NATURE'S PATH

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Dr. Lust Speaking

MAY, 1941

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FOUNDED 1896
BY
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EDITOR

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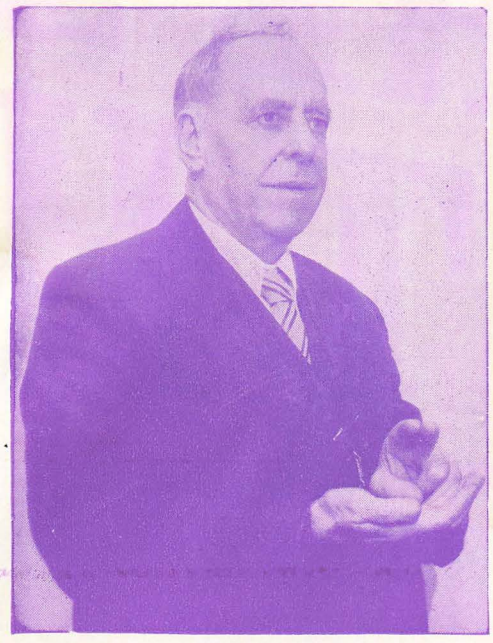

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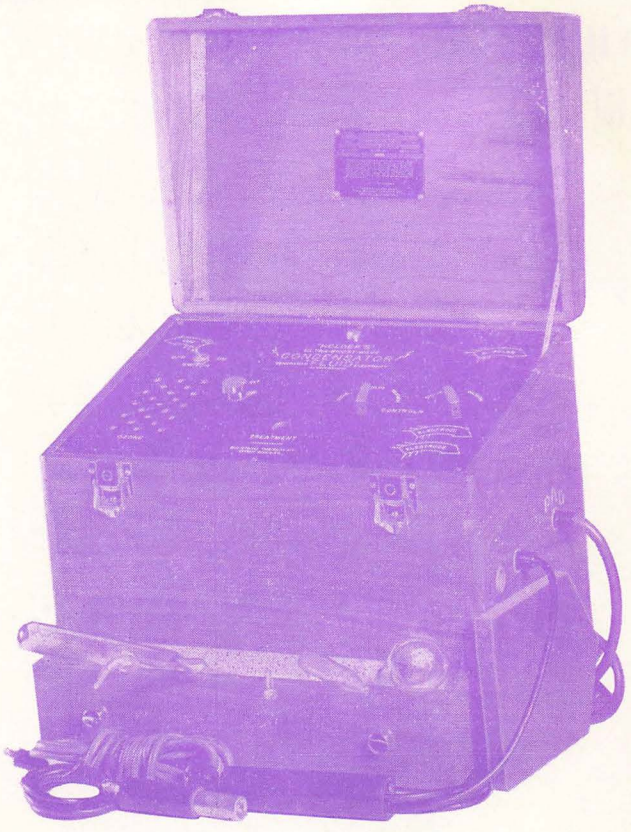

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by Lillian R. Carque, Sc.D.

The relative merits of fresh, juiced, or dehydrated vegetables are discussed with scientific thoroughness by the author who is Research Scientist for Natural Brands Research Foundation, Glendale, Calif.

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The Creation of Life by Chlorophyll and Sunshine

by J. Henry Hallberg, Physiologist

A thrilling account of the only substance known in the world which possesses the power to transform the sun's energy into organic matter and life.

•

Chemically Treated Flour; Paul de Kruif's Idea of an Epochal Advance — An Answer

by Dr. Jesse Mercer Gehman

A devastating refutation of the widely publicized statement that the newly created vitamin-enforced white bread is as nutritious as whole wheat bread.

•

Nature Can Remove Tumors

by Eugene A. Bergholz, M.D.

Continuation of article in May issue giving a simple plan for the removal and prevention of tumors.

•

Are You An Extrovert or An Introvert?

by Dr. Joseph F. Black

Containing 56 entertaining questions which will enable the reader to determine for himself whether he is extro- or introvert. This method may also be used to advantage in judging other people.

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

Current No. 558 Vol. XXXXVI, No. 5

NATURE'S PATH

Dr. BENEDICT LUST, Editor

MAY, 1941

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

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Dr. Lust Speaking

ALTHOUGH the present frightful events in the world are overshadowing all our actions and thoughts and have frustrated all our hopes for a millenium of health and happiness, NATURE'S PATH magazine holds firmly to its often proclaimed aims of educating and instructing all who want to listen and learn, in the art and science of better living, better rational use of biological functions, better diet, better thoughts and higher ideals. These issues transcend all the temporary problems that are created by war and disunion among mankind. These issues have been present before the war begun and will be in far more urgent need of solution after once peace is restored. In fact they will be the only foundation on which permanent peace can be obtained. It sounds preposterous to talk of a permanent peace now. It does not sound preposterous, however, we are sure, to the millions who are now suffering death and starvation, to the widows and mothers who have lost their support, to the children who have become fatherless, to the uncounted number of families who have been driven away from home and hearth, and to whole populations mowed down by the cruel hand of war. These people will be the ones that need the support of all of us now and in the times to come. They will need the assurance of the survivors that a better future, a world healthier and saner in the physical and spiritual sense will await their children and children's children, and a reasonable certainty that a repetition of the present catastrophe will not come to pass, that peace and security, health and true fulfilment of humane aspirations will grow out of the ruins of their shattered homes.

Let us not for a moment forget what really caused this present tragedy. Was it the fact that one country invaded another, and that a declaration of war followed? No it wasn't that. It was the pestilence of covetness, of crass materialism, the worship of power and the greed for still more power. Comparable to the "Black Death" of the Middle Ages this contagion is spreading over all countries of the earth felling guilty and innocent alike and leaving untold misery in its wake. Where it originated and where it gained momentum is the task of the historians to decide after the storm has spent itself. We who stand as witnesses and perhaps participants in the midst of the struggle cannot form an objective judgment. It would be difficult to fix the blame on any single outward event. Yes, let us call it a disease and let us see whether we cannot trace it to its hidden sources. Most contagious diseases are spread by germs through direct contact. The worst scourges like pestilence and cholera are today practically extinct, and the success in subduing them is not, as so many people still believe, due to the discovery of their germs, and the description of the cause of the disease, not even to immunization, vaccination and inoculation, but to the great advances in sanitation, housing, nutrition and the general raising of living standards. Disease in general, including all disorders infectious and non-infectious, chronic and acute, can only gain a foothold in a soil prepared for it, in a human organism whose resistance powers have been weakened, in a morbid seed bed that is for the germs to grow. Where these conditions are absent there is no disease and there are no germs. Fortunately, mankind has succeeded in nearly extinguishing the most violent diseases through greater cleanliness and better understanding of our bodies' needs. Not so with the disease called war. It is futile to search for the germ of war, just as futile as it is to search for the cancer or influenza germ. Whether there are such germs or not and whether medical

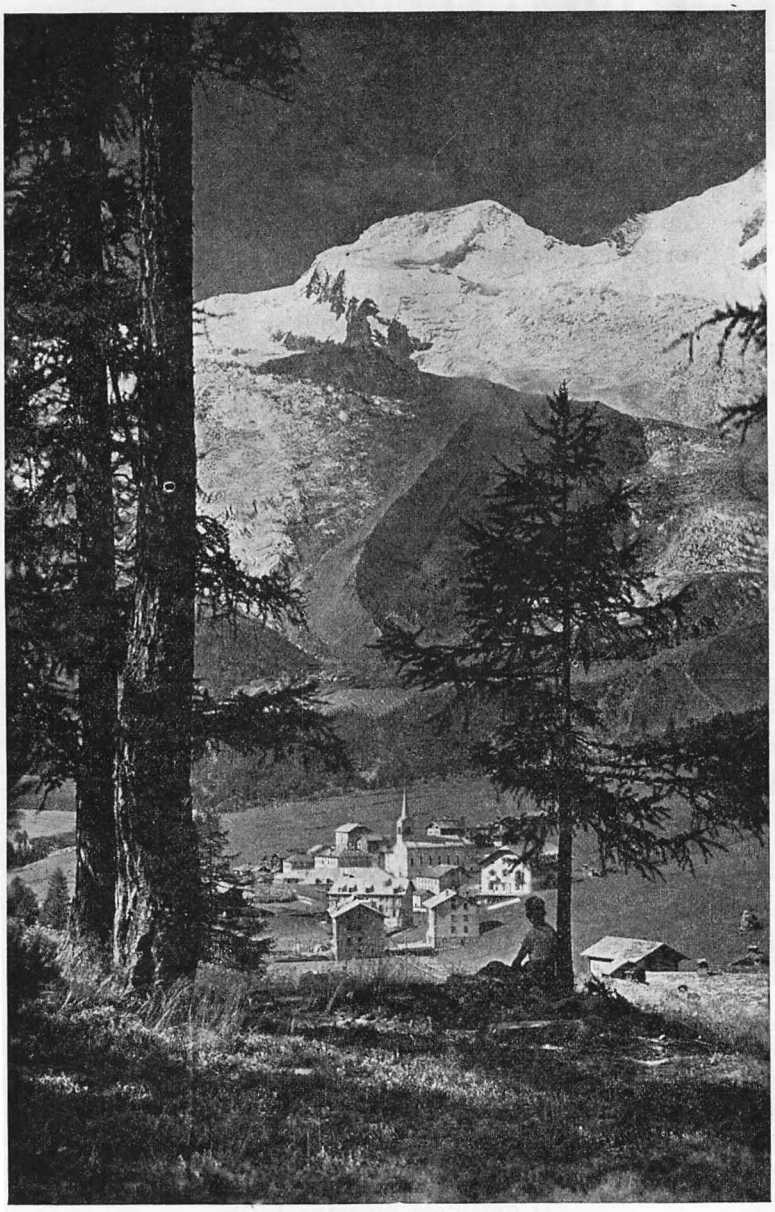
(*Continued on page* 194)

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. Not so! She Can Give AND Take, Destroy or Make. But, She Needs A Chance!

WHAT terror does not the sound of tumor growth, cancer, strike in the hearts of those affronted suddenly by the personal discovery or by a physician's diagnosis of the presence of a foreign growth in some part of the body! What countless thousands are not living from day to day in an unholy dread of possible onset of such a disease!



Saas-Fee In The Valais, Switzerland

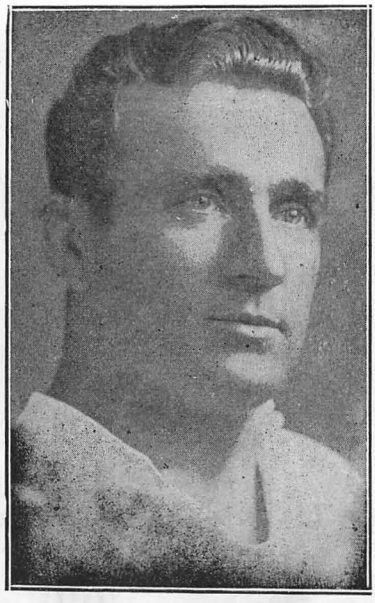
Wherein lies the basis of such fear? The real reason resides in the misunderstanding on the part of "science" of the *cause* of tumors and in the assumption that once Nature has allowed a tumor to develop there is no "back tracking," no retracing of the steps, and that a surgical removal or a destructive burning, cautery, x-ray, or radium annihilation, are the only means of overcoming this uninvited, unreasonable, unaccountable intruder. Especially terror-striking is the unexplained problem, in the case of malignant tumors, or recurrence, violent growth, and invasion of the very body that nourishes the parasite, and ultimately destroying the entire organism utterly!

To Cure, Remove Causes

IN SHORT, IT IS THE MISUNDERstanding, or deliberate ignoring of vital causes with too much emphasis on the mechanical surface findings which accounts for all the fear and scientific uncertainties. Certainly, if *causes* could be determined and not allowed to operate, no tumors could possibly ever occur. Furthermore, all living tissue tends to restore itself to normal. The broken bone knits again; the open wound heals; the disease is cured. In each case, the inherent, ever-present energy attempts to restore normal vibrational, chemical, mechanical and physiological integrity. Does it not follow then, if once a tumor has developed and if causes that produced the tumor are from then on prevented from occurring, that then the inherent power of self-restoration would tend to restore normal, which in this case, would be a resorption of the new growth in reverse process by Nature herself, doing this as well as She was able to produce the growth in the first place? Common-sense analysis dictates, "Yes!" Experience of Nature-Curists who understand the causes, vindicates that conclusion unequivocally!

The writer has seen ovarian cysts, fibroids of the womb, tumors of the prostate, fatty

(*Continued on page* 194)



WHY SERUMS AND VACCINES FOR DRAFTEES?

By **DR. JESSE MERCER GEHMAN**

MANY people have asked, and rightly so, "Why are our boys who pass the physical examination to serve their country forced to be injected with serums and vaccines?" No one appears to know except the manufacturers of serums and vaccines who receive a handsome profit from the business of selling them to your Uncle Sam.

Were the great profits of serum and vaccine manufacture suddenly eliminated, the idiotic craze of injections would disappear almost as quickly as snow before the sun.

When it is no longer possible for vaccine and serum manufacturers to sell the pus of animals, that are made sick artificially to produce it, at exhorbitant profit, the theory of vaccine and serum therapy will be too wobbly to support the crumbling commercial super structure of vaccine and serum manufacture.

IT REQUIRES NO STARTLING BRILliance or store of business acumen to grasp the profit significance of the business of vaccine and serum manufacture. A horse costing $75.00 is capable of producing as much as $75,000.00 worth of vaccine or serum. Of course there is some other overhead as feeding, technicians, stabling, advertising, marketing, and so on, but it is obvious that the profit is quite generous after these items are deducted.

Considering that profits on drugs are considerably lower than vaccine profits, perhaps we have one reason here for the urge to maintain the false theory of vaccine and serum therapy.

If your physician vaccinates or serumizes you, you pay him a fee depending upon the type of vaccine or serum used. If your local board of health vaccinates you, you still pay in actual money and the same is true of your government, though you are no party to an immediate cash exchange.

BOARDS OF HEALTH VACCINATE AND serumize the people of their respective communities with purchases they make from vaccine and serum manufacturers from the appropriation they receive each year. As a taxpayer you contribute to the budget. The same is true with respect to your government. So do not be mislead into believing that either the local board of health or the Federal government is conferring any favors in vaccine and serum therapy, simply because there is no immediate cash transfer between these agencies of public health and those they vaccinate or inject.

The mythical power of vaccine, serums and anti-toxins is constantly being driven into the public mind by persistent propaganda, of a nature equally vicious, though less blatant than the cigarette advertising howling from bill boards from coast to coast, from magazine from cover to cover, and from every loudspeaker in America.

Yes, though less blatant than the cigarette advertising, vaccine and serum advertising is equally vicious and perhaps even more effective for it comes to us barbed in the disguise of news in the press of the nation everyday.

THE MAJORITY OF EDITORS ARE ONLY too happy to carry the story of an epochal dash by dog sled or clipper to some remote corner of the globe to save a human life with some new type of serum or vaccine or perhaps one already used but the sales of which may have dropped off.

Many of our foremost physicians and scientists oppose the theory of vaccine, serum and anti-toxin therapy, for they have closely observed the results and these results have been such as to condemn the use of these nostrums as highly dangerous.

You can be sure that very few such physicians are in power on our local boards of Health or in the United States Public Health Service, or the military service of the country. If they were in power, it would be most disadvantageous to the manufacturers of vaccines and serums as you can readily see.

Municipal, county and Federal appropriations are vitally necessary to a continuance of their business of manufactures of pus which is sold on the pretense of preventing, resisting or counteracting disease.

But this does not mean that all physicians in

(*Continued on page* 176)

THE ENEMA

ITS THERAPEUTIC VALUE

By **S. LEILA HOOVER**

THERE is an objection by some health educators to the use of the enema. They claim it is habit-forming and therefore detrimental to health. If one gets the habit of taking an enema just to relieve the bowel, without making an effort to correct the condition that requires the enema, the objection is well taken. But comparing the enema habit with the drug habit—and by "drug habit" I mean the habitual taking of any laxative or cathartic to move the bowel—the enema habit is by far the safer. Any drug that acts as a physic, affects the whole nervous system, drawing on the blood and every gland and tissue to furnish the fluid with which to do the flushing. This constant drain jars the nervous system and paves the way for chronic disease.

CONSTIPATION IS OFTEN THE RESULT of an abused liver—that important gland which the ancients so named because they knew they were health bankrupts without its cooperation. Therefore to live, they must have properly functioning livers. The moderns pay little attention to this important gland. Some with whom I have talked do not even know they have a liver. Others treat it lightly. Not so many years ago it was quite common to hear some one say: "My liver needs a good cleaning, so I'll take a dose of calomel." Calomel, the master liver-smasher, is quite likely the cause of much suffering. A few decades ago it was a popular laxative. Modern physics are kinder in that they are mostly compounded from herbs. Just the same, they carry a goad that cruelly prods the liver and puts a jolt into the already weary intestine. If this dosing becomes a habit, the muscular action gradually slows down and then the bowel begins its deadly collection.

