

NATURE'S PATH

AMERICA'S PIONEER NATURE CURE MAGAZINE

Dr. Lust Speaking

JULY, 1941

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WATER
TOXEMIA
WHY ASTHMA
RELAX THIS WAY
WORTHWHILE LIVING
YOUR HEALTH PROBLEMS
A MEASURE OF PLEASURE
PIMPLE PROBLEMS PONDERED
FINKELGRAM NO. 7—MOTHERS YOU
HAVE A MIGHTY BIG JOB
SUGGESTIONS FOR RAW FOOD EATERS
HEALTH MENUS AND HEALTH RECIPES
AN ANSWER TO MR. MORRIS MARKEY'S
ARTICLE "GREAT NEWS ABOUT CANCER"
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BY
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EDITOR

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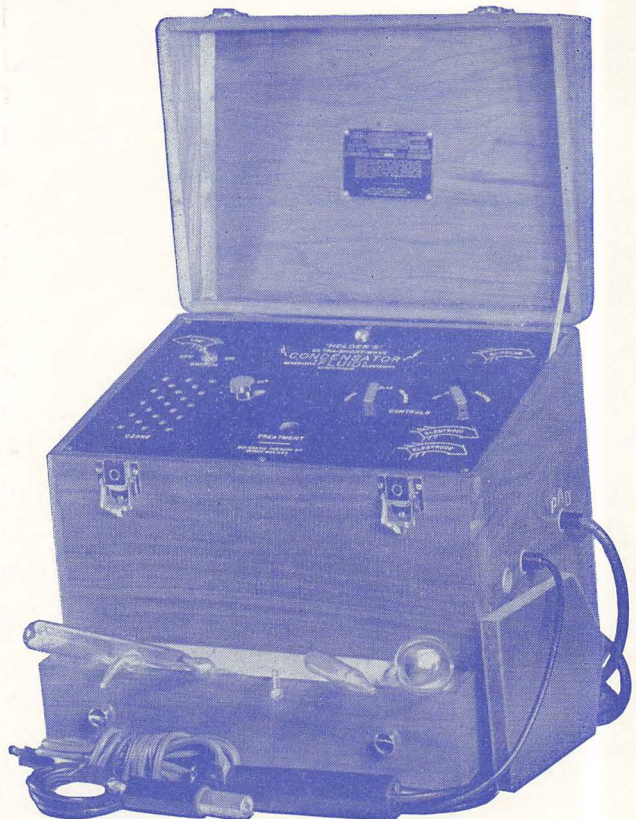
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by Dr. Harry Finkel

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by L. L. Casterter

Deafness

by Dr. Frank W. Bower

Helpful Beauty Hints

by Dr. Milton E. Holmes

Too Much Dietary
Buncombe

by Eugene A. Bergholz, M.D.

Perspiration and Its Rela-
tion To Health

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High Blood Pressure and
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The Twelve Necessary Mas-
ter Mineral Food Elements
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in accord with their views.

NATURE'S PATH

Dr. BENEDICT LUST, Editor

JULY, 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

A CERTAIN MAN PUT AN IMAGE ON THE BACK of his ass to take it to one of the temples of the town. As they went along the road all the people they met uncovered and bowed their heads out of reverence for the image; but the ass thought they were doing it out of respect for himself, and began to give himself airs accordingly. At last he became so conceited that he imagined he could do as he liked, and, by way of protest against the load he was carrying, he came to a full stop and flatly declined to proceed any further. His driver, finding him so obstinate, hit him hard and long with his stick, saying the while, "Oh,

you dunder-headed idiot, do you suppose it's come to this, that men pay worship to an ass?" Rude shocks await those who take to themselves the credit that is due to others. (Aesop's Fables.)

Since the turn of the century the trend toward refinement of foods has increased. The grain of wheat was deprived of its outer coat and germ, was chemically bleached until it contained nothing but pure starch. Sugar was robbed of all other ingredients so it consisted of pure carbohydrate. Milk was treated by pasteurization and thus robbed of valuable life giving substances. Rice was polished down to a tasteless product and similar refining processes were carried through with many other staple food stuffs. For decades private and public hospitals and public institutions served nothing but these dead foods with a few vegetables thrown in which were cooked to death and consisted of practically nothing but fibre. Restaurants treated their vegetables with bicarbonate of soda so as to preserve the shining green color, disregarding the fact that the chemical slowly attacks the mucous membranes of the stomach and intestines. Fruits were raised with the sole aim of a nice attractive appearance, the brighter, shinier and bigger, the better. Drying was done artificial-

ly and sulphur was used to preserve color. Citrus fruits were actually colored with dangerous chemicals. Fruit drinks, lemonades, ice creams, jellos, were manufactured synthetically and could be had in all colors of the rainbow. Many other drinks such as coca-cola, pepsi-cola reached consumption figures that go into millions of gallons. The list could be lengthened ad libitum. . . .

And all the while this trend of refinement gained in momentum until it reached its dizzy height of today, a gallant little group of men and women raised their voices in protest and pointed to the danger that lay ahead for our people, the danger of failing public health, the threatened wholesale poisoning and undermining of resistance in individual, family and community and its fateful consequences for the power of the nation as a whole. But Nature Cure was ridiculed as quackery and faddism, its followers were persecuted and prosecuted and held up by the medically dominated press of the land as imposters that hardly deserved passing consideration.

Yet they could not be silenced. In the face of overwhelming odds they kept the flag flying and untiringly they went on battling for what they knew was right. Men like Dr. Graham, Dr. Tilden, Dr. Page, Dr. Lee, Arnold Ehret and your Editor kept hammering it in that white bread, white sugar, white salt, devitalized concentrated and preserved foods are not only useless but dangerous to health. Whole wheat bread was sold here in New York by Louis Lust's Bakery since the beginning of the century, pure food was served in vegetarian restaurants and resorts and the number of sick and discouraged people who regained their health through a natural diet cannot be counted.

Then the second World War broke out in Europe and an almost miraculous change took place, over night as it were. Medical professors made a lot of new "discoveries;" one publicly stated that "white flour and sugar have been refined to the point where their food values are seriously im-

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IMAGINE YOUR-
self caught in a
summer rain storm
while camping and
you are obliged to gaze