

NATURE'S PATH

AMERICA'S PIONEER NATURE CURE MAGAZINE

Dr. Lust Speaking

DETOXICATION

HEMORRHOIDS

UNUSUAL FRUITS

FEVER AND DIET

SUNSHINE AND HEALTH

THE IDEAL DIET OF MAN

COMMON SENSE IN DIET

LESS SPEED AND MORE SAFETY

BLADDER DISTURBANCES
AND THEIR CORRECTION

ELEMENTARY HOME STUDY COURSE IN
NATURAL LIVING AND NATURE CURE

—AND MANY OTHER INTERESTING ARTICLES AND FEATURES—

APRIL, 1941

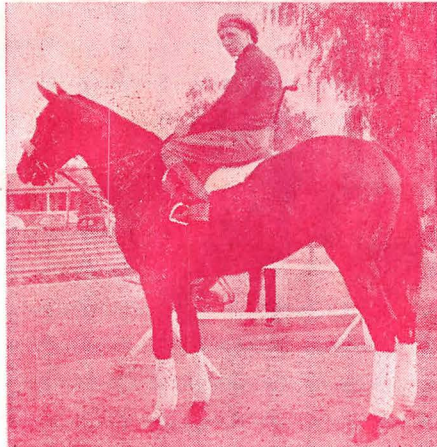
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FOUNDED 1896
BY
R. BENEDICT LUST
EDITOR

HEALTH THROUGH RATIONAL LIVING

As Fit as a Thoroughbred



Blessign — Shelhamer up.

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NEXT MONTH

Why Children's Diseases?

by James Avery Webb

While young animals are seldom affected by illness, our own children often are. Mr. Webb points out the reasons and at the same time gives a few hints that should be taken to heart.

The Enema, Its Therapeutic Value

by S. Leila Hoover

As a powerful instrument for correcting a great number of disorders the enema is unequalled. The article is a comprehensive resume on this important subject.

Controlling Your Nerves

by Joseph F. Black, D.C., N.D.

Correcting a few mistaken notions about nervousness and giving a variety of corrective treatments which may eliminate this condition.

Why Serums and Vaccines for Draftees? What Can Be Done About It?

by Dr. Jesse Mercer Gehman

That all is not so well with serum and vaccine therapy as it is officially made to appear, is clearly demonstrated by Dr. Gehman.

Nature Can Remove Tumors

by Eugene A. Bergholz, M.D.

From the usual attempts at mechanical removal, it would seem that Nature can only MAKE a tumor. This is not so. She can give and take, destroy or make, if only given a chance.

Please remember to renew your subscription to NATURE'S PATH. Do not forget to save your copies for future reference. They form a handy reference library.

When in doubt what to give as birthday, graduation or wedding presents, give a subscription to NATURE'S PATH. Its practical suggestions for preventing disease are welcomed by all.

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

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

NATURE'S PATH

Dr. BENEDICT LUST, Editor

APRIL, 1941

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

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Established 1896 by Dr. Benedict Lust

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



Dr. Lust Speaking

THE FIRST CONDITION FOR LEADING AN IDEAL and happy life, we all are agreed, is good health. It is not only essential for our happiness, but it is also necessary for our progress and prosperity, both worldly and otherwise. Having once mastered the art of being and keeping healthy, a man can, as a matter of course, achieve success in other tasks that lead to happiness, as for instance acquiring a true education, creating wealth, founding a family, playing a useful role in his community and his nation. It is, therefore,

only reasonable that all of us should do everything possible, as a sacred duty towards ourselves, our family, our neighbors and our country, to keep good health.

Fortunately the importance of health has been fully recognized and an innumerable amount of books has been written on the subject, so that it seems, at first sight, rather superfluous to add another word to it that would carry any weight. The huge number of books on the subject should indeed have exerted a beneficial influence on the state of our health. But seeing that this was definitely not the case I set to thinking and reexamined and tabulated the subject matter of a cross-section of a representative health library and found that by far the largest proportion of health books treat indeed not on health but on the curing of disease. Indeed the chief defect of all systems of medicine, with the exception of Naturopathy lies in their attaching more importance to curing diseases than to being able to try from the very outset to be free from them; that is to say, they study disease rather than health, whereas what was really required and essential, was to be free from disease in the first instance; the problems regarding a cure of disease once same was contracted, should play a secondary role. For does it not sound reasonable and logical that when health is established, disease is impossible?

Health, therefore, should be our foremost consideration; health as absence of and deterrent to disease.

What really are the characteristics of a healthy person? Just let us sort out the people we meet on the street and let us see how many possess the characteristics of clear skin, bright eyes, perfect shape, weight, bearing, normal forceful step, deep breathing, open nostrils, clean teeth. It is not even necessary for us to become a nosey inquiring reporter and ask them questions regarding their habits and digestions; the answer to these all can be seen on their faces. The result of our inquiry is discouraging. We have to walk far indeed until we find a person who meets our requirements. A healthy man never feels the existence of his body, save as an instrument for a Divine purpose. Such a man is never troubled with family cares, for he

possesses in himself strength enough to remedy them. Such a person is a law unto himself. He never takes food more than is absolutely necessary, nor unless he is really hungry. He likes to live in fresh clean air and feels happy in taking natural non-stimulating food. The sleep of such a person is quiet and undisturbed, free from dreams, and on waking he feels cheerful, bright and contented like a bird. Such a person is never troubled by sexual impulses above those necessary to propagate his race. Work is a pleasure for him and he enjoys it until he grows tired, when again he finds happiness in sweet repose and complete relaxation.

Besides, a really healthy person is really a holy and a happy person. Such a person's character is above suspicion; and he is full of love even towards those who do him harm. He is

(Continued on page 156)

IT HAS BEEN proved repeatedly that the all raw vegetable diet, preferably as a mono-diet (one kind at a time), is the ideal one for man. There is no longer any argument about that point. It can be demonstrated very easily and incontestably. There are, however, those who still want to argue about it and for such individuals it becomes necessary to cite specific cases in support.

From natural deduction it is, of course, easy to acknowledge the above stated truth.

Our bodies are made of the material that goes into them, food, air, and the magnetic, electric, and light forces about us. All of these factors are fairly constant excepting food. We are, therefore, essentially made of the things we eat. We reflect very quickly the food that we consume. What goes into our bodies today forms blood, flesh, and bones tomorrow.

Now, the more imperfect and abnormal the food, the more imperfect and abnormal will the body become from that food, effects being directly proportional to the time it is used plus the body abnormality already present. It follows also that the more perfect the food eaten, the more perfect the body will be or become. If you build a bridge of wood, you have a wooden bridge. If you build one of steel, you obtain a steel bridge. You cannot build a steel bridge with wood. You cannot build a perfect body from imperfect food.

What Is Perfect?

THE QUESTION THEN ARISES, WHAT IS the most perfect food? The answer, food as it grows. As Nature has prepared it in her own laboratory it has been as perfectly made as is possible under any circumstance. Anything that man may do to food can only detract from its value. The more that it is altered, through cooking, preserving, refining, devitalizing, "purifying," etc., the more imperfect does the food become and the more diseased a body fed on such food. However, when it is eaten in natural form with all the vital, electric vibrations, as found only in living plant and fruit cells, still present in as perfect organic arrangements as possible, the bod-



ies built therefrom will also reflect more perfectly vital, electrically dynamic organisms. The

rule then is this: *The nearer a food is to its natural, originally live state, the more perfect it is for sustaining life.* The all raw fruit-vegetable diet answers this axiom of Nature completely,—and, it is only a step to realize that the mono-diet, where the biologic vibrations of one food at a time unhindered by the chemical antagonism of those of another dissimilar one are allowed to act alone, the greatest conservation of energy, the most vital body, the longest lease on life must result.

A Difficulty

NOW, THE DIFFICULTY IN PROVING such a contention, however, lies in the confusing results that occur when a sick, imperfect body is given more perfect food. Living, vital, perfect

food will first cast out the old dying, decaying imperfections within and the organism can be built only when the decay-

ing materials are removed and a new structure is built upon a solid, clean foundation. The removal of these toxic substances through eruptions, fevers, inflammations, headaches, diarrheas, etc., means internal disturbances, biological reactions (ordinarily considered a disease) which temporarily cause discomfort and discouragement when not properly understood. Each such reaction, however, properly treated, leaves the organism in better condition, more vital than before, after it is over. Properly understood, results of natural diet can only bring about radiant health and freedom from disease.

We have so far briefly explained the essential principles. Now, let us see how they work when actually put into practice, by citing a case history.

A History

MR. P—O—, MILWAU- kee, Wisconsin, now 61, at the age of 25 began suffering from a "bladder disease." By the age of 40 he had constant bladder symptoms of pain, burning, frequent urination, bleeding, etc., which became unbearable. Much drugging

(Continued on page 144)

The Ideal Diet of Man

By EUGENE A. BERGHOLZ, M.D.





UNUSUAL FRUITS

By LILLIAN R. CARQUE

NATURAL BRANDS RESEARCH FOUNDATION
Glendale, California

IF YOU COULD shut your eyes and taste appreciatively the charmingly different fruit — the cherimoya — you would be captivated by its meltingly delightful custardlike consistency. Its smooth, creamy, soft and tender texture

and taste so closely resemble those of delicious ice cream. For when the moderately juicy, white pulp of the cherimoya is pressed through a sieve and chilled on ice, it provides as enticing a substitute as Nature can furnish for our outstanding American dessert. Small wonder then that it is frequently known as the ice cream fruit or custard apple. Delicately acidulous, yet sweet and exquisite, its flavor suggests an ingenious blend of pineapple, banana and strawberry — a combination of tartness and aromatic spiciness. Both fruit and blossoms emit a pleasant fragrance. Indeed its only fault is that it is often too rich. "Deliciousness itself" was Mark Twain's eulogy of it.

THE CHERIMOYA IS DISTINGUISHED for its marked variations in size, ranging from a few ounces to several pounds, some specimen attaining as high as fifteen pounds in weight. Singular it is indeed to find also great differences in the diameter of fully matured fruit on the same tree, deviations running from less than an inch to six to eight inches. The average size, however, is similar to that of an apple or orange.

Conical or strawberry shaped, heart-shaped, oval or somewhat irregular in forms that are broader than they are long, the cherimoya is an aggregate fruit composed of numerous more or less coherent fleshy carpels, which fuse with the receptacle into a fleshy whole. As with all anonas (the genus of the cherimoya family), the rough scaly covering of some types of the fruit may be likened to the ridges or indented lines occurring in the blackberry.

THE TWO MOST COMMON VARIETIES

are the "Tuberculate" or heart-shaped, characterized by warty tubercles or small conical protuberances on the exterior, giving the semblance at first glance of that of a heart-shaped avocado with a rippled skin. The other is the "Finger-fruit" whose depressions resemble those of fingerfruits on an otherwise smooth surface. The smooth, cone-shaped but roundish members of this family show fingerprints without depression that are but faintly perceptible. Two other known types are the "mammillate," whose protuberances suggest nipples, while the "umbonate" or knobby variety is higher in acidity and with a comparatively thick skin.

The surface color varies from light green and yellowish to an attractive dark green when mature, sometimes assuming reddish brown to nearly black shades when fully ripe. The fruit is most palatable when near decay. Essentially a dessert fruit, it is much esteemed as an ideal basis for sherbets and ices, as well as for making refreshing drinks. Chilling improves its flavor. Ready to eat, it is also consumed fresh; a large one will cut into four nice size portions. When served as a dessert, the cherimoya can be eaten with either a fork or spoon. Incomparable preserves or fruit jellies can be devised. With a fruit sugar content of about twenty per cent, the fruit is also especially rich in potassium salts, making it strongly alkaline. Its acidity is very low, amounting to only 0.13 malic acid content.

CHERIMOYAS ARE NOW PROCURABLE at fancy grocers and foreign produce markets that carry odd fruits. Doubtless there will be an increasing demand for the fruit when a regular supply is made available. While fifty species are known, several of which are widely cultivated, this wonder fruit has not yet achieved the commercial prominence it merits. It is probable that in the near future the much neglected cherimoya will become a popular fruit in this country, for with scientific breeding technique, its culture holds great promise.

The Exotic Mango

THE CULTIVATION OF THE MANGO dates back to remotest antiquity, many of the
(Continued on page 153)

OUR NATIONAL slogan seems to be "Hurry up!" It should be "Slow down." Millions of people are threatened by

collapse, from too much hurry, flurry, worry, strain, overexcitement and overexertion.

Many physicians, psychologists and psychiatrists have sounded warnings recently, concerning the danger of speed in our habits of life. Dr. A. H. Desloges, formerly a public official of Canada, believes the world is rushing toward insanity. "Nobody does anything normally these days," he said. "When we work, we work like mad; when we play, we play like mad."

The great American affliction is speed mania. Some of the bad results according to statistics are as follows: increasing number of eye, nerve and heart disorders, of stomach, brain and blood diseases, of accidents from violation of speed laws, of cases of insanity and suicide, presenility and premature death.

RUSH LEADS TO RUIN. HASTE MAKES WASTE. MOTION DISTURBED BY COMMO-TION IS UNNATURAL, UNNECESSARY AND UNSAFE.

We could and should learn the saving methods,

LESS SPEED and MORE SAFETY

By EDWARD EARLE PURINTON

tend to conserve life, health and happiness but would also constitute a powerful mental exercise, that of resisting a thoughtless popular tendency of the age.

ANYTHING YOU CATCH FROM A CROWD is liable to hurt you — whether it be disease, anarchy, stupidity, folly, prejudice or haste. You would not be located and lost in a room with people having measles, influenza, or other contagious disease. Physical fever is contagious, and so is mental fever. Physical fever is diagnosed and treated for removal, but mental fever is not because no thermometer has been produced to show mental state of temperature. Speed contagion if allowed access will raise the mental temperature, and cause mental fever with bad effects resulting even though unrecognized. A cool mind should be kept as a health preserver.

Most of the recent popular inventions are invitations to more speed. Our telephones, telegrams,

(Continued on page 146)

pleasing arts and satisfying graces of calmness, quiet, caution moderation, repose. The habit of deliberation would not only



SUNSHINE, the nucleus for all life, is composed of a multitude of frequencies or vibrations of the same general character

as the energy from ultrashort, short and ordinary radio waves. The sun may be likened to millions of radio broadcasting stations constantly operating and sending out waves of all frequencies within the solar spectrum.

The lower frequency longer waves which are called infra-red penetrate to a considerable distance below the surface of the skin exposed and

SUNSHINE and HEALTH

By J. HENRY HALLBERG

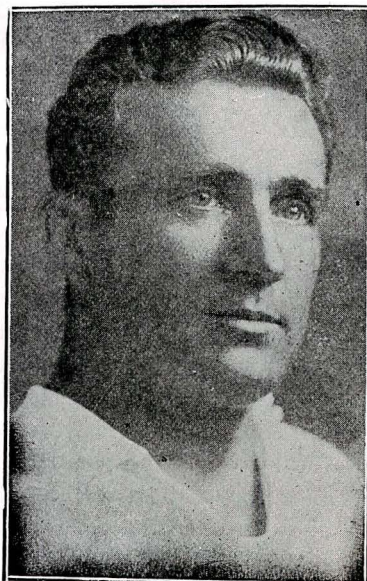
being red and the shorter ones violet. When all of these come together at the same time and are uninterrupted our eyes recognize them as white light or daylight. These rays or waves penetrate only at very short distance below the surface of the skin. The therapeutic effect from these is disputed by some physicians but the fact remains that different color rays produce

different physiological effects and this method of therapeutic treatment is called chromotherapy. The next higher frequency rays or waves are called ultra violet and all of these are invisible to the normal eye and are not detectable through any of our senses, but we do recognize effects from these waves in several ways. For instance, everybody now knows about Vitamin "D" the calcium producing vitamin, and it is recognized that a certain very small section of the ultra violet sun rays create the vitamin "D" effect through the skin in the body of animals and human beings. Rays that are shorter than the vitamin "D" producing rays in the ultra violet do not form part of natural sunshine, at the surface of the earth, but are caustic and produced by carbon-arc and mercury quartz lamps.