AN ENEMA DOES NONE OF THESE things. It simply relieves the colon of its filthy load, that unless removed, will be reabsorbed into the blood stream, carrying death to every cell of the body. But in all cases where an enema is given or taken, there must be a well defined reason and objective. Only in cases where the bowel has become paralyzed as a result of disease or accident, is the continued use of the enema justified.

The Enema In Acute Disease

IN CASES OF SEVERE COLD, PNEUMONia, flu, chills, small-pox, measles and all other contagious diseases, as well as in cases of grief, fear, anger, or accident and shock, the enema should be administered as soon as possible after first aid measures have been given.

In acute disease as well as in shock, the nervous system is partially paralyzed and does not direct the peristaltic movement as formerly. Peristalsis begins to lag, often stops altogether, and the colon becomes inert. Poisonous secretions from the delayed faeces begin to enter the blood. To give a physic only adds to the poisons for there is not sufficient intestinal muscular movement to carry out the waste. If a cathartic is given that is sufficiently powerful to arouse the nerves to prod a movement, the shock is such that the whole nervous system is let down to the point where the patient's chances for recovery may be cancelled; for on the condition of the nerves depends the outcome of the struggle.

The life-saver in all such cases is the enema. First, a warm low enema of pure water to relieve the lower bowel, and after the evacuation, a very warm saline enema which acts as a mild stimulant. These enemas should be continued twice daily till the temperature is down to normal, the nerves relaxed and the patient craves food.

AFTER THE first few enemas, no salt should be added to the enema water. There are cases of acute illness where the addition of fresh fruit juices to the water proves efficacious, but

(*Cont. on page* 188)

CONTROLLING YOUR NERVES

By **JOSEPH F. BLACK, D.C., N.D.**

THIS article is intended to help those who are conscious of being nervous. By the term nervousness is meant a functional disturbance of the nerves; that is, the nerves are disturbed in doing their work. The nerves themselves are in good condition. If you are nervous, then you may be sure that your nerves are strong. That idea may be somewhat hard for you to accept if you have absorbed the mistaken teaching that you have tired nerves, or nerve-fag, or exhausted nerves. Yet, there is absolutely no evidence to believe that the nervous patient is suffering in any way from "worn-out" nerves.

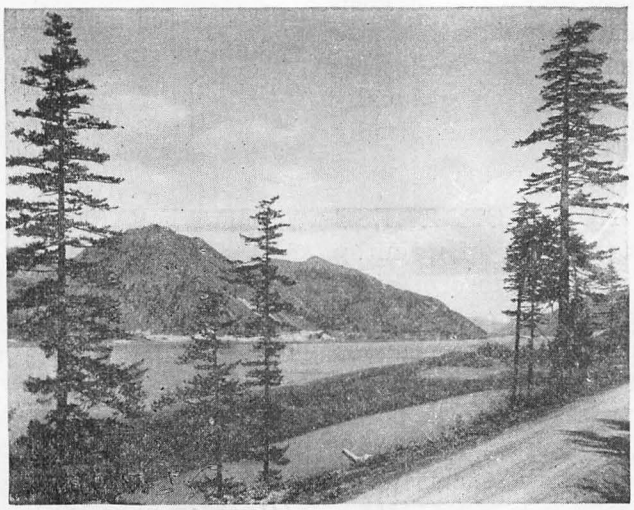
Nervous Characteristics

THE SYMPTOMS OF NERVOUSNESS ARE so varied that they would fill a book; however, the common ones are: profuse sweating of the hands when excited, headache, trembling, tiredness, weakness, irritability and dizziness.

One of the characteristic features of nervousness is that the person is extremely suggestible. He responds readily to suggestion and is greatly influenced by it. If he hears a vivid description of a disease, he may imagine that he is developing it. Another characteristic of the nervous person is that he is unduly aware of all bodily sensations. For this reason, he has a tendency to center his attention upon them, which only results in increasing his discomfort.

In High-Gear

WHILE THIS PERSON IS KEENLY AWARE of his symptoms, he is not so well aware of the fact that his particular kind of high-powered nervous system is, in reality, an asset. He has the type of nervous system which is geared for high speed, geared to a quick pick-up. He has the power to so direct that extra nervous energy as to achieve a bigger success than the average person.



Another fact in his favor is that he has a greater intelligence than the average individual. I do not hesitate to say that the nervous patient has more brains than the ordinary person. His chief problem lies in using the high powered nerves with which he is endowed in such a way as to get the greatest amount of benefit from them. The energy now used in fighting his nervous symptoms, if directed into a more constructive channel, would be sufficient to bring him untold good.

Helps for the Nervous

BEFORE YOU CAN EXPECT TO QUIET down those nerves, you must first of all realize that your nervous tension is largely due to mental or emotional factors. In addition, definite physical irritation may be present, but the mental factors are the most important. Once you learn to use your mind and emotions constructively, you will find that the energy previously wasted in emotional turmoil and mental conflict, will become available for better uses and you will then be able to enjoy the health and happiness to which you are entitled.

My message to the nervous person is this: Learn to use what you have. This process of learning calls for readjustment, however, you may be sure that your nervousness can be corrected, and what is more, the power to bring about that correction, lies within yourself.

In considering the causes of nervousness, the most important cause is mental conflict, brought about when the instinctive desires of the unconscious mind come in conflict with the conscious or reasoning mind. The eventual outcome of such a conflict is repression. Sexual repression is undoubtedly the principal repression usually responsible for producing nervous symptoms. It must be remembered that the instinctive sex urge has a tremendous energy, normally expressed in the sexual impulse. The impulsive action indicated

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NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

By J. SILSON

(Continued from April issue)

THE natural means of possessing and retaining a good head of hair is constant attention to the laws of its *preservation* and proper maintenance. A liberal knowledge of physiological and anatomical facts is necessary in order that we may get a clear understanding of maintaining appearance through a proper guarding of health.

Aside from being an adornment, the functions of hair extend to preventive properties. As a non-conductor of heat, the hair serves to equalize the temperature of the brain, defending the head from extreme heat and cold which would be detrimental to the scalp. In addition, a quantity of carbon and hydrogen is removed from the system through the agency of the hair due to its chemical constitution.

CONSIDERING ALL THE BENEficial qualities possessed by the hair, we can readily see why so much stress is necessary in its proper care, preventive measures and treatment. Nature is so constituted that the bodily functions are made to withstand considerable neglect and abuse; but there are times when either neglect or abuse reacts disastrously. "We do not miss the water until the well is dry." Nothing is fully appreciated until it is actually lost, and then too late, we realize its loss.

SO IT IS WITH THE HAIR. IT SERVES many purposes that we ought to appreciate, and we should make the most of all that we have. Let it become thinner or begin to shed excessively, through the use of cheap and poor-quality shampoos, or neglect to apply the simple home-treatment hair and scalp massage, and we rush pell mell to some one to demand that the condition be rectified or cured, regardless of expense. Thousands of people are willing to give more than their means to cure and restore the hair when they have lost through mere neglect. Nature cannot be outwitted, and until we learn that fact we will be at a loss in the end.

Unsufficient Knowledge

MANY INDIVIDUALS WITHOUT SUFFICient knowledge of the subject assume the responsibility of expressing their views, most of which are scientifically incorrect. I take the privilege to assure the reader that every bit of information contained in this and my various other articles is derived not alone from my own opinions but also those of leading dermatologists—who are authorities in the field.

Many laymen state that when hair falls out it cannot be restored. They might as well say that there is no remedy for disease. The remark shows a lack of knowledge. Under normal conditions we constantly lose a limited amount of hair, just as our skin is continually replaced by new skin in the process of shedding. Before the hair falls, the new hair is following its predecessor, and is prepared to bloom forth at the proper time. New hair shafts are continually in the process of formation, the old hair being pressed forward by the new. *For every hair that comes out a new one should be replaced.* When the loss of hair speeds ahead and the regrowth slows down, the condition should receive serious attention.

General Understanding

THE COMMON NOTION REGARDING falling hair is that when hair does fall out the bulbs or roots of the hair are destroyed. This is absolutely not so except in the case of burns or ulceration. After a disease in which the bulb is closed and becomes hard, dry and contracted, the vital energy may well be restored and the cause of the detriment removed through the proper treatment in many, many cases.

Following diseases such as typhoid, pneumonia, etc., the falling of hair may be abundant, but then it should be only temporary. Nature may assuredly be aided in its efforts toward improvement. If new hair is not developed it may well be not

(*Continued on page* 190)

WHY "CHILDREN'S DISEASES?"

By JAMES AVERY WEBB

THE belief is quite prevalent among both medical men and the laity that there are certain well-known diseases children may be expected to have as a matter of course and merely because most children have them. Measles, mumps, chicken-pox, scarlet fever, croup, whooping cough, tonsilitis, sore-throat, inflammation of the adenoids, with occasional boils and styes and other commonly called "Childrens' Diseases" often are regarded as inescapable by the average youngster and liable to attack any time, particularly when exposed to infection from other cases.

THESE DISEASES ARE SELDOM SERIOUS in their effects if allowed to run their natural courses of elimination of poison from the body; but if suppressed by drugs they may leave permanent injuries such as impairment of hearing, sight and glandular functions. At best they are disagreeable experiences for all parties concerned and severe punishments that should be and can be avoided. That these youthful afflictions are unnatural and can be prevented is proved beyond all question or doubt in both theory and practice. It is a fact well-known to every person that young animals in their natural habitats do not have these diseases and other physical afflictions. But, retort the indignant parents, our children are not "Young animals!" Just ask your neighbors or the biologists. The conclusive proof is that the children of health culturists seldom have these or any other diseases. WHY? You may very properly ask.

The answer invokes the whole plan of daily living, foods, exercise, sunshine, fresh-air and environment. This is a large and important subject but simple enough to be briefly outlined.

GROWING CHILDREN HAVE OMNIVOROUS appetites. Not only how GOOD but how MUCH is a youthful slogan. However, the quantity of foods consumed is less hazardous to child-health than their quality or character. The only foods that impart health, along with nutrition and physical strength, are FRESH foods. Beware of DENATURED foods. Shun foods and liquids that have been processed in any way, manufactured, refined, polished, bleached, fermented, distilled, mixed with plant or mineral drugs, dope or preservatives, pickled, salted or treated with chemicals, killed by heat or electricity and so thoroughly mummified they will keep for months or even years on grocers' shelves and in warehouses. Manufactured cereals so completely baked to death that they are crisp and brown often are fed to children to save time and trouble preparing fresh, healthful foods. All these turn to acid in digestion, poison the blood-stream, inflame the membranes and glands that get sore and swell in their efforts to help eliminate the poison. Then the tonsils, adenoids and other glands are blamed for the trouble, when they are in fact trying to perform the useful service of elimination for which they are intended by Nature and for which they are needed. Glands should be preserved and protected against harm. It is cruelly unfair to helpless, trusting children to surgically cut out these useful glands.

A FEW DAYS OF DIET LIMITED TO FRESH fruits and their juices, would give Nature a chance to eliminate the poison from devitalized foods, and save the glands. After that feed nothing but FRESH fruits and vegetables, raw when palatable. Get a good food-chart and follow that in the selection of foods that keep the blood-stream predominantly alkaline, avoid too much heat in winter, too much clothing, too much cod-

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SOLEMNESS and SICKNESS

By EDWARD EARLE PURINTON

A REMARKABLE health discovery seems worthy of note by all seekers and preservers of health. We summarize it briefly. A psychologist and hygienist of national renown became convinced that mental and emotional disorders will cause or aggravate physical diseases of different kinds. He resolved to make investigation.

He proceeded to visit large hospitals in American cities. He watched the patients, heard them talk, and reached this conclusion quoted for accuracy. "The most prevalent sickness among sick people is the sickness of solemnity. Not only do the patients have it generally, but the doctors and nurses also are liable to be affected or infected by it. However they fail even to diagnose it, and could not cure it undiagnosed. Almost any ailment is worse after attack by solemnity. Good advice to all sick people is to be cheerful, tranquil, hopeful and happy."

GREAT PHILOSOPHERS AND AUTHORS have made public a similar warning concerning solemnity and its pathology. Elbert Hubbard gave out this statement: "A little seriousness is dangerous. Too much is fatal." Then smile, if you want to get well or stay well.

The heart, as the most vital organ, is most influenced by emotions encouraging or discouraging. Dr. Charles Fiessenger, the eminent physician of Paris, France, calls the heart "the signal bell of the emotions." It may palpitate as mildly as a telephone bell, or as wildly as a fire bell! Emotions gently exciting produce a healthful answer by the heart, but emotions precipitately depressing cause the heart to palpitate seriously as reply to a sudden shock.

PATIENTS WITH HEART DISEASE HAVE succumbed to the serious emotions actuated by quarrels or frights. They were seen to faint, but not seen to revive. During the bombardment of Paris several of Dr. Fiessenger's patients died instantly. One woman was awakened suddenly in the night by the explosion of a bomb. She cried out and immediately perished.

Any sudden distressing emotion will affect badly a cardiac patient. Agreeable emotions increase the health of the heart, but painful or depleting emotions might cause the heart to stop beating. The hygiene of the heart includes repose and even gaiety. The best tonic for the heart is pleasure. A heart moved by happy feelings will beat more quickly and powerfully. A happy disposition can diminish or even cure a heart disease.

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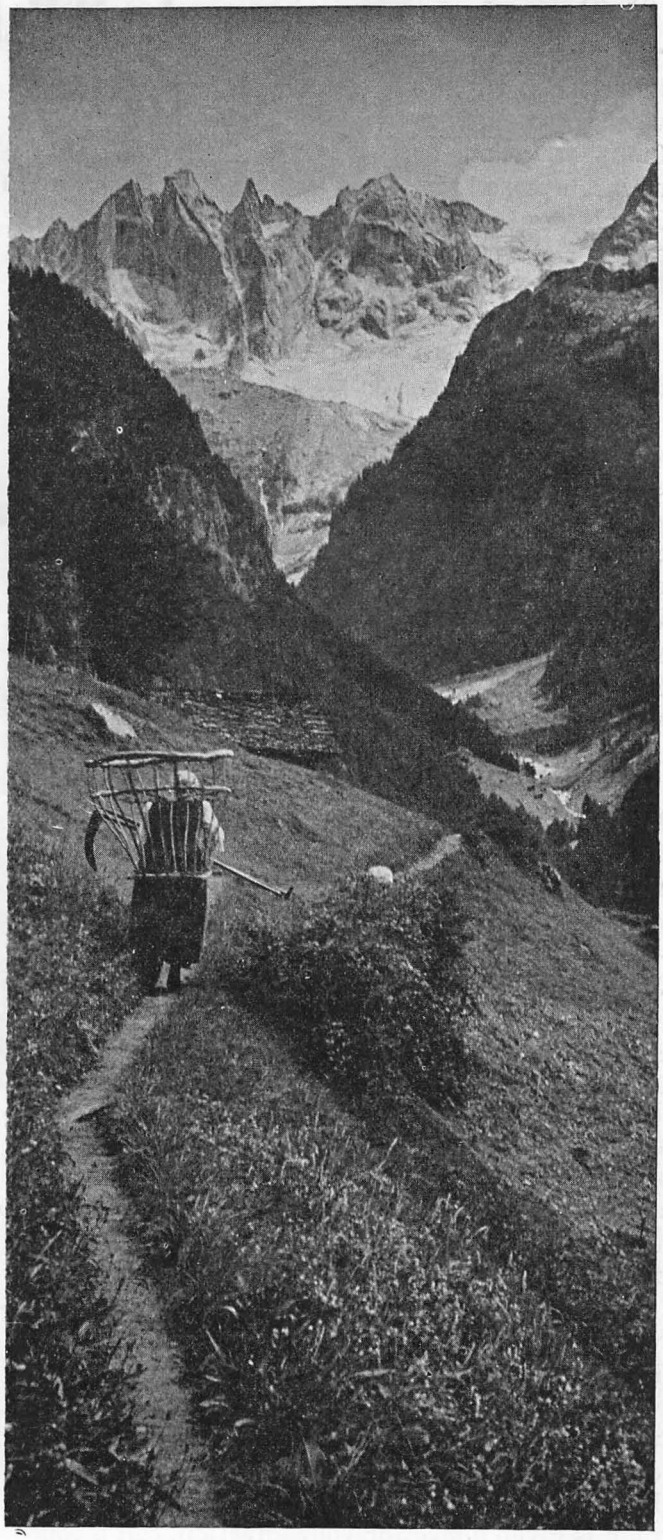

On Her Way To Haymaking Near St. Moritz, Switzerland

I OBJECT
ON A PLAN OF LIVING

By J. C. THIE, N.D.

MANY people object to the lack of knowledge as to what simple plan to follow to regain or maintain health. This seems to be an appropriate place to overcome that objection.

To answer the objection fully would require, among other things, the diagnosing of over one hundred foods. It would be difficult to remember them so I shall give only four words to keep in mind—EAT ONLY WHOLE FOODS—and then you can not go far wrong in eating.

We should remember that we eat to live and do not live to eat. If you only eat what you like and not what is good for you, you are not sincere when you ask, "What plan shall I follow?"

THE FIRST THING TO remember in following any plan to keep healthy is NOT to eat if the appetite is not keen at your usual meal time. Eat lightly, at least, if you think you must eat. It is far better to miss a meal than to load the stomach when it is not ready to receive the food. Gluttony is always harmful, even with the best, natural food. Eating lightly does not mean to eat a little of concentrated foods, such as a bar of candy or a bag of nuts. It means to eat the lightest foods. The lightest foods are fresh fruits and fresh leafy vegetables.

Never eat when you have a fever. Drink only water, and drink as much as the thirst demands. Rest. If the fever gets worse, take an enema, a warm bath, go to bed, and drink two glasses of hot water. Put a teaspoonful of lemon juice and an equal part or less of honey into each glass of the hot water. If you feel that you need more advice than is given above for your affection, call a competent Naturopath.

Never Drink Iced Water

THE FIRST DAY OR TWO AFTER A FAST, if it is a short one, should be of a partial fast. At first, just orange juice and then oranges, all you want.

If you are not in good health, do not eat meat, fish, poultry, eggs, old cheese, fried foods, polished rice, pearled barley, salt, pepper, mustard, vinegar, white sugar, coffee, tea, cocoa, white bread, pastries, cakes, or anything made with white flour or white sugar, or any denatured foods.

Never eat when you are emotionally excited or overtired. First rest, relax completely, then eat, if you are hungry.

The best plan to follow to keep from eating fried foods is to throw the frying pan away.

It is easier, faster, and healthier to bake or steam the food instead of boiling it.

WHEN YOU PLAN TO eat pears, apples, peaches, apricots, grapes, or any fruit of which it is customary to eat the skin, wash the fruit thoroughly and eat it without peeling. The valuable mineral salts, which are absolutely necessary for health, lie near the skin in fruit.

A meal of one fresh fruit or more a day is a "must" in a regimen of eating to restore health or maintain it.

If you miss the former hot breakfast, take a glass of hot water with your fruit. It may be flavored with lemon juice and honey.

YOU MAY DO ALL THE FOREGOING AND still not feel any different at some time during the day if you do not learn the correct combinations of foods. Whenever you feel that you have an acid stomach and, or, distressing intestinal gas, do not give up the natural way of living but try to recall if you ate any of the following combinations at your last meal: Milk and meat; butter and meat; sugar, honey, or syrup with meat; cheese or navy beans with meat; corn starch or other soft starchy puddings with meat. Maybe you failed to chew soft porridges or mushes until they turned into thin liquids and disappeared down your throat?

Remember to chew every food that has a starch content until it is a liquid. Any starch that is not properly chewed is bound to start fermenting in the stomach and, consequently, create gas.

NEVER EAT STARCHY FOODS WITH ACID

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RECONDITION YOURSELF

By **LEWIS ARNOLD PIKE**

WITH warm, sunshiny days on hand most of you, no doubt, are planning to get out in the open and take in some sport or healthful recreation. Nothing could be more hygienic and invigorating.

However, it would be wise, before commencing with summer activities to take account of your physical condition. I know of many individuals who caused themselves bodily harm by sudden outbursts of activity after months of easy living.

Check up tonight before retiring and observe yourself closely. Are your arms too soft and scrawny, your chest flat, the waist flabby or the hips too large? If any part of your physique is weak, underdeveloped or flabby, now's just the time to do something about it. The season of creation and growth is the ideal time for a reconditioning program. Everywhere nature is stirring, flowers budding and new life manifesting itself.

THE ADOPTION OF A PROGRAM OF PERsonal-Reconditioning now will not only assist in eliminating physical defects, but will revitalize you and equip you to tackle the tasks of the warmer months in better condition.

A Personal-Reconditioning Program is based upon a regime of systematic movements combined with a balanced diet and manipulative massage. Let's see why a program of this nature can actually help to make you a more energetic, healthier individual.

Going back to anatomy and physiology we remember that the muscles comprise practically half of the body weight. Chiefly affected by exercise and manipulation are the voluntary muscles which are subject to the control of the will (the biceps or upper arm muscle is an example) and form the bulk of muscle tissue. They are important as far as your physical appearance, fitness and strength are concerned.

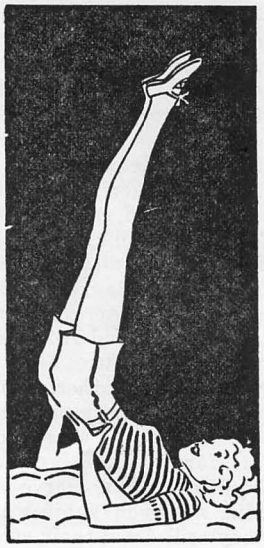
FROM A CLOSE OBSERVATION OF THE voluntary muscles they appear to be striped being composed of elongated spindle shaped cells of fibrous stripes. These cells are bound in bundles of varying sizes by membraneous sheaths called sarcolemma which in turn is similarly covered by a larger sheath which forms the entire muscle.

The voluntary muscles cover your bones and are attached at each end by connective tissue, the tendons, to the different bones.

Working like rubber bands, each muscle fiber is capable of shortening and stretching itself under stimulation. This gives a muscle its pulling power and strength. When stimulated a muscle shortens (contracts) and the bones to which the muscle is attached are moved and brought closer. All body motion is the result of muscle action.

THE POWER AND SIZE OF A MUSCLE IS dependant upon the quantity, thickness and compactness of its fibers. These fibers thicken, become more compact and capable of increased pulling power only after an adequate amount of the right activity. This occurs as an aftermath of exercise because when you are active physically more nutritive matter it brought to the muscle tissues by the blood stream. Then, old wornout cells are replaced by new, vigorous cells. Replacement with these new cells is more abundant than the amount lost and destroyed through exertion. This accounts for the gradual growth of the muscular system after a progressive program of exercise, provided adequate rest is secured and your diet is sound.

EVERY STRUCTURE OF YOUR BODY, THE skin, nerves, muscles, bones, tendons, ligaments, blood vessels and vital organs share in this physiological stimulation. The entire body functions more efficiently. If your arms are puny, your waist beefy or your feet flat all can be corrected with the right type of exercise movements.



Now that warmer weather is with us, many of you will endeavor to make up for months of idleness by hiking, playing tennis, golf or following some other recreational pursuit. However, while there is nothing comparable with

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ELEMENTARY HOME STUDY COURSE In Natural Living and Nature Cure

By DR. BENEDICT LUST

LESSON V

ADOLF JUST ON THE USE OF EARTH POWER

As long as man wore no shoes or clothes, he was always in direct touch with the earth, both when he moved and when he rested. This direct connection with the earth was originally in no wise disturbed. Such a close connection of man with the earth is therefore the intention of nature. It corresponds, moreover, to a holy, inviolable law of nature, the transgression of which will always sternly be avenged. In my earnest and untiring efforts to return more and more to nature, to penetrate more and more to a knowledge of her laws, I have made this discovery, which will certainly prove of the utmost significance.

I observed plainly that going barefooted in the room and on boards was in no wise so effective, so refreshing, and so invigorating as going barefooted on the bare earth, even if the sand or the turf was completely dry. Foresters and forest laborers have assured me that it agrees much better with them, and that they derived much more strength from their rest if they lay directly on the earth in the woods instead of on a bench or other contrivance.

We still possess a splendid treasure of myths from the time of the old Greeks. Among them is the story of Antaeus. When the giant Hercules was in the service of Eurystheus, he was ordered to fetch the golden apples of the Hesperides. But the golden apples of the Hesperides were guarded by the giant Antaeus, the son of Gaea, the earth goddess. Hercules fought with Antaeus, and during the struggle Hercules observed that Antaeus always was refreshed and strong when he stood upon the earth, but became weak and powerless as soon as he was separated from the earth and lifted into the air. Therefore Hercules lifted Antaeus high up into the air, where he could easily strangle him.

These old myths, as I have already observed, especially the folk-lore traditions, contain the profoundest truths.

Long after men had turned their back on nature, and were living in unhappiness and misery, there still lingered in the soul of the people a yearning for, an impression of the correct life. This intuition has found expression in poetic form, embellished by the imagination, in the myths conveying the truths of the past in quite a different way from history.

The Bible is interwoven and embellished by a wreath of the most beautiful and most sacred myths. It contains the most sacred, and the profoundest truths concerning the past and the future of man, it is the Book of books. The Bible tells of the original perfectly happy state of man in paradise in the bosom of pure nature, of man's fall, the transgression of the laws of nature in respect to food, of the consequent misery, and of salvation.

Jesus founded His theory of salvation on the closest approach to nature, on a perfectly natural mode of living, without which there is no happiness for man.

Animals and man are as much products of the earth as the plants; in consequence of their higher development the former have become separated from the earth, have become walking nerve-plants. But animals and man are still as much subject to the laws of nature as plants, they still draw their strength and vitality from the earth.

After this I attached still greater importance to going bare-footed on the earth (without sandals), and became more than ever convinced of its great curative effect. But I also asked myself if this influence of the earth could not be utilized on behalf of man in a still greater degree. For the first thing, I no longer had the patients sleep in high bedsteads, but on strawticks or quilts on the ground in the open or in light-and-air cottages. They were thereby brought closer to the earth during sleep. This was at once felt as a gain; sleeping became pleasanter and was more invigorating.

But soon the patients lay down on the soft grass entirely naked, even without a shirt, and covered themselves with quilts. They soon broke out in enthusiastic exclamations over the wonderful effect of the earth upon the body during the night's rest. The opinion was often expressed that all diseases, but especially the score of serious nervous troubles of our age, would entirely lose their terrors if only sleeping and lying on the earth at night once became customary in the curing of disease. The effect which the forces of the earth have upon man during the night is incredible. Whoever has not himself tried it and convinced himself of it, can have no conception of how refreshing, vitalizing, and strengthening the effect of the earth is on the human organism at night during rest.

By sleeping on the ground more than by anything else the entire body is aroused from its lethargy to a new manifestation of vital energy, so that it can now effectively remove old morbid matter and masses of old faeces from the intestines, and receive a sensation of new health, new life, and new unthought-of vigor and strength.

Whether it is because the body at night, especially during sleep, is lying perfectly quiet, or because the influence of the earth on the body is more powerful at night than in the day time, the fact certainly is that one does not experience the extraordinary curative effect of the earth nearly as much in going barefooted or in lying naked on the ground during a light-and-air bath and sun bath as at night.

I should also mention the fact that animals, especially hares and deer, when they prepare their lair, carefully remove all leaves, bits of wood, etc. They evidently do this to be more directly in touch with the earth, so that the forces of the earth may exert the strongest possible effect. The animals do not scrape together grass, leaves, wood, and the like for their beds—birds only do this in order to prepare a warm nest for hatching. It is a very striking fact that the animals of the woods always remove all the wood and leaves, and even the snow, so as to make an entirely bare spot on the earth where they may lie down and rest. Sometimes they also roll on the bare ground.

The fox and badger drag many things into their dens, but their resting place is kept perfectly free. It is always on the bare ground. Wild boars will indeed creep into heaped-up leaves and under brush, but they tolerate nothing under them and lie on the bare ground; generally they even dig themselves into it to some extent.

I once observed a domestic hog that was sick and was

let out of its sty. On my advice it was left entirely alone, so that it might do what it wanted to. It went into the vegetable garden, grubbed itself somewhat into the ground in a cabbage bed, and remained quietly lying there. After a few days it returned and—was perfectly well. Of course, the animal left off feeding while it was sick. Thus the animals, although they are constantly in close relation with the earth in their normal activity, walking, and running, strive to get into especially close and direct touch with the bare earth when they rest and when they are sick.

The agitation for a bed reform will be in order among men as long as there are beds, and the defectiveness of beds will be felt as long as men shall decline to sleep on the bed which kind nature herself has created for her creatures, and which she has endowed with a magic power by which man receives greater enjoyment of life.

Following the lead of nature, man lived originally in perfect sinlessness in the enjoyment of the purest happiness, in a state of unclouded bliss, such as the myths of paradise current among all civilized nations tell us about. But reason—the serpent in Paradise—held out to man the alluring prospect of reaping still greater advantages and pleasures for body, mind and soul if they would no longer obey the commands of God, the laws of nature, but would pursue their joys and happiness in their own way.

In this way men came to put on shoes, to turn from the earth as their resting-place, and to make themselves bedsteads. They fancied thus to gain for themselves well-being, comfort, and joys which nature did not offer them. But men gain neither comfort nor enjoyment, neither health nor happiness, neither virtue nor nobility of following the false allurements of their reason and the teachings of science, but only disease and pain, disgust and vexation, vice and crime, misery and despair—the very opposite of what they wished to attain, for thus nature always avenges herself.

Reason, this sublime gift of heaven, has become to man a snare and the cause of all his woe.

A certain bodily vigor, mental clearness, and joyousness of spirit,—true, complete health of body and soul, is not to be attained in any other way than by once getting into direct relation with the earth, both when we are moving about and still more when we are at rest.

The late venerable prelate, Kneipp, of Woerishofen, deserves immortal fame for once more having made barefoot-going popular, so that a return to nature in this respect is no longer looked upon as comical and ridiculous.

It is not to be expected that men shall all at once abandon their clothes and go naked all day long, there are still too many difficulties in the way of this health-giver to be overcome; or that they shall suddenly resort to the natural diet, and live exclusively on berries, fruit, and nuts; but they can at once begin going barefooted all day long, excepting a few very cold weeks in Winter, even in our climate, without ever feeling the custom as a torture or a burden, but rather as the greatest delight and pleasure. Going barefooted is no asceticism, but an augmentation of the enjoyment of life. For the earth has her son again, as soon as man goes barefooted, and can again shower on him fresh health and true happiness. The true regeneration and rejuvenation of today's sick, miserable, sinful, and wicked mankind will take place as soon as men shall again learn to go barefooted, not only for minutes and hours, but continuously at their daily work.

The feet are in a certain sense for man what the roots are for plants. Man draws vital energy and strength out of the earth through his feet.

Going barefooted, without sandals, if possible, ought to be the foundation of every nature cure. People ought to go entirely barefooted as often as possible, especially on the bare ground. But in rooms with painted floors it is better to wear sandals or straw slippers or similar footgear, since the painted floor affects the body injuriously if one walks on it with bare soles.

The people will then begin again to more and more regard bare feet, which nature has created, and which will soon regain blood and fine shapes, as more beautiful and more aesthetic than miserable, ragged, patched-up shoes; and the practice of going barefooted, which even Christ, the Saviour, prescribed to Christendom both by precept and example, will no longer be a matter for ridicule and scorn to them. To prefer to the bare feet of the masterpiece of creation some miserable footgear, which often presses and tortures men so as to contort their faces, is an insult to nature.

If the importance of sleeping on the ground is but once fully recognized and has become the common practice, the spell in which a diseased body and an unbalanced mind now hold mankind will soon be broken. The natural bath, the light-and-air bath, and a natural diet can of course also do much to shake and weaken the spell.

In order to sleep again on the earth it is best to select a nice grass plot; if there is no grass plot at hand, a thin reed matting, such as gardeners use, may be placed on the ground. In that way, of course, the earth power will fall very short of its full effect. Any thicker covering of straw, wool, cloth, or the like, to lie on must not be thought of, for the connection with the earth would in that case be markedly interfered with. No head rest is necessary, for it is of especial benefit for the head to lie on the cool, refreshing earth.

We must not be discouraged if the first nights spent on the earth should prove uncomfortable.

I have made the experience that patients, after the first few nights, were actually attracted to their bed on the ground, and strongly refused to tolerate anything under them. In rainy nights I was often concerned about having the patients come into the huts to sleep, so that the quilts should not get so wet, but it was with difficulty that I could induce the sick people to leave the ground. Soon, also, the hardness of lying on the ground is no longer felt. Nor need we fear that the earth is too cold nights to lie on entirely naked under covers; we shall only experience the sensation of a delightful coolness. Some perspire more easily lying on the ground than in a bed. Of course, beginners and those persons who have not yet regained sufficient animal heat through a natural mode of life, can only lie naked on the ground under cover in warm Summer nights, or in very mild or not too cold Spring and Autumn nights in our climate.

During the first nights one generally sleeps worse on the ground than formerly in bed. After that, and sometimes even in cases of protracted and obstinate insomnia, a long, exceedingly refreshing and strengthening sleep will set in, which state of affairs will last for some time. But generally most persons will soon begin to sleep less and less, sometimes only from one to two hours, and the less they sleep nights lying on the ground, the brighter, fresher and stronger will they feel the next day. I myself have not slept a wink for weeks at a time on the ground, but during that period I never felt the least discomfort or trouble of any kind, as was formerly the case in sleepless nights during my long and severe nervous suffering while lying in a bed. On the contrary, those nights were particularly delightful and free from *ennui*, and during the day I was never so entirely without any trace of weariness and languor, and I never felt more refreshed than at that time.

The more closely we approach nature again, especially by lying on the bare earth with enough covering to be comfortable, the more shall we be strengthened and refreshed without relaxing into sleep.

To induce sleep artificially as is done today by poisons such as bromides, morphine and opium is extremely dangerous. By this method, the relaxation is so powerful and violent that the injury to the health is plainly felt afterwards. The sleep caused by alcohol, unnatural food, heat-

ed rooms, warm clothing, warm beds, etc., which people consider exceedingly strengthening and beneficial, is likewise only a consequence of artificial relaxation and is also injurious to the organism, only the injury is not great enough to make itself plainly felt.

If I have set down my ideas concerning sleep, it is not because I take pleasure in advancing claims which are directly opposed to the old views and prejudices on the subject, and which call out either the applause of the masses, or, in case they prove inconvenient and burdensome, their derision and indignation. I only wished, in case anyone should try the experiment (perhaps in beautiful Summer nights) of lying on the bare earth with the naked body, to guard against his being discouraged if his sleep should grow less, and against his abandoning a cause which would prove of unprecedented advantage to his health and his well-being. Such a person would thereby forego a remedy which was not brewed in any swell kitchen, which did not originate in a sick brain, but which nature herself offers, and to which healthy creatures are directed by instinct, the only sure guide of life, the prime minister of health.

No one who seriously desires to go barefooted need today be in any anxiety as to a place where he can do so. Fields and woods, meadows and paths offer ample opportunity for going barefooted, a sound view of the matter is spreading among the people who are becoming indifferent to the unusual sight, so that the devotee is less and less liable to annoyance and ridicule.

But many a one may like to ask where he is to go at nights with his blankets to lie on the earth without clothes. In sanitaria the opportunity is easily provided in parks surrounded by high board fences, which contain also light-and-air cottages, so that a patient, according to his inclination, may at any time take a light-and-air bath or sleep in the open air on a rug (strawtick or quilt) or on the bare ground.

Here, likewise, the opportunity must be afforded for the natural bath in the open. Little bath cells should be constructed for the natural bath.

However, I do not wish to persuade any one single-handed to completely and suddenly break away from all the old, deeprooted views, false and harmful as they often are, and thus to enter a state of open and violent opposition and warfare with those with whom he has erred and suffered, and with whom he is still united by many bonds of friendship and love.

We ought at least to try and avoid such an open rupture as far as possible. We must never renounce the great cause; that would be dishonorable and cowardly. And we must also, above all things, bear in mind the importance of regaining health, upon which all happiness on earth depends.

Neither must anyone get into conflict with the authorities who care for the public welfare in good faith. The laws of the State, which have been made by the representatives freely elected by the people themselves, must not be transgressed, even when they are recognized as wrong.

Many are the causes which prompt people to ridicule and place difficulties in the way of those who lead a strictly natural life. In the first place there is the instinctive consciousness of their own false mode of life with all its disastrous consequences, and the involuntary grudge they bear against the great advantages which others derive from a natural mode of life. There is, moreover, not sufficient strength of mind, opportunity or encouragement for them to abjure all unnatural food and the like, to which man is enslaved as to every poison and vice, and above all they are not sufficiently informed as to the right course they should pursue.

But when once individuals shall recognize these great truths more and more clearly, and order their lives accordingly in a quiet, sensible way, so as to obtrude themselves as little as possible upon the great masses and give no offence, the natural mode of life will gain more and more vantage ground, and there will be fewer and fewer obstacles placed in its way—the trend of the time is already powerful in that direction.

Then also many men, God's favorites, will find their opportunity to rest in magic union with mother earth, and procure for themselves and their health and earthly happiness an inestimable advantage,—just as the earth is at all times free to the glad enjoyment of life and as a resting-place to all creatures, frog and mouse, hedgehog and hare, deer and elk, fox and badger, who certainly range below man in God's love.

When not so very long ago the rumor spread that in some places people were beginning to go barefooted even in the snow, for the improvement of their health and the curing of diseases, it was met only with ridicule and scorn.

People shrank from the mere thought of exposing the tender feet, which had hitherto been treated with especially great care and had always been kept warm, to the cold air, the rough ground, and in Winter even to the snow. Had not grandmother often said: "Be sure always to keep your feet warm!" and had not physicians always warned against wet feet? Afterwards a few tried the thing, and convinced themselves that besides being of great advantage to health and the entire well-being of man, going barefooted was a pleasant exercise; and since then the opinion concerning this purely natural remedy for the restoration of health has undergone a great change.

The sun has the greatest curative effect upon the sick body. This effect is very considerably increased if instead of walking the patient lies quietly in the sunshine. The earth power, likewise, can affect the body more directly when lying in complete rest than in walking. The earth power stimulates the body toward a curative activity in the same way as the sun; but if the body must spend its energy in walking and other like exertions it cannot manifest its full curative activity, in spite of the influences of sun and earth power.

There is indeed nothing of greater interest and greater importance than the earth with its manifold and powerful curative effect.

Our globe is a body in which a powerful life has been stirring from the very beginning which no amount of human unreason could disturb. Of this powerfully pulsating life the earth is most willing to give a share to man, as soon as he will but enter into direct communication with it again.

We can frequently make use of this earth power. And men draw upon it the more, the more they lead a natural life. Whenever opportunity offers one ought to sit on the ground, even with clothes on. In taking walks and making tours, we ought frequently to rest by sitting or lying on the bare earth. Naturally the earth power influences men even through their clothes. Every one may experience this who will stretch himself quietly upon the bare earth for a time.

FATHER KNEIPP ON GOING BARE-FOOT

Those who accustom their feet to this healthful practice are wise, and those who neglect to brace and strengthen them are, I think, most unfortunate. Whether your position be high or low or whether you wrap your feet up or leave them bare, it does not alter the fact that they are made to tread the earth and carry the human body, and that can only be done, if they are hardy and well nourished. It is a great misfortune when, as is often the case, the feet are too poor and weak to do their work properly. Those who go barefoot never suffer from cold feet, which is the result of poor blood circulation.

against the practice, much as they would like to.

There appears to be only one way to fight this evil of poisoning the rich life blood of our boys and girls. You mothers and fathers have for years labored to keep the blood streams of your boys and girls clean and free from infection and have every right to expect your government to continue to do so, when they enter the service. But now that the government refuses to protect them there is but one thing left for you to do.

Tell your sons or daughters who are enlisting in military service or being inducted into the service via the draft to firmly and determinedly refuse to submit to all vaccinations, inoculations and injections of every type and description.

Of course there will be repercussions. This must be. And some will have to suffer demotion or privation. To those who believe in the right to keep their bodies free from the filth of vaccines and serums, the price will be small.

By payment of this price, your boys will not only save themselves, but others from a poisoned blood stream.

SOME young men who disbelieve in vaccine and serums are already carrying on the fight against submitting to the practice. Others have expressed a desire and willingness to do the same as soon as they have entered the service.

Let us have a "Legion of Defenders of the Blood." This is not impossible. And each new member should have the assurance of some member of the family or interested group on the outside fight his or her case if needs be.

We know of a group of five young men who have banded together in this spirit to defend the purity of their blood and who will fight inoculation as soon as called into service.

Three of this group have already retained a lawyer to fight their case for them, which will be carried to the U. S. Supreme Court if necessary.

Let this be a nucleus of a legion of young men fighting to preserve their personal right to keep their blood streams free from the pus of inoculations and injections.

Let there be at least one young man from each state, of our forty-eight states, who will vow to stand valiantly firm and fight this fight through to victory.

NONE must go into this fight blindly in the belief that honor and glory await. Suffering and privation there will be. You will be hounded and condemned. But the inner sense that you are fighting a just fight that will profit humanity

(*Continued on next page*)

New Health Recipes

By EMMA M. FRIESE, N.D.

Brown Egg Soup

¼ pound butter
3 tablespoons flour
1 quart beef broth
vegetable salt
⅛ teaspoon nutmeg
3 eggs
1 teaspoon minced parsley

Melt butter; add flour and slowly color light brown, stirring constantly to prevent burning. Have broth boiling hot. Slightly cool butter and flour and add. Stir and cook 8 minutes. Season. Beat eggs slightly with 3 tablespoons cold water. Pour very slowly into boiling soup while stirring rapidly. Cook for only a moment until eggs are well incorporated. Take up, add parsley at the finish. Curdled Egg Soup may be made without much browning. Just mix flour, water, and eggs together, with a little salt, the batter being poured into the boiling broth and cooked 5 minutes, and ½ the quantity of butter added last.

Asparagus with Brown Butter

One bunch asparagus
Vegetable salt to taste
Butter

Have enough salted boiling water to cover the asparagus half way or a little over. Add asparagus and boil until tender. By no means throw away the water. It makes fine soup. When asparagus is tender, remove from water, drain and pour over it brown butter. Serve.

String Beans and Fresh Peas

One pound fresh peas.
One pound string beans.
One large onion.
Oil, fat, or butter (vegetable fat preferred)

Clean the beans well and snip, or better whittle them in one inch pieces. Melt butter or vegetable fat in a pan and add finely cut onion. Steam until a golden color. Now add the string beans and peas and steam. Add enough water to prevent burning. Salt to taste. Parsley may be sprinkled over the mixture directly before serving if desired. Do not throw away the water, but use it for soup stock.

Sweet Potato Delight

3 sweet potatoes
⅓ cup brown sugar
½ cup hot water
¼ teaspoon salt
3 tablespoons melted butter
4 tablespoons shredded coconut

Boil sweet potatoes till almost soft. Peel and cut in slices. Place in shallow baking dish. Add sugar, water, salt and butter. Bake in moderate oven for 40 minutes, basting occasionally. Sprinkle top with coconut and continue baking until it becomes slightly browned. Serves four.

Soy Honey Bread

(From Hollywood Glamour Cook Book by Mariposa)

2½ cups whole wheat flour
1 cup unbleached wheat flour or more
1 cup soy bean flour
2 or 3 tablespoons honey
2 cups warm water
1 cup warm milk, preferably goat's or soy milk
1 yeast cake
¼ cup warm milk to dissolve yeast cake
2 tablespoons best tub butter
1 teaspoon bag salt
Unbleached wheat flour to dust board.

Dissolve yeast cake in ¼ cup lukewarm milk. Heat remaining milk and water to scalding point and pour into mixing bowl, add butter, stir until blended. Add honey, salt and stir. Cool to lukewarm. Now add dissolved yeast cake, continue stirring, add flour that has been sifted together. Beat thoroughly until firm, yet a soft dough, set bowl in warm temperature, 78-82 degrees, cover with cloth and leave undisturbed to rise double in bulk, about 2 to 3 hours. Now roll out on floured board, then knead well, adding unbleached wheat flour until it no longer clings to hands. Form into loaves half as high as your loaf tins, place in buttered and floured tins, return to warm temperature and allow to rise until even with the top of tins, about 1 hour. Bake in hot oven 400 degrees for ten minutes, then reduce heat to 340-375 degrees, for 45 to 50 minutes longer or until nutty brown top and bottom.

Soybean and Vegetable Salad

Blend cooked soybeans with any cold cooked vegetable or any raw vegetable such as carrots, celery, cauliflower, beets, peas and season with French dressing or lemon mayonnaise.

HEALTH

MENUS FOR MAY

MONDAY

Breakfast

Glass grapefruit juice; baked apple; coffee substitute.

Lunch

Buttered spinach; celery; scalloped tomatoes with eggs; mixed fruit salad; buttermilk.

Dinner

Parsleyed potatoes; asparagus in cream; baked Hubbard Squash; watercress and celery salad; peppermint tea.

TUESDAY

Breakfast

Toasted graham crackers; brown rice with butter; Kneipp Style Barley Malt Coffee.

Lunch

Meatless vegetable soup; red cabbage slaw; jello and cream; buttermilk.

Dinner

Carrots in potato nests; tiny peas in cream; Spring salad with oil dressing; custard in orange cups; mate tea.

WEDNESDAY

Breakfast

Fresh rhubarb with butter; glass orange juice; peppermint tea.

Lunch

Stuffed egg plant with toasted bread crumbs; whole wheat biscuits; green salad with dressing; ice cream; Zoy Koff.

Dinner

Mixed greens of dandelion, mustard, and turnips with olive oil and lemon; cream broccoli; baked stuffed potato; celery; peppermint tea.

THURSDAY

Breakfast

Melba toast in hot cream; baked potato, Beva-Soy.

Lunch

Baked egg plant; tiny green beans; slaw; pineapple ice; buttermilk.

Dinner

Vegetable juice cocktail; string carrots in cream; baked salsify; buttered peas; pear salad with oil dressing; strawberries with cream; coffee substitute.

FRIDAY

Breakfast

Stewed prunes; glass grapefruit juice; hot chocolate substitute.

Lunch

Cream of corn soup with parsley; raw vegetable salad; thin cornsticks and butter; buttermilk.

Dinner

Buttered peas and carrots; celery; okra; stuffed tomato salad with oil dressing; decaffeined coffee.

SATURDAY

Breakfast

Fresh strawberries and cream; glass orange juice; Herb Tea.

Lunch

Cream of tomato soup with grated cheese; celery; pineapple salad; buttermilk.

Dinner

Steamed broccoli with lemon sauce; glazed apples, small lima beans in cream; garden lettuce with French dressing; peppermint tea.

SUNDAY

Breakfast

Buttered rusk; toasted cereal with cream; Figola coffee substitute.

Dinner

Tomato juice cocktail; creamed cauliflower with parsley; baked summer squash; celery; baked pears; lettuce; salad; fresh strawberry; cream; peppermint tea.

Supper

Orange juice; cottage cheese and rhubarb salad; buttermilk.

WHY SERUMS AND VACCINES FOR DRAFTEES?

(*Continued from previous page*)

will be your comfort no matter what the cost.

This is a task for only the bravest of the brave.

Those who firmly believe in this cause and wish to aid it by becoming a member of this "Legion of the Defenders of the Blood" send your name to either the author or the editor of this magazine.

Each man fights his own fight individually. Each stands or falls alone for the cause, the right to keep your blood stream clean. Each arranges for his own legal fight before entering the service.

The progress of each defender both in and out of the service will be published.

By your deeds we shall focus public attention upon a great wrong. By your persistence we shall right that wrong.

CONTROLLING YOUR NERVES

(*Continued from page* 166)

by the unconscious, or the primitive part of the mind, may be denied by the conscious mind, which has been trained by social requirements to accept a mistaken valuation of the sexual function. In a simpler society, the sexual energy seeking expression would find its normal, healthy satisfaction; but in civilization, such satisfaction is often denied and a substitute satisfaction is then built up.

Substitute Gratification

SUCH a substitute gratification frequently appears in the disguised form of nervous symptoms. The nervousness is the expression of a force wrongly used, which if rightly used, would be at your disposal for untold good. A better adjustment to the instinct to mate may be secured by developing a saner view about sex, or the adjustment may take the form of developing a hobby, which allows some of the energy to be deflected into a constructive channel.

The Wish To Be Great

WHILE sexual repression is the most common cause of nervousness, other repressions may operate in the same way. For example, when the person finds his work uninteresting, he frequently becomes nervous, restless and irritable. Here the repression takes the form of repressing the normal desire to find satisfaction of the wish to be great, which satisfaction is best obtained by doing work that is pleasing. In order to enjoy the greatest amount of nervous energy it is advisable that you find your work enjoyable. When you spend a great deal of time fighting your dislike of your work, you are really wasting energy in that useless struggle, which will leave you tired and dissatisfied.

Eyes May Be Weak

While nervous symptoms are chiefly due to the mental causes I have outlined, nevertheless, the influence of purely physical causes which cannot be overlooked. For example, the person with eye strain very often develops troublesome nervous symptoms which are relieved by fitting the eyes with glasses. I advise every nervous patient to have the eyes examined.

Pelvic Irritation

CONGESTION or irritation in the reproductive organs leads to nervousness. Certainly, of all of the physical disorders, those related to the reproductive organs have the most far-reaching effect in causing nervousness. Likewise, when the patient complains of nervous irritability, I find it a good plan to make sure that no rectal disorder is present, as such a disorder may induce nervousness which is permanently banished through ade-

(*Continued on page* 183)

FINKELGRAM No. 5

Meat and Fish - What Do You Think?

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

SOME people abstain from eating flesh foods because of their moral, ethical, ideal or spiritual reasons. Others, because they understand the biological laws and the detriment meat and fish have upon human tissue. WHAT DO YOU THINK?

Perhaps you eat meat and fish because you are told that these foods contain valuable nourishing substances; or, because you think they have properties which maintain good health and long life; or, you partake of the flesh of animals inasmuch as you feel your body actually requires it in order to be sufficiently stimulated to meet your physical and mental expenditures; or, because you have developed a taste and craving for it which satisfies your appetite and gastronomic desires; or, you indulge in the carcass of animals, believing that it is below your dignity to eat grass —the same food material which the lower forms of animals eat, but when you eat the flesh of animals you are actually eating grass in second-hand form. WHAT DO YOU THINK?

YOU are inclined to think that because horses, cows, bulls, oxen, reindeer, etc., are powerful, and if you will eat of their flesh you, too, will become strong. If such reasoning is correct, then why eat animals which are not powerful, such as goats, sheep, pigs, fowl, rabbits, etc.? Do any of the animals you eat consume the flesh of other animals for their normal growth and development? WHAT DO YOU THINK?

You contend that the flesh of animals in which mankind indulges possesses proteins, minerals, vitamins and hormones, and you need these substances for your natural development. Do the animals you eat devour other animals in order that they get these food elements for their normal growth? You reason that such animals convert plant foods into animal tissue, and when you eat of their flesh you are doubly benefited. You are told that the animals you eat have teeth, a stomach, intestines and internal organs as you have, eat of the vegetable kingdom as man does, and also that Nature has created them mainly as food for man's sustenance. How silly is such reasoning when contrasted with the biological and physiological laws which govern the health conduct of the human body. While it is true that man is a creature who belongs in the same category as all animals, alike possessing a blood and nerve system, a digestive, urinary and eliminative system, a respiratory and glandular system, the question still remains—has flesh food any definite health value? WHAT DO YOU THINK?

THERE are two plans by which acids and toxins (poisons) develop in the human body. One is through the biological process of the body cells, and two, by way of eating. Both of these processes are normal, providing there is not an excess of acids and toxins.

PLAN 1—Biologically speaking, the human body is composed of trillions of cells which are continually being used up through the various processes of life, and by new cells which are constantly being formed from the time man is created, up to the time of his demise, to take the place of used up cells.

There are many ways by which body cells are used up. For instance, when we breathe, eat, talk, walk, swim, or perform any form of physical exercise, blink an eye, yes, even when we think, the life of a certain amount of cells is constantly being used up. In other words, any physical or mental effort we expend could be brought only through the life force which is inherent in every individual cell.

Used up cells are dead cells and have no place in the human economy, and if not eliminated from the system regularly through proper bathing, a sufficient amount of physical exercise, deep breathing, and normal perspiration, they decompose and form acids and toxins which have a destructive effect on the blood and nerve tissues, and in fact, on all the body structures. That is the reason why a person gets tired after a long walk, or run, or much jumping, or any physical exercise; or, after prolonged talking, singing, or even deep breathing. WHAT DO YOU THINK?

PLAN 2—Regardless of the kind of food we eat, there is always a residue (waste matter) left in the body after food is digested and assimilated, in which are found acids and toxins. But, there is a great difference in the amount and degree of these substances, depending upon the kind of food consumed. For instance, when one eats fruits and vegetables, especially in their natural state, there are likely less acids and toxins formed

(*Continued on page* 181)

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

GET

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

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

ONE

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

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

FREE!

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

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

From Far and Near

RIO GRANDE PAPAYA

AT McAllen in the Lower Rio Grande Valley, Texas, B. M. Spangler has about 30,000 papaya trees growing on an eighty-acre ranch. His plants will bear fruit this year. Spangler is interested not so much in competing with honeydew melons and cantaloupes for the breakfast table trade as in making face powder, marmalade and papain, and in canning juice. Papayas are much more susceptible to cold than citrus fruits. Spangler is not worried. In fact he expects to lose a crop every five or seven years, even if he uses smudges. Every nine months he has another crop.

MEAT NOT ENOUGH

WILD dogs live entirely on meat. Hence it has been assumed that meat is the natural food of domestic dogs. It is not, according to Dr. Anne Fay Morgan of the University of California. If a wild carnivorous animal manages to live on meat alone it is because he eats viscera, chews bones and drinks blood—a good diet so fars as minerals (calcium) and vitamins and hormones are concerned. Domestic dogs ought to have liver oils, wheat germ, rice bran, dried brewery yeast, crude cane molasses, milk, eggs, green vegetables, tomatoes, carrots and alfalfa. The dietitian's "dog's life" is different from the one we usually read about.

MILK HATS

THAT wool-like threads can be made from the casein of milk and that these threads can be woven into cloth has not been news for twenty years. But it is news that they are now to be used in making hats. The particular new fiber that makes this possible is provisionally known as "R-53." This has the required fine diameter and felting quality. There is no thought as yet of making hats entirely out of milk, but it means something that they will be made partly of real fur and partly of milk, now that much of Europe is at war and most of the rabbit fur used in fine hats comes from Belgium, France and Poland. The benefit to the farmer, who often has to pour milk down a drain for lack of a market at a fair price, is plain when it is considered that it takes 100 pounds of skimmed milk to make three pounds of R-53.

JOHNS HOPKINS PROFESSOR STUDIES 7,000 SMOKERS

THE following article appeared in a recent National Youth Administration paper:

"If you're a heavy smoker and expect to live long at the same time, you've got another guess coming. You can't have your cake and eat it too.

"Dr. Raymond Pearl of Johns Hopkins University has made public the results of a scientific study of the effects of smoking on the longevity of some 7,000 humans.

"Generalized in terms of 100,000 people in each of three groups — heavy smokers, moderate smokers and non-smokers—Dr. Pearl's study makes very dramatic news.

"In each category, the following numbers are still alive at the age of 60; non-smokers—66,564; moderate smokers—61,911; heavy smokers—46,226.

"Forty cigarettes a day are considered heavy smoking, but even light smokers are appreciably affected.

"Unfortunately, newspapers will not print this information because of lucrative cigarette advertising."

QUIT SMOKES, DRINKS, CHIANG URGES ARMY

Chungking—General Chiang Kai-shek is attempting to raise the living habits of his entire army to health standards in order to assure ultimate victory for China!

Whole brown rice has been steadily displacing the white in rations, and now the general has issued 10 "commandments" in which health ideals are clearly in evidence.

"Thou shalt not smoke" says the 7th, and this bans tobacco as well as opium. "Thou shalt not drink wine" decrees the 8th, hitting all alcohol. The other prohibitions are against money-craving, fear of death, self-exaltation, egomania, laziness, gambling, borrowing, lies.

Critics who have considered China's army backward concede that General Chiang's ideals are more enlightened than those of any army that encourages tobacco and winks at alcohol. Improved discipline is expected, and better health for officers and men.

RATIONING SAID TO RAISE BRITISH HEALTH STANDARD

LONDON, March 28—Lord Woolton, Food Minister, declared at a luncheon today that wartime rationing had improved the nation's health and that, "despite the shortage of meat, eggs and fruits, we are a stronger and more vigorous nation today."

Emphasizing the "silver lining" to Great Britain's struggle to get enough to eat, Lord Woolton remarked that "dyspepsia from overeating is the mother of despair and indigestion is the enemy of morale."

Some physicians declared that the mildness of Britain's recent influenza epidemic may be traced partly to the fact that her people are eating less of everything, particularly meat, than before the war.

EATING HONEY AT HIGH ALTITUDE MAKES UP FOR OXYGEN LACK

LIMA, Peru, March 5.—Indians of the highlands of Peru provided an answer for airplane pilots who wanted to do something about oxygen-want at high altitudes.

Transport pilots on some of the inland Peruvian runs were in the habit of "smoking oxygen" at altitudes of 18,000 and 20,000 feet to overcome the feeling of giddiness which a lack of oxygen induced.

This had its drawbacks. If he took too much of the gas a pilot was likely to have an "oxygen jag." Some pilots complained that long periods of inhaling oxygen made them sick.

One day a pilot discovered that Indians working in the Andes at altitudes of 15,000 feet or more were in the habit of eating honey as they labored. He investigated. The honey, strangely enough, had an effect similar to that of oxygen.

As a quick-energy food it overcame the momentary debilitating effects of high altitudes.

VEGETARIANS TO RECEIVE MORE CHEESE IN BRITAIN

LONDON, April 2 — Vegetarians of Britain will receive eight ounces of cheese weekly instead of the one ounce fixed for other consumers when the rationing of cheese begins May 5, Lord Woolton, Minister of Food, announced.

An applicant for the special rational will have to sign a certificate stating that he is a vegetarian, prepared to surrender his meat and bacon coupons, and who promises not to eat meat in restaurants or other eating places.

Unless the applicant is a member of one of the national societies of vegetarians he will have to produce a certificate signed by a doctor, magistrate or other responsible public person.

3 TRIED IN SERUM KILLINGS

Berne, Switzerland, March 19—The director of the Bacteriological Institute of Fribourg, his aide and a doc-

(*Continued on page* 185)

Your Health Problems

Q. What is the correct diet to use in a case of stomach ulcers?
Al Collard

A. The diet should consist of very thin gruels worked through a sieve, especially okra also vegetable juices, or where they can be tolerated without giving distress, finely chopped or grated raw vegetables. Three-day fasts alternated with seven days of dieting carried on over a period of six weeks should be sufficient to cure or greatly relieve stubborn cases. In addition high enemas are recommended to assure cleanliness of the alimentary tract.

Q. What is the difference between lemons and limes in regard to their nutritional value?
Theobald Delius

A. The lime excels the lemon in potassium, although it is relatively high in both fruits; the lime is also slightly higher in phosphorus and nearly double in sulphur and exceedingly high, (nearly fifteen times as much as lemon) in chlorine. The lemon is considerable higher in calcium, also magnesium.

Q. I very frequently suffer from a stiff neck. How can I permanently become cured? Camill Hotter

A. A stiff painful neck needs massage and manipulation, also chiropractic adjustments of the neck and short wave diathermy through neck and shoulders. Gentle twisting, bending and stretching exercise of the neck is good home treatment. However, these treatments will have no durable effect if they are not accompanied by careful bland diet rich in vitamins and mineral salts such as are supplied in green leafy vegetables. Stimulants of every sort, also white flour foods, salts, pepper and sharp spices should be strictly avoided.

Q. Although I have been living very careful all my life (I am 45) I am rapidly losing weight. Could you suggest any remedy?
Mrs. McMullen

A. There are about as many reasons for losing weight as there are diseases. We strongly suggest that you consult a naturopathic physician and will be glad to recommend you one to you. Why not come to our Yungborn at Butler, N. J., which opens on May 15th?

Q. I would like to know what causes my son, 16 years old, to have swollen eyelids at times. He is also underweight. Mrs. H. R. F.

Q. These symptoms may be due to several causes such as a kidney condition or malnutrition and a correct diagnosis can only be made through physical examination.

Q. Has Chicory Root any medicinal qualities? E. Kuemmel

A. Yes, tea made from dried chicory root is recommended as a stomach remedy, in cases where the organ has been upset by wrong food. The proper dose is a teaspoonful of the root to a pint of boiling water. Drink cold, a mouthful two or three times a day.

FINKELGRAM NO. 5

(*Continued from page* 179)

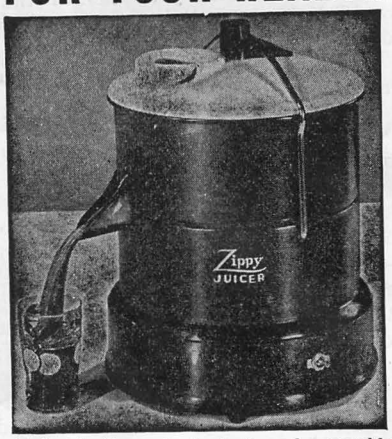
than if one indulges in flesh food. This is a fact because fruits and vegetables contain a great deal less of the protein element than the amount found in meat and fish, and therefore, the residue of fruit and vegetables develops only a small quantity of acids and toxins, in comparison with that which is found in the residue of flesh food. And, furthermore, the residue of fruits and vegetables is practically free of animal toxins, animal bacteria, uric acid and ptomaines—all of these being harmful poisons.

IS it not reasonable to assume that when animals, through biological and physiological processes, develop a large amount and a variety of poisons, and that after they are killed, all of these poisons remain in their system, and their blood and muscles tissue are greatly saturated with these poisons? WHAT DO YOU THINK?

Furthermore, when animals are slaughtered the shock they undergo creates other types of grave poisons which are very detrimental to human tissue. Now, when man puts such highly poisonous flesh food into his system, which is already in a toxic state, as shown above, there can be only one conclusion, and that is his own tissues must become more toxic, and for two reasons. One, because of acids and toxins which he naturally develops and harbors in his system, and two, because of the added

(*Continued on page* 190)

Zippy-Juicer
FOR YOUR HEALTH



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DR. H. ALLAN PETERS, Ph.D.
Formerly Practicing Drugless Physician
P. O. Box 1520, Dept. R., San Francisco, Calif.

I OBJECT

(*Continued from page* 170)

FRUIT OR WITH SUGAR. Never put anything into your mouth that would discourage chewing the starchy food.

Never eat concentrated starches and proteins at the same meal.

Never add cane sugar to any fruit if you want to avoid fermentation and consequent gas.

THESE are the highlights of one of the rules of keeping healthy —eating correctly. The other rules are: Getting the proper rest; getting the proper sleep; getting the proper exercise; forming the proper habits; breathing enough proper air; drinking the right amount of proper liquid; always practicing correct posture; and then there is one more.

I make two items of rest and sleep because there has not been enough emphasis placed upon rest, and, consequently, many people cannot understand why they do not feel as they did when they were in their teens and twenties. Nature is only telling them that they have abused their bodies past endurance.

A thousand words, at least, should be used to do justice to each of these rules. Space will not permit to go into them now. The best advice I can give is—Ask your Naturopathic physician to elucidate on any about which you are in doubt.

The "one more" rule I mentioned above on keeping healthy is to subscribe to a magazine that teaches Nature Cure and read it regularly from cover to cover. I would not be without NATURE'S PATH. To read more than one magazine that teaches Nature cure is very good. Always keep all the copies of NATURE'S PATH for future reference. The issue of NATURE'S PATH that is five years old is just as good as the latest issue for its articles were, and are based on the truth in the first place. Anything that is scientifically written does not grow old. How can it?

ALLOW me to recapitulate the rules for eating. EAT ONLY WHOLE FOODS. This would automatically eliminate meat as we are accustomed to eat it. It is not a whole food. If you think you must have meat, as other carnivorous animals do, eat it as it is eaten by them, WHOLE! They eat the blood, bone, skin, in short, the WHOLE animal.

EAT ONLY WHEN YOU HAVE A HEALTHY, NORMAL APPETITE. The average person does not know what is a healthy, normal appetite. I shall give a rule by which to gauge the appetite when in doubt: Take a small, dry piece of a whole grain bread without butter, jam, honey, or any sweetening, flavors, or seasonings to make it palatable, and chew it until it becomes delicious and perfectly liquified so that it can be swallowed without recourse to tea, coffee, cocoa, or any other liquid. If you are hungry another piece of dry, hard bread will taste delectable.

Never wash down your food, as the average person does, instead of chewing it until it needs no washing down.

EAT ONLY AS LONG AS YOU ENJOY THE FOOD. When you cease to enjoy the food, the digestive juices cease to flow and consequently, the food does not get digested. Undigested food causes gas, fermentation, and putrification, and subsequent headache malaise, etc.

SWALLOW ONLY FOOD THAT HAS BEEN THOROUGHLY MASTICATED. The muscles of the jaw are much stronger than the muscles of the stomach and therefore, chewing is more adapted to breaking down the food than the churning of the stomach.

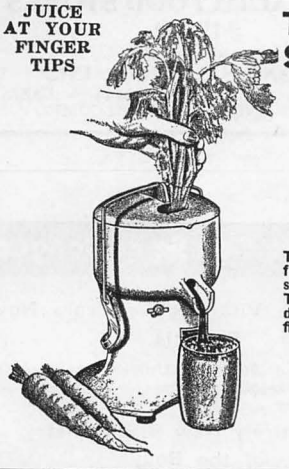
NEVER EAT TO REPLETION. Dr. Maxwell in his famous vegetarian cafeteria has a sign in a conspicous place which reads: "OVEREATING KILLS MORE PEOPLE THAN OVERDRINKING." Dr. Maxwell does not advocate drinking, even in moderation. Need more be said on eating until you are fully satisfied?

WHY CHILDREN'S DISEASES

(*Continued from page* 168)

ling and too much that is artificial in foods and living conditions and there will be fewer children's diseases. Use plenty of water inside and out; but water should never be drunk with meals. FRESH fruit juices are distilled water with minerals in natural solution. Milk is a perfect food for children and when taken should be the only food consumed at the time. Tea and coffee are bad for grown people and worse for children. Of course no one with any knowledge of their effects on health would give children hard drinks or commercialized soft drinks.

JUICE AT YOUR FINGER TIPS



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Mail orders filled for 2 cans
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CONTROLLING YOUR NERVES

(*Continued from page* 178)

quate attention given to the rectal condition.

Toxic Irritation

A toxic irritation must also be included among the causes of nervousness. Generally, the nerves are irritated by a systemic toxemia built up through faulty diet and constipation. Over-use of stimulants such as coffee and tea are common contributing causes of a nervous condition. Excessive smoking is another contributing cause, and the same is true of lack of exercise.

If you are nervous, the first thing I suggest that you do is to take a short five day fast on fruit juice. The fast will have the desirable effect of cleansing the waste products which have accumulated within the body. During the fast it is very necessary that you take one enema each day. Surely, as your bloodstream becomes cleaner, your nerves are going to be helped. When the nerves are irritable and jumpy because of being bathed in an acid, toxic blood stream, the only result which can possibly follow when the blood is improved, is a soothing and quieting of the nerves.

Well Balanced Diet

THE short fast is to be followed by a sensible, well balanced diet, which is to include plenty of cooked and raw non-starchy vegetables. It is a good plan to include in the diet, at least one egg a day, and those foods rich in vitamin B. A more rapid return to calm nerves will be experienced if the patient avoids stimulants such as coffee, tea and foods containing sugar. Likewise, an excessive amount of starch is also to be avoided.

Exercise Important

You will also benefit by taking more outdoor exercise. Choose some type of vigorous exercise which is pleasing to you and which affords the big muscles of the body an opportunity to be active. Walking, swimming, golf, tennis, canoeing, digging in the garden —any of these are excellent. Any kind of activity which takes you back to the elementals of sunshine, fresh air and contact with the earth will bring healing to harrassed nerves.

Try To Relax

ANOTHER habit which will be helpful to you is the habit of deliberate relaxation. You should make it a practice to stop at least once during your working day and relax. During this period, try to have the idea in mind of letting go of every part of your body. Begin at the feet and imagine that you are letting go of the feet, then the ankles, then the lower legs, and so on, until you have sent a command to relax to every muscle group in the body. Do the same thing at night as soon as you go to bed. At first, this will be difficult to do; however, with practice you will be able to detect the tension in the muscles and to relax them.

Rest Necessary

I do not know of any single measure which will do so much to rest wearied nerves and to prevent the feeling of nervous tension as this deliberate intention of relaxing. Just the process of putting the body at rest will go far toward giving the nerves a chance to set about righting themselves. During that time of rest and quiet, the nerves will seem to find themselves and will set out toward the recovery of nervous equilibrium.

Furthermore, the relaxation of tensed nerves and muscles will teach the patient a very valuable lesson—the lesson of getting away from effort. This is a lesson which is of the utmost importance for every nervous person. In such a person, there is a definite inclination toward making a continued effort which results in strain. The person brings effort to bear on almost everything that he does, and so wears himself out.

A Hobby Is Important

EVERY nervous person should be taught to go about building up some definite hobby or interest in life. The only requirement is that the hobby should be interesting to him. In carrying out his hobby, he should bear in mind that there is no hurry connected with it—no obligation—no sense of "must" — but just a quiet enjoyment of whatever he is doing. In short, he is doing it simply because he likes to do it.

The enjoyment of some type of creative work is excellent, although various types of handicraft will be of value, including what is called "puttering" or "tinkering." The development of a hobby is especially important when the person does not enjoy his regular work. In such cases, an outside hobby, pursued during leisure hours, will prove a double blessing. And when you find a new source of power opening up to you as you do that interesting thing, do not be surprised—expect it. With satisfactory activity, power increases in a very real, comforting way.

The Power of Suggestion

In overcoming nervousness, reassurance and encouragement are remedies of undoubted power. Reassurance is best provided by a doctor in whom the person has confidence; however, the individual may do a great deal to reassure himself by the correct application of the power of suggestion. In other words, any suggestion will be beneficial which empha-

(*Continued on next page*)

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. . For Prompt, Normal Action

Supplies bulk and roughage to compensate for eating rich, concentrated refined foods. Contains vegetable pulp, Karaya Gum and Molasses Solids. Molak provides a food supplement which contains residual bulk necessary for a mild, comfortable, but stimulating action. A pleasant way to discourage constipation in adults and children.
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CONTROLLING YOUR NERVES

(*Continued from previous page*)

sizes a state of recovery from his nervousness. Such a suggestion should be given in a positive form. The following is a good one to use: "Every moment of the day and night, I am improving in every possible way." Repeat that suggestion several times, both during the day and at night, just before going to sleep. While giving that suggestion to yourself, there should be no sense of effort, no sense of willing yourself to do anything. Instead, you should have the feeling of accepting the improvement, of admitting it, and especially of expecting it.

When sexual repression is a prominent factor in the case, readjustment must be sought. Undoubtedly, if nervousness is to be banished, some method of meeting the elementary sex problems is needed.

Change In Habits Necessary

NERVOUSNESS is a curable trouble. However, the correction lies within yourself. You are the one who must make the requisite changes in your mental and physical habits which will bring about the greatest health and happiness. Make these changes, and I am positive that you will become completely free from all nervous symptoms. More than that, you will be able to go on and use the power which has been given you to win a personal satisfaction and happiness which now seems unbelievable. You can learn to use your energy in desirable ways which are productive of excellent results. Instead of continuing to fight your nerves, change to better habits of thinking, eating and exercising and go on and win the satisfaction that is now waiting for you.

SOLEMNESS A SICKNESS

(*Continued from page* 169)

THE human stomach, nerves, glands, eyes and brain are also badly affected by the solemnity of worry, anxiety, fear, anger, sorrow, distress and other sad emotions disturbing and depleting. Why should false and failing feelings ever be allowed to intrude thus and cause needless damage? The tragedy should be transformed into a comedy. The habit of laughing at solemnity might chase it away, because no solemnity likes to be made fun of.

Can you smile when you feel like moaning, groaning or crying? The healthy risibles thus exercised will enhance your health. A motto framed attractively for customers of leading health and grocery stores and displayed in the stores reads thus: "Keep Smiling." Please do.

YOU NEED *more* THAN A LAXATIVE IN CHRONIC CONSTIPATION

Doctors agree that NO ONE type of treatment is suitable to ALL types of constipation, but—tests show a new type of live-cell, lactic-acid yeast with Vitamin B1 promotes better bowel health in the average individual suffering from constipation. So don't punish yourself with harsh laxatives—try LAK Plus, instead. Its LIVE yeast and added Vitamin B1 are constructive. Your nerves, digestion and vitality will improve with better bowel tone. So—if, because of sluggish bowel health and lack of Vitamin B1, you are always tired, fatigued, without that sparkle and "pep" you should have, then start today with LAK Plus.

House work is easier, children play, study, sleep harder, working folks don't feel so fatigued when Vitamin B1 is restored to deficient diets. **LAK PLUS** Tablets are the modern tonic, the convenient way to get Vitamin B1 PLUS the health benefits of LIVE YEAST . . . no messy preparation . . . just chew or swallow them whole. Add them to your diet and experience the thrill of ABUNDANT health and LIVE YEAST is so GOOD this way!

100 LAK PLUS Tablets $1, at your Health Food Store, or if he cannot supply you, direct from Makers of Kal, 256 North New Hampshire, Dept. PL-5, Los Angeles, Calif.

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PROGRESS IN VITAMIN B RESEARCH

By **MARINELLO TINO**

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Whole Vitamin B Complex Is Superior to B_1 or B_2 or to Nicotinic Acid or to Any Combination of Them Alone

LATEST Vitamin discoveries are revealing that there exists a vital inter-relationship between the 12 B Vitamins B_1, B_2, B_3, B_4, B_5, Biotin, Nicotinic, Acid, Pantothenic Acid, Filtrate Factor, and the other three unnamed B Vitamins, known altogether as the "Whole Vitamin B Complex."

This discovered interrelationship may mean that unless all 12 B Vitamins are present together, the human organism hits only as many cylinders (figuratively speaking) as there are B Vitamins present. But more important yet, like the destructive jarring effect of a car when its cylinders are not all properly hitting, the health of the human body can be jarred or harmed by taking only part of the whole Vitamin B Complex. The meaning of this interrelationship is understandable to followers of natural living. For we are well aware that nature has a reason for putting all 12-B Vitamins together into one group known as the Whole Vitamin B Complex. When we eat foods that lack the natural Vitamin B_1, they will also most likely lack the other eleven Vitamin B factors, thereby causing a possibly serious unbalance in the health of the human body. This is exactly what recent scientific discoveries are revealing.

This interrelationship discovery is exciting and shows the startling strides that Vitamin research is making. Definitely, we can expect a superior race free of the nutritional ailments and misery which now besets mankind. Let us hope, therefore, that in the future all men, women and children may benefit equally from science's great discovery of today. Let us further hope that in time all of our nutrition will come from specially grown foods, speedily transported to our homes, and scientifically prepared. Let us hope all these things come true rather than perpetuate to our children a dependence on nutritional pills, nutritional concentrates and so on.

But up until that day comes, let us be grateful to science for what it has already done. Let us utilize the benefits of science to our way of eating which cannot be perfect today because of problems we have not yet overcome.

This is why the significant discovery of the interrelationship of the 12 B Vitamins in the whole Vitamin B Complex is of transcending importance. Fortunately there is available now a new whole Vitamin B Complex prepared from a Rice Bran Source which marks a tremendous step forward in nutritional science.

3 TRIED IN SERUM KILLINGS

(*Continued from page* 180)

tor, were brought before the Fribourg Court of Assizes today, charged with the poisoning through vaccination of eleven children in Montrevers School in Fribourg, Switzerland. The defendants are accused of involuntary homicide.

On Jan. 8, 1940, a tube of diphtheria serum was sent from the Bacteriological Institute and used at the school instead of anti-diphtheria serum. Six children had died before the mistake was discovered. Only four of the fifteen vaccinated children were saved.

TOO MUCH INSULIN, DRAFTEE COLLAPSES

BRAZIL, Ind., April 10 (INS).—Leon Mathers, 26, of Coalmont, defeated his own purposes by trying too hard to get into the Army. Mathers, a diabetic, took so much insulin to hide his disease from Army doctors that he collapsed while awaiting a troop train, and was sent home.

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VEGETABLE CHLOROPHYLL, green pigment from growing plants, has been combined with fresh Cucumber Juice, NATURAL HONEY FROM CUBA, and Glycerin into a Honey & Vegetable lotion for complexion tissue.
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You will find a wonderful variety of HAIN FRUIT JUICES—the most healthful drinks for young or old! There is a natural tonic action in fruit juice that provides zest and stimulation! They are body *alkalizers,* naturally *laxative* and a *distinct benefit* both in the daily diet and as a convalescent drink.

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RECONDITION YOURSELF

(*Continued from page* 171)

the beneficial effects of outdoor activities they do not tend to correct your physical defects (if you have any) as effectively as systematic exercise.

WHY this is so, can easily be substantiated.

First, most of you can only get away on weekends when there is a tendency to overindulge until unduly fatigued. The remainder of the week finds you sore and bruised, and certainly this is not ideal for building up weak muscles.

Secondly, very few activities work the entire musculature so that usually only several muscles are activated at the expense of others. Those used become stronger, the others weaker.

Thirdly, recreational pursuits do not generally touch specific muscles that require attention. In most cases therefore the parts of the body that require correction are not actually remedied. Specific defects need specific movements for their correction and this, sports fail to do.

INDEED if you want to recondition your body, and build up your weak links, sports and recreational pursuits will not prove to be the most effective means. Systematic exercise, if taken first, will do the trick in much less time and will so fortify your body that you will be able, if you have been inactive for a long time, to indulge in your favorite athletic pastime in better condition, with greater skill and less chance of coming down with muscle soreness.

The specific movements that I am recommending involve the principal muscles. They will tone weak, flabby muscles and make them firmer and stronger. Results will accrue if the movements are performed until you feel mildly fatigued.

PRACTICE them in the privacy of your bedroom every day, either on awakening or before retiring. Do them with gusto, not too fast or slow, and you will soon find yourself on the road that leads to better health, strength and improved physical appearance.

Combine these movements with a balanced natural diet and manipulative massage (to keep the body supple and free of undue tension which may interfere with normal functioning of the body). Follow this Personal Reconditioning Regime for the next 30 days then let me hear from you concerning the results you have realized.

A—Arms and Chest

Position—support self face downward on floor, on hands and toes, hands shoulder width apart in line with chest.

(*Continued on page* 188)

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A DAY GIVE YOU

VITAMIN A—needed for general health—particularly eyesight and to help guard against colds and other infections.

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

VITAMIN C—needed for healthy teeth and gums.

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

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

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

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

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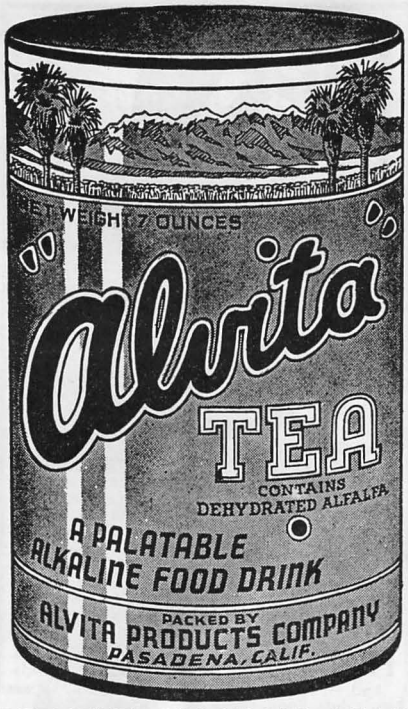

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"NERVOSAN" comes complete with a wonderful OZONIZER for INHALATORY troubles.

Highest Testimonials and International Awards, and World Patented.
Write to (postcards ignored):

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25 POMONA AVE., NEWARK, N. J.

THE HOT FOOT BATH

AMONG the most effective home remedies for a cold is the hot foot or foot vapor bath which Father Kneipp described as follows: "Take a tub or foot bath and lay two or three wooden sticks across for the feet to rest on. Then pour boiling water into the vessel and place the patient's feet on the sticks. Put a cover over the tub and the lower limbs of the person so that all the steam may be confined to the feet and thighs and no particle allowed to escape into the room. As the feet are generally colder than the head hot water alone would be too weak for the required amount of perspiration, and so one or two bricks about the size of a fist are laid on the fire till they are red hot and then dropped into the water which seethes up and increases both heat and vapor. This bath works beneficially not only on the feet, legs and thighs but on the whole body."

Although the way to take such a bath as prescribed by Father Kneipp is rather crude, the effect of the hot vapor bath with modern equipment is just as beneficial as in olden times. If the feet are plunged into hot water of say, 100 to 105 degrees, they soon become reddened and the veins close beneath the skin, appear markedly distended and filled with blood. This is called a derivative effect, the blood from one part of the body being drawn into another part. It is not difficult to see, therefore, that a hot foot bath can be given to relieve congestion of the pelvic organs, the lungs, the throat, the sinuses and even the brain. But this is not all. The effect just described is increased by a nervous reaction, a sort of reflex stimulation, that not only tends to relieve congestion by speeding up the circulation in general, but, acting on the heat-regulating centers, substitutes for the chilly sensation, which so often heralds the onset of a cold or other illness, one of comfortable warmth all over the body. Healthy persons will of course likewise benefit from the hot vapor foot bath and we believe a much wider use of this simple home remedy is in order. It might be mentioned that science has finally also modernized the foot bath, as fine electrically heated equipment that insures the proper even temperature, is available today and makes it possible to take one's foot vapor bath with a minimum of discomfort.

GRAPHOLOGY AND HEALTH

(*Continued from page* 175)

slight trembling, but is still vigorous and heavy. He had less inner impatience, so dark strokes are absent as

(*Continued on page* 195)

New VITAMIN B COMPLEX

TRADE MARK

SERO-B

B1-B2 (G) - NICOTINIC ACID PLUS 9 MORE B VITAMINS

Health food folks are fast turning to Sero-B brand . . . one of finest, richest *Vitamin B Complex Concentrate* . . . rice brand source! A scientific achievement. Potent. Contains all 12 Vitamin B Factors.
Sero-B looks like dark honey, very much less sweet. Nothing added. No salt. Easy to take according to directions. ***"It's the same wonderful Whole Vitamin B Complex you may have been reading about."*** If you haven't tried Sero-B brand yet, obtain it now . . . and save money on Sero-B prices.
Satisfaction fully guaranteed . . . or money refunded. 112 Gr. Size Sero-B (3 weeks average supply) $1.25; 6 Weeks Supply $2.25; 12 Weeks Supply $4.00; 52 Weeks Supply (1 yr.) Special $12.95. Keeps-Vitamin-B-Complex-Active and Potent Indefinitely, Guaranteed. Save money. Sold at better health stores . . . or order direct if unobtainable. We prepay. Send to
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Thomson's V-12-V Salt is packed in two sizes, 4 oz. fancy glass bottle shaker top 25c, and Economy size 9½ oz. can 35c. Try it at once and you will like it best of all.
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THE EMSTIRE COMPANY
1966 Broadway, Dept. 228
New York, N. Y.

RECONDITION YOURSELF

(*Continued from page* 186)

1—keeping body rigid head to feet, slowly bend arms at elbows and lower body until chest touches floor.

2—return to 1 by pushing arms until straight.

B—Neck

Position—Stand erect, hands at sides, head straight.

1—slowly bend head forward, chin touching chest.

2—slowly bring head backward.

C—Legs

Position—stand erect, hands on sides.

1—go into a sitting position by bending legs at knees and raising heels while swinging arms forward to shoulder height.

2—return to standing position letting arms fall to sides.

D—Abdomen

Position—lie on back, bed or floor, arms at sides.

1—raise both legs, rigid at knees, until perpendicular to chest.

2—lower legs to floor barely touching legs to floor.

E—Breathing

Position—stand erect, arms at sides.

1—slowly raise arms sideways to shoulder height and overhead — breathe in.

2—breathe out while lowering arms to sides.

THE ENEMA

(*Continued from page* 165)

unless one understands the using of fruit juices, when to use them and when not to use them, it is safer to use just plain water. In all instances this water should be either distilled or boiled.

In acute illness, contagious diseases, grief, fatigue, shock, migraine, etc., food should be withheld. There is no flow of digestive juices and very little, if any, movement of the alimentary muscles to carry food through the digestive tract. What folly, then, to force food upon the patient. Even wild animals know better than to eat when sick or wounded; and they certainly will not eat when frightened or angry. When food is taken against the dictates of Nature, it lies in the stomach and rots, adding more poison to the poison already accumulating in the bowel. The habit of feeding pneumonia patients, when the Life Forces are marshalling all their powers for the routing of the invader, has killed more people than pneumonia ever has. Assisting Nature at this time by giving water only until the temperature is down to normal, and then giving fruit or vegetable juices in addition to the water till natural hunger returns, with cleansing enemas to remove the waste, is the safest way to combat acute disease, pneumonia included. For there is nothing one can

(*Continued on page* 191)

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Health and Other Thoughts In Rhymes—

By Philip A. Fischer.

Paper cover—20 pages—25 cents.

Good sound advice on health, nature cure, food and medicines in form of little poems that can easily be memorized.

The Hidden Menace—

By W. E. Holder, M.E.

Pamphlet—40 pages—$1.00.

Mr. Holder who is the inventer of the Diastatic Ultra-Short Wave Condensator is presenting his views on aluminum cooking utensils. Although the controversy on the relative merits of the use of aluminum is still short of a definite solution, all those of our readers interested in it will find food for thought in Mr. Holder's booklet.

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A system of easy exercises for the development of all important muscles and for keeping one's waist line within healthy limits. There is also a diet chart and checking blank for the different measurements.

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INNERCLEAN *Herbal Laxative*

FINKELGRAM NO. 5

(*Continued from page* 181)

toxins, which, together, result in compounding many other acids and toxins. How do we derive at such a conclusion? Science answers this question by taking tests of persons who indulge in flesh food, as well as tests of those who completely omit meat and fish from their diet. WHAT DO YOU THINK?

THE same biological and physiological reasoning can be applied to the eating of fish. Fish and all sea foods possess in their tissues acids and toxins which they naturally create. Being scavengers, who subsist mainly on dead fish, their physical structures develop a very high degree of these toxic and acid materials, also, filthy and decomposed substances which are found in all kinds of dead flesh foods. WHAT DO YOU THINK?

Much can be written on the subject of meat and fish, and the harm caused through eating the flesh of dead animals. However, in this short FINKELGRAM there is enough to ponder as to why human beings are periodically incapacitated, why various organs break down, why abnormal blood pressure and early heart failure, why rheumatism and arthritis, why nervousness and insanity, why tumors and cancers, and why so many other diseases which cause mankind so much suffering. So runs the cycle of toxic poisoning of the human body. MEAT AND FISH—without a doubt, the greatest destroyers of human health and happiness. WHAT DO YOU THINK?

NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

(*Continued from page* 167)

due to an internal disorder but to *neglect of the hair and scalp*, the use of unworthy shampoos and the failure to apply simple home hair and scalp preparations. Proper cleansing and the correct way of brushing the hair is very important. Use a good "Comb-Brush," bristles far apart, in order to receive best results.

Care for Your Own Hair

YOU must know and understand the condition of your hair and scalp, which is very simple knowledge. Do not use your hair and scalp for an experimental laboratory, as a good many people do, and pay the price for it. If your hair and scalp is oily, it must be treated as such; if it is dry, it must be treated in accordance with that condition. To care for your own hair intelligently, you must know its type, just as you must understand any other part of your body. I have received a considerable number of inquiries regarding hair disorders which

(*Continued on next page*)

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OFFICIAL NOTICE

Healing Arts Practice Act,
District of Columbia, 1928

To Whom It May Concern: Notice is hereby given that an examination will be held beginning Monday, May 12, 1941 for applicants for license to practice Medicine, Osteopathy, Chiropractic, or Naturopathy in the District of Columbia. Examination will also be held beginning Monday, May 12, 1941 for license to practice Midwifery in the District of Columbia. Every applicant for examination, except for license to practice Midwifery, will first be referred to the Board of Examiners in the Basic Sciences for determination of his or her ability to understand and apply the sciences of Anatomy, Physiology, Chemistry, Pathology, and Bacteriology to the study and practice of the healing art. The examination before the Board of Examiners in the Basic Sciences will be held at 820 Seventh Street, Northwest, Washington, D. C. beginning Monday, April 21, 1941 at 9 o'clock A. M. This examination lasts two days. Only applicants who successfully pass the examination in the Basic Sciences will be admitted to the examination before the Board of Examiners in Medicine, Osteopathy, Chiropractic, or Naturopathy as the case may be for determination of his or her professional fitness. This latter examination will also be held at 820 Seventh Street, Northwest, Washington, D. C. beginning Monday, May 12, 1941 at 9 o'clock A. M. This examination also lasts two days. (Applicants for license to practice Midwifery will be referred only to the Board of Examiners in Midwifery for determination of their professional fitness.) Only such applicants as are duly authorized by the Commission on Licensure will be admitted to any of the examinations. All applications must be in the hands of the Secretary-Treasurer of the Commission before April 1, 1941. For further information address George C. Ruhland, M.D., Secretary-Treasurer, Commission on Licensure, Room 203 District Building, Washington, D. C.

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HAIR CULTURE SERVICE
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NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

(*Continued from previous page*)

are all individual conditions, and through careful analysis, I have sought to reach a conclusion as to the causes in each case. Some of these require competent medical care and advice.

Strength for Your Scalp

BE sure you give your scalp sufficient strength to withstand the rigors that fashion demands. Oil of this nature should be applied before long exposure to the sun or outdoor activities, particularly before bathing during the summer months, to prevent dryness and sunburn which are so destructive to hair and scalp. If the hair has a tendency to dryness or not, the application of a little thin oil of cholesterin Lanolin and Liquefied Sulphur character which has the absorbant properties is desirable. (Creams, petrolatum, or other thick substances have not penetrating qualities, may clog the pores and are not recommended.)

STILL better, rubbing the oil into the scalp a night before shampooing will be of much greater advantage. Also daily application, in between shampooing, is advisable. Salt water tends in innumerable cases to be destructive to the hair and scalp, unless effectively rinsed out with a proper shampoo immediately after bathing; but in succeeding articles I shall outline simple home treatments of hair and scalp which have proved exceedingly beneficial in the vast majority of cases.

Give you hair regular attention and care—just a little effort—and nature will amply reward you.

Your health food store has many natural hair helps that will aid you keep your hair in the best possible condition. You really ought to try them.

THE ENEMA

(*Continued from page* 188)

really do in such cases except to keep the patient warm and clear the field for a fair battle of the Life Forces against the invader.

The enema, then, is simply a first aid to Nature till she can rally her forces to overcome the invading foe. Cathartics, drugs, medicines, stimulants of any kind—even the best of food when not needed—are death dealing measures and are equivalent in effect to sending reinforcements to an invading army.

In all acute diseases, keep everything but distilled water out of the stomach, withhold all intravenous feeding, use the enema diligently and

(*Continued on next page*)

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The wonder palm-tree of the tropics sends you this refreshing food drink. Sprinkle on cereals, desserts. Grand in health coffees, teas, juices. A great taste delight to young and old—for epicureans and health-minded folks. Sold at Better Health Stores—or direct if unobtainable.

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Write DEPT. NP, VEGETRATES, INC.
Los Angeles, Calif.

My Last Gray Hair . . .

THE ENEMA

(Continued from previous page)

NO SMOKING

(*Continued from page* 197)

IT stands to reason that smoking must have some harmful effect on some persons' health somewhere. To be sure, smokers don't all drop dead around the cigar lighters in tobacco stores. But doctors do not study "tobacco heart" just for the fun of it. Athletes don't cut out smoking without reason.

Take a look at tobacco. Its active principle is nicotine, one of the deadliest poisons known to science—the poison which gardeners use to kill insects and pests on plants. Sixty milligrams of it injected into a man's blood would cause his death. Of the 18 milligrams of nicotine in a cigarette only about two actually enter the blood stream through the lungs in smoking. And the body maintains a defense mechanism against those two milligrams, whereby the liver destroys and the eliminative organs throw off some of the poison. But while the poison is being attacked, it also injures the liver and the other organs acting upon it. Nicotine works slowly—but it works.

The smoker may decide that he will watch for evidence that tobacco is hurting him and, if evidence appears give up smoking. But probably he never will find any such evidence until irreparable injury already has been done.

IN Chicago last year one person out of every four who died was a victim of heart disease. During a recent prize-fight broadcast more than a dozen persons dropped dead from listening in. Heart attacks. And smoking affects the heart. In the course of 24 hours a smoker's heart may have to thump thousands of extra times. That is why athletes seldom smoke. The late Knute Rockne and a host of other leaders in the athletic world—Connie Mack, Jack Dempsey, Gene Tunney, Joe Louis—condemn the cigarette habit. Professor Pack of the University of Utah has shown that only half as many smokers as non-smokers are successful in tryouts for football squads; also that smokers have an inferiority of lung capacity amounting to practically ten per cent.

Smoking affects stomach and nutrition. Dependable statistics show that smokers suffer more than nonsmokers do from many stomach disorders, ranging all the way from simple heartburn to ulcers. And often putting an end to smoking has been enough to effect a cure.

Smoking increases fatigue and exhaustion. Two years ago, in Rochester, N. Y., Dr. Harry L. Segal was treating six patients who had been dragging along for five years, feeling continually exhausted. The doctor ordered all of them to stop smoking. After three weeks, each patient felt greatly improved. The chronic fatigue was gone. One man had gained ten pounds, each of the others from four to five pounds.

Smoking may even shorten a person's life. The New England Mutual Insurance Company has kept a record of tobacco users, and finds that among 18,000 policy holders the death rate of abstainers was only 59% of the expected mortality, while among tobacco users it reached 93%.

This much certainly may be asked: Does any good accomplished by smoking outweigh the possible harm to be done?

BEAUTY

By Lilian Wit Cahan

LET nature's renaissance in this spring season be the keynote in your quest for beauty. Lend yourself to the softer atmosphere.

If you have been thinking of making changes this is the time to advance them. A change to a better environment can do wonders to improve health and mental attitudes. A temporary change will also show lasting results in improved ways of living. You can have a more hopeful approach to your problems after living in an entirely different environment. You may let go thinking in circles after meeting new faces.

Wherever you are, good health is fundamental to a better outlook on life. The healthful routine is by no means monotonous. It is in fact interesting, joyful, containing a spiritual quality. If you are tired of your diet, consider your attitude toward food. One should not eat merely to fill in the stomach or as a matter of habit or as an outlet for one's general discontent.

Many of your habits will undergo change for the better if you regard food as a means of gaining health and beauty. It is stimulating to observe the changes in yourself when you adopt health giving measures. The right food, bathing, elimination, exercise show their beneficial effect in improved skin, teeth, hair, eyes and feet. When feeling well, vibrant, positive, you become more joyful company to yourself. Let your presence be a good example of clean living to those about you. Take joy in what you are doing.

FOOD FLASHES FROM THE HEALTH FIELD

A delicious, tasty vegetable salt, loaded with vitamins and mineral salts is the one manufactured by THOMSON'S NATURAL FOOD CO., 7913 Jamaica Ave., Woodhaven, N. Y. V-12-V SALT contains 12 different powdered land and sea vegetables, namely Alfalfa, Kelp, Celery, Carrot, Dulse, Escarol, Parsley, Watercress, Kale, Dill, Garlic, Onion, also Brewer's Yeast with Vitamin B complex. For people who object against the use of Garlic and Onion, there is a similar product without these ingredients.

The ORJENE PRODUCTS, 100-5th Ave., New York City, have prepared a new circular "Your Hair," which gives valuable suggestions for keeping healthy hair and a well-functioning scalp. The booklet can be had at health food stores.

The LIFE ELIXIR PRODUCTS CO. of Detroit, Mich., wholesalers of Health Foods are sponsoring a HEALTH FOOD EXHIBITION on April 22nd to 24th at the Fort Wayne Hotel, Detroit, Mich. On this occasion Dr. Lust will give a lecture April 22nd on the theme "How to Simplify Your Health Problems." For the second day a lecture by Dr. Eugene A. Bergholz is planned, while on April 24th there will be a debate with following question period.

THE HEALTH BUILDERS who are associated with the American Health Food Association are preparing for a great Spring Exposition and Health Food Show, May 12 to 15th inclusive at the Morrison Hotel, Chicago, Ill.

HOW TO USE WHEAT GERM

Wheat Germ is a rich, *natural* food source of Vitamin B_1 as well as an excellent source of Vitamin G. *Wheat Germ* also contains a large amount of Vitamins A and E.

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Wheat Germ has a rich nutty flavor and is enjoyed by old and young alike.

Wheat Germ that should be used in the daily diet:

Adults: Two heaping tablespoonfuls.

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Wheat Germ can be mixed with cereals, cooked or dry; sprinkled on all types of salads; used in the making of breads, cakes, cookies or muffins.

Sprinkle on dried fruits, vegetable and fruit salads. Blend into fruit and vegetable juices, or eat it plain. *Wheat Germ* is an important supplementary food—use it daily.

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All five basic foods contain complete protein for which meat is used as a food. More too, they also contain necessary minerals and vitamins. Each food is complete in itself. Compounded from soy beans, wheat gluten, nuts, vegetables, and seasonings. Not concentrated. Easy to digest. No bone or sinew to discard, no tough fiber. All five of these foods are hermetically sealed in enameled cans. Prices range from 10c for a 5-ounce can to 50c for a 30-ounce can. Available at health food stores and health food departments.

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ATTRACTIVE HAIR! We have gathered from far and near, ancient and modern Hair Culture Instructions, Formulas, Methods, that promised more attractive hair. Included in this interesting collection are "Old World" methods and formulas; also 15 selected hair and scalp exercises and many other findings of hair experts. We have compiled this information on **"Hair and its Care"** at some expense, yet all of it is now available to you, while the supply lasts, for only 25c. Nothing else to buy; your money refunded if not entirely satisfied.

HAIR CULTURE SERVICE
1901-W. National Milwaukee, Wis.

NOW IS THE TIME TO TAKE CARE OF YOUR HAIR

(*Continued from previous page*)

are all individual conditions, and through careful analysis, I have sought to reach a conclusion as to the causes in each case. Some of these require competent medical care and advice.

Strength for Your Scalp

BE sure you give your scalp sufficient strength to withstand the rigors that fashion demands. Oil of this nature should be applied before long exposure to the sun or outdoor activities, particularly before bathing during the summer months, to prevent dryness and sunburn which are so destructive to hair and scalp. If the hair has a tendency to dryness or not, the application of a little thin oil of cholesterin Lanolin and Liquefied Sulphur character which has the absorbant properties is desirable. (Creams, petrolatum, or other thick substances have not penetrating qualities, may clog the pores and are not recommended.)

STILL better, rubbing the oil into the scalp a night before shampooing will be of much greater advantage. Also daily application, in between shampooing, is advisable. Salt water tends in innumerable cases to be destructive to the hair and scalp, unless effectively rinsed out with a proper shampoo immediately after bathing; but in succeeding articles I shall outline simple home treatments of hair and scalp which have proved exceedingly beneficial in the vast majority of cases.

Give you hair regular attention and care—just a little effort—and nature will amply reward you.

Your health food store has many natural hair helps that will aid you keep your hair in the best possible condition. You really ought to try them.

THE ENEMA

(*Continued from page* 188)

really do in such cases except to keep the patient warm and clear the field for a fair battle of the Life Forces against the invader.

The enema, then, is simply a first aid to Nature till she can rally her forces to overcome the invading foe. Cathartics, drugs, medicines, stimulants of any kind—even the best of food when not needed—are death dealing measures and are equivalent in effect to sending reinforcements to an invading army.

In all acute diseases, keep everything but distilled water out of the stomach, withhold all intravenous feeding, use the enema diligently and

(*Continued on next page*)

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COCONUT DRINK

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Buy a bottle of "ORJENE PURE" today. 6 months' supply only $1.00. Our guarantee: Your money back if you are not entirely satisfied. Users testify that ORJENE PURE is penetrating; it leaves the scalp soothed with pleasant, tingling sensation. The very feel of your hair is different.

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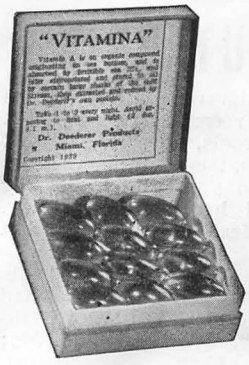

"My last gray hair turned black as shown while new vitality arrived after taking Vitamina." Florence Hetzler, 853 S.W. 2nd St., Miami, Fla.

Photo. Gray hair actually grown in natural color.

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THE ENEMA

(*Continued from previous page*)

Nature will score a victory if victory is at all possible.

The Enema in Chronic Disease

WHEN body inharmonies have settled down to what we call "chronic," that is, disorders continuing or recurring over a long period of time, we find the first step toward restoring harmony is the use of the enema. In these cases the enema is given to remove the poisonous accumulations that, for weeks, months or years, have been collecting in the folds of the bowel.

Those who have been in the habit of "taking something" to obtain action, may call themselves "clean," but the sad fact is that physics do not clean. They simply scoot things through the middle portion of the bowel, leaving the folds and pockets retaining old sewerage where all sorts of unthinkable creatures find breeding ground. No germ can get a foothold in the human body that does not first find incubation in intestinal filth, whether in the intestinal tract itself or in a fecal-loaded blood stream.

WHEN enemas are given daily and the person refrains from food—living for a time on air and water—he has the surprise of his life when he sees in the overdue elimination, what he has been carrying around for years. No one likes to think of being a walking cesspool but that is what the human body can become, and does become, when eliminations are neglected and the colon is clogged.

"What special benefit is derived from living on just air and water while taking the cleansing enema; why cannot one have a liquid diet or at least fruit juices?" was what I asked the doctor who rescued me from the operating table. Down the years his words ring true and I have opportunity to prove them for both myself and others:

"So long as food is being taken, the work of propelling it must go on; and while this propulsion is laid upon the bowel, it keeps the bowel muscles tense and causes that organ to grip tightly anything that may be sidetracked in its folds. Acids that are always present where there is a bowel derangement, serve to increase the tension and hold the packs securely in place. But when food is no longer put into the stomach, the peristaltic movement ceases about the third day and the bowel rests. It not only rests, it relaxes. As this relaxation takes place, the bowel tissue shrinks away from the accumulations and throws them out into the main channel. The enema, then, if properly used, is the

(*Continued on next page*)

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THE ENEMA

(*Continued from previous page*)

means by which the debris is carried out. This often takes days, sometimes weeks, but it is Nature's method of cleaning a foul body and aligning it with harmony and health."

THE enema is no modern innovation. We are told that in Ancient India, birds of the mountains at certain seasons of the year, feasted on constipating fruits. When the result of perverted appetite became painful, these long-billed birds flew down to the Ganges, filled their bills with water and injected the water into the rectum. The observing natives noticed that before the injection the birds were sick and languid, but after the self-treatment, they became as energetic as fledglings. Indian Nature Doctors thought it worth trying on some of their old men who had long since been impotent. The happy ending of the story relates that these old down-and-outers, after the water treatment, took to themselves young wives and became patriarchal chiefs of large communities.

An English engineer who recently returned from the dark continent, relates an experience he had while tramping through the jungles. Emerging from a thicket one day, he and his companions came upon a group of naked natives, kneeling with their heads to the ground—what we would call the "knee-chest position." In the midst of the group was another native with a large gourd of water suspended from his neck. From this gourd he was ladling out water which he administered through a hollow perforated buffalo horn to each of his kneeling clients. Thinking that the natives were observing some religious ceremony, the curious Englishmen drew nearer, only to learn that they were witnessing the treatment given in an African jungle health clinic. The doctor was giving enemas to his patients.

From these accounts, ancient and recent, we have to admit that the institution is not the result of modern science or the great discovery of some health cult. And that if birds and savages through the ages have found the enema efficacious for keeping fit, we still may intelligently apply it with safety for the preservation or recovery of our own health.

For too long we have thought like idiots, fed like fools, and acted like knaves; and then swallowed poisons or had pieces cut out of us in the hope of ridding ourselves of the consequences.—*Ulric Williams*

Those who will not work deserve to starve.

What is worth most is often valued least. Aesop.

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A booklet containing the opinions of famous doctors on this interesting subject will be sent FREE, while they last, to any reader writing to the Educational Division, 535 Fifth Avenue, Dept. NP-5, New York, N. Y.

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DR. LUST SPEAKING

(*Continued from page* 162)

science finds a virus or anti-toxin for them or not, will not make any difference. But if we can find a way of proper mental and spiritual sanitation, of an entirely new system of intellectual hygiene, of a proper drainage of all the rot and filth produced by our material aspirations, if we can only succeed to feed our brains with the vitamins of noble godly thoughts, and imbue our children with the spirit of love, self-sacrifice and devotion to their neighbors, the bacilli of war will have lost their footing and will vanish just as completely as the cholera and pox germs. These aims are not impossible of accomplishment, they are within everybody's reach and when attained will reward mankind with the true and lasting millenium that finally will render man worthy of his brief human span on this earthly sphere.

NATURE CAN REMOVE TUMORS

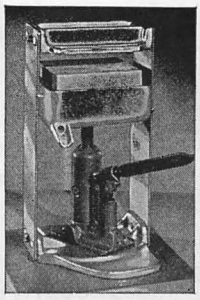
(*Continued from page* 163)

tumors, skin tumors, in fact all forms of non-malignant tumors melt before his eyes under the marvelous cleansing and regenerating powers of Nature. He has repeatedly seen women unable to bear children because of growths in the womb, once a cyst so large and packed into the pelvis so tightly as to make a pelvic examination impossible of admitting the fingers, and have these same women bear healthy offspring to their great joy and delight! There is no guess-work about this. The statements are not those of an office-dabbler in giving unqualified "health" lectures and advice without any clinical experience. These remarks are based on the records of clinical and sanitarium practice, unimpeachable in nature, for the individuals are still there to tell the story!

The Only True Hope!

THE writer has also seen some malignancies (so diagnosed by reliable diagnosticians) shrink and disappear under the powerful onslaught of natural energies. He has also tried in heroic manner to help patients with rapidly invading tumors to affect a cure or, at least a retardation of their condition, only to see them unable to effect a recovery by reason of over-intoxication and lack of vital capacity. He has seen all of these things. He does not claim the ultra miraculous of the natural healing power, no. But he does maintain that the Nature Cure Philosophy has the only reasonable understandable explanation of the cause of new-growths and under test has the surest means of establishing a true cure, meaning not only an elimination of

(*Continued on page* 196)



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GRAPHOLOGY AND HEALTH

(*Continued from page* 187)

shown in the first sample. This was penned in 1917.

He lectured, preached and traveled many miles doing good to others and that brings us to the writing done a few weeks before he passed away suddenly. His heart had been affected when he lost his leg, because the operation was performed under inadequate anaesthetic administration. The writing done in 1917 or thereabouts was taken from an article he wrote to Henry Ford and Charles Schwab on distribution of wealth.

IN the last sample there is a reversion to the dark strokes of 1861. There was much inner impatience, occasionally exhibited outwardly at the loss of hearing which affected him one year before he died. This was a great cause of sorrow to him. The dark strokes show it. The writing is large, because taken from notes he wrote for a speech. The outlining is not good graphologically but is excusable here, because of the fact the words were made clearer for reading from a desk when speaking. While people often write smaller as they grow older, many in public life, still expressing themselves actively, may write larger. This is an example. The reticence of youth seems to have returned, but the vigor is here that he did not possess in youth and there is evidence that he had overcome a weakness that doctors thought would carry him off away back in 1861.

IT may be interesting here to add that he was an early addict to grapefruit. He sent me large boxes when I was at college in 1895-97. It was very bitter but I enjoyed it and never forget that our family was among the first to use it frequently. We were considered rich because we indulged in so much citrus fruit, which was costly then! Father thought it better to spend money that way than in puddings, pies and too hearty food. He gave up meat almost entirely when about sixty-five. He was supposed to have hardening of the arteries and speedily set about overcoming this weakness.

This handwriting from first to last is that of a man who fought inclinations, desires and indulgence so as to live a useful, long life. Today there is no excuse for not living longer than he did if we begin early enough to fight the temptation of wrong living, eating and thinking. He thought of everyone but himself, an excellent way to extend life. It will be seen that abstinence is not wholly of this generation. It is one hundred years since this man was born, Christmas Day, 1840. We have one hundred years of knowledge, and his experience. Let us use it.

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NATURE CAN REMOVE TUMORS

(*Continued from page* 194)

the tumor, but also, and more important, of the instigating mechanism that allowed such a parasite to occur in the first place. Only a philosophy which operates simultaneously in curing and prevention of the condition under consideration, has any room in the mental equipment of any rationalizing human being. That is what Nature Cure embodies! The greatest fear of tumor lies in the *possibility* of occurrence and the lack of chance of cure. An understanding of the causes, however, removes the fear, for when not allowed to occur, we prevent this very *possibility* from happening at all.

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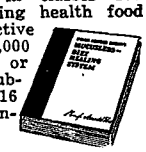

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NATURE CAN REMOVE TUMORS

(*Continued from previous page*)

standing and indisputably vindicated his views.

How can tumors be explained on the basis of toxic interference?

Definition of Tumor

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(*Continued in next issue*)

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(*Continued on page* 200)

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NO SMOKING

(*Continued from page* 197)

IT stands to reason that smoking must have some harmful effect on some persons' health somewhere. To be sure, smokers don't all drop dead around the cigar lighters in tobacco stores. But doctors do not study "tobacco heart" just for the fun of it. Athletes don't cut out smoking without reason.

Take a look at tobacco. Its active principle is nicotine, one of the deadliest poisons known to science—the poison which gardeners use to kill insects and pests on plants. Sixty milligrams of it injected into a man's blood would cause his death. Of the 18 milligrams of nicotine in a cigarette only about two actually enter the blood stream through the lungs in smoking. And the body maintains a defense mechanism against those two milligrams, whereby the liver destroys and the eliminative organs throw off some of the poison. But while the poison is being attacked, it also injures the liver and the other organs acting upon it. Nicotine works slowly—but it works.

The smoker may decide that he will watch for evidence that tobacco is hurting him and, if evidence appears give up smoking. But probably he never will find any such evidence until irreparable injury already has been done.

IN Chicago last year one person out of every four who died was a victim of heart disease. During a recent prize-fight broadcast more than a dozen persons dropped dead from listening in. Heart attacks. And smoking affects the heart. In the course of 24 hours a smoker's heart may have to thump thousands of extra times. That is why athletes seldom smoke. The late Knute Rockne and a host of other leaders in the athletic world—Connie Mack, Jack Dempsey, Gene Tunney, Joe Louis—condemn the cigarette habit. Professor Pack of the University of Utah has shown that only half as many smokers as non-smokers are successful in tryouts for football squads; also that smokers have an inferiority of lung capacity amounting to practically ten per cent.

Smoking affects stomach and nutrition. Dependable statistics show that smokers suffer more than nonsmokers do from many stomach disorders, ranging all the way from simple heartburn to ulcers. And often putting an end to smoking has been enough to effect a cure.

Smoking increases fatigue and exhaustion. Two years ago, in Rochester, N. Y., Dr. Harry L. Segal was treating six patients who had been dragging along for five years, feeling continually exhausted. The doctor ordered all of them to stop smoking. After three weeks, each patient felt greatly improved. The chronic fatigue was gone. One man had gained ten pounds, each of the others from four to five pounds.

Smoking may even shorten a person's life. The New England Mutual Insurance Company has kept a record of tobacco users, and finds that among 18,000 policy holders the death rate of abstainers was only 59% of the expected mortality, while among tobacco users it reached 93%.

This much certainly may be asked: Does any good accomplished by smoking outweigh the possible harm to be done?

BEAUTY

By Lilian Wit Cahan

LET nature's renaissance in this spring season be the keynote in your quest for beauty. Lend yourself to the softer atmosphere.

If you have been thinking of making changes this is the time to advance them. A change to a better environment can do wonders to improve health and mental attitudes. A temporary change will also show lasting results in improved ways of living. You can have a more hopeful approach to your problems after living in an entirely different environment. You may let go thinking in circles after meeting new faces.

Wherever you are, good health is fundamental to a better outlook on life. The healthful routine is by no means monotonous. It is in fact interesting, joyful, containing a spiritual quality. If you are tired of your diet, consider your attitude toward food. One should not eat merely to fill in the stomach or as a matter of habit or as an outlet for one's general discontent.

Many of your habits will undergo change for the better if you regard food as a means of gaining health and beauty. It is stimulating to observe the changes in yourself when you adopt health giving measures. The right food, bathing, elimination, exercise show their beneficial effect in improved skin, teeth, hair, eyes and feet. When feeling well, vibrant, positive, you become more joyful company to yourself. Let your presence be a good example of clean living to those about you. Take joy in what you are doing.

FOOD FLASHES FROM THE HEALTH FIELD

A delicious, tasty vegetable salt, loaded with vitamins and mineral salts is the one manufactured by THOMSON'S NATURAL FOOD CO., 7913 Jamaica Ave., Woodhaven, N. Y. V-12-V SALT contains 12 different powdered land and sea vegetables, namely Alfalfa, Kelp, Celery, Carrot, Dulse, Escarol, Parsley, Watercress, Kale, Dill, Garlic, Onion, also Brewer's Yeast with Vitamin B complex. For people who object against the use of Garlic and Onion, there is a similar product without these ingredients.

The ORJENE PRODUCTS, 100-5th Ave., New York City, have prepared a new circular "Your Hair," which gives valuable suggestions for keeping healthy hair and a well-functioning scalp. The booklet can be had at health food stores.

The LIFE ELIXIR PRODUCTS CO. of Detroit, Mich., wholesalers of Health Foods are sponsoring a HEALTH FOOD EXHIBITION on April 22nd to 24th at the Fort Wayne Hotel, Detroit, Mich. On this occasion Dr. Lust will give a lecture April 22nd on the theme "How to Simplify Your Health Problems." For the second day a lecture by Dr. Eugene A. Bergholz is planned, while on April 24th there will be a debate with following question period.

THE HEALTH BUILDERS who are associated with the American Health Food Association are preparing for a great Spring Exposition and Health Food Show, May 12 to 15th inclusive at the Morrison Hotel, Chicago, Ill.

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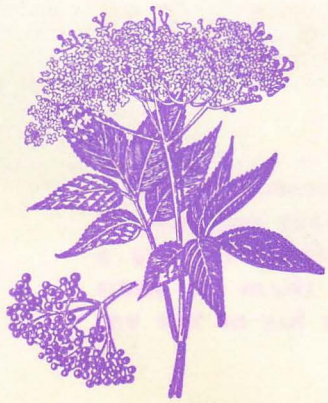

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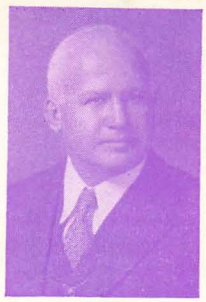

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