blood stream immediately to act as a fuel for producing energy, action and heat of the body. It is sometimes called blood sugar, body sugar or muscle sugar. It is indispensible to life. Man could not live without it. DEXTROSE is the quick-

est and the most direct means supplying vital energy to the body for the functioning of the vital organs, the mind and the muscle—for life, work and play. During this past few years, scientists have discovered many new facts about this kind of sugar. Doctors have administered it to the sick and the well. It has been found of inestimable value as an efficient food. Since DEXTROSE sugar is a substance normally found in the blood stream and the tissues of the body, it presents no difficulty in being taken into the system. It is recognized as one of the safest and most valuable therapeutic agents.

DEXTROSE sugar should be in every home. It can be used in practically every way that cane sugar is used. Since it is about one-fourth less sweet than cane, it may take a little time for the user to become accustomed to it. Used on fruit and breakfast foods, it adds sufficient sweetness and emphasizes the flavor of the food and is less cloying to the taste — more satisfying.

The following recipe is just a sample of what can be done with this dextrose sugar in cake making. The cake seems easy to digest and does not "set" so heavily on the stomach. It will make a splendid dessert for the school lunch.

DEXTROSE-MOLASSES CAKE

1½ cups dextrose sugar, ½ cup Sesame or Wesson Oil, ½ to 1 cup molasses, ½ teaspoon each, of cinnamon and nutmeg, 1 cup hot water, 1 rounded teaspoon soda, 1 pinch of salt, 3 cups sifted flour, 2 eggs. Mix sugar and oil thoroughly. Add eggs and whip. Add nutmeg and cinnamon; stir in molasses; then, use hot water in which soda and salt have been dissolved. Last, mold in the sifted flour. Nuts and fruits of all kinds may be added. Bake 35 to 40 minutes. Temperature 350 degrees.

THE MIRACLE OF VITAMIN CAPSULES

By Rita Adams

IF, on the day you first ate solid foods, I could have given you two tiny capsules containing vitamins and minerals, and if I could have repeated this every day from that time to this, you would probably be a HEALTHIER, HAPPIER, AND VASTLY MORE VIGOROUS PERSON TODAY!

The trouble with our generation is that vitamins and minerals were not known when we were growing up! Those were the best days of our lives, and our parents can't be blamed, because they did not have our knowledge about food and health.

We all know that vitamins are nedeed for PEP. We all know that millions of people don't get enough

(*Continued on page* 102)

HOW TO CUT YOUR VITAMIN BILLS In ½!

and at the same time get More Vitamin Insurance

If you are a regular purchaser of vitamins, or if you are planning to buy them for the first time, keep this thought in mind when buying. It will save you plenty of money. *It costs you much more when you buy the various vitamins separately and not in combination.*

You have probably already discovered that many popular vitamin preparations give you only one or two vitamins. So, if you want all of the five most important vitamins which doctors say we must have for health, you are often compelled to buy additional vitamin preparations to get them.

Here's the secret of cutting your vitamin bills in half! Buy *Ritamine Capsules* as thousands of vitamin-wise people do. *Ritamine Capsules* do not give you just one or two vitamins, or even three or four. They give you specified quantities of all five leading vitamins PLUS ten essential minerals at a cost of less than 7c a day!

In just two easy-to-take, tasteless *Ritamine Capsules* (a day's supply), you get the five vitamins—A, B_1, C, D and G, with wheat germ oil, which contains Vitamin E, plus the ten minerals—Iron, Calcium, Iodine, Copper, Phosphorus, Sodium Potassium, Manganese, Zinc and Magnesium.

Many scientists say that if you are to get the fullest health benefits from the vitamins you consume, they must be combined with minerals. That is why they are combined in *Ritamine Capsules*.

Here are the low prices of *Ritamine Capsules*: 10 days' supply (20 capsules) $1; 35 days' supply (70 capsules) $3; 75 days' supply (150 capsules) $5.

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VITAMIN B_1—needed for hearty appetite, steady nerves, and for normal digestion and elimination.

VITAMIN C—needed for healthy teeth and gums

VITAMIN D—the "sunshine vitamin" needed for strong bones and teeth

VITAMIN E—certain animals cannot reproduce without this vitamin Its use in humans has not been established

VITAMIN G—needed for normal growth, normal health, healthy skin

10 MINERALS

CALCIUM which is needed for strong bones and teeth; **IRON** and **COPPER** which are necessary for red blood, **IODINE** for proper functioning of the thyroid gland, and also **PHOSPHORUS, SODIUM, POTASSIUM, MANGANESE, ZINC** and **MAGNESIUM.** All these minerals are supplied in quantities specified on box

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Your Health Problems

Q. What is the cause and cure for spastic constipation, poor night's sleep and awakening two to three times during the night?

Mr. O. K., Detroit, Mich.

A Spastic colitis is often due to nervous irritation. To remedy this condition we recommend mild laxatives, a diet free from irritating foods, such as salt, pepper, pickles, vinegar, and plenty of vegetables in the form of salads. The regular use of Camomile Tea is also very beneficial and soothing for the nerves and will soon bring about better night's sleep.

Q. Please advise how we can combat poisonous sprays on vegetables and fruits. Dr. M. S. Brown.

A. Most poisonous sprays can be washed off by thoroughly rinsing the vegetables in water, also dipping them in a solution of lemon juice or salt. The danger of poisonous sprays on vegetables often has been exaggerated; however if you want to be sure to evade it, buy only products which you are sure do not contain sprays.

Q. Which is more beneficial to one's health, raw fruit and vegetable juice, or liquefied fruit and vegetable juice? E. P. Eastes.

A. For a healthy person there is no difference with regard to one's health, provided you eat the right amounts of other necessary food stuffs in proper balance, in addition to drinking fruit juice.

Q. Three of us have been taking Vitamin B for about six months, and two of us have been having Vitamin A for three months. Our health is undoubtedly improved but our hair is getting coarser, wiry and unmanageable. Does it mean we have had too much vitamins?

Z. F. B. and A. S. F.

A We doubt whether vitamins alone can be made responsible for this condition. Oiling and massaging of your scalp will soon take care of it.

Q. What causes freckles and how can they be removed? Mrs.J.L.

A. Freckles frequently occur in fairskinned persons and they should not be removed.

Q. Are foods prepared in a pressure cooker healthier than those prepared in an ordinary sauce pan?

Louis B.

A. Yes.

Q. What is the cause of Ringworm of the hand and the best natural treatment of it? Mr. E. G.

A. Ringworm is a contagious disease of the skin and hair due to the invasion of a fungus called trichophyton. The external treatment is by ultra-violet rays, the affected parts to be kept as dry as possible. Internally Seatabs have proven valuable.

Q. My little girl, 11, has psoriasis. Is there a diet that will help and are chocolate and cocoa harmful?

Mrs. I. F. H.

A. Put your girl on a bland diet rich in vitamin A, B and C. Chocolate and cocoa are harmful because they are binding and do not give the colon a chance to eliminate properly. We would suggest that you see a competent naturopathic physician.

PRINCIPLES OR MEN, WHICH?

(*Continued from page* 96)

exceptions. "Natural" death results because of an impossibility of obeying the law in all its precepts continuously. Even the most perfect health must end up in death. We, by the degree of our observance of law, can only discourage the obstructive factors that invite early disease and premature death.

And this brings us to a closing thought. Why be so concerned about the seeming infrequency of men living beyond the century mark, a lease on life often promised to others by such men adhering to the Natural Philosophy? Usually their principles are criticized, and rightly so, when they do not reach the five score mark themselves. But do we not here have another factor to contend with?

An Inheritance We Cannot Overcome Ourselves

I BELIEVE we have. Man may have ever so profound an understanding of the principles but there is a strain of human weakness in every living being to discipline ourselves to the every letter of the law. Men are not gods, but fallible, weak humans no matter how proudly they may speak, and they cannot, any more than anyone else, escape the just discharge of such natural law themselves.

Let's be honest with ourselves and realize this universal weakness and not with egotistical pride claim superior powers of supernatural nature.

Let us, however, go beyond this. There must be a reason even for this. We do not want to be left dangling in mid-air with incomplete explanations.

There is but one source of information that I know of, which speaks the voice of authority to answer this question to entire satisfaction. It is our Book of Eternal Wisdom. There we learn of man's original, immortal perfection, subsequent sin and its wages with disease, imperfection, and human weakness as resulting curses, and death the final penalty. Man, we learn, cannot by his own power obey the Law of God, moral or physical. Then, let us admit it! For men, *all* men, including naturists, prove it by their own demonstrations in their very life, day after day, time and time again. All have weaknesses! All must die sooner or later! We all inherit death which we by ourselves can never overcome. A gloomy picture to be sure!

The Glorious Light of Life!

LET us, however, go further. The Scriptures also speak of grace, repentance, justification by faith, resulting good works, exemplary life, and, finally, death, yes, but a death through redemption unto salvation and *eternal LIFE!* A happy picture, indeed!

Yes, and an important one. In fact, *the* important one! Spiritual health you see is so *far more* important than all else, that we are apt to forget this in trying to live the perfect existence in this less important, temporal life. Indeed, because men seemingly so infrequently reveal a full demonstration of their philosophy, they do thus by their lives always show the relative unimportance of this present existence, as far as *God* is concerned. He, you know, alone made and preserves our every life. He places values where they truly belong. A life of eternity is so indescribably more important than this present one whether it be one or three hundred years in duration! Let us learn *that* indisputable fact. It will forever keep us clear on any question involving principles, men, and their inherent, inexorable weaknesses.

Men will come and men will go. The principles stay on forever. Learn them *all*, fully understand each and every one. Then, whether you study the principles or the men, neither will *ever* be found wanting as indisputably demonstrative of eternal, irrevocable Law!

PSYCHOLOGICAL DELINEATIONS

(*Continued from page* 91)

dress, display, and self-laudation. At the first body unbalance this characteristic often goes to an extreme, and sometimes causes an overestimation of individual capacity, importance and responsibility. It can readily be seen that if the pathology is not corrected it causes trouble. It turns the personality to braggartism and boastfulness.

In moderately trained mentalities this condition stimulates to greater mental efforts to overcome this. If the physiological cause is not corrected, the result is an overexerted nervous system, with its subsequent results.

ONE of the results which becomes fixed during the period of the affliction is called the unhappy state of mind. It gives very little rest. The afflicted person is seldom satisfied with his surrounding, accomplishments, in short, with anything and everything. Until the physiological abnormality is corrected a person thus afflicted should cultivate self-control, should avoid the disposition to extreme caution and the tendency to imagine the existence of dangers that may never appear. After the pathology is corrected, the abnormal psychological manifestations will have been automatically rectified.

(To take the world easier, to live freer from useless fear, to calmly pursue a course of usefulness, and, above all, to seek happiness in the interests of family life, is a philosophy that would benefit everyone to adopt, and not only those who are afflicted.)

THERE is a characteristic in every normal person that incites toward self-advancement and personal gain. Any illness makes the individual more selfish. He depreciates the integrity of self specifically, and of everybody in general. When the acute sickness subsides and the chronic sets in, which is usually the case in orthodox treatment of disease, this characteristic arouses a desire to shirk responsibility, to avoid a due amount of labor, and to incredulity.

This syndrome, and particularly incredulity, creates an indolence that may grow to the point when there is danger of malicious attacks from others, and of personal injury as a result of willful persistence in opposition to general accepted views.

GENERALLY, any pathology in the human body will create an unfortunate character. Specifically, in any disease due to some obstruction the first sign is the arising of a drastically critical nature, one that generally reserves to itself all the advantages that surround it. Simultaneously, there arises an increase in love for home life. The individual becomes a more cautious and sympathetic parent. He is forceful in protection of both family and country. This inclination becomes overbearing and many times imposes on others, to act as agents to gain the end sought. However strong may be the desire to enjoy life, gaiety, and traveling, this person still seeks security.

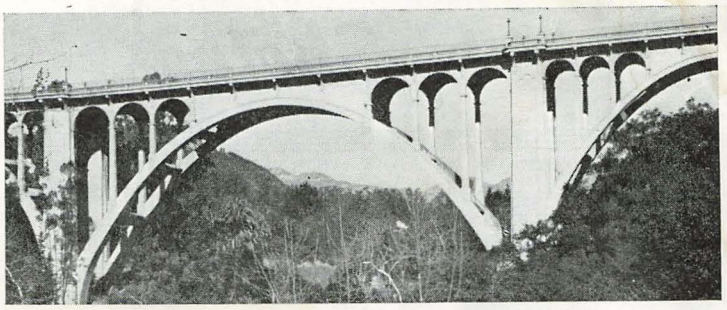
The first law of nature is self-preservation and therefore it is only natural for a person to be disposed toward shrewd observation and keen perception in maintaining his position and in earning a living for himself and family. Any trend toward making a living by simply knock-about methods, as by war, as a soldier, as dreaming of a favorite military position, is a definite sign of an approaching illness.

IN humbler walks of life, or at least in the natures of ignorant persons, the influence of pathology is toward intemperance, variable temper, an inclination to indifferent workmanship, and other methods of self-abuse.

In fine qualitied, or educated persons the mentality becomes more active, sometimes very restless. At the first sign they should seek to carry a firm, steady head in the way of life.

(*Continued on page* 114)

SUICIDE BRIDGE



(From this high bridge, overlooking the world famous Pasadena Rose Bowl, nearly 100 people have leaped to their death. An end was put to this human sacrifice when a protective wire screen was placed along each side of the Bridge.)

ARE you traveling the Suicide Bridge of Life by permitting hordes of harmful bacteria to infest your colon? Or, will you do as thousands have done, reimplant the protective organisms in your intestinal tract with a good acidophilus culture, such as Theradophilus?

Theradophilus, a rich culture of acidophilus in soy bean medium, can supply large quantities of the Friendly Bacteria to help ward off the ill effects of faulty elimination of toxic waste. It is pleasant to take, and relatively economical. Take it six to twelve weeks, and note the results! You can now get one bottle free after six bottles have been used. It costs only $1.25 per bottle at your Health Food Store. If unable to get Theradophilus from your nearest Health Food Store, send the name of the store to Therapy, Ltd., Pasadena, California.

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THE MIRACLE OF VITAMIN CAPSULES

(*Continued from page* 102)

cle. You are intelligent—you know about vitamins and minerals and how they are vital to health.

Therefore, be wise, take the very utmost advantage of modern scientific achievement and benefit by the miracle of vitamins and minerals in two tiny capsules. Take them every day and you'll find it will pay in every way.

THE VIVISECTOR

THE vivisector is, of course, a criminal and the only way we can excuse his perfidy is to look upon him as a fool—a kind of natural born idiot who doesn't know right from wrong. No amount of common sense logic can ever convince him that his ruthless torturings make of him an object to be hated, shunned and abandoned.

There are times when we blame the public and pity the vivisector. We blame the public because it permits the vivisector to run at large, and we pity the vivisector because nature created him to be a fit subject for incarceration. His case is incurable.

Schopenhauer says: "Hence a man's intellectual as well as his moral qualities proceed from the depths of his own nature, and are not the result of external influences; and no educational scheme can turn a born simpleton into a man of sense. The thing is impossible! He was born a simpleton —and a simpleton he will die."

If you can't do what you like, suppose you try liking what you do and see what happens.

Genius begins great works, labor alone finishes them. —Joubert.

Nothing great was ever achieved without enthusiasm. —Emerson.

Good order is the foundation of all good things. —Burke.

TABLE OF ACID- AND AL LINE-FORMING FOODS

As a general rule at ratio of or 80% alkaline to 20% acid forn foods should be maintained.

Acid-Forming Foods

Bread	Lentils
Cheese	Meat
Corn, sweet	Oatmeal
Corn meal	Peanuts
Crackers	Plums
Cranberries	Prunes
Eggs	Rice
Egg white	Wheat, entire
Egg yolk	Wheat flour
Fish	

Alkaline or Base-Forming Food

Almonds	Milk
Apples	Muskmelon
Apricots	Oranges
Asparagus	Parsnips
Bananas	Peaches
Beans, seeds	Pears
Beans, string	Peas
Beans, lima	Pineapple
Beets	Potatoes
Cabbage	Radishes
Carrots	Raisins
Cauliflower	Rutabages
Chard	Spinach
Chestnuts	Sweet Potatoe
Cucumbers	Tomatoes
Grapes	Turnips
Lemons, natural	Watermelon
Lettuce	

One of the tragedies of life is t only infrequently do wrinkles and v dom come to the same head at same time.

In these busy days of rushing tivities it is well to take time to g a kindly smile, speak a gentle wo and the stranger who today seems little importance may tomorrow pr to be a trustworthy friend. "If a n would have friends he should sh himself friendly." "One worthwh is the one with a smile," are two s ings as true as the tide ebbs and fl twice in twenty-four hours.

Frank E. Mitch

We are all blind until we see
That in the human plan
Nothing is worth the making if
It does not make the man.
Why build these cities glorious
If man unbuilded goes?
In vain we build the work, unles
The builder also grows.

—Edwin Markhan

If thy heart were right, every cr ture would be to thee a looking gl of life and a book of holy doctrine.

There is no creature no matter h small or contemptible, that does show God's infinite goodness mercy.

Thomas a Kempi

PSYCHOLOGICAL DELINEATIONS

(*Continued from page* 91)

dress, display, and self-laudation. At the first body unbalance this characteristic often goes to an extreme, and sometimes causes an overestimation of individual capacity, importance and responsibility. It can readily be seen that if the pathology is not corrected it causes trouble. It turns the personality to braggartism and boastfulness.

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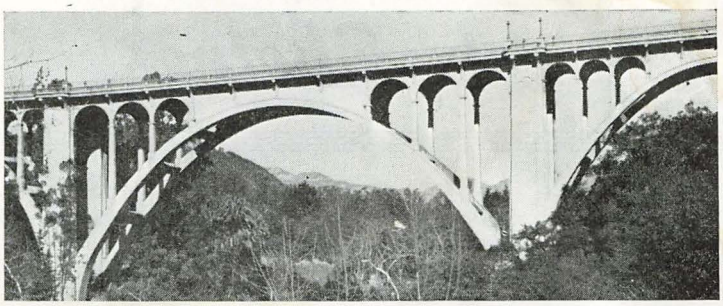
(*Continued on page* 114)

SUICIDE BRIDGE



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THE MIRACLE OF VITAMIN CAPSULES

(*Continued from page* 99)

vitamins in their foods, and haven't had enough vitamins for years.

WE also know that minerals, calcium, iron, potassium, copper, and other minerals, are vital to our health, and that mineral deficiencies often go hand in hand with vitamin deficiencies. We see people with bad teeth, bad bones, pale cheeks, and other weaknesses and sicknesses that come from lack of one or more minerals.

Often we THINK we are getting enough vitamins and minerals in foods, but we are not. Some foods are grown in soil that has been worn out. The soil may grow vegetables that *look* good, but lack the very substance you *think* you are getting. Or, you may like your whole wheat bread toasted, and while it tastes good, you are definitely losing some of the B vitamins which are destroyed by heat.

IF your diet has plenty of these vitamins in it, well and good, but at least know that cooking and baking and broiling and toasting may cost you some of your vitamins and minerals—and you have to make up for this loss—or you will lose in health and pep.

Capsules containing vitamins and minerals are really a wonderful thing for millions of people. They are INSURANCE . . . and cheap insurance at that. For a few pennies a day, you make SURE that you are getting large amounts of vitamins and supplementary amounts of minerals. Think of it!—Thousands of units of Vitamin A have been concentrated into one of these tiny capsules. And Vitamin B_1 besides. And Vitamin C, and Vitamin D, and Vitamin G. ALL IN ONE CAPSULE!

And in another capsule, you get wheat germ oil with its natural Vitamin E, and you get calcium and iron and copper and sodium and many other minerals.

I SAY that we have so many modern conveniences these days that we don't realize what a miracle it is to be able to get all these vitamins and minerals in two tiny capsules. All a person needs to do is take these when you get up each morning or at any other time of the day, and you get practically your whole day's supply of the vitamins that are so important to health, and in addition, you get specified quantities of essential minerals.

Then you can eat almost any foods, or be on almost any restricted diet—still you are safe! You can broil or cook or toast these foods, and you still are safe if you have taken your two daily vitamin-mineral capsules.

Let us thank the great scientists who have provided us with these little easy-to-take capsules.

FOR trillions of years, Nature has made Vitamin D by feeding sunshine to water plants and having these plants eaten by codfish. Then mankind had to eat the liver oil of the codfish to obtain the Vitamin D. But today, scientists shine ultraviolet rays upon a little plant, and they get all the Vitamin D that the human race can ever need. These vitamin capsules contain Vitamin D made by shining ultraviolet rays on a plant. They also contain the other vitamins and minerals in a combination that is more complete and of higher potency than Nature herself is able to produce.

You are not an ordinary person or you would not be reading this arti-

(*Continued on page* 120)

COMMON SENSE AT FIFTY

By GRACE L. MOFFATT

AS the normal, 'common sense' woman nears the age of fifty, life's problems continue to solve themselves as in former years, without fuss or fears. Those who do fear the approach of fifty and who have never feared life before will do well to let truth and good sense guide them into peaceful, happy years.

Most women, I believe, judging from observation and experience, pass through the menopause without noticeable physical, nervous or mental disturbance, except a slowing down of the body functions. The so-called 'traditionally hard years,' are proved to be hard by tradition only. Entirely too much has been written about morbid depressions, emotional upsets and nervous disorders taking possession of women at this certain time of life; so much so that some men look upon their wives with suspicion and questionings as soon as they pass their fortieth birthday. This fact alone would tend to have an unpleasant reaction upon such married women, apart from the menopause altogether.

THEN too, husbands sometimes forget that they also, as they near fifty should normally 'slow down' and interestedly watch life's problems solve themselves.

I like to think of my Grandmother and Grandfather as a normal, common-sense couple, who grow old gracefully. I was married on their Golden Wedding anniversary, and they both lived to be over eighty. Upon asking Grandmother about how she passed through 'the change' one time, I remember her saying, "Well I had a few sick headaches, but I don't remember any special troubles; George was always so considerate. We reminded each other to take a nap often, after we reached fifty." If there were more unselfishness and kindness like that manifest toward each other at fifty, there would be less nervous wrecks of men and women seeking relief from unfounded fears.

DR. SEVRINGHAUS, in 'A Woman Faces Fifty,' said, "The climacteric is often merely a quiet cessation of activity of the sex glands, with the emotional life of husband and wife persisting with growing happiness for the rest of their lives." I believe this is as it should be.

As to mental stress, anxiety, worry and irritability being increased during the menopause; they sometimes are, but this need not be the case, unless there are other reasons. A woman who has kept faith with health, by 'keeping in trim' mentally and physically through the years, must essentially be healthy still at fifty, especially mentally so, if trials and experiences of former years have wrought Wisdom that cannot be shaken.

IF a woman approaching fifty is discovered hard to get along with, after being a good neighbor and friend through the years; it's the discovery that's new, not the woman. And sometimes the discovery is false. To illustrate, I know a woman, forty-seven, mother of seven lovely children, sought after and well thought of until lately. Last year, the husband (fifty), suffered a mental breakdown, but has recovered sufficiently to return to a well paid position. He and his sister have succeeded in convincing this woman's own mother and sister and a number of acquaintances that his breakdown was a mistake, caused by worry over the wife. They speak against her and say, "She'll be all right after she's through the change." Altho this woman has been in a hospital four times last year because of her husband's rough treatment, he gets most of the sympathy. She still stands by her children, however, sensibly watching and waiting for her problems to work themselves out. Surely it will be discovered some day that the husband is the one who was and is hard to get along with and not the wife.

MOST women, including his wife, suffer emotionally, nervously and mentally when passing through the menopause. It should be published, until generally known, that breakdowns and insanity are not caused by 'the change' in either men or women, but by basic disorders of personality and unhealthy traits of character which were present, and in process of development for a long period before the outbreak. Should insanity occur at the time of the menopause, it is an additional, separate and distinct abnormality, which could have asserted itself at any time, in particular cases, and requires special treatment.

So as the average normal man or woman approaches fifty and the cessation of natural functions, let it be with good health of body and mind, as shipshape as a ship slowing down, quietly gliding toward harbor, with colors flying in a 'golden sunset.'

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CONSTIPATION IN CHILDREN IS A DISORDER, NOT A DISEASE

By BETTY W. POSMAN

CONSTIPATION in young children causes much anxiety to mothers. It is responsible for more of the ills and vicissitudes of early childhood than perhaps any other ailment. Constipation means retention, or inadequate evacuation, or extreme hardness and dryness of the feces. There is the acute or temporary constipation, lasting but a few days, usually caused by overeating. The chronic or permanent constipation may last for months or years or through life and has many causes.

CONSTIPATION in young children is produced in many ways. It may be but a symptom of some other disease or it can be an independent trouble. It generally is the cause of various other illnesses.

We often observe frequent voluntary retention or postponement by children in school. They should not be denied the right to go out when necessary and they should fight for that right. In fact no one should postpone defecation.

There is usually an insufficient fluid intake in order to keep the supply of liquid within the body plentiful and pure. Other causes are:

Insufficient physical exercise to promote needed body changes; too much or too little food; eating freely of meats and fats and sparingly of vegetables.

There must be enough bulky food or roughage in the diet as eighty percent of all cases of constipation can be corrected by diet alone. It must therefore, appear that the high percentage of cases result from improper foods or wrong eating habits.

MANY cases of constipation have been cured almost wholly by careful diet. The free use of chocolate, crackers, cakes, candies, pies, etc. or generally too much starches and sugar products is known definitely to retard the outward movement of waste, especially when eating them between meals.

However, it should not be thought that diet is the only cause of constipation. We must keep in mind always that the body is an orderly machine and conducted accordingly, for, while it may endure a great deal of abuse and hard usage, sooner or later ill-health will be the result from a constipated condition.

Another most frequent cause of constipation is the failure to form a regular habit. This habit must be acquired in early childhood. A young child with a weak desire to move his bowels and a very strong desire to run out of doors to play neglects the former in favor of play, and this neglect soon turns into real inability to move the bowels. The mother then starts the use of a round of laxatives, one after another.

Cathartics and laxatives should be reserved for rare occasions if used at all. They frequently cause digestive disturbance. Their abuse is a very prevalent cause of constipation. While intended to cure constipation in the long run they provoke it or make it worse. A vicious circle ensues. The digestive tube waits for the drug and will not move without it. The organ also becomes weaker due to the medicine. After a while the initial dose loses its effect and more must be taken.

WHEN a small child is placed upon a toilet seat, his legs should not dangle but should have solid support on a small box, bench or stool. The best position is a squatting one with the knees higher than the thighs. This permits more effective action on the part of the abdominal muscles.

In cases of bad posture, with flabby "pot belly," daily setting up exercises are of decided value. Active free play in the open air affords an abundance of good exercise for the child.

Just as early in life as possible children need to acquire proper habits that tend to maintain health such as careful training in rational diet, proper exercise, in fact all good health habits in general. This is one of the cheapest and most important ways of avoiding real trouble later on in life.

BABIES AND DEFENSE

WE are deeply concerned about defense today. There are two ways to look at defense. For immediate requirements, we need guns, tanks, planes, bases, trained men. For long range defense we need a closely knit society consisting of happy, mature, healthy people — hard people. We need people clear of mind, keen of eye, intent of purpose.

No matter what happens in the world during the next few years, no matter who wins the war from a military point of view, it will be a hectic world tomorrow. The world of prewar days is forever gone. A much harsher world is in its birth pangs. It will require new leadership, new methods.

The age-old law of survival of the fittest will be at work in its most ruthless forces. Every ideal, every concept, every religion, every nation will be on trial. Democracy, business methods, family life, and peoples will have to meet this test.

A nation is only as strong as its people. Their will, their mental and physical fitness, their education, their character, courage and vitality, their resourcefulness and adjustability will make or break that nation. The greatest of empires have fallen because their people became effete; because they lost their vigor, their adjustability to the changing times.

In these critical days and in the great adjustment days of the future, the United States must have people who can meet these Herculean tasks. It is, therefore, important to bring into the world, to nourish and to train a next generation of Americans who are capable of meeting their problems with gusto. Let us cherish the flame of America's life in the lives of children.

The strongest force in this long-range defense program is wholesome, happy family life. (The give and take of family life is the very source from which democracy has sprung.) The adjustments which husbands and wives, brothers and sisters make to each other build character and stamina and tolerance and stability and unity and security which men fight and die for.

Strong family life depends upon mature parents, well-adjusted to each other. They must be people who can withstand shocks, who can carry on in the face of problems and do it gracefully, happily, and contentedly.

Vera Micheles Dean of the Foreign Policy Association, in a recent article in *Survey*, made a point of this when she said: "We must restore our own morale, profoundly shaken by the rapid course of events in Europe. We must, each in his own community, do everything in his power to make people take a long-term view of life so that they may not succumb, morally, to the idea that catastrophes today bar all the roads to the future. We must strive to preserve those values of human life which tomorrow may be extinguished in Europe. This we owe to the society in which we live, and which we all have had a part in creating, and above all to our children, who must not be allowed to grow up in an atmosphere of despair which would make them vulnerable to all the evils of moral disintegration."

(*Continued on page* 116)

From Far and Near

DR. WILLIAM R. LUCAS

News has reached us of the demise on November 3, 1940, of one of the pioneers of Nature Cure in England, Dr. Wm. R. Lucas. As an author of many books and as a contributor to NATURE'S PATH magazine Dr. Lucas was known to many of our readers. His death, at a time when his country sorely needs all possible advice on problems of diet and healthy living, came as a shock to his numerous friends in America who personally knew his fine and noble qualities. Dr. Lucas' books are highly popular in this country as they convey scientific facts in a lucid and entertaining style. As yet we have no details surrounding his untimely death, but his last letter to us, dated October 2nd ended with a hopeful note stating that "with stout hearts and chins held high we shall surmount our obstacles and win through to success."

SIX DIE AFTER INOCULATION

Fribourg, Switzerland, Jan. 10 — Six children of the Monrevers Institute here have died and many others are in a serious condition, following their second vaccination against diphtheria. An investigation has shown that on presenting themselves for their second inoculation, by mistake they were injected with the toxin instead of the anti-toxin. It is feared several of those at present in a serious condition may die.

SENSIBLE ADVICE

(*From a letter to the N. Y. Times*)

YOUR editorial "American Diet" calls attention to a very important and very much neglected phase of our defense program. In the last paragraph of your article you hit the nail squarely on the head when you say: "If ever we had an abuse of science and technology it is in the matter of preparing food for the eye rather than for the stomach."

Sad as it is to relate, about the only time the average man and woman can be induced to eat the kind of food they should eat is when they are ill. While they are able to keep going they not only eat too much but they eat too much processed food. The horse-and-buggy days may be over, but the horse-and-buggy kind of eating is what we need to return to if our young men on their soda-fountain and quick-lunch meals are to be physically able to endure the rigors of military training.

Simple meals of plain foods, properly cooked and as fresh as they are obtainable, is what they need. And that is what every one else needs — more substantial food and balanced meals. We have all kind of specialists to treat us when we are sick. Why not have dietitians tell us what we should eat, so that we can avoid illness? Feeding people correctly is a scientific procedure requiring years of study and experience. Why is there no place in our defense program for dietitians?

Roy Wilson Beal.
Bethlehem, Pa., Jan. 27, 1941.

VOLUNTEER EXTENDS HIMSELF

New York City, Feb., 1941 — Six months ago Adrian Gollubier, 25, of 1475 Grand Concourse, The Bronx, tried to join the National Guard but was turned down because his height was only 5 feet 3½ inches, whereas the Guard's minimum was 5 feet 4.

Today, as volunteer from Local Draft Board No. 89, he proudly informed officials at the Manhattan induction center that, by daily visits to a gymnasium, he had increased his height by the necessary half-inch.

The officials congratulated him — but apologetically added that he needn't have extended himself, inasmuch as the Army recently lowered its minimum to 5 feet, no inches.

$10,000 DAMAGE

Sacramento, Dec. 9. — A missing portion of his right ear was valued at $10,000 by Joaquin L. O'Connor, Sacramento school bus driver.

A damage suit in this amount was entered in Superior Court against Dr. Samuel J. Wells. O'Connor charged the physician snipped off a portion of his ear with a pair of scissors when he removed a bandage about O'Connor's head.

COUNTING SHEEP

A leading authority on the subject, Dr. Louis J. Karnosh of Cleveland, says counting sheep, reading in bed or other mental gymnastics that require concerted thinking are merely tricks for the repression of unpleasant ideas and actually lead a person away from, rather than toward, sleep.

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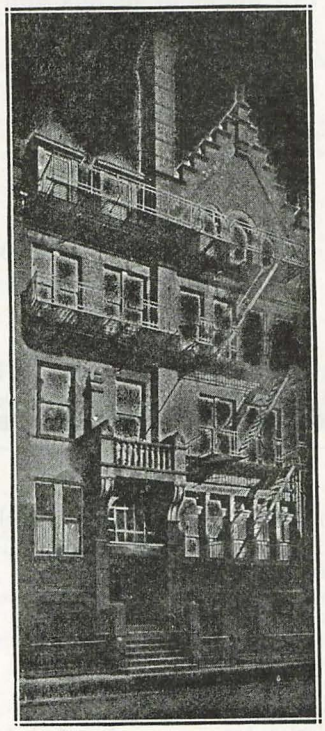

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HEMORRHOIDS

(*Continued from page* 85)

pile by individuals who assume that it is an internal hemorrhoid that has protruded and attempt to replace it within the anus with their fingers. Since an external pile cannot be displaced, this is impossible.

The anal hemorrhoid is found within the anal canal and is situated between the external and internal hemorrhoid. The internal hemorrhoid is above the anal canal and is covered by the mucous membrane of the rectum. One great difference between either the external or anal and the internal is that there is very little bleeding associated with the external and anal hemorrhoid, whereas bleeding in internal hemorrhoids is often one of the earliest symptoms. Seventy-five per cent of cases of hemorrhoids consist of various combinations of the external, anal and internal varieties. The remaining twenty-five per cent are of the internal variety only.

In the early stages the development of hemorrhoids is insensible to the individual, but from the very beginning the condition is the result of Nature's efforts to relieve the Portal System of an overload of venous blood. In the human organism where there is an overload in the portal veins some of the venous fluid is diverted to the veins of the anus and rectum. Therefore, enlargement of a vein in the anus or rectum is the result of Nature's efforts to lessen congestion of the portal system. If portal engorgement occurs often then the vein becomes dilated. This dilatation plus the irritation of the fecal matter against the swollen vein tends to weaken the vein wall. Nature, to preserve the integrity of the vein will strengthen the weakened vein by the formation of fibrous tissue. However, with continuous congestion the reinforced vein will eventually become permanently dilated and result in what is known as hemorrhoids.

NATURE never forsakes the organism; even when the hemorrhoids have formed she stands by doing her best to preserve the anal and rectal structures. If given time in some instances she will produce an obliteration of a hemorrhoid by a closure of the vein. This results from constriction of the vein by hardened connective tissue that is formed around it. This type of natural removal of a hemorrhoid is not infrequent and is proven by the studies of an eminent authority on rectal diseases. If Nature is able to remove structural impairment even though the individual lives haphazardly, just think what can be done when the individual lives in conformity with the laws of his organism.

(*Continued on next page*)

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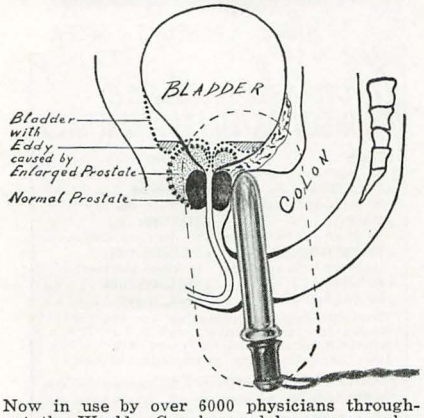

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HEMORRHOIDS

(*Continued from previous page*)

The formation of internal piles is gradual. In many cases the first symptom is a feeling of incomplete evacuation. This is followed by protrusion during defecation in which the hemorrhoid slips back into the rectum unassisted, but as the condition progresses replacement is required by gentle pressure of the fingers. There comes a time, in some cases when the pile will protrude merely from standing on the feet, even for a short period.

I HAVE noticed, in cases of piles of the internal variety where there is much bleeding during and after defecation, that the patient becomes fearful that he will gradually die from loss of blood. There is no immediate danger from hemorrhage of this nature, and no individual need think that because bleeding is present now drastic measures must be resorted to, to remove the impairment. Hygienic methods in these conditions will, eventually, if persisted in, give the body a chance to remove the vascular engorgement that exists, and restore the tonicity of the venous system in the rectum and anus.

IT is well to emphasize, that often bleeding piles serve to lessen venous engorgement in the anal and rectal structures. Furthermore the whole organism is benefited. Concerning this A. B. Cooke, A.M., M.D. wrote:

"Clinical observation, as well as theory, justifies the conclusion that the occasional moderate loss of blood from this source may act as a conservative process in certain conditions, notably cirrhosis of the liver and organic heart disease. The portal vein is chronically engorged in these diseases and the development of internal hemorrhoids is a frequent and natural complication. In these cases it seems clear that an occasional hemorrhage from the rectum can only serve a beneficent purpose, depleting the overloaded venous circulation and promoting the comfort, if not prolonging the lives, of the patient."

(To be continued)

THE ROMANCE OF CHLOROPHYLL

(*Continued from page* 87)

cough did not materialize. For the teeth and gums a mouth full of Chlorophyll Solution stops sore and bleeding gums, it seems to activate the tissue around the teeth making it firm and pink colored, free from bacteria which often lodges, and is generated in soft spongy tissue. *If Chlorophyll Solution was only good for helping those who suffer from chronic colds, catarrh, sinus and hay-*

(*Continued on page* 111)

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THE CONQUEST OF DISEASE

(*Continued from page* 90)

THE importance to make soil building the basis of food production has been recognized only recently. For the first time in its history the Department of Agriculture in its 1939 year book of "FOOD & LIFE" devotes interesting reading to human nutrition which substantiates the fundamental teachings of the pioneers in the natural healing profession. This indeed is a step taken in the right direction by our former Secretary of Agriculture Mr. Wallace and much credit is due him in revealing true facts of food and life which have been withheld from the public by selfish monopolies who still advocate mysterious "cures" for human ailments.

THE conquest of disease, if successfully attacked, must start its ground work from the soil. The body must be considered as a unit and cared for as such by building maximum health and vitality in harmony with the laws of life and nature. Any attempt to treat disease without considering or removing the fundamental causes of disease manifestation is doomed to failure. The past and present experience will prove this to be a fact. The sooner the health authorities realize it and the public demands it, the sooner will we conquer disease and build a healthier and happier nation.

BATHING IN ANCIENT ROME

(*Continued from page* 88)

tres) appeared. It was built by Agrippa. Each emperor seemed to think it a matter of duty as well as policy to erect one of these ornate establishments. And each emperor in turn outdid his predecessor. Thus the baths of Nero were more magnificent than those built by Agrippa. The baths of Caracalla, completed, says Eusebius, in the year 215, exceeded both. They provided accommodation for 2,000 bathers at a time, with marble seats for 1,600 onlookers. An excellent description of these Roman baths is given by the historian Gibbon. Thus: "The walls of the lofty apartments were covered with curious mosaics, that imitated the art of the pencil in the elegance of design and the variety of colors. The Egyptian granite was beautifully incrusted with the precious green marble of Numidia; the perpetual stream of hot water was poured into the capacious basins, through so many wide mouths of bright and massy silver; and the meanest Roman could purchase, with a small copper coin, the daily en-

(*Continued on next page*)

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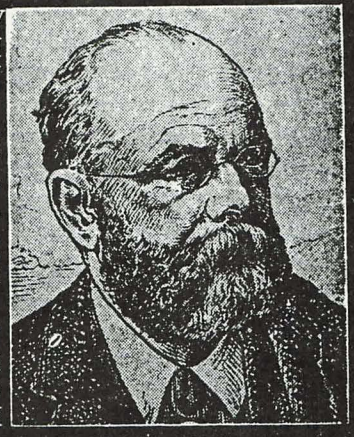
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BATHING IN ANCIENT ROME

(Continued from previous page)

joyment of a scene of pomp and luxury, which might excite the envy of the kings of Asia. From these stately palaces issued a swarm of dirty and ragged plebeians, without shoes and without mantle, who loitered away whole days in the street or Forum, to hear news, to hold disputes; who dissipated, in extravagant gaming, the miserable pittance of their wives and children; and spent the hours of the night in obscure taverns, and in the indulgence of gross and vulgar sensuality."

PUBLIC baths of magnificence were erected also at many places oustide the city of Rome, among which those of Pompeii were particularly noteworthy. Here separate baths were provided for males and females, and promiscuous bathing does not appear to have been allowed, as it was in Rome. When the hot baths were ready, the bathers were notified by the ringing of a bell, which was the signal for these persons exercising in the sphaeristerium to hasten into the adjoining apartment containing the hot bath. In the warm or hot baths, which were provided with seats slightly below the level of the water, the bathers sat and were scraped by attendants or scraped themselves and one another with strigiles, that is edged instruments made of silver, gold, bronze or iron. Following this scraping process, the whole body surface was well and briskly rubbed and finally anointed with oil.

SOME of the private baths built in the residences of the wealthy and powerful Romans excelled in the splendor of their appointments anything which the public baths could provide. In particular, the baths of certain ladies were paved with silver, gold and precious stones. In some instances the water was perfumed with rare essences. In others, so ordinary a fluid, whether perfumed or not, did not make a sufficiently luxurious or cosmetically perfect bath. It was said of the beautiful Empress Poppaea Sabina, wife of Nero, that every day she took a bath in asses' milk, no fewer than five hundred of these animals being kept specifically for the purpose of providing the requisite quantity of fluid. After Nero tired of the handsome Poppaea, and banished her from his presence for good and all, she still retained fifty asses for this same purpose.

IN the beginning the practice of bathing was undoubtedly due to its virtues as a means of keeping the body clean and healthy, and in the treat-

(Continued on next page)

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BATHING IN ANCIENT ROME

(*Continued from previous page*)

ment of certain distempers. The Greek and Roman physicians did much to propagate the use of both cold and hot baths. Aetius advocated cold bathing for various distempers. Galen recommended the hot-air bath, followed by a warm bath and massage as part of the treatment for a number of specific diseases. As proof of the health-promoting powers possessed by bathing, he mentions that Telphus, the noted grammarian, bathed regularly all the year round and as a result never suffered from disease in any form and reached the age of a hundred years. Celsus advocated the seating bath, scraping with the strigil and anointing as a means of preventing disease; and, somewhat surprisingly, prescribed immersion in cold water for hydrophobia. Musa commended a vapor bath followed by a cold plunge as conducive to general health and fitness. Plato was strongly in favor of bathing as a hygienic measure. So was Strabo. Hippocrates mentions the employment of warm baths in the treatment of fevers.

IN one way and another, therefore, the bath, either cold or warm, or both, ranked as a daily habit of the Roman nation. The giant thermae became thronged with people. Bathing became a pleasure and a luxury. Not content with repairing to the baths for a daily cleansing or the treatment of a distemper, those who were in a position to do so spent the major part of every day in the water or lounging in the social rooms which the thermae provided.

When the first public baths were opened they were patronized by the poor people, to whom, in truth, they were dedicated. The wealthy continued to restrict their ablutions to their own private and luxurious baths. But soon all this was altered. The wealthiest and most aristocratic members of Roman society began to frequent the public thermae, mixing with the people. Even the emperors and their wives were to be seen at the public baths. Hadrian, for one, Alexander Severus for another, and Gallienus for a third, bathed thus with the rabble. In this connection, as illustrative of the manner in which the wealthy and powerful associated with the poorer members of the Empire, Spartian tells the following anecdote:

"One day the Emperor Hadrian perceived an old soldier, who, having no person to cleanse his skin for him, contrived a substitute by rubbing his back against a wall. Hadrian, who had known him in the field, inquired

(*Continued on next page*)

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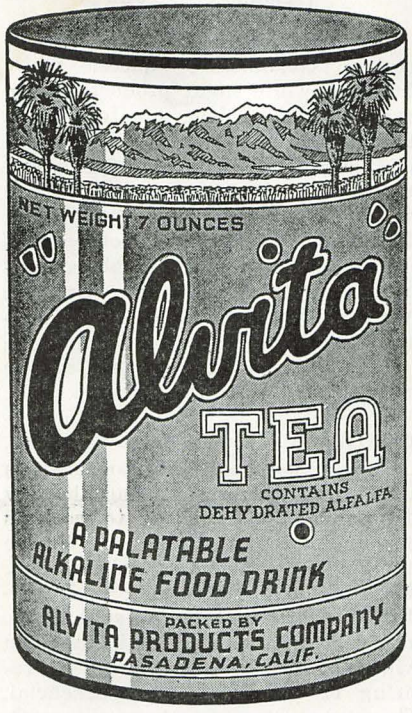

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BATHING IN ANCIENT ROME

(*Continued from previous page*)

why he did this. He replied because he had no servant. The Emperor immediately ordered him some slaves and a pension. The news of so benevolent an action performed before so many witnesses, quickly spread into every part of Rome; and next time Hadrian came to the public baths, several old men did not fail to be there also, and endeavor by the same means, to attract the notice and generosity of the prince. But the Emperor, who had remarked the contrivance, far from treating them as he had done his old companion in arms, caused strigiles to be distributed to them, and ordered them to employ them by assisting each other."

THE ROMANCE OF CHLOROPHYLL

(*Continued from page* 107)

fever, it would be worth all of the trials and expenses involved in extracting and proving its therapeutic value. Its usefulness however, is much more important because when properly taken especially in conjunction with certain other ingredients it becomes a veritable blood food. Taking this simple Chlorophyll Salt Solution, a tablespoonful in a glass of milk or other beverage is known to produce a beneficial and normalizing change in the functions of the digestive and elimination systems. The writer has been told that it tends to retard and probably cure ulcers of the stomach. In any case it reduces the symptoms and the pain incident to ulcers.

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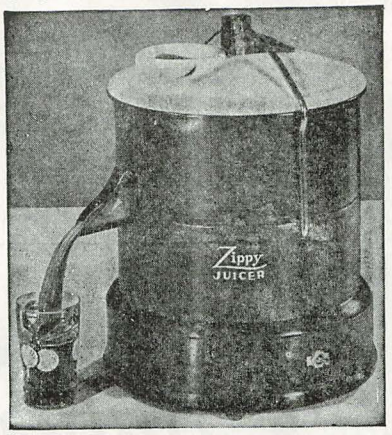

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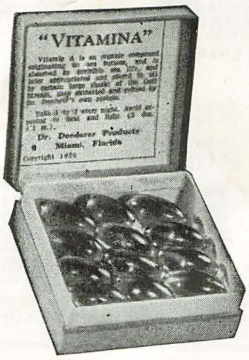

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THE ROMANCE OF CHLOROPHYLL

(*Continued from previous page*)

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Conclusion

Those who read and think about this Nature given cure for many of our ailments will sing the praise of never ending wonders of Nature.

HEART TROUBLE

(*Continued from page* 86)

grains, condiments, spices, white flour and white sugar products, white rice and other degerminated foods. Eat quantities of raw vegetable salads, fresh fruits, sun dried fruits, and honey. Eat meat substitutes that are rich in natural proteins. Supplement the diet with calcium and other mineral rich substances, vegetable concentrates, vitamin products, vegetable juices, all products made of the soybean, health beverages, raw nut butters, and other foods found in the natural food stores.

SLOW up in your daily activities. Sleep more; get out into the fresh air all you can; rest during the day if possible; don't rush off to work as if your life depended upon it. We are living in a strenuous and absurd age. We rush to do something which reflection shows required no such haste. You will find that walking in the open will help you; deep breathing when retiring or waking is very beneficial. The race may seem to be to the swift, but in order either to prevent or to overcome heart disturbances we must slow up and take things easier.

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(*Continued on next page*)

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HEART TROUBLE

(*Continued from previous page*)

realize how nature functions you can appreciate that the various drugs simply make the situation worse in the long run. The internal chemistry of the body has a way of taking poisons away from an organ. Years of study have given the simple process of overcoming the poisons near the heart. This is not simple or easy when the heart condition is primarily due to a nerve disease. Overpowering or eliminating heart poisons is the same problem in bio-chemistry as has often been demonstrated in taking away those harmful poisons when a person has been told, "Your appendix must be removed." Humanity has not yet been told to have the heart removed! Nature gives us all an inside poison stream called lymph. Few know the precise function of the lymph stream, but this anti-poison "factory" is highly important in treating heart disease by natural means. Also, it is necessary to increase the efficiency of your lungs, spleen, liver and the nervous system. The benefits of this knowledge could be enjoyed by millions of sufferers were it not for "political medicine" which is virtually a government policed monopoly trying to force its archaic system of treatment upon so-called "free" people.

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AN INTERESTING MILK EXPERIMENT

(*Continued from page* 84)

sole sustainer as is the case with young calves. While no direct fatalities may be traceable to pasteurized milk, the loss of teeth early in life, intestinal disorders and constipation have a very definite connection with the constant use of pasteurized milk.

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PSYCHOLOGICAL DELINEATIONS

(*Continued from page* 101)

They should correct or have corrected the incipient pathology. If the latter is not "nipped in the bud," ill-temper and injudicious desire inevitably follow. If the pathology is not taken care of correctly, what may have become a very brilliant personality ends in being branded as a "sour-puss."

AT times, when, instead of removing the predisposing cause or causes of the disease, the pathological symptoms are suppressed, the nature of the individual becomes full of vivid impulses toward the correction of human ills. He has an inclination to eradicate every idea he does not sympathize with, and is persistent in demonstrating his so-called altruism far beyond that of the normally healthy person. Along with these characteristics there is an increased incentive toward a national career; there is a desire to become of great political importance and power. In general, the characteristics of a life of policy and of political methods predominate.

WITH the incipiency of lung troubles there arises a desire of disseminating vast amounts of knowledge, yet with the financial incentive as the chief motivating force.

The incipiency of any lung trouble gives physical intensity, severe generalizations in opinion, and a dominant commercial spirit. At the same time there arise variable emotions—of a high order, alternating with those less to be desired. At times, the individual is exceedingly generous, and at other times penurious, very exacting and aggressive.

This condition makes the individual destructive when antagonized, cautious under the slightest suspicion of danger, confident in an attack, and believes more in force, which is ebbing, than in skill or diplomacy, which can be maintained with an effort.

THERE is a marked tendency to depreciate the natural uprightness of healthy people whenever the action relates to others than their immediate family. With their constant struggle for prominence and power of every mundane order the attitude is much inclined to gain wealth and family influence. The nepotistic influence is here shown in its most dominant manner.

There are apt to be inter-family troubles through ungraceful, edgy expressions in useless antagonisms. The position taken or an opinion once passed is persisted in relentlessly. If only, at this time, it could be realized that others have rights!

(*Continued on next page*)

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PSYCHOLOGICAL DELINEATIONS

(*Continued from previous page*)

At large, the impulse of this sick person is to gain advantage by every scheme at hand. A trend toward desires to profit through the failure of others arises in the mind. There is a general tendency toward a career of piracy and sharp sagacity. What was the budding of the realization of a native brilliancy is stopped by acquiring mental indolence. With the exacerbation the tendency to appropriate others' talents is increased.

THE nature is much more selfish with the increase of vital power, and as the health ebbs the individual becomes more personal and grasping than at any other time.

The severely dominant commercial spirit creates an attitude in which there is no fear of destructive results to others. At that time the individual does not care how much others suffer when he is in the process of acquiring personal gain. His rationale and justification is that his actions were necessary to gain the freedom he needs. He feels that he is cooped and believes that the end he seeks justifies the means. Even when he is rationalizing he is conscious of planning to gain undue advantage. He is restless, changeful, and inclined toward the danger of duplicity. In all his actions there persists a cunning with a garnishment of elegant presumption.

It is because of these manifestations that it often happens that close relatives become unmerciful to the valetudinary and go to extremes—hoping for his early demise.

When at times, in this condition, the general pessimism is followed by desires for harmony with everything, it should not be interpreted as a sign of returning health. This is but a manifestation of the better self and training trying to break through the veneer of pathological inclinations.

IN sickness as well as in health an evil temper is always associated with low quality mentalities. Along with an evil temper there is a full share of quarrelsomeness, doubt, fear, aversion, and antipathy to anything and everything. The severity of each trait depends upon the amount of mental discipline experienced previously. The higher the quality of the mind, the less the undesirable characteristics become manifest in illness. The higher the quality of the mind the less struggle there is at the time the end comes.

In the main, and saying it briefly without mentioning all of the characteristics, when a person is healthy he is inclined toward spirituality, ele-

(*Continued on page* 117)

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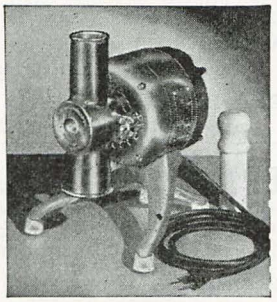
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BABIES AND DEFENSE

(*Continued from page* 104)

Shall we have children in such dubious times, when the future is so dark and foreboding? That decision in this country still rests with the individuals directly concerned. They should make it with these thoughts in mind. Children bring the greatest joy this world knows. They will help to brighten the dark days. Their enthusiasms give hope and courage. But is it fair to the children to bring them into such a world?

People had children in other dark days. They had children in covered wagons out on the plains in constant danger of scalpings and killings by Indians; in danger of starvation; in countless perils of pioneer life. They had children during the days when Washington was sacked and burned; in the days of Bull Run and Gettysburg; of Chateau Thierry and the Argonne. Children born in those dark times grew to be builders and developers of this nation. It took courage to have children then. It takes courage to have children now. In fact, it takes courage and faith to have children at any time.

America needs guns, tanks, planes. Yes, America needs them quickly. Americans need guns, too. They need courage to face the risks of living. Those who have faith in themselves and in the future of this country to have children these days deserve, yes, must have the best medical, hospital, and nursing care that can be provided before, during, and after their babies come.

Katharine Lenroot, chief of the U. S. Children's Bureau, put all these thoughts together when she said recently: "What then is our duty to the children of today, the citizens of tomorrow, in this time of crisis? . . . It is to understand clearly that our internal strength, our unity of purpose, our effectiveness in achieving results, whether in peace or war, depend to a great extent upon the confidence with which parents can face the future for their children. Their safety, their health, their homes, and their schools must be protected at whatever cost of resourceful planning and financial sacrifice."

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DR. LUST SPEAKING

(*Continued from page* 82)

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PSYCHOLOGICAL DELINEATIONS

(*Continued from page* 115)

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THE MIRACLE OF VITAMIN CAPSULES

(*Continued from page* 102)

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Therefore, be wise, take the very utmost advantage of modern scientific achievement and benefit by the miracle of vitamins and minerals in two tiny capsules. Take them every day and you'll find it will pay in every way.

THE VIVISECTOR

THE vivisector is, of course, a criminal and the only way we can excuse his perfidy is to look upon him as a fool—a kind of natural born idiot who doesn't know right from wrong. No amount of common sense logic can ever convince him that his ruthless torturings make of him an object to be hated, shunned and abandoned.

There are times when we blame the public and pity the vivisector. We blame the public because it permits the vivisector to run at large, and we pity the vivisector because nature created him to be a fit subject for incarceration. His case is incurable.

Schopenhauer says: "Hence a man's intellectual as well as his moral qualities proceed from the depths of his own nature, and are not the result of external influences; and no educational scheme can turn a born simpleton into a man of sense. The thing is impossible! He was born a simpleton —and a simpleton he will die."

If you can't do what you like, suppose you try liking what you do and see what happens.

Genius begins great works, labor alone finishes them. —Joubert.

Nothing great was ever achieved without enthusiasm. —Emerson.

Good order is the foundation of all good things. —Burke.

TABLE OF ACID- AND ALKALINE-FORMING FOODS

As a general rule at ratio of 4:1 or 80% alkaline to 20% acid forming foods should be maintained.

Acid-Forming Foods

Bread	Lentils
Cheese	Meat
Corn, sweet	Oatmeal
Corn meal	Peanuts
Crackers	Plums
Cranberries	Prunes
Eggs	Rice
Egg white	Wheat, entire
Egg yolk	Wheat flour
Fish	

Alkaline or Base-Forming Foods

Almonds	Milk
Apples	Muskmelon
Apricots	Oranges
Asparagus	Parsnips
Bananas	Peaches
Beans, seeds	Pears
Beans, string	Peas
Beans, lima	Pineapple
Beets	Potatoes
Cabbage	Radishes
Carrots	Raisins
Cauliflower	Rutabages
Chard	Spinach
Chestnuts	Sweet Potatoes
Cucumbers	Tomatoes
Grapes	Turnips
Lemons, natural	Watermelon
Lettuce	

One of the tragedies of life is that only infrequently do wrinkles and wisdom come to the same head at the same time.

In these busy days of rushing activities it is well to take time to give a kindly smile, speak a gentle word, and the stranger who today seems of little importance may tomorrow prove to be a trustworthy friend. "If a man would have friends he should show himself friendly." "One worthwhile is the one with a smile," are two sayings as true as the tide ebbs and flows twice in twenty-four hours.

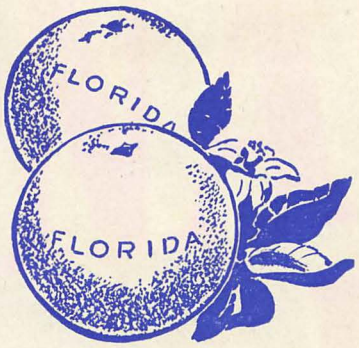
Frank E. Mitchell.

We are all blind until we see
That in the human plan
Nothing is worth the making if
It does not make the man.
Why build these cities glorious
If man unbuilded goes?
In vain we build the work, unless
The builder also grows.
—Edwin Markham.

If thy heart were right, every creature would be to thee a looking glass of life and a book of holy doctrine.

There is no creature no matter how small or contemptible, that does not show God's infinite goodness and mercy.

Thomas a Kempis.



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Grapefruit is especially good for you. That clean, tart taste wakes up your mouth for any meal like nothing else. Eat it before all meals—in salads—desserts—etc. And for a real night-cap, drink a brimming glass of fresh grapefruit juice just before jumping into bed.

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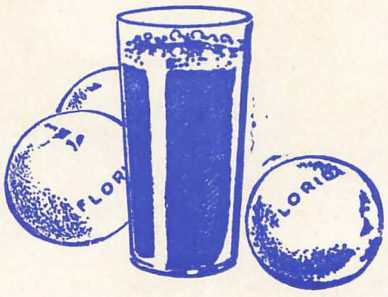
Oranges, and Grapefruit, scientifically grown, are rich in mineral salts so essential to health. It is a known fact that the liberal use of free-ripened fruit helps to purify the blood stream, eliminates mucus, aids digestion and tones up the entire system, thereby building up resistance to winter colds and other infectious diseases.

An enthusiastic Floridian calls his state fruit "juice bombs." They are so full of juice this year—tree ripened and rushed to you from the groves loaded with one of the finest crops in years.

Florida grows those thin-skinned oranges and grapefruit, that are nearly all juice as any fruit can be.



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- ☐ Grapefruit
- ☐ Mixed

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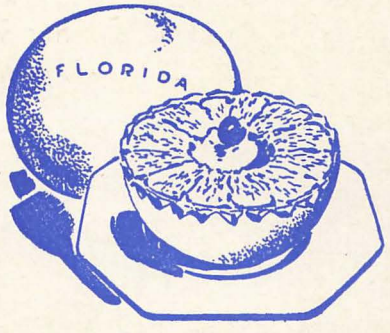

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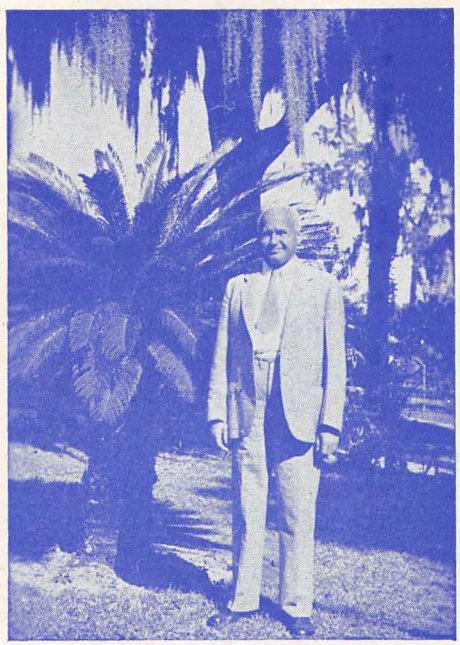

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