FOR HEALTH BUILDING purposes we are mostly concerned with the infra-red heat rays which expand tissue, blood vessels and capillaries to increase blood circulation. The vitamin "D" ultra violet rays are extremely important and are perhaps the chief activators of certain metabolic
(Cont'd on page 146)



Spring Skiers at Arosa, Switzerland



BLADDER DISTURBANCES AND THEIR CORRECTION

By DR. JESSE MERCER GEHMAN

Disturbances of the bladder are many. They range from acute conditions such as a distension caused by an over accumulation of urine in the bladder, resulting from a conscious effort to retain the urine all the way to the chronic condition of advanced catarrh, ulceration or cancer of the bladder.

To understand bladder difficulties it is well that we first have a fair picture of the location and function of the bladder. It is situated between the os pubis and the rectum in the male of the species and in the female it is in front of the uterus and the vagina.

It has an approximate capacity of one pint, is conically shaped when filled and is four and one half inches wide and five inches long. Its function is purely that of a storage place or reservoir for the urine, excreted or thrown off by the kidneys. The urine is carried from the kidneys through two tubes or ducts known as ureters about fifteen inches long and approximately the diameter of a goose quill.

NOW THAT OUR READERS HAVE A FAIR idea of the location and function of the bladder, we shall cover briefly the various most common bladder disturbances and give such suggestions as have been found helpful.

The most common bladder disturbance is one that is produced by conscious effort to delay emptying the organ when nature demands. This is occasioned by our civilized habits of living which have curbed our responses to some of the simplest of functions, of which urination or emptying the bladder is one.

Most people have come to know of the ill of delaying the response to evacuate the bowels. The evils of constipation and the causes of constipation, of which consciously delayed bowel activity is one, are well known.

But not many people realize that the desire for

emptying of the bladder should be as promptly heeded as response to the desire to empty the lower colon or bowel of fecal matter.

WE HAVE BEEN TOLD OF THE ILLS ACCRUING from reabsorption of the toxin of fecal matter when evacuations are consciously or unconsciously delayed, but we have heard little of the ills that may result from delayed micturation.

When the vesicle or urination center in the lumbar and sacral region of the lower part of the spinal cord excites the activity of the vesicle muscles controlling urination, it is our duty to heed the demands of the body to expel the waste materials without delay. And such foolishness as being ashamed to excuse ourselves must be done with.

The least of the ailments of overloading of the bladder is distress in the lower abdomen, altered only by emptying the bladder and then removing the pressure. Repeated conscious delays leading to repeated distention will eventually cause a chronic irritation of the bladder as well as the ureters, the channels carrying the urine from the kidneys to the bladder referred to previously, and will also eventually lead to congestion of the kidneys themselves. In view of what delayed micturation leads to, it behooves one to heed the desire to empty the bladder always without delay.

TEMPORARY DISCOMFORT IN THE REGION of the bladder is frequently an accompaniment of other disorders of the abdominal region. Constipation may have a disturbing effect on the bladder, as will also other abdominal disorders. In men, and women especially, any irritation of the generative organs will have an effect upon the bladder at times. This may be in the form of cramp, manifest in sharp sudden or dull prolonged pains. General procedures as herein noted are in order, and of especial value in alleviating the pain is the hot sitz bath repeated every half hour for periods of five to eight minutes depending upon the severity of the condition.

The sitz bath whether of warm, hot, or cold
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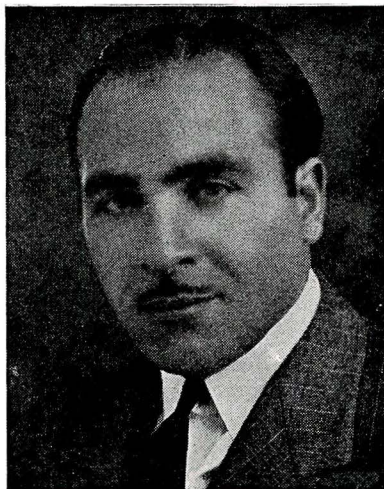
HEMORRHOIDS

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

(Continued from March Nature's Path)

IN SOME PATIENTS, FOLLOWING A PRO-lapse of the internal pile, strangulation occurs because the sphincter muscle that closes the anal opening grips the hemorrhoidal mass so tightly that the circulation in the vein is obstructed. In cases of this nature that have been untreated it has been observed that mortification of the hemorrhoidal tissue takes place, followed by a sloughing off or a separation of the dead tissue from the living structure—thus resulting in a spontaneous or natural cure. There is great pain associated with strangulation, but if fasting is resorted to at the earliest moment coupled with rest in bed the discomfort is reduced to a minimum and the patient feels comfortable. The power of nature is also demonstrated when thrombosis or clotting of blood occurs in external or internal hemorrhoids. In this condition nature takes the matter in hand by creating inflammations and obliteration of the veins results which accomplishes the same thing that man attempts to do artificially with his injections.

CASES OF THE INTERNAL variety of hemorrhoids are the only type considered suitable for the injection treatment. The purpose of this treatment is to obliterate the veins by the injection of a solution that is an irritant. The principle behind this treatment is to produce a perivascular inflammation which is usually followed by fibrosis and eventually results in obliteration of the vessels. It is clearly obvious that this type of treatment is not aimed at the improvement of a diseased structure, but seeks to destroy the parts whose anatomical alterations result in the manifestation known as piles. It is better that an individual keep his piles and still have his blood vessels even though they be swollen and partly incapacitated. Even in severe hemorrhoid there is much function of the rectal and anal veins which is essential to the maintenance of healthy action of the pelvic organs.



The harm resulting from the injection treatment for hemorrhoids may not be immediately apparent but nevertheless there is a certain amount of damage done, especially because it gives an individual a false sense of security in thinking that with the removal of the piles the cause of his troubles has disappeared.

AS LONG AS THE NECESSITY FOR PILES exists removal of a hemorrhoid cannot be productive of any good; since the causes of venous overload are still present some other vascular structure must bear the burden of the plethora. Destroying a simple structure, will only strain and eventually weaken one that is complex and more vital to the organism.

Hippocrates, the Father of Medicine, over two thousand years ago warned about interfering with Nature by removing hemorrhoids; concerning which he wrote:

"Those who have hemorrhoids do not readily have either pleurisy nor inflammation of the lungs nor corroding ulcers," also, if piles "are healed prematurely patients go all too rapidly to such diseases and they are rapidly fatal."

Hippocrates saw in hemorrhoids an effort of Nature to help the organism and wrote—"When hemorrhoids appear in melancholy and kidney ailments it is good."

I do not wish to convey, nor do I believe Hippocrates wanted to, that piles are something to be sought after. What I wish to stress is that they are the result of Nature's effort to help the organism, and to remove the piles without removing the cause is dangerous. The primary causes are the unnatural habits of living that are productive of the systemic state that gives rise to the manifestation known as hemorrhoids.

CONCERNING THE DANGERS THAT RESULT from wrong treatment of piles, Dr. James C.
(Continued on page 141)



PRACTICING THE OLD FAMILIAR AD-
age, "He who purges well cures well," helped
many physicians to combat successfully dis-
eases such as cancer, tuberculosis, diabetes,
nephritis, ulcers, gastric complications and many
others that originate from a putrid alimentary
tract.

The elimination of waste matter is the most
important step to arrest and remove pathological
processes, reestablish normal physiology and
body chemistry. No matter what other thera-
peutic methods are applied, if the toxins that ori-
ginate in a putrid colon are not removed but al-
lowed to spread into every part of the body and
set up foci of infection in various organs, the
therapy will be doomed to failure and the disease
process be pro-
longed.

MOST ALL
chronic diseases
and complications
of disease pro-
cesses are the re-
sult of improper treatments during the stages of
acute disease attacks. Failing to detoxicate the
system and to clear up the "Human death trap"
as Sir Arthur Keith rightfully calls it, makes
many physicians responsible for the prolonged
suffering and fatalities among their patients.

Early and successful termination of disease de-
pends upon treating the cause and not the symp-
toms. The latter are only local manifestations
that denote pathological or abnormal physiolog-
ical processes in various organs of the body. The
weakest or the most abused organs are the first
to be affected and send out the S. O. S. signal,
notifying us of their distress and hardship under
which they have to labor.

The symptom of pain is a blessing in disguise.

Every effort should be directed to detecting and
removing its cause, but not suppressing it with
dope and toxic drugs that inhibit the function of
the nervous system. Such measures suppress not
only the normal physiological processes, but add
more toxins to the already overtotoxic system, and
often with fatal results.

MOST DISEASES ARE TOXIC OR FILTH
diseases. In some cases the filth odor fuming up
from the alimentary tract and thru the body can
be smelled seven miles against the wind. In such
an extreme case of toxic accumulation the body is
literally decaying. Socalled bad breath and un-
pleasant body odor is always an indication of
auto-intoxication and calls for an immediate pro-
cess of detoxication to prevent disease and main-
tain health.

Many methods are in use to eliminate waste
matter and toxins. Some are harsh and injurious
to the body. Excessive use of harsh and habit
forming purgatives defeats the purpose that one
sets out to accomplish. In many cases it sets up
an inflammatory condition in the alimentary
tract that causes ulcers, colitis, distorted colon
and even cancer.

THE USE OF MINERAL OIL IS RESORTED
to by many without their being aware of its
health undermining effect. Mineral oil dissipates
the vitamins, especially Vitamin A which is sol-
uable in oil. Instead of being absorbed and uti-
lized by the digestive system, it is dissolved by and
passed out with
the mineral oil on
its journey thru
the alimentary
canal.

Another com-
mon habit is the
use of enemas to
force evacuation. The use of enemas to force
evacuation should be restricted to a minimum
and employed very cautiously. Retaining large
quantities of fluids in the lower bowel has a tend-
ency to distend the colon to such an extent that
its function is impaired and normal evacuation
inhibited.

WHEN A PROCESS OF DETOXICATION IS
in order, methods should be employed that con-
form with the laws of health and nature, if last-
ing benefit and better health is desired. No one
is better trained than the Naturopathic Physician
to administrate natural therapeutic methods. His
whole academic and clinical training is based up-

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DETOXICATION

By **DR. HANS ZIMMERMAN**
Honolulu, T. H.

COMMON SENSE in DIET

By JEANNETTE STUDER

Bogota, Colombia



LOOKING THROUGH NEWSPAPERS AND magazines the believer in Nature Cure comes upon many an item that makes him smile or shake his head.

There is for instance an article called "Famine Fighters" in the Reader's Digest, Dec. 1940, written by the wellknown author on medical subjects, Paul de Kruif, in which he tells us about the latest "discovery" in medical science in treating undernourishment famine.

Mr. de Kruif's is of the best and we follow with keyed-up interest his account of how broken-down bodies and spirit were given a new life and outlook by a number of magic pills and powders containing certain mineral salts and vitamins. We are told that what formerly was considered character deficiencies are now believed to be lack of vital elements and when those are administered to the afflicted person in a high enough dosage they produce results that are short of miraculous. Lazy people become energetic and highstrung people learn to take things easy.

THE MEDICAL PROFESSION IS NOW APPARENTLY so enthusiastic about these latest developments in their findings on nutrition and its consequences that it views a future race of supermen and women and even goes so far as to speculate that a great number of common diseases can be licked through the medium of a high vitamin diet.

Now I'm sure that we all agree with what Mr. de Kruif has to report and are indeed glad that the medical world is at last turning its full attention to that branch of natural healing we consider so important in gaining and maintaining health. Though we're probably tempted to say

"I told you so," we'll refrain from that—being well-educated people—and instead look closer to find out just how the medical profession is going about this problem of remedying that deplorable condition—undernourishment, the faulty diet of our generation.

Well, here's where we get our first disappointment for they intend to take care of it in their usual manner—their vitamins and mineral salts will come out of the chemical laboratory, will be manufactured synthetically, made from coal-tar, products and the like. It seems they're having marvelous results with those synthetic vitamins and they dream of an industry that will provide us all in abundance with these vital elements and thus spare us the inconvenience of eating and drinking ordinary, natural food.

IT REMINDS ME OF A BOOK I READ AS A 13 year old, telling of a futuristic world in which everything was governed by Technology and Chemistry and people swallowed synthetic pills and lived below a huge dome shutting out all inclemencies of weather, having the temperature and oxygen regulated and provided for them by some complicated but highly efficient piece of machinery. Even though I was only a child, that outlook on the possible development of our civilization made me shudder and I decided that I wouldn't at all care to live in such a world. However it looks as though we were getting closer and closer to it.

Another article of interest is the one in the "Wendepunkt" (Zurich, April, 1940). Of a different nature but in connection with the above mentioned one it seems to be of special importance.

EVEN THOUGH EUROPE IS ENGAGED IN a horrible struggle not all of its cultural and scientific occupations have been given over to destruction.

There is for instance a laboratory in Germany—according to that article in the "Wendepunkt"—that devoted its efforts to the task of making oils and fats which will not turn rancid but can be stored an indefinite length of time.

The oils were refined, filtered and refined again in order to postpone deterioration and processed
(Continued on page 141)

WHEN we thoroughly realize that the normalizing of body functions and the restoration of health are dependent on both **TREATMENT** and the supplying of proper **NUTRITION** we will see results that will surprise our medical friends.

So many patients who come in with the common complaint, "Doctor I eat plenty but my food doesn't do me any good," can be helped out of their troubles when the practitioner knows how to combine diet and treatment.

THE SICK PERSON WALKING AROUND half alive, carrying a diseased body loaded with waste products needs help. He does not need to have another burden added in the form of bromides, amytol, codine, aspirin, anacin or B. C. headache tablets, which will only add trouble to troubles and destroy the little bit of life forces left by deadening the nervous system. This person needs to have the toxins removed and some new cells to replace the diseased ones. There is a way this can be done.

If all the so-called cures were followed up we would find most of them had just received a palliative treatment; and in a short time something shows up worse than the first — a bad result of the treatment. As, for example, the poor woman who went to the noted specialist with her constipation troubles. The Doctor gave her the simple, easy, treatment—a dose of vaseline twice a day and so the lazy colon went to work to expel the petroleum, thus eliminating every day. Thinking herself cured, she highly recommended this specialist to her constipated friends. A year later she died of a fast growing malignant tumor, which was nature's way to take care of the foreign substance and to protect the liver and gall bladder. The expansion literally burst the skin and no power of the specialist could stop this growth once it had started. He did not even stop the intake of the petroleum.

OUR BUSINESS IS TO AID NATURE IN throwing off the impurities and to protect the diseased weakened organs from any foreign harmful substance, so that they may have a chance to regain their normal strength and resume their proper share in the body's functional work.

Nature works hard and does a thorough job if only we allow it to work its own way. Man's many new and varied ideas which he wants to

"try out" have caused untold suffering and thousands of deaths. If we can only learn that we cannot improve on nature's methods and use her means for aiding in the elimination of impurities and also in building new cells with the precious elements in their natural state, then we can have the blessing of heaven and success will attend our work of saving the unthinking masses who will take anything to relieve a present pain without considering the cause of the trouble or the result of the treatment. Our work lies in educating the people. We must get them to realize the dangers of these drug cures.

After decades of so called advancement we return to the oldest method, nature's way of ridding the body of its impurities—this way is with fever. Man in his effort to employ this wonderful means has invented an apparatus for applying controlled heat to the body to raise the temperature of the body, and with this "friendly fever"

does more in a short time than has ever been accomplished in this work of purifying the system.

FEVER and DIET

By MAE B. SUMMER, D.C., N.D.

IN ORDER FOR

us to see the rela-

tion between the fever and diet it will be necessary to give some of the results of the fever treatment. There are four principal things accomplished in applying this friendly fever. We all know the value of eliminating toxins by profuse perspiration during the fever or any other treatment which can safely cause such results. During the fever treatment the sweat glands literally pour out the poisons.

Then the circulation is stimulated. All the blood vessels are dilated, the little capillaries are enlarged so that an abundant supply of blood goes to every cell taking nutrition and removing the wastes.

One of the very important results is the formation of antibodies. This takes place much more rapidly at this time than under ordinary conditions. These antibodies neutralize poisonous toxins and retard their action.

The destructive influence of heat to the organisms themselves is a well known result. The fact that various disease germs are destroyed by comparatively low fever between 101° and 104° F. has been proven. This phenomenon makes Fever therapy a safe and sure method of treatment.

EVERY DOCTOR REALIZES THAT IF THE normal amount of oxygen is not supplied to the
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WITH A STIMULATED LOCAL INTEREST in herbs, with Spring in the offing, and gardeners busy thumbing over plant catalogues, and the home garden incomplete without a portion of it planned for herbs, it seems timely to consider herbs, their suitability, varieties and culture.

Herbs make an attractive showing even in a tiny plot a few feet square beside the kitchen door; or, on a larger area, can be worked into the vegetable garden scheme.

If space is at a premium, a plot of ground ten by ten feet square will make a glorious herb garden. The ground is spaded to a depth of 12 to 15 inches, and each forkful broken as finely as possible as it is turned over. Five pounds of bone meal and five pounds of cotton-seed meal will put the ground in fine shape, and a quantity of well-rotted, pulverized manure will do wonders if worked well into the soil.

If the herbs are to be raised from the seeds, the top two inches of the bed are sifted through a quarter-inch screen and made smooth and level. Then the soil is watered evenly and plentifully so the moisture soaks well in, and the surplus is allowed to drain off. The seeds are sprinkled lightly over the bed. Very small seeds may be combined with sand in sowing to avoid their being planted too thickly.

Seeds Pressed In

AFTER THE SEEDS ARE ON ground, the writer usually lays several boards over the seedbed. By walking on the boards the seeds are pressed firmly into the soil, but do not become too deeply covered with soil, as often results with the ordinary method of planting. Burlap, papers, or old cloth is then spread over the bed to hold the moisture in the soil until the seeds germinate. A very fine spray may be used for any

necessary sprinkling, so that the ground may be kept uniformly moist.

It may be weeks—at least two—before the new plants will show through. When as many as four leaves are visible the weaker plants are carefully pulled out to leave ample space for the strong ones to develop. Weeds, also, are removed.

Of course, one need not raise all herbs from seed when time is precious. Most seed and garden supply houses also carry various herbs already started and ready to be reset into the garden. Parsley is one of the very slowest herbs to

germinate. And there is an old saying that parsley, when planted, goes to the devil nine times before it comes up.

Herb Culture a Profitable and Interesting Occupation

IF THE GARDEN LACKS SPACE FOR even a ten-by-ten independent herb garden, herbs are decorative enough to be worked into the flower garden and thus provide flavoring for many cooked dishes and salads. In the writer's garden a beautiful mint bed under a huge lilac bush provides leaves for hot or iced tea and for fruit drinks in Summer, being essential in juleps. Mint plants need plenty of moisture and prefer partial shade. For best results the plants are not allowed to go to seed.

Little Space Used

THE WRITER'S THYME BED IS SIMPLY a border along a rather sandy flower bed where the sun strikes it most of the day. It takes up practically no space, since the plants grow right among the rocks which form the edging of the bed. A few plants of thyme, marjorum and chives in the border will provide an interesting medley of flavors for a combination salad, while chopped chives and parsley will transform plain lettuce into a delicious salad. Chives may be grown under the peonies or near cal-



Mallow Flowers

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I OBJECT . . .

By J. C. THIE, N.D.

(The opinions expressed by Dr. Thie are not necessarily those of NATURE'S PATH)

I OBJECT TO THE ABSENCE IN ANY ENGLISH speaking home of a magazine with as much merit as NATURE'S PATH.

I do not object because I am trying to advance Dr. Lust's business interests but because so many homes do not have a piece of literature coming into their homes that is not tainted with commercialism; because so many homes do not have *any* true health literature coming into their home; because so many homes are getting articles on "health" in the newspapers and other orthodox publications which are very harmful to the public health; because—But I had better stop here and point out a specific instance before someone objects to my making general statements without bringing forth any proof.

IN A DAILY "HEALTH" COLUMN WRITTEN by Dr. Logan Clendening in newspapers he makes many dogmatic statements and actually does tell the truth *sometimes*. Whether the truth finds itself in his column just as a grain of food finds itself in the beak of a blind chicken, which happens occasionally, or whether Dr. Clendening deliberately puts a truth in occasionally to attract the unsuspecting public so that he can induce them to accept his loads and loads of propaganda for mercenary interests, I do not know.

What I am particularly calling attention to right now is the repeated statements of Dr. Clendening that tea and coffee ". . . do good by strengthening the heart muscle."

I repeat, I do not know for what reason any one would want to make a statement of that nature unless it were a mercenary one. A statement of that nature is sufficient to convince me either that the man is not sincere in his health advice, or that he is very ignorant. Regardless in which class he is, his advice should not be followed.

Indeed, if publishers were honest they would not publish such dogmatic statements. Unfortunately we do have such publishers and such writers. Still more unfortunate is the fact that the writing is read by thousands of people as if it were the gospel truth.

TO COUNTERACT THIS DISEASE AND death producing advice, it is necessary for more

people—laymen as well as Naturopaths and sincere medical doctors to voice their objections to it. This column has been started to provide a definite space to anyone's "sound and fury." This column is for the purpose of "breaking the ice," so to speak, for some people who want to write what they feel about certain things but who are prevented from doing so by their feeling that they are not "good enough" at writing. The purpose of this column is to encourage those who have the urge to write but have never started. The true health movement needs sincere writers. Do not let your talents lay dormant any longer! Write what you think! Today! Now! Start on any subject, say killing, and write: "I object to killing because—"

In every issue we will select a subject or more, depending on the length of the comments, and publish one or more selected letters or write about a subject ourselves.

But to get back to ". . . Do good by strengthening, etc." We are going to be scientific and briefly investigate and try to determine through our inquiry if Dr. Clendening has a basis on which he grants himself a license to teach laymen that coffee is not harmful.

MY OBJECTION IS NOT TO A DRINK OR substance used as a substitute for coffee, but to the caffeine—a feebly basic alkaloid, $C_8H_{10}N_4O_2$, crystallizing (with one molecule of water) in colorless needles. This occurs not only in coffee but also in tea, cola, etc., etc.

Upon further investigation it is found that caffeine is used in medicine as a cerebral and cardiac stimulant and as a diuretic. In the chemical field caffeine belongs to the uric-acid group, being, 1,3,7-trimethyl-xanthine.

The first thought arising after reading this would be, "Just what is a *stimulant*?" In physiology and medicine (the only meaning in which we are interested at present) it means: An agent which produces a temporary increase of vital activity in the organism, or in any of its parts. A stimulant could be compared to a whip; to a drug administered to a race horse so that it would produce a temporary increase of speed, an unnatural increase of speed, to win a race.

THE SOCIETIES FOR THE PREVENTION of cruelty to animals saw to it that stimulants were not given to dumb animals. Stimulants are a cruelty to the physical body. It has been proven that stimulants administered must be increased in dosage to create the desired effect. There is no threshold dosage. At any rate, as long as the
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ELEMENTARY HOME STUDY COURSE

In Natural Living and Nature Cure

By DR. BENEDICT LUST

LESSON IV

ADOLF JUST'S NATURAL BATH (Continued)

Disease, especially *chronic disease*, begins, as we have already seen, with man's transgression of the laws of nature. Unnatural food can be digested only with difficulty, if at all. Our nervous energy or vitality is weakened by various harmful influences. In this manner more and more undigested matter, "foreign matter," accumulates in the body. This is the cause of chronic diseases. From the abdomen this matter passes through the entire body in gaseous, liquid, and solid form. It changes the shape of the body, and causes disturbances in mind and spirit. Body, mind, and soul are in the closest and most intimate connection, of which everyone can become convinced by his own observation. The body endeavors from the start to get rid of food-remnants and foreign matter through the excretory organs by the natural way of the feces, urine, exhalation, perspiration, etc. But if the foreign matter continues to accumulate it cannot all be removed in that way. Thereupon the body attempts to eject it by force, stimulated thereto by a variety of causes, such as fresh air, drafts, dampness, etc. These revolutions in the body are called acute diseases; the lighter forms, such as catarrhs, are generally known as colds. The more serious forms, such as measles, scarlet fever, diphtheria, typhoid fever, etc., are always accompanied by fevers, which are a violent fermentation of the foreign matter.

The acute diseases, therefore, dreaded as they are today, are to be regarded in the light of most favorable healing crises and should be greeted with joy. They become dangerous only under wrong treatment, under treatment with medicines, for instance, and by shutting the patient off from fresh air, which weakens the body and paralyzes its functions, so that the foreign matter which is in a state of agitation cannot be ejected and may cause great distress, even death.

A cold in the head, for instance, is always very useful and really a good thing if the phlegm is thrown off in great quantities. And a child dies of measles only in case they do not develop, that is, when the rash, which contains the foreign matter, does not come out thoroughly.

While disease is in process, heat develops within the body, especially in the abdomen, the real seat of the disease. When the body in acute diseases, that is in fevers, agitates the foreign matter powerfully, the heat rises to a dangerous degree. This can then be brought down considerably by the natural bath. As soon as the water, especially if it is very cold, touches the abdomen of the patient, he is wonderfully relieved and refreshed. But the bath at the same time increases the vitality of the body, which is thus essentially aided in the work of throwing off the disease germs in order to completely attain its end. This is soon shown (sometimes, however, not until a few days have passed) in copious sweating and a more abundant discharge of urine and feces.

In an acute disease, therefore, whether it be a simple cold or something more serious, like diphtheria, typhoid fever, etc., one ought to take the bath and then try to sweat, either in the sun or by wrapping one's self up in woolen blankets in bed. A light-and-air bath in these

cases is especially beneficial. Care ought to be taken above all to have a constant supply of fresh air night and day by keeping the windows open, even in winter at a low temperature. The diet also ought to be carefully chosen and natural as possible. The favorable results will then be surprising, and our subsequent good health will convince us that in bringing the illness about, nature had the best of intentions. It goes without saying, of course, that the sooner one begins with this method of cure in the case of acute diseases, the surer and the more permanent will be the result. If we resort to it only at the last moment when the patient is often far gone, the hope of recovery is but slight.

Medicines paralyze the body and bring its eliminatory functions to a standstill. This nowadays is called healing acute diseases. Such cures are of course followed by the greatest injury to the body, and entail chronic troubles, such as nervous prostration, cancer, epilepsy, consumption—troubles very prevalent in these days and are largely a consequence of medicine and vaccination.

In the advanced stage of chronic diseases the vitality of the body and its digestion is at a low ebb, the eliminatory organs, the kidneys, stomach, and intestines are completely paralyzed, the activity of the skin is always wholly inadequate. The body is no longer capable of the violent elimination of foreign matter,—is no longer capable of acute disease. The foreign matter begins to ferment in the body, in the case of one, chiefly in the lungs, in the case of another, in the legs, of one in the eyes, of another in the brain,—or it paralyzes the entire nervous system, when we reach the worst form of chronic disease, nervous prostration. We now have the diseases which are commonly first described as chronic diseases: consumption, cancer, diabetes, epilepsy, gout, insanity, etc. In these diseases the foreign matter in the body plays havoc with and undermines it more and more. The body is no longer strong enough to eliminate it gradually or eject it suddenly by force. Persons suffering from nervous prostration, the insane, consumptives, etc., therefore rarely, if ever, catch cold, and rarely, if ever, are seized by acute diseases, like typhoid fever, etc. This is not a good sign, it is rather a very bad sign for the patients. In individual cases, however, the natural bath and the other natural remedies increase the vitality of the body so rapidly and to such a degree as occasionally to bring about acute troubles like catarrh, coughs, fevers, and other distempers, although these appear only rarely and in an extremely mild form, so that one can feel their harmlessness and liberating influence. Boils, carbuncles, etc., are also formed, constituting as they do only the outlet for the foreign matter.

These affections are under all circumstances to be regarded only as favorable symptoms.

It is precisely at these times that the body must be assisted in its eliminatory functions by the natural remedies (bathing, fresh air and light, and a natural diet), so that the acute disease may be exploited to the greatest possible advantage of the body. Above all, let us not be too timid in such cases.

Other accompaniments of a natural mode of life, of bathing, of natural diet, and going naked, such as temporary emaciation, weakness and debility, pains in the limbs, etc., indicate only favorable crises and need not disquiet any one. We must remember that the application of really natural remedies can never become injurious and that whatever happens must therefore be favorable to health, however dangerous it may appear from the modern point of view. One disagreeable feature connected with the nature cure lies in the circumstance that especially in periods of crises so many busybodies incessantly annoy the patient with warnings, sage counsel, etc. Healthy and more sensible persons have no time for that sort of thing and are aware, moreover, that they know too little about the matter to express any opinion concerning it. But those poor unfortunates who have become mentally crippled by illness, who do not understand things, who are dissatisfied because of their superficiality, and consequently always become bores, soon prove a veritable nuisance to those attempting the new mode of life. Everyone must study for himself how he can best keep at a distance these unhappy creatures, but in all cases in such a way as not to hurt their feelings. We must be gentle and considerate to those also who scorn and ridicule us for adopting the natural mode of life. They are mostly persons who are instinctively aware of their false mode of life and the troubles engendered by it, but who either lack the necessary energy, or who have not yet met a favorable opportunity to depart from their false course. They are especially in need of our sympathy and consideration. We must forgive them if in their diseased condition they occasionally give way to ill-temper. It is, however, only in the beginning of the cure that one is disagreeably and painfully affected by what has just been said. We soon experience a calm and contentment which nothing can henceforth disturb.

For severe chronic diseases, of course, the new bath proves itself to be wonderfully effective, especially in cases where a dangerous constipation prevails. If the surface of the abdomen is now cooled with very cold water, and is thoroughly rubbed during the process, the digestive organs are at once stimulated, and the poor patients again experience for the first time a delight to which they have long been strangers, and a joyful hope and the certainty of recovery is born.

Let no one be surprised if in order to cure chronic diseases, for instance, swollen feet, eye and ear troubles, cases of the nose, or open sores on the legs, the abdomen is treated with water. The foreign matter has originated in the abdomen, from there it passed to the affected parts, and it must now go back to the abdomen, to be discharged from there. Even in the very severest chronic diseases, nervous troubles, insanity, cancer, consumption, etc., which are nowadays generally considered as more or less incurable, the greatest improvements sometimes take place in a most incredibly short time, in several weeks or several months, with this natural treatment.

As a general thing, however, chronic diseases, from which the patients have usually suffered for many long years, require even by this method patience and perseverance, for the vitality of the sufferer can only slowly and very gradually be restored, so that a cure can be achieved. But much, very much, can still be gained here—much more than is considered possible, according to the results of the curative methods at present prevailing. When wounded, animals put the injured part into the water to cool it, and lick it incessantly between times. The nature cure method of today also first cools thrust, cut, burn, and ulcer wounds with water, and then applies linen cloths dipped in cold water to them, varying the thickness of the cloth with the size of the wound, whereupon they are wrapped with woolen bandages.

In the case of larger wounds, however, the natural bath must be used in addition, and if possible the other remedies of nature, which will be spoken of further on.

These remedies are necessary likewise for the cooling down of the internal heat, and to increase the vitality so that it can repair the injuries of the body. In this manner one can soon become convinced of the brilliant cures that are achieved.

We note also that among animals in the natural state the greatest injuries and wounds are effectively healed in an astonishingly short time precisely through a perfectly natural mode of life. An animal in the forest sometimes has a leg shot off or torn away by a trap; the wound heals completely in a very short time, and the animal continues to live on as if nothing had happened. I know of a deer that was shot through the body in the region of the ribs so that on the side where the bullet came out the ground was covered with blood. After a few days the deer was driven in a corner that was fenced in. In spite of its large wound it then jumped with the greatest ease over the high fence. In this case the bullet had not, of course, touched any of the vital parts, such as the lungs, heart, etc.

Formation of pus and similar phenomena that accompany wounds in man are merely eliminatory processes of the body. Like acute diseases, they are favorable symptoms, and become harmful and dangerous only in consequence of false treatment. Never treat boils by means of steam baths, nor apply partial steam baths to the affected parts.

But above all, and in all cases, let us abjure the use of the knife and the scalpel on the human body. Cutting and operating is in the crassest contradiction with the processes of nature, and is always followed by the most serious consequences, although they may not always manifest themselves at once.

Whoever thinks that it is not always possible to get along without the knife and the scalpel, ought in serious cases first try all the means which nature offers, and these in the right proportion and form.

Rubbing and Stroking of the Body

I have already called attention to the importance of rubbing during the bath. When a child has had a fall and runs crying to its mother, the latter does not long consider what physicians and books say as to the first thing to be done in emergencies, etc., but in her overflowing love and sympathy she involuntarily rubs and strokes the painful spot. Who has not heard of the "wise" women and men (shepherds and the like) who formerly used to work wonderful cures in the country by means of rubbing and stroking? These simple, sound, and also pious country people did not devote themselves to healing as a business. They even thought their service would do no good if they took money for it. They acted in the spirit of the words:

"Freely ye have received, freely give."—Matt. 10:8.

The help they gave their fellowmen had to be an act of brotherly love. Within the last decades science and civilization, education and enlightenment, have spread wonderfully. We are proud of this achievement. But we are nevertheless often sorely tempted to exclaim: "There are more things in heaven and earth than are dreamt of in your philosophy."

We have long shrugged our shoulders contemptuously and derisively when speaking of the women and men who performed those cures by stroking. In their place today we have masseurs and masseuses who have received special training and have studied the anatomy of the body and the position of the various muscles and nerve fibres. By the stroking and rubbing of the body vitality and health are always transferred from one person to another. The diseased parts of the body are thereby invigorated, and this constitutes the principal effect and advantage of rubbing and stroking.

The mother who rubs and strokes her child in the fullness of her love, can effect the speediest and best cure provided she is not herself weak and sick. But even so

the mother will give the last glimmer of her life to her child. Persons whose heart is with us, parents or living friends, are the most appropriate persons for rubbing and stroking if they are at the same time healthy. Of course, I here mean healthy people only in the present, customary sense. Strictly speaking there are no entirely healthy people among civilized men today.

One must therefore select vigorous, healthy, and sympathetic persons. They must not only be physically agreeable, they must also be well-meaning and lovable. Selfish, thieving and lying people cannot help us. They rather anxiously strive to keep their vitality and warmth for themselves, and in no way desire to impart them to others. We must beware not to consider ourselves better than others on account of our education, social position, wealth, and such-like illusions, and thereby hinder the mutual, purely human affections. It is always to be remembered that whoever sows love will reap love. The freer a man is from all present-day science, the more childlike and innocent he is, the happier is he, and the more can he be of service to his fellowmen.

Every sick part of the body can be rubbed and stroked in the case of pain, swelling, gout, etc. In headaches, for instance, the stroking and rubbing of the neck is very beneficial. Stroking the calves and the abdomen is of great benefit and increases the general wellbeing. The parts which are to be rubbed or stroked must always first be moistened with water. The rubbing and stroking must be done quietly and firmly, but sometimes also with a light touch. The right way is easily found.

The best time for the transference of vitality and animal heat for the general invigoration and strengthening of the whole body is at the end of the natural bath. When the entire body is wet from the bath, it draws in with actual greediness the vitality and warmth of the person who is rubbing it dry with the bare hands.

Whoever, therefore, can avail himself of a suitable personality to rub him dry after the natural bath, may under certain circumstances derive great benefit from it, and greatly facilitate the healing of his trouble.

As soon as we have found our way to the natural bath, the magic means of the transference of health is always open to us. Almost everybody has a friend or a servant, or knows of some other suitable person with the requisite qualities as above described, who can rub him dry after the bath, or at least assist him in it. But one must always be grateful for this help; it must not be rewarded with hard cash, but with sincere gratitude. Otherwise the result would grow continually less.

Never force a dependent to rub you dry; the person charged with this task must do it willingly and joyfully. We must treat our dependent fellowmen in such a manner that they will lend a helping hand out of love for us.

I need not lay down any special rules for the rubbing after the bath. It is done with the bare hands, and as quietly as possible. The transference can easily take place from male to female, and vice-versa. But sensuality must hereby in no wise play a part. The persons engaged in the process must remain strictly noble and pure, otherwise the harm will be greater than the gain.

When men have been accidentally struck, by lightning, they have frequently been recalled to life by being thoroughly and perseveringly rubbed down by strong healthy persons. If such rubbing can bring them back to life, it is easily to be seen of what advantage rubbing and stroking must be in strengthening us and in curing our troubles and diseases. Wonderful results may indeed be achieved in many cases.

Let us, therefore, return to nature! A realm of health will then open unto us, a realm of sunshine and earthly happiness. Our weak pulses will soon begin to beat more vigorously, our sick breast will heave with new hope.

THE PREVENTION OF DISEASE

By FRED HAWLEY

IT has been estimated that up to 93% of our people are undernourished to varying degrees, with as few as 7% adequately nourished.

A person may be well-fed yet not adequately nourished. To be adequately nourished, the body must assimilate and utilize sufficient vitamins, minerals and other nourishing elements obtained from Unrefined Natural Foods to meet the Body's daily requirements.

We often hear a person say, "I have been eating the right foods for some time, yet my health does not seem to improve." Eating the right foods alone is not sufficient. It must be supplemented with the proper use of Ten of Nature's Body Building and Disease Preventing Factors (Natural Living Habits), necessary for food oxidation and assimilation, as prescribed by Nature. Otherwise, though digested, the food may pass thru the intestines as waste, nourishing the body but partly. These Factors may be described as follows:

1. Fresh Air Deep Breathing, for oxidation of food for assimilation by the blood.

2. Good Water Drinking, for the maintenance of the body's water quota, body waste elimination and regulation of the body's temperature.

3. Natural (Unrefined) Food Eating, for the maintenance of a high quality of the life's blood.

4. Sun Ray Bathing, for skin toning and assisting in making the body disease-germ resistant.

5. Free Blood Circulation, for supplying blood for maintenance of the body's cells and eliminating their poisonous waste.

6. Body Waste Elimination, for disposition of food and other body poisonous waste by elimination thru the skin, lungs, liver, kidneys and bowels.

7. Good Posture, for keeping the body's organs in a natural position, thru body balance and loose fitting, well ventilated clothing and footwear.

8. Active Daily Exercise, for circulation, digestion, elimination and toning the body's muscles.

9. Daily Water and Fresh Air Baths, for cleanliness and circulation.

10. Resting, for renewing freshness and promoting elimination and

cheerfulness, thru mental and physical relaxation, sleep and avoidance of disturbing thoughts.

THE daily practice of these Ten Body Building and Disease Preventing Factors will make the body disease-germ resistant and should prevent disease. We may disregard one or more of these Ten Body Building and Disease Preventing Factors for years without apparent bad effects, but trouble eventually comes and when it does come it may have fatal results.

Medical care may arrest the progress of a disease, but only compliance with Nature's Health Laws will enable the human body to successfully resist disease germs and so prevent disease. Recovery from disease is dependent on removal of its cause. Disease, if not too far advanced, will usually yield to treatment if coupled with Natural Living Habits.

Talking about disease prevention, Sir Arbuthnot Lane, the celebrated physician, said: "There is but one cause of disease—poison, toxemia,

most of which is created in the body by faulty habits and faulty elimination."

Heart Disease caused 350,168 deaths during the year 1938, being 25% of a total of 1,381,391 deaths and three times as many as from any other cause, according to the U. S. Census Bureau. The practice of Natural Living Habits has been shown to be the only effective means of preventing the Common Cold, the Heart and many other forms of disease. Very few people escape the Common Cold. Besides costing the Nation about a billion and a half dollars a year, according to the U. S. Public Health Service, the Common Cold is responsible for an average less of two and one half days each year for every worker in the country. The Common Cold is often a start of a disease that ends in death.

Doctors Lloyd Arnold and Irwin Spiesman, of the College of Medicine of the University of Illinois, in their clinical experiment with a large group of "Chronic Frequent Cold Catchers," have shown that the Common Cold can be prevented.

The best preventive measures as well as the most lasting therapy consisted of the following daily regime; the patient was made to feel that this regime was prescribed not merely as a therapeutic, but as an essential health measure:

1. Physical exercise consisting of twenty minutes of setting up exercises, in the nude in a cool room, prior to taking a warm or hot and cool, or cold shower bath. A brisk walk for one hour a day, either in divided time or for the whole hour, walking, never hurrying, breathing deeply and thinking soundly.

2. Patients were requested to abstain from the use of tea, coffee or alcoholic beverages and to smoke sparingly. They were asked to eat freely of vegetables and fruit (cooked and raw in salads) and their juices, dairy products (particularly butter); but sparingly of the cereals—rice, corn and rye,—meats (lamb, chicken and bacon), sugar and other sweets and fats. Fried foods, condiments, white flour products such as breads, pastries, pies, cookies, etc., were prohibited.

3. The necessity of rest, particularly a short period after each meal and cheerfulness, with freedom from worry and mental strain of various kinds, at all times was stressed.

Thru the daily practice of this daily regime of natural living habits (the use of vaccines and injections was tried, but, as previously found out by many authorities, did not prevent colds), Doctors Lloyd Arnold and Irwin Spiesman obtained a maximum efficiency in immunity to the common cold for most of the patients comprising their clinical experiment group.

(Continued on page 139)

New Health Recipes

By EMMA M. FRIESE, N. D.

Chestnut Soup

½ pound chestnuts
1 quart water
1 sprig celery leaves
vegetable salt
small squares of bread
butter

Peel chestnuts by cutting a gash in each shell, then throw the nuts into boiling water. Let boil a few minutes, take out, and when cool enough to handle, both the shell and peel can easily be removed with the help of a knife. Cook the peeled nuts in water with celery sprig and seasoning until they are tender enough to press with their cooking water through a coarse sieve. Return to saucepan, heat and stir, thinning with a little boiling milk. Fry the bread squares crisp and light brown in butter, lay in bottom of a hot soup tureen and pour soup over.

Buttermilk Soup

1 quart buttermilk
¼ cup seeded raisins
½ tablespoon sugar
salt
grating of nutmeg
lemon peel
¼ cup washed brown rice.

Bring buttermilk with raisins and seasonings to the boiling point; scatter in the rice, cover closely and boil slowly until rice is soft. Taste, adding more seasonings if necessary. Buttermilk should be in most places cheaper than fresh milk; this soup is one of the cheapest and most nutritious we know.

Cheese-Rise Casserole

5 whole fresh tomatoes
1 cup brown rice
3 hard cooked eggs
2 tbsp. butter
2 tbsp. flour
1 cup milk
½ lb. American cheese, cut in small pieces
Vegetable salt

Grease a flat casserole or baking dish: (If dish is not too deep the tomatoes will cook quicker and will look more attractive in the dish.) Place whole tomatoes in casserole. Cook rich and fill it into spaces between tomatoes, allowing tops to show through. Slice eggs and place over surface. Melt butter in top of double boiler, add the milk gradually, stir well, and when the mixture has

thickened, add cheese and stir until it is melted. Add seasoning. Pour sauce over mixture in casserole. Bake at 350 deg. F. for approximately 30 minutes. Serves 5 to 6.

Lima Bean Loaf

2 cups (12-oz. pkg.) dry lima beans
1 tsp. vegetable salt
4 tbsp. butter or margarine
1 large onion, chopped
½ green pepper, chopped
1 cup bread crumbs
1 large, fresh tomato or 1 cup canned tomatoes
1 cup chopped peanuts (optional)
1 to 1½ cups rich milk

Soak beans overnight and cook until tender. Beans should be cooked with as little water as possible so they will be fairly dry when tender.

Melt butter or margarine in skillet, add onion and green pepper and fry until onion is lightly yellowed.

Mash beans, add seasonings, sauted onion and pepper, crumbs, tomatoes and milk to make a thick mixture. Pour into greased loaf pan or casserole and bake in 375 deg. F. oven, depending on size and shape of pan, 30 to 45 minutes.

Serve sliced, plain, with cream sauce or with tomato sauce. If latter is used omit tomato and increase amount of milk.

Soybean Perfection Salad

1 cup cooked soybeans
1 cup shredded cabbage
1 cup shredded raw carrot
1 tablespoon minced green pepper
1 package lemon jello
1 pint water

Add to the mixture of vegetables the jello which has been dissolved in the hot water and cooled until partially thickened. Mold in a pan 1½ inches deep and cut in squares or mold individually. Serve on lettuce with mayonnaise. This serves 8 to 10 persons.

Carrot Marmalade

3 pounds raw grated carrots
3 pounds brown sugar
6 lemons
¼ pound grated almonds

Wash and scrape young carrots and put through meat grinder. Barely cover with water and cook until tender. Press through a strainer to

(Continued on next page)

HEALTH

MENUS FOR APRIL

Grapefruit or Orange juice ½ hour before breakfast.

MONDAY

Breakfast

Brown rice with cream sauce; Melba toast with butter; peppermint tea.

Lunch

Cream of tomato soup with parsley; shredded carrot and apple salad with oil dressing; celery; buttermilk.

Dinner

Potato chips browned in vegetable oil; steamed creamed cauliflower; buttered beets; asparagus salad with French dressing; buttermilk.

TUESDAY

Breakfast

Baked apples with butter; soaked raisins with honey; decaffeinated coffee.

Lunch

Cream of green bean and celery soup; glazed parsnips; pear and orange salad with lemon dressing; buttermilk.

Dinner

Vegetable juice cocktail; baked potatoes; stuffed acorn squash; cole slaw; corn loaf; cornsticks with butter; peppermint tea.

WEDNESDAY

Breakfast

Hot tree ripened figs with butter; orange juice; barley malt; coffee.

Lunch

Buttered peas and carrots; asparagus in cream; white cherry and raw apple salad; oil dressing; buttermilk.

Dinner

Pineapple juice cocktail; apple sauce with cream; buttered egg plant; molded vegetable salad with mayonnaise dressing; celery; peppermint tea.

THURSDAY

Breakfast

Melba toast with cream and honey; whole wheat wafers; alfalfa tea.

Lunch

Vegetable juice broth; steamed broccoli with lemon sauce; molded apricot and Red cherry salad; buttermilk.

Dinner

Tomato juice cocktail; steamed lemonized okra; scalloped cauliflower; Chinese cabbage and chickory salad; French dressing; Orange sherbet; mate tea.

FRIDAY

Breakfast

Mixed hot fruits; orange, grapefruit, pineapple with honey; decaffeinated coffee.

Lunch

Stuffed potato; scalloped green corn and celery; raw carrot salad; coffee substitute.

Dinner

Tiny lima beans buttered; creamed spinach; shredded beet and lettuce salad with mayonnaise; cornsticks with butter; peppermint tea.

SATURDAY

Breakfast

Soy bean wafers with butter; browned egg plant; alvita tea.

Lunch

Cream of pea soup; cottage cheese salad; celery; apricot ice; peppermint tea.

Dinner

Mixed succulent vegetable salad with French dressing; potato chips; buttered carrots; buttermilk.

SUNDAY

Breakfast

Steamed dried peaches with cream or butter; half grapefruit; peppermint tea.

Dinner

Fruit cocktail; cream of celery soup; steamed cauliflower; honeyed carrots; tiny buttered peas; Avocado pear salad with French dressing; lemon ice; Zoy-koff coffee.

Supper

Cream of asparagus soup; stuffed tomato salad with oil dressing; celery; buttermilk.

NEW HEALTH RECIPES

(Continued from previous page)

make smooth pulp. Add sugar to the grated rind of lemons, and the juice. Let cook gently about a half hour, or until thick and clear. When nearly done, add almonds, blanched and put through grinder. Pour into glasses, and when cool, cover with paraffin.

Upside Down Vegetable Omelet

2 medium tomatoes
1 to 2 cups steamed vegetables
4 to 6 eggs
Vegetable salt
Cream

Slice tomatoes in thick slices and arrange in bottom of buttered skillet. Over this sprinkle steamed vegetables, such as carrots, asparagus, peas, or string beans.

Beat eggs until light, add vegetable salt to season, and add 1 tablespoon cream for each egg used. Pour omelet mixture over all and place over low flame until it begins to brown around edges, then remove to oven (375 deg. F.) for a few minutes to cook top part of omelet—or place under broiler flame, if preferred.

Lemon Mayonnaise

Put in bowl or mayonnaise mixer
1 egg
¼ cup lemon juice
Dash of paprika
1 teaspoon mustard
1 teaspoon vegetable salt
1 tablespoon sugar

Beat very slowly, using whirl type beater. Add 1 pint of salad oil. For fruit salads thin with orange juice or whipped cream.

Orange Ginger Ale Fruit Cup

2 cups chilled orange sections
2 tablespoons brown sugar
2 tablespoons lemon juice
1 12-ounce bottle of ginger ale

Put orange, lemon juice and brown sugar in cocktail glasses. Just before serving pour over chilled ginger ale.

HERB CULTURE A PROFITABLE AND INTERESTING OCCUPATION

(Continued from page 132)

endulas or other annuals to give foliage contrast. Sage, decorative and fragrant, is large enough to make a background for garden phlox and other plants of medium height. Sage, easily grown, may be picked many times each Summer.

Though one of the most desirable herbs to flavor the staple foods, horseradish, because of its tendency to spread, is one of the hardest to manage in the small garden. It can, however, be induced to "stay put" if placed in the corner of the garden and bounded by thin sheets of metal. Old license plates are fine for this

purpose if they are sunk closely around the roots of the radish from all sides or along the side which is to be the limit of the radish portion. When ground or shredded and seasoned for table use this herb is excellent with cold meats, and makes a flavor for meat loaves. Mixed with sour or sweet cream, horseradish becomes a delicious salad dressing, and most pickles and relishes are improved by its addition.

THE leaves of most herbs may be dried for winter use. Or, potted up and placed with house plants, they will provide fresh flavor and piquancy to Winter dishes. Many herbs can be successfully grown in the fernery or in a window box or flower pot, mint, marjoram, chives and thyme being among those which can be potted and taken into the house in the Fall. For an indoor crop of parsley, seeds are best planted in midsummer in the box or pot that is to be later taken into the house. Then the plants will be of fair size, with growth unretarded as it might be if the plants were reset. Mint does best if left out as late as possible in the Fall before being transferred to the house where it is then cut down to the ground, giving a chance for the new, fresh shoots to appear.

The writer has seen a combination herb and small vegetable garden in a hotel high in the Rocky Mountains provide greens in early Spring. From the huge flower boxes in which they are grown—green onions, radishes, mint, beets, lettuce and parsley are reaped and served to visitors. Grown in the glassed-in southwest corner of the hotel lobby, these future table delicacies were planted in large boxes, kept moist and richly fertilized.

Every gardener may enjoy an herb garden, either in the vegetable garden or the flower garden, or as a small unit in itself. And lacking space for all or any of these, there is always room for a plant or two of herbs on the shelf with the more decorative house plants.

THE PREVENTION OF DISEASE

(Continued from page 137)

SENATOR Wagner's National Health Act, bill S-1620, now in the hands of a Sub-Committee of the Senate Committee on Education and Labor provides for approximately five hundred and thirty seven million dollars (\$537,000,000.) to be spent in three years for aiding the States in building additional hospitals and furnishing medical care where needed.

An examination of this Health bill and the report of the Interdepartmental Committee to Coordinate Health and Welfare Activities, arranged for

(Continued on next page)

From Our Book Shelves

Dates as Food; How to Use Them—
By Dr. Marko J. Petinak. 64 pages. 50 cents.

This is the second revised and enlarged edition of an earlier book by Dr. Petinak on this subject, presenting answers to practically all questions connected with the cultivation of the different varieties of dates, their food value in minerals and vitamins and the important role they play in diet, both for the healthy and sick. There are also over forty delightful recipes, using dates alone and combining them with other foods.

Correct Eating Thru Balanced Meals—
By Walter Watt; 176 pages; 25 cents.

A simple non-technical treatise on the subject of eating, foods, and the

proper balancing of meals, with additional chapter on various diseases, weight gaining and reducing, fatigue and exercise.

The Message of the Stars—

By The Rosicrucian Fellowship. Cloth bound, 728 pages. \$2.50.

Lovers of astrology will find this book an inexhaustible source of knowledge, and a complete treatise on the art of reading a horoscope. The work is written in a clear and lucid style, which enables the student to make rapid progress in mastering the subject without an instructor. There are analyses of 36 sample horoscopes for the student and a handy alphabetical index which facilitates handling the book as reference work.

From the Mail Bag

Your Editorial in November Nature's Path is simply grand and what a fine healthy world we would have if every one could be absolutely free from the medical bugaboo that has been instilled in our ancestors by the Medicine Men. I know two women whose medical doctors are keeping them away from sunshine and refuse to let them go outdoors because, as they say, the sun will hurt them. God gave us our healing medicines which are: Faith, exercise, food, water, air and sunshine. Without these we have no health and will die long before we reach our natural age of maturity.

Inez Tuttle.

Enclosed herewith is renewal subscription for your magazine. Nature's Path is a health magazine that our family thoroughly enjoys and looks forward to with pleasure every month. Your editorials are splendid and worth more than the price of the magazine. Long may you live to continue your splendid work.

Mrs. W. L. Carey.

On page 18 of January Nature's Path I find a question regarding ingrowing toe nails. Although I have no comment to make as to the answer how to overcome same, I wish to say that tight fitting shoes are not the only cause by any means. In fact, I do believe there are more ingrowing toe nails on account of wrong trimming than from wrong shoes. So many people trim their nails too far in along the sides, thus encouraging growth that way, and soon they have painful nails to battle with. Toe nails should be trimmed square, with the corners rounded just enough to keep from cutting through the stocking. That way they will take a lot of abuse even from wrong-fitting shoes. I have seen some very bad nails straighten out with just proper trimming and nothing else.

In addition I offer the following suggestion: Soak the feet in hot water for about 10 min., duck in cold. Dry and trim nails. Smear sore part with honey, tie wet, cold bandage around sore parts and go to bed. Wear also during daytime and keep up till healed.

Arne Notland.

FINKELGRAM No. 4

Philosophical Health Tid-Bits

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

IT is much wiser to get on the right road of life, in the first place, than to have to detour later.

The Natural Road to Good Health is as true as the rays of the sun. Our present so-called civilization apparently makes this road hard to travel.

Very likely human beings are killed in war because they kill dumb and helpless creatures. The Law of Reaction is as positive as any other Law of Nature. Evidently, there must be some truth in the Law of Compensation.

Your stomach is your best friend. Feed it natural foods and you will not lose its friendship.

IT is said "The way to a man's heart is through his stomach" — but, the way to win a woman's heart is through kindness, truth, tolerance and love—a natural food diet and natural ways of living help to develop these virtues.

There is always danger in flirting. However, you you never go wrong by flirting with a beautiful peach—the kind that grows on trees.

You must use your best judgment in planning your menus wisely. The amount of food you eat does not always determine the amount of food value contained in the meal; it's the minerals and vitamins which count. **MORAL:** It is sometimes wiser to eat half as much for twice as much, than to eat twice as much for half as much.

Eating natural foods only is the secret for continued Good Health and Long Life. If you have discovered this secret, do not keep it to yourself—pass it on to others who are not in the habit of keeping a worthwhile secret.

DISEASE is the inevitable aftermath of not knowing how to live in a manner which will prevent disease. Health is the natural result of a continued adherence to all the physiological laws which govern the normal conduct of the human body.

Disease—a drama in 4 acts: Act 1, acute disease; act 2, poisonous drugs and serum injections; act 3, chronic disease; act 4, surgical operations. Last curtain—premature death. How tragic!

Remove the cause of disease and it will naturally and automatically leave your body.

What more can you expect of food other than to help you build a strong, healthy blood stream, steady nerves,

and a clear thinking brain. By eating natural foods only, CAN you accomplish all of these health assets.

Eat, drink and be merry, is a very tuneful melody, providing the harmony agrees with your stomach. Natural foods, when properly prepared and combined have no discords.

If I were asked as to which is the most valuable of all books, I would unhesitatingly answer, one which teaches the eating of natural foods.

THERE are all kinds of health; failing, low, poor, bad, fair, good and excellent. One who lives on natural foods only, and does not transgress the Laws of Nature, in their relation to the well-being of the human body, experiences only one kind of health—continued Good Health.

Do you know whom Nature recognizes to be the only true doctors? Listen! Pure air, water, natural foods and drinks, proper and sufficient exercises, and plenty of rest, sleep and sunshine — all of them trustworthy and infallible. **MORAL:** Place your confidence in Mother Nature and her miracle doctors, and enjoy the benefits of a healthy and satisfactory long life.

To be always healthy, and live the natural expectancy of human life, you must be honest with yourself. And, to be honest with yourself, you must first be honest with Mother Nature.

To work for good health, and to earn it, is an issue which never fails. But, to expect good health, without striving hard to get it, always ends in disappointment.

MAN'S potential enemies are Colds and Sore Throat, Fever and Chills, Pain, all forms of Indigestion, Constipation, Rheumatism, Nervousness, and many other danger signals. When any of these happen to you, immediately plan YOUR **FIRST LINE OF DEFENSE.** Your weapons are, abstaining from the usual, regular foods, the taking of warm enemas and warm sponge baths, plenty of fruit and vegetable juices, and by indulging in sufficient rest, relaxation and sleep.

Always think along the lines of Good Health! Pray for it! Hope for it! Wish for it! Practice it! Live it!—by doing so you will be well rewarded. Mother Nature always pays her bills by awarding you her greatest gifts—Abundant Health, Superlative Health, Peace of Mind, and Long Life.

THE PREVENTION OF DISEASE

(Continued from previous page)

by President Roosevelt to confer with organizations and individuals representing those classes, supposedly interested, shows there is no provision in the bill and apparently only one reference in the discussion regarding the bill, as to the necessity of educating our people how to make their bodies disease-germ resistant, thru Natural Living Habits.

The "National Health Act . . . for public health, prevention and control of disease . . ." should be amended to provide for a Campaign of Health Education that will further the cause of the Prevention of Disease thru the daily practice of Natural Living Habits.

THE recent examinations of the Military Defense Service Drafttees resulting in the rejections of nearly a third because of physical unfitness, shows that malnutrition is prevalent in all income groups of our people and that immediate reform in our living habits is absolutely necessary. The movement to train our young men in and out of the Service with physical exercise should be supplemented with the impressing on all our people, both young and old, the necessity of the daily practice of *all* the Natural Living Habits.

This education should be thru the medium of the radio, newspapers, magazines, schools, colleges, public health services, etc.

The Growers of Natural Foods should be induced in planting, to supply such of the nourishing elements (mineral salts and vitamins) that the soil is deficient in. Also the Refiners should revise those processing methods which now destroy or reduce the quantity of Mineral Salts and Vitamins, contained in the raw foods being processed.

THIS educational campaign properly conducted will result, in a few years, in materially raising the Standard of Healthful Living and lowering the early death rate, increasing the average span of life and materially lessening the number of hospital beds as well as medical care needed.

Existing programs of health education need to be revamped (stressing its main purpose of aiding in making the human body disease resistant) and correlated to make them more effective aids in Prevention of Diseases.

Every reader of this article, should write and get others to write their Senators and Congressmen urging the adoption of this much needed Amendment, providing for a campaign of health education that will further the cause of the prevention of disease thru the practice of natural living habits.

HEMORRHOIDS

(Continued from page 128)

Jackson, ably stated, seventy-five years ago:

"The treatment usually administered by physicians is quite out of the line of scientific certainty, and is not only not productive of cure, but, oftener than otherwise, involves complications of a constitutional and very serious nature."

In 3,000 autopsies performed by William Ophuls, M. D., and his associates at the Stanford University Medical School, three cases of thrombosis of the hemorrhoidal vein were noted. In one of these "thrombosis had followed operative removal of hemorrhoids and had extended into the iliac and femoral veins, also into the vena cava with complete occlusion of the latter. This had given rise to circulatory disturbances in the spinal canal with ascending softening of the cord." From the above it is obvious that a happy ending and operative procedure did not go hand in hand.

THROMBOSIS is possible in both the external, anal, and internal piles, although it is more common in the external and anal varieties. When a blood clot forms the pile swells and deepens in color, resulting in pain which is usually severe. With the first sensation of pain, fasting and rest should be resorted to and in a short time the clot will shrink and disappear. In individuals that are highly toxic, following thrombosis an abscess may occur, and in these cases the fast must be prolonged until the drainage of pus has ceased.

The removal of piles necessitates regeneration of the whole organism, and once the piles disappear they do so permanently provided the individual lives in conformity with the laws of his body. In contrast to this we have the so-called cures by surgery, and the injection method in which there are recurrences in of from fifteen to twenty per cent of cases in from two to ten years. I think these figures are conservative, for not only do piles return but there is also a progressive degeneration of the vascular system elsewhere.

TO remove hemorrhoids we must begin at the bottom. We must realize that piles are effects of a systematic pollution and the sooner one goes on a watery regimen or fast the quicker the hemorrhoidal tumors will begin to recede. With the fast the digestive organs, especially the liver, are given a chance to rest and regenerate. Furthermore, the venous and arterial circulation, due to the lessened toxicity and increase of available energy, becomes more efficient. With the resumption of eating of proper foods tonicity is gradually restored, not only to the rectal

and anal veins, but also to all parts of the body. Sometimes it may take a year or even longer before complete disappearance may result but improvements are noticed at the very beginning. In some cases the hemorrhoidal mass may never entirely disappear, but it will never occasion any more inconvenience than the lobe of one's ear.

NATURAL nutrition following a fast is of great importance, and as Susanna W. Dodds once emphasized:

"Some extremely bad cases have been cured almost wholly by a careful diet."

Dr. James C. Jackson, who in his lifetime as a hygienist, had about a thousand hemorrhoid patients under his care with great success, wrote concerning proper feeding:

"Whoever, having piles, would get rid of them, must eat unstimulating, simple food. Meats, cakes, dressings or rich gravies for the table must be abandoned, and in their place grains and vegetables, simply cooked, and fruits, substituted."

After a fast, especially in chronic cases of piles, difficulty may occur at defecation which may be painful and even result in bleeding but this inconvenience is only temporary as with the resumption of eating the discomfort will gradually lessen. Some cases, of course, may require the injection of a few ounces of tepid water to facilitate the removal of the hardened fecal matter, especially if the patient is feeble and unable to cooperate. Although in the many cases that I have seen I have resorted to rectal injection of water only twice.

REST is of great worth and most individuals with hemorrhoids have noticed the relief they feel when they lie down. Complete rest, which means staying in bed, helps to lessen pain and tension because of a decrease in blood volume in the rectal and anal veins. Rest should not be used merely to lessen the distressing symptoms but to conserve energy for the benefit of the entire organism. Bed rest, therefore, should be enforced to the fullest extent even though there is no immediate discomfort in the anal and rectal areas. By curtailing the expenditure of nervous and muscular energy the vital organs are vivified; as a result there is an improvement in circulation and elimination which facilitates the removal of structural impairments. Use rest not merely to remove symptoms associated with piles but to conserve energy for the regeneration of the entire organism.

To receive maximum benefit with the Natural methods one must consider the body in its entirety. Most people fail to see that hemorrhoids

are part of a systemic state; as a result they look for specific treatment to the anal and rectal areas. The removal of hemorrhoids requires methods that are as beneficial to the eyes or heart as they are to the hemorrhoidal veins.

To remove hemorrhoids one must regenerate the organism as a unit by methods that do not squander the energy of the body. The Natural methods must be made subservient to the guiding intelligence of the organism, so that depletion of the vital force that sustains the organic intelligence does not occur.

COMMON SENSE IN DIET

(Continued from page 130)

in innumerable ways. But—and this is the significant part—in the end it was discovered that instead of getting a product of higher durability, the refining process resulted in an oil not only of less nutritional value but one that deteriorated more rapidly than the natural, unrefined, unprocessed product.

It's the so-called lipoids—nutritional elements no less interesting or important than the vitamins—that makes the natural product durable as well as making it more digestible.

AS soon as they were discovered the chemists tried numerous combinations, adding or subtracting them from the oils and fats, thus changing the original formula provided by Nature and in the end they had to give in to that great master. Nature was a better chemist than they could ever hope to be for no combination of lipoids proved to be as effective or as valuable in their endeavor to get a perfect product as the natural unadulterated one. Strange, isn't it?

And there is a similar item of interest and more closely connected with the work and goal of the famine fighters of the medical world.

IN another laboratory in Europe certain diet factors were tested on two groups of rats. The first of these groups was fed principally on whole grain products while the second received rich starch, casein, peanut oil, in other words "pure" refined food and in addition to this a mixture of mineral salts, cod liver oil and dried yeast, meant to make up for the deficiencies in the rest of the diet.

Both groups of rats developed normally and were in splendid health, but the scientists with their annoying curiosity were not satisfied with these results.

They took a fraction of the complicated Vitamin B1 and injected it in the minutest doses into these poor test rats. The first group—fed on unrefined whole grain food didn't in the
(Continued on next page)

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COMMON SENSE IN DIET

(Continued from previous page)

least react. The second group however—brought up on a diet of refined foods with special vitamin rich products added—was seized by horrible cramps and fits which after a few hours resulted in death. The chemists themselves were shocked and dumbfounded when confronted with these cruel and unexpected results and tried in every way to forestall them. However, the only successful means was the addition of whole barley and wheat berries. These small grains apparently possess qualities that have a soothing and steadying influence on the nerves of the animal as well as the human being.

THE moral of this is evident. Since the discovery of the valuable vitamins we humans—with our "superintelligence" have separated, distilled and processed those mysterious elements, chasing down a number of side-lines for the answer to it all instead of seeing the solution in the wholeness, the entity, the way Mother Nature herself gives it to us.

It isn't Vitamin B₁ or K as such that you or I need, nor solely Iron and Phosphorus or any other single mineral, but the whole works from A to Z and ALL the mineral salts, just as we find them in their natural form, hidden in those products that grow on a healthy soil.

It is all so old to us, that story—isn't it? We, the readers of "Nature's Path" and followers of the ideas it presents know it so well. We've read it in the articles in these pages,

we've heard it from the lips of our best health lecturers and we've tried it ourselves and found it working.

Yet—we're all human beings and as such subject to falter and err. We read newspapers and magazines and their cleverly composed advertisements tell us that all we need is product X and we'll feel as fit as a fiddle or tablet Y and we'll have found the much sought after fountain of youth. To fight for wholesome and unadulterated foodstuffs is so much harder than to swallow pills and take a dose of powder.

For it does mean a fight, there isn't the slightest doubt about it. For a while we believed the medical doctors to have opened their eyes to the marvels of Nature, we could sit back and say to our unbelieving and unconvinced friends "Just ask your doctor" and watch them return to us with more respect and actual interest in our way of living.

But already this has changed. Again the medical practitioner and the Nature Curist have come to the parting of ways after having travelled together for too short a space. The former turns to inorganic chemistry, to fractional dietetics to help him overcome nutritional deficiencies and diseases. The latter will and must, more than ever, stress the entity of the problem, the wholeness of the solution.

LET'S be watchful, let's not fall in to the same mistakes the others are making. By detailing, by splitting up, we have come upon many an interesting fact, we have uncovered a goodly number of Nature's secrets but we must not let ourselves be side-tracked by these "brilliant" discoveries, but keep the main theme alive before our eyes. We must deepen as well as broaden our outlook, for health, physical, mental, spiritual health, can only be attained by being in tune with ALL the laws of Nature.

Already we have a good start. Ten years ago only, wholegrain bread and flour was much less often encountered than now. Fresh fruit juices can now be had in every restaurant from the swankiest spot to the simplest "diner." Salads have risen to a new high in popularity and fresh vegetable juice bars are springing up everywhere. The natural sweets too are coming into their own. And how was all this brought about? By getting the public at large to demand it, to call for it.

AND right along these lines we can build up. Your grocer will stock anything if you ask long enough and persistently enough for it. But we have to go beyond him, to the real, the ultimate authority on poor or wholesome foodstuffs—the farmer.

And here unfortunately we find as

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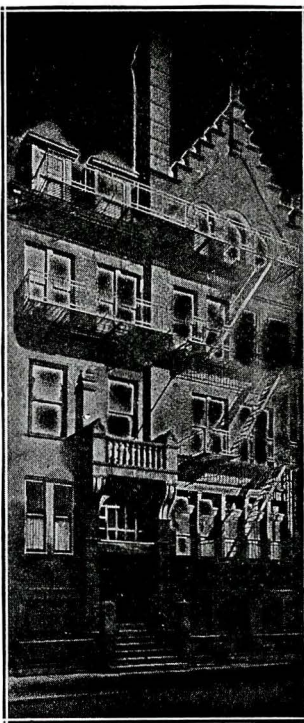
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a rule unsatisfactory conditions. Not only is the farmer and his family very often more badly nourished than the city-dweller, but he, who would be in the best possible situation to remedy that—is entirely ignorant of his powers.

Now I'm not an expert on agriculture and certainly don't want to hurt anybody's feeling for I'm sure that there are many farmers all over the country who do their very best to bring forth on their precious soil high-grade, first-class products.

THIS however I must say, whenever I travelled in the States—whether it was on short week-end trips or on my long bus ride from N. Y. to Texas—always I had the greatest difficulties in getting natural, unprocessed food and had to pay the highest prices for them right out in the rural districts. And similar conditions prevail in many other parts of the world.

A dentist in a part of Switzerland given over almost entirely to farming found a deplorable state of affairs of health in general and dental conditions in particular. Here in Colombia, South America, a country that is rich in raw materials, virgin soil, has an unsurpassed natural beauty—here we read in the papers that 85% of the recruits for military service in a small rural town had to be rejected as physically unfit. Thus we could go on and on.

BUT must it be that way? For years the U. S. government has fought soil-erosion due to another criminal neglect of natural laws. Ever and again we read of farmers, scientists, ordinary people with some "crazy idea," who succeeded in growing rich, succulent, delicious and healthful products. Take the citrus fruits Dr. Lust is growing on his place down in Tangerine, Fla. Never have I tasted sweeter, juicier ones—they cannot be compared with the ones you ordinarily get in the stores.

We must realize once and for all, that our health, the well-being of the whole nation of this and all the future generations depends first and last on the products we receive from our soil.

We have used a certain pressure on the grocer and he has stocked whole-grain breads and cereals, he has greatly increased his vegetable and fruit supply and is ever enlarging it. Through him—if we cannot directly go to the provider of our food-stuffs—we must make the farmer realize that we not only want quantity, but above all quality.

Green, bright lettuces and cabbages, lush sweet cherries and berries, tasty, juicy apples that not only look good, but really are a treat. Fruits and vegetables that don't have to be sprinkled and sprayed that are nat-

urally healthy and wholesome. People will gravitate toward them of their own accord once these products are tastier, more and more appetizing and satisfying.

AND here I come to another and last article and example. It seems that a Swiss expert of the dairy industry upon visiting Finland found people there consuming large quantities of raw, unpasteurized milk. He went into the Finish farms, their cow-barns and stables and naturally devoted quite some time to the study of the Finish conditions in the dairy industry. His report upon returning to his native country, where the dairy industry for years has been a growing headache to the government, was enlightening.

The Finish farmers, he pointed out, have revolutionized the dairy industry, or rather, they have abandoned the modern high-pressure form of milk producing in favor of the old-fashioned one of letting the cows graze in the open, expose them to the sun, the rain, the wind, giving them a chance to live a more natural life and thus growing more disease resistant.

To be sure, this wasn't readily achieved. It took the Finns about ten years to get to this splendid state of affairs. But the results were well worth the offer. The cowbarns are scrupulously kept, the animals carefully supervised and the quality of the milk has risen to such a height, that pasteurizing has become unnecessary.

PEOPLE in the cities are now choosing this milk rather than alcoholic beverages and since its taste is so superior to that of the pasteurized milk, no longer is it necessary to disguise that peculiar "milk flavor" with chocolate and other powders, such as is done in other countries.

An interesting report, that starts us thinking, doesn't it? Unpasteurized milk from healthy cows, unsprayed fruits and vegetables from rich, good soil, unadulterated food-stuffs in their natural form—they are the foundations of our health and the health of those that come after us.

To fill our own tummy with vitamins and healthful food is highly recommendable but to stop there is disastrously shortsighted.

There is a vast amount of work ahead of all of us, so let's roll up our sleeves and get started!

I must confess that my restoration was not brought about by water alone; I owe my excellent state of health in a great measure to my simple mode of life which is rather different from that of most men.

—Father Sebastian Kneipp.

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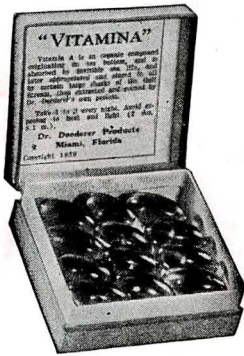
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Photo. Gray hair actually grown in natural color.

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THE IDEAL DIET OF MAN

(Continued from page 123)

was resorting to. Surgery was finally advised as the only way out. Diagnosis of prostatic tumor, possibly cancerous, was made. At 50, in desperation, he had decided to take his life. Accidentally at this time he learned of natural therapeutics. He read the statement that the ideal diet of man is the all raw diet. He was, however, unable to eat raw foods because of extreme pyorrhea (roots of teeth showed all around). Hot applications were applied to bladder and teeth. After a week or so of fasting, the softer raw foods were eaten, bananas, grated apples, orange juice, spinach, etc. He soon began to feel some relief and gained courage. From age 51 to 52 he gradually restricted his diet entirely to oranges and spinach. He included one cup of bran in water per day for the severe constipation from which he was suffering. From age 51 to 58 he had extreme hunger, eating continually through the day and sometimes at night. During this time he had copious eliminations from all organs of elimination including the skin. He had a sickly yellow, jaundiced color. Odors emanating from his body were so extreme that relatives and friends shunned him. Starting at 160 lbs. weight, he came down to "skin and bones." All along he felt miserable from the continuous eliminations. Then quite suddenly, age 58, his appetite normalized, weight came up to normal, 135 to 140 lbs., and he began to have more and more days of feeling in high spirits with a sense of wellbeing never before experienced. From that time on there has been a gradual rebuilding of all structures with an ever-increasing reserve strength and endurance. Steel-like muscles are growing without exercise. The prostatic and bladder conditions have, of course, cleared up completely. He needs only 2 to 4 hours of sleep and can work tirelessly in the open air. One thing he noticed above all: The more he became internally cleansed, the more did he desire and require increasing amounts of pure, fresh air, and the less he required of food. He now eats about 2 lbs. of spinach and about 9-12 oranges a day. In winter on cold days he partakes of a little fresh coconut for the greater warmth that such food gives him. However, each year, endurance against cold is growing. He sleeps outside and can hardly stand such odors as are common in crowded buildings especially where there are many aromas arising from sickly bodies.

He relishes his mono (or monotonous) diet more as time goes on, even threatening to live on spinach only, for he considers it (in the raw state, of course, root and all) the most pow-

(Continued on page 150)

FOOD FLASHES

from the Health Field

There is a novel Electric Foot Bath equipment on the market which will enable people with foot and leg disorders to take soothing treatments in their homes. In many cases the feet are at the "bottom" of our troubles and therefore should receive more consideration from their owners. The CLARK THERMOBATH manufactured by the THERMAIRE EQUIPMENT CO. OF NASHVILLE, TENN., represents a valuable and permanently beneficial investment for many households.

CARROMEAL is a new food product originating at the University of Connecticut. It is dehydrated raw carrot and because of the patented process retains 30,000 I. U. Vitamin A; 210 Sherman Chase Units Vitamin B1; 230 Sherman Bourquin units Vitamin B2 or G; 75 I. U. Units Vitamin C; and twelve minerals.

CARROMEAL has done much to help overcome the ever common constipation. Daily users of CARROMEAL many times are able to cut down the quantity in two or three months.

It is also effective in helping to overcome baby's constipation and in keeping all epithelial tissue in the body healthy. CARROMEAL alkalizes the system quickly and raw carrots are much easier digested than cooked carrots.

CARROMEAL is the Normal Natural Builder, with nothing added. The water is merely extracted; the juice is retained.

Besides being a fine source of carotene it is also a very good source of the B group of vitamins; B1, or thiamin and G or riboflavin. It is an unusually high alkaline ash food and the minerals of CARROMEAL are all available or well utilized. There are

I OBJECT

(Continued from page 133)

stimulant is being taken, even a small dose may create a hemorrhage, and collapse, and—even DEATH.

I believe that to write more on the subject that caffeine will not "... do good by strengthening the heart muscle" would be boresome. I believe that the foregoing presented facts are a good basis for further investigation that would prove that no one has a license to say that coffee is good for health.

twelve minerals in CARROMEAL, which include all of the dietary essential minerals.


There is a new face lotion and cleanser on the market that has all the earmarks of revolutionizing the beauty industry, viz. the odorless liquid garlic called "TIP". Both external and internal use of "TIP" upon retiring, experiments have shown, bring about a remarkable improvement for a variety of skin and facial blemishes.

A new cereal food made from whole wheat, oats, corn and rye and combined with wheat germ is being manufactured by a New England Co. What makes the cereal outstanding from many other similar products, however, is the addition of Carromeal, produced from raw dehydrated carrots at such a temperature that the vitamin and mineral values are retained. CARROVITE, as this new cereal food is named, is a good source of vitamin B1 also called Thiamin, besides containing vitamins A, G and C, while the mineral analysis shows a specially high content of phosphorous and iron. The addition of Carromeal in CARROVITE to some extent reduces the acid producing properties characteristic of other cereals. CARROVITE can be recommended for its fine flavor and mild laxative action.

A perfect new meat substitute has been originated by Mr. Daniel B. Kerr of San Francisco, Calif. This delicious new meat food tastes, smells and looks like meat, yet does not contain any animal substance. As a meatless Hamburger" it can be wholeheartedly recommended during Lent and for all meatless menus.

NOW that I have the specific instance presented I want to reiterate that more homes should have NATURE'S PATH on their library table. It is the duty of every one who has benefited from the teachings of NATURE'S PATH to get EVERY ONE of their friends and acquaintances to subscribe to NATURE'S PATH. The subscription price of NATURE'S PATH is not sufficient pay for the information you get from it. You must get new subscribers to

(Continued on page 160)




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TIP

LESS SPEED AND MORE SAFETY

(Continued from page 125)

automobiles, airplanes, express fliers and moving pictures are but a few of the popular devices to accelerate undue action of body, nerves and brain. A wise and temperate use of all such aids to advancement is good, but the national temptation is for Americans to be unwise and intemperate.

AS a nation we are childishly young. Children like to hurry for no reason but to show how they can hurry. Multitudes of American citizens are idolators of speed for the same childish reason—or lack of reason. The sages of India, China and Japan well know the folly and futility of hurry. They have wisely outgrown the hurry habit. American psychologists and hygienists offer suggestions for your benefit as follows.

BE SLOW. Anybody really wanting to get ahead should make this a personal safety motto, till it becomes fixed in the subconscious mind.

TALK SLOWLY. Moderate your conversation. Think before speaking—and then say less. Avoid hasty arguments, quarrels, complaints and exaggerations. Cultivate a calm voice. Refuse to tolerate fits of anger, impatience or dispute.

WALK SLOWLY. Save your nervous energy. Acquire the long easy stride of the athlete or Indian. When you walk briskly do it for health, not for speed.

EXERCISE SLOWLY. Avoid extreme athletics or gymnastics. Get your doctor's opinion regarding your daily exercise.

EAT SLOWLY. Chew your food more, and relax while eating. Omit the "quick lunch" habit. Always rest a while after a meal. Don't rush to work after breakfast; put your breakfast hour fifteen minutes earlier if necessary.

PLAY SLOWLY. Choose games and sports free of mental, neural or emotional tension. Avoid common amusements too quick or exciting. Don't try to "beat a record" of any kind. Play not for speed but for diversion and enjoyment.

SLOW DOWN, TO BRACE UP. Create destiny by force of deliberation. Poise gives power. Constraint will guide construction. Action placid makes achievement rapid.

SUNSHINE AND HEALTH

(Continued from page 126)

processes in the human body.

It so happens that the infrared rays pass through dark screens and readily through any color human skin, but when we come to the vitamin "D" producing ultra violet rays it is well to remember that these will not pass through even ordinary transparent glass, and will not so

(Continued on page 151)

JUICE
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TIPS



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BLADDER DISTURBANCES AND THEIR CORRECTION

(Continued from page 127)

water is always taken the same. The subject seats himself in the water of the temperature desired. This is best accomplished in the old fashioned galvanized or wood wash tub. The bath is actually nothing more than a sitting bath. The water is sufficiently deep to reach the navel. No part of the body other than the lower abdomen, pelvic region, and buttocks are immersed. The feet and hands do not touch the water. The application is strictly localized. If the sitz bath is taken in the bath tub, care must be exercised to maintain localization of treatment by placing the feet against the front of the tub.

A FREQUENT disturbance of the bladder is an acute catarrhal condition. This can be prompted in part by the persistent habit of delaying urination as referred to above. The first signs of the catarrhal condition frequently appear after or during a cold. When this occurs the cold is generally spoken of as settling in the bladder, for the reason, there is distress in the region of the bladder, difficulty in urinating, slight mucous discharge with the urine being heavy and dark in color.

When this condition appears in the bladder, the actual accompanying cold has had little to do with it, but the causes of the cold are in the main the causes of the acute catarrhal condition of the bladder.

These causes are lowered vitality and abnormal composition of the blood and lymph occasioned by intemperate living as regards general care of the body, but more especially by sexual excesses and an over consumption of proteins, especially the proteins of meat, and a dietary too rich in carbohydrates or starches.

A NOTHER cause prominent in these disorders is the underfunctioning of the skin. Perspiration, regularly induced, is important to one's health to remove the harmful acids normally excreted through the sweat glands. When this function is interfered with or neglected it means that the kidneys have more work to do, and heavier urine is the result, subjecting the bladder to irritation.

To correct the acute catarrhal condition one must of course remove the underlying causes by correcting the living habits. Efforts must be put forth to induce perspiration, either naturally through physical activity if the organism is sufficiently strong, or artificially through dry heat, steam, or hot water, or packs and wrappings, depending upon the availability of the procedures named.

The use of food should be confined to nutritious fresh vegetables and
(Continued on next page)

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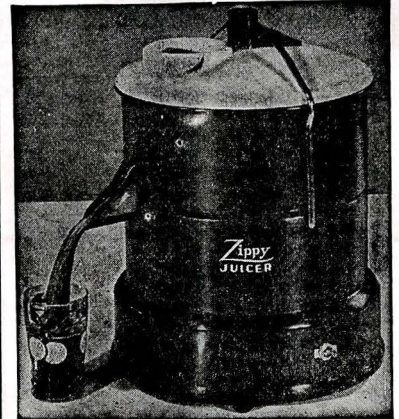
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**BLADDER DISTURBANCES AND
THEIR CORRECTION**

(Continued from previous page)

fruits and whole grain cereals. No flesh food should be used, as meat has a tendency to increase the irritating substances in urine. For protein either nuts or cheese or soybeans are preferable sources.

THESE suggestions will, if carried out, correct the acute bladder disturbances, in a short period of time. If there should be a recurrence, a fast of one day, followed by one day of oranges every two hours, then two days of salads composed of cabbage, celery and lettuce and a generous portion of either parsley or water cress will be beneficial. After this have at least one salad daily, whole wheat cereal making up the balance of the daily dietary with also exclusive meals of fresh vegetables and fruit.

These instructions are ample to cope with the acute conditions except in the case of gonorrhoea which needs more drastic procedures and a prolonged period of application of same under competent supervision to effect the eradication of the disease, and the restoration to normal of the generative system.

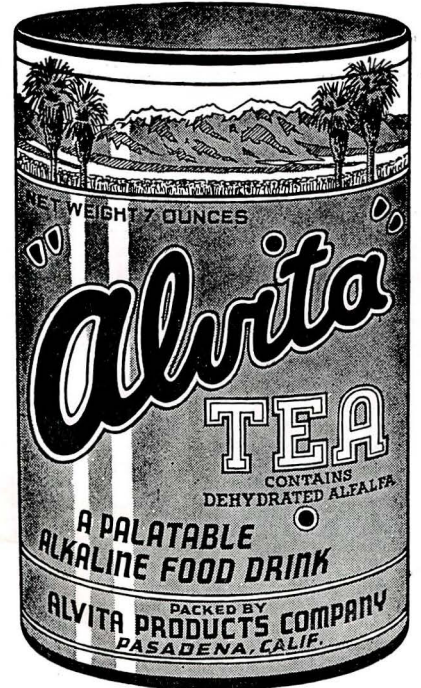
IN addition to the constitutional procedures, we should like to mention the use of procedures to alleviate local distress present in these cases. For this purpose short sitz baths of 83 to 86° will prove efficient. These should be taken for five minutes every one to four hours depending upon the severity of the pain and congestion. As an aid to these applications the use of compresses or half trunk packs of 70° for half an hour will prove valuable.

General weakness of the bladder occasioned either by mental or physical causes or a combination of both is a common disorder. It is manifest in excessive or frequent urination. If of mental origin it requires the concentrated attention of the subject to overcome. Positive and constructive thinking on the matter can efface the disorder. If of physical origin, the use of procedures suggested for the acute catarrhal condition, especially the use of sitz baths is in order.

SOMETIMES there is hemorrhage from the bladder, which may prove very alarming. This occurs as a result of gravel or sand from the kidneys, or a degenerative change in the bladder itself, as ulcers or cancer.

If the blood is not closely mixed with the urine it is from the bladder itself. When the blood is mixed completely with the urine it is from the kidneys.

From the causes of the hemorrhage
(Continued on next page)



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HOW TO HAVE HAPPINESS

By Dr. Joseph F. Black
G.Pt., D.C., N.D.

ALL our lives are spent in a frantic search for the priceless treasure of happiness. We search for it in various channels, but so often the pleasures we taste leave only a bad taste in our mouth afterwards. This is doubtless because we do not study earnestly to discover the things which will delight and satisfy us with lasting gratification, but are deluded in pursuing "Will-o'-the-wisp" indulgences which bring to us no contentment. Let us pause for a moment and consider some basic causes of happiness.

The first great desire is to gratify the need for self-preservation, to acquire shelter and food, and be sure of enjoying the pleasures of the senses which come from being well nourished and protected against the ever-present fear of physical discomfort. It does not really take much effort to accomplish this, but the fault seems to lie in the fact that too many of us are not content with a reasonable acquisition of money or power which will insure them and their loved ones against want of food or shelter.

Health Important

THE way some people struggle to lay something away for a rainy day would make you think that the rest of their lives were to be spent in rainy financial weather. Health, the greatest wealth, is generally last in this mad struggle to accumulate material resources which could not possibly be enjoyed in one lifetime. It is wise to prepare for the future in every way, but remember that a healthy, happy life can be realized only by one who has given sufficient time and energy to a study of the laws of nature which must be obeyed if one is to enjoy vigorous health. Learn to live each day with better habits and you will be well repaid if some of the energy you now spend in a wild scramble for money is used in cultivating a clean, strong, virile physical body.

Another essential source of happiness is to select a desirable mate with whom you can travel down life's pathway. No desire can be substituted for this normal hunger for a mate with whom life's joys and sorrows can be shared. The finest accomplishments that it is possible to achieve are only possible with one who is constantly cherished by someone of the opposite sex.

Desire to Achieve

THE desire to achieve is a third great longing which brings lasting happiness only when never completely satisfied. There are many

(Continued on page 160)

BLADDER DISTURBANCES AND THEIR CORRECTION

(Continued from previous page)

as revealed above one can see that the condition may be either acute or chronic . . . acute when caused by small irritating stones . . . or gravel from the kidneys; chronic as from ulceration or cancer of the bladder.

PARALYSIS of the bladder may result from repeated distention or through destructive change in the brain affecting the flow of urine. The muscles controlling the opening into the urethra no longer function. Either they fail to close the opening in which case there is a constant small dribbling of urine or the opening is closed completely in which case there is no flow of urine at all.

In both cases much the same attention is necessary. Cold sitz baths of ten seconds each, every hour, or more frequently, if distressed, should be taken. The patient should retire wet after the sitz bath under sheets and blankets.

If sitz baths are not practicable, then rubbing the lower abdomen and pelvic region for five minutes every half hour with cold water should be used for six hours.

If there is no relief from the distention and congestion, then a catheter should be introduced by an experienced physician to relieve the tension and free the bladder of its contents.

Following this, procedures already outlined should be administered. The subject should be fasted temporarily and no liquids other than two table-spoons of water every one and one half hours should be allowed, until symptoms subside.

IF alleviative measures are not soon enough applied in the condition of paralysis, rupture of the bladder may occur, in which case expert professional attention is necessary as an inflammation of the peritoneum and abdomen becomes imminent.

Hot sitz baths of 102 to 104° are in order to reduce the pain and assist the throwing off of impurities in cases of rupture of the bladder. These baths should last seven minutes and be followed by quick cold washing of the parts, and a then drying off. Repeat the bath every one-half hour until relief is forthcoming.

STONES in the bladder are a source of considerable trouble if they enlarge through the further deposits of uric salts in which case they may become too large to pass through the urethra for expulsion. At the first signs of stones, that is the appearance of gravel, every effort should be made to readjust the living, so as to encourage the dissolution of existing

(Continued on next page)

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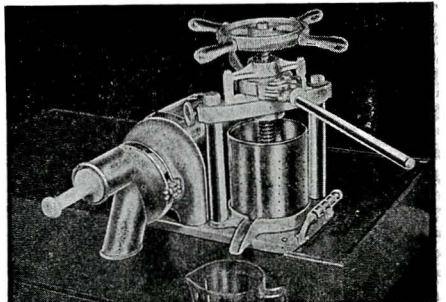
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Whitewood, S. Dak.

Lucile Steele

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

BLADDER DISTURBANCES AND THEIR CORRECTION

(Continued from previous page)

crystals to a degree, and prevent the formation of further stones or the enlargement of those already present.

Stone and gravel in the kidneys which pass to the bladder are the result of many years of wrong living habits and in such cases the services of a physician qualified in all natural procedures are required to effect a return to normalcy without the use of the knife.

The acute catarrhal condition of which we wrote earlier in this effort, if neglected, can and will develop into a chronic catarrhal disturbance in which case, only the most courageous and patient effort over an extended period of time the length of which depends upon the strength and energy of the subject and the facility in which measures can be applied, will suffice.

A WELL planned and supervised schedule of eliminative and reconstructive living is in order, and must be followed assiduously if results are desired. This is something not to be attempted alone but under the direction of one experienced in the handling of such cases.

All who suffer bladder disturbances, whether acute or chronic, and who desire to correct these should bear in mind that to fulfil this desire demands, self-discipline as well as the sincere and persistent application of the measures named.

All chronic disturbance of the bladder are the result of an underlying altered condition of the whole body which must be corrected if the health of the bladder is to be restored.

THE IDEAL DIET OF MAN

(Continued from page 144)

erful regenerator of the entire plant kingdom as far as man is concerned.

Moderation Best

NOW, we are not contending that in order to enjoy health it is necessary to live on a mono-diet of spinach and oranges, or any other single food for that matter. Nor do we mean to say that one must be a raw food eater in order to be happy and well. One can still beget a relatively healthy body far above the average on a less stringent diet. The point we set out to demonstrate is that the ideal diet (under ideal circumstances) is the all raw diet and the mono-diet in the final analysis is the most perfect for the complete regeneration of a sick body. It is the goal toward which the enthusiast, sick or otherwise, aims. There is only one

(Continued on next page)

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THE IDEAL DIET OF MAN

(Continued from previous page)

additional rule that should be incorporated for the very ill when embarking on a natural regimen of living, and that is to be moderate in the beginning, gradually changing the diet from the "awful" one toward the ideal. There is such a thing as breaking down dams of obstructing corruption within the body too rapidly as the dynamically vital energies of live foods are released on a nearly "dead battery." Moderation scientifically applied is the best rule.

The Truth Stands

ANYONE who desires to prove the points raised in this article can try them on him or herself. Let us not take the words of the laboratory scientists, experimenting only with animals, who have never tried the natural philosophy on themselves. They simply cannot speak with complete scientific enlightenment. Only those individuals who have applied natural diet, assisted by the other natural therapeutics, on themselves can give a truthful opinion as to what is right, and what is not, in matters of diet. For, personal application of principles is the only court of final opinion. Nor can anyone ever be able to contradict such experience. No one can argue against truth.

Thus one can with a positive, incontrovertible conviction, prove beyond any argument to the contrary, first, from natural deduction of the principles concerned, second, from the case histories of others who have tried (as herein reported) and finally through experiencing effects upon one's own body, that the ideal diet of man for the most perfect health and longest lease on life, is the all raw, live diet of fruits and plants!

SUNSHINE AND HEALTH

(Continued from page 146)

readily pass through dark or heavily tanned skin.

KEEPING these simple facts in mind you may judge for yourself the necessity for keeping the skin free from tanning and pigmentation, if you desire to secure maximum vitamin "D" effect from the sun and other ultra violet sources such as "home sun lamps." The Nudist may feel fine and powerful during the summer months when his skin is tanned, almost black, because his entire body offers such large surface for the absorption of solar ultra violet rays that even though his black skin shuts off a good part of them, he still gets enough for normal stimulation, but when winter comes or when he can no longer go naked, with only a small part of his skin exposed

(Continued on page 153)

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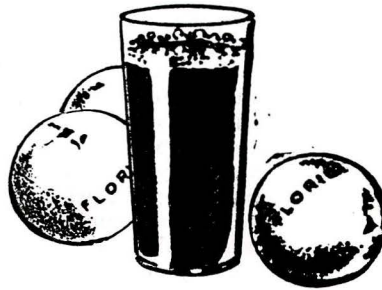
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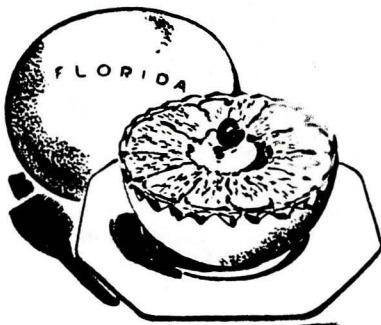
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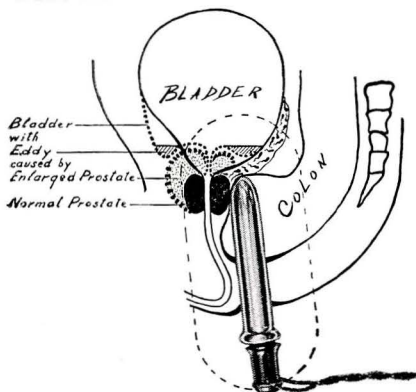
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SUNSHINE AND HEALTH

(Continued from page 151)

he suffers more than the "pale face" who never had a tan. As a result it often happens that those who are heavily tanned during the summer often are subject to more bronchial and lung troubles during the winter months.

If you are looking for cosmetic effects to make your friends believe that you just came back from Florida, then buy the cheapest and simplest kind of sun lamp, operating with therapeutic carbon sticks, or a burner which has mercury vapor in quartz glass. However, if you are looking for health and resistance to disease buy a sun lamp that has all of the sun rays and without any of the caustic ultra violet rays that are shorter than those from natural sun. Try to prevent more than a very light tinting of your skin. Remember the darker your skin is the less benefit you receive to your blood stream from your sun bath.

In closing this article I am reminded of an editorial by Dr. Benedict Lust in Nature's Path a few years ago, in which he stated that if one of his employees should come in on a Monday morning with his skin broiled red like a boiled lobster he would consider him subject to reprimand and not a good advertisement for his Health establishment. He commented that the broiling and blistering of the skin with ultimate tanning, represents destruction of tissue and obstruction to the health giving power of sunshine and this applies to natural sun baths as well as to the use of the so-called ultra violet health lamps.

UNUSUAL FRUITS

(Continued from page 124)

choicest varieties having evolved through centuries of mass selective breeding. We need but compare the ancestral stock of worthless, large-stoned fibrous seedlings, predominating in an objectionable turpentine flavor, with current superior grafted types to evaluate the progress made. In highly prized varieties, all undesirable features are scarcely perceptible. It would be as unfair to judge a delicious apple by half-wild seedlings, as to use as a criterion for mangoes those common types that are of strongly resinous inferior flavor and that abound in fiber which remains inextricably wedged in one's teeth.

The varieties of mangoes are almost innumerable, though the well-cultivated fruits enjoy the distinction of a single species and belong to the genus mangifera indica. (Continued from previous page)

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TOXOLEM

UNUSUAL FRUITS

(Continued from page 153)

A dictionary of economic products of India alone records the collection of some 500 kinds; many of these, however, are of limited distribution and of limited importance. The mango is so changeable that new types are constantly appearing, due either to its tendency to variability alone or to the result of beneficial but accidental crossing of pollen. The evidence of these crosses is quite distinctly marked in some forms. That is why the fruit varies so in size and character, assuming shapes which range from oval, pear and kidneylike contours to those well-rounded and long or slender. Equally singular are the great differences in weights of the mango, the largest approximating four to five pounds, while the smallest are no bigger than good-sized plums. Great variations are noteworthy in color, too; some types are delicately tinted deep yellow, orange or apricot, with a crimson blush on one cheek, while others are of an unattractive green shade; color is dependent on climate.

THE skin is as smooth as that of an apple, but thicker. The flesh is not unlike that of a peach in texture and color, and is extremely juicy, often fibrous in seedlings and inferior budded varieties, but in the best kinds it is entirely free from fibre and of smooth melting texture. In uncultivated varieties the stone or seed is very large as compared with the remainder of the fruit, with long fibres covering the stone and running through the pulp of the fruit. The flavor of the mango may be rather inaccurately described as a blend of apricot and pineapple. The best types are renowned for their alluring lusciousness; their sweetness is tempered by just enough acidity and spiciness to prevent their cloying the palate.

The term "chutney" is really the name of a species rather than that of a variety. Contrary to some interpretations, it does not signify a mango used chiefly for the manufacture of chutney, a well-known sauce imported from India. While the chutney has not the pronounced sweetness which characterizes other varieties, it is nevertheless highly esteemed for its delightful acidity and spiciness, its pleasing aroma and that distinguishing yet agreeable odor which pervades the fruit.

How To Eat The Mango

IT is quite as important to the consumer to know how to eat a mango with the least inconvenience as it is for the grower to know how to produce it to perfection. For the mango is notorious for the difficulties

(Continued on next page)

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UNUSUAL FRUITS

(Continued from previous page)

encountered in handling it. The rind of the mango produces sores upon the mouth and face of some people. Most of the best kinds may be eaten with a spoon, some even separating from the stone like the avocado. To prepare mangos for eating, place them on ice until they have become thoroughly chilled. With a knife cut a ring around the rind a little above the shoulder and another near the opposite end. Then run the knife along the side connecting these two rings. This will facilitate the separation of the rind in most varieties, and the pulp may then be removed with a spoon, or with a knife and the fingers, if quite fibrous. The fruit is sometimes prepared by peeling and slicing and is served with ice.

The use of the mango at the present time is largely in the form of fresh fruit. Consumed in its natural state in the form of incomparable desserts and salads, it represents an important source of sustenance to the natives of India during the season. Analysis of the edible portion of a superior mango, low in fiber content, has been made known to us by the Hawaiian Agricultural Experiment station; viz:—Water 82.51 per cent, ash .39, fat .01, fibre 1.45, protein .84 and Carbohydrates (sugar) 14.80 per cent.

THE secondary or manufactured products of the fruit are numerous and are assuming increasing importance. Perhaps the commonest of these is the mango chutney. It is possible also to make a diversity of preserves, jelly and marmalades from the fruit, either fresh or green. The possibilities of the mango at the hands of the expert preserve manufacturer with modern appliances are limitless. One of the simplest ways of using the green fruit is in the form of steved mangoes, which may be prepared in the same manner as apple sauce or stewed rhubarb, which it closely resembles in taste, dependent upon its degree of acidity. In India, the green, strongly acid fruit is boiled with sugar or pickled, and is then used in curries as well as to flavor many fish products. These strong-flavored varieties are often dried by the natives, and subsequently used as a condiment in contributing acidity to certain curries. The kernels are consumed with avidity during times of famine; indeed the poorer classes in India boil them and eat them with greens.

The possibility of developing desirable varieties of mangoes resistant to lower than tropical temperatures by special breeding methods is now under consideration by the Division of Plant Exploration and Introduction. Let us hope their efforts will be crowned with success.

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DR. LUST SPEAKING
(Continued from page 122)

found straightforward and honest in his dealings not only towards his relations and friends, but towards the world in general. A healthy person cannot be otherwise than deeply religious, even if he does not show it outwardly.

In short the life of a really healthy individual, as I understand it, is from beginning to end, a life of pure unadulterated joy. This is a rare specimen, indeed, and yet everyone of us can approach this ideal to a much greater extent than most of us think possible. The enjoyment of such health in body, mind and spirit, can fall to the lot of all of us, if we but take pains to keep good health by living in conformity with the laws of Nature. NATURE'S PATH magazine considers it its mission and sacred duty to impart these laws of health to all who read it. We will feel ourselves amply rewarded if we can bring the knowledge of preserving health and happiness to all. But we cannot be your doctor. We cannot eat your foods, neither can we compel you to lead your lives in such a way that you will keep healthy. You are your own doctor. All your sins, sorrows, weaknesses, and anxieties are your own and you can cling to them, or you can give them up. Of your own accord you come to abiding peace and health. No one else can give up your sorrows, your sins for you, you must give them up yourself. The greatest teacher can do no more than walk the path of truth and nature for himself and point it out to you. You must walk it yourself. You can obtain freedom and peace by your own efforts alone, by yielding up that which binds the soul and body and which is destructive of peace and good health.

DETOXICATION

(Continued from page 129)

on and consists of a system of natural therapy in accordance with the laws of health and nature. He is well aware that no one, except nature can cure disease. Therefore his whole efforts are directed towards aiding nature and thereby promoting the healing process.

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(Continued on next page)

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DETOXICATION
 (Continued from previous page)
 and without doing anything to get rid of it?

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In other words the Naturopathic Physician directs his whole efforts toward a restoration of normal physiology and body chemistry, thereby helping nature to cure and remove the cause of disease and to promote better health.

FEVER AND DIET
 (Continued from page 131)

body, many ills result, for the red blood corpuscles are so weakened by the lack of oxygen that the body cannot build new tissues. The oxidation of foods within the cells must cease when there are no oxygen atoms in the cells for the food molecules to unite with. The cells then deprived of energy soon die. Oxygen is a food chemical of highest order and of first importance.

It converts food into tissue and aids in tearing down old cells and building new ones. It burns up excessive fat, aids in digestion and heightens vitality. We can see how the innermost cells of the deep and outlying tissues may be oxidized during a fever treatment, during which time the pulse rate and respiration may be doubled safely in count by a controlled rise in body temperature.

There is no way of estimating the actual results of a single treatment except in acute infectious cases. During a course of such treatments if the proper diet is given you can see miracles of healing performed before your very eyes in such cases as influenza, pneumonia, acute infectious cases, also arthritis, rheumatism, nerve exhaustion and many other troubles, in fact most all chronic diseases respond wonderfully to the friendly fever treatment.

TO secure the best and quickest results it is necessary to supply the minerals which work as solvents, as sodium and potassium, which aids in the transferring oxygen to all the cells. These can be had in raw celery, parsley and carrot juice, also
 (Continued on page 160)

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FEVER AND DIET

(Continued from page 157)

fresh grapefruit and apple juice. They can be given during the treatment in one or two ounce drinks. They should be given plentifully during the intervals between the treatments. The patient will lose some weight but this can easily be regained during the building period after the body has been cleansed and oxidized.

If during the course of treatments, which should last from four to seven weeks, plenty of the fresh alkaline juices are given, thus supplying the minerals and vitamins in abundance, there will not be too much breaking down of tissue. Also honey can be used where a heart tonic is needed. This natural easily digested food will be assimilated readily, and does not hinder in the eliminating process.

WHEN each treatment is preceded by a thorough colon cleansing the desired results are easier to obtain, and the patient is more comfortable, also the doctor is more at ease as well as the patient. With an empty colon there is less danger of an unexpected reaction.

The doctor has not completed this task until he has supervised the period of rebuilding new cells after the cleansing program is over. In teaching the patient how to care for the clean body, we should instruct him how to properly carry out daily exercises and to maintain a well balanced alkaline diet so that the return to the old condition may be prevented.

BEAUTY

By Lilian Wit Cahan

Mind Over Matter (Part III)

YOUR expressions, your growth, your looks depend on how you live. We should so conduct ourselves as to make the best use of the body that is nothing more or less than a finely constructed mechanism for use and certainly not abuse.

We know that the body is a mind controlled mechanism. Let no one imagine that he can abuse his body and the body will forget that. It so happens that the sleeping mind retains the memory of all things that happen, since one from inception to the very ending of his earth life is controlled by the deep hidden memory consciousness generally termed the "subconscious." It would be more accurate, more explicit, to call it "memory consciousness." And that memory consciousness is ever present with you whether you think about it or not.

Just try to overeat a bit. Or drink a little more than the body can stand. Go without sleep for any length of time. Overwork yourself. Not only do you suffer immediate consequences

but the body retains all impressions of one's doings and pays you back with interest. You can't forget it for the subconscious retains the memory. Body as well as mind is retentive, for in essence your body is mind. Your body becomes your best serving medium where your doings and expressions come in. Let each other, meaning body and mind, work harmoniously for your complete welfare.

When your mind and body forces combine you live properly, sanely, scientifically. Whenever you want to soar to heights in mind leaving body behind, you'll regret that you left that ever faithful servant, your body, in a rut. Let your mind combine with your body forces, help each other climb to heights of attainment. When such is your aim, your personality will be stronger, your face radiant to behold and youthfulness will be yours for a lifetime.

I OBJECT

(Continued from page 145)

repay in part for the benefit you derive from it. This is not something new. It is only reminding you of your obligation to society.

I object most emphatically to anyone talking, writing, or publishing about killing, murder, or massacre. I particularly am referring to the prominence given to the mass scientific murder called war. Many news broadcasts talk about nothing else.

HOW TO HAVE HAPPINESS

(Continued from page 149)

goals for achievement which are worth while but often overlooked. If a better machine is invented, this gives a temporary thrill to the inventor, and doubly so if the invention will lessen human misery or add to the happiness of others. If your sole object is to secure more power or gain more money, you will be always disappointed. It is just as easy to discover new ways to help others to contentment as to win victory only for yourself and the final results will be of infinitely more satisfaction. Try the experiment of earning the name of being the most tolerant man in the community. You can do this with the most selfish knowledge that you will be the best loved and most sought-after man in town.

Encouragement and praise we need
In life's great race to give us speed;
To give us pep for daily chores—
To make us pull hard on the oars—
To cheer us when we're feeling blue—
To do our best the whole year through—

And what we need, let's freely give
That others may the better live."



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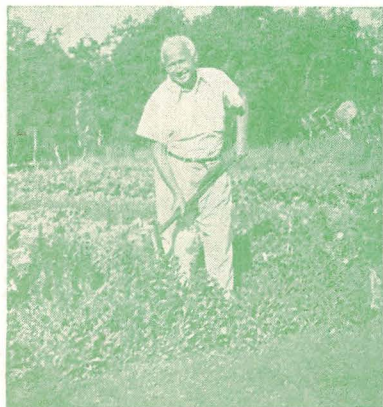
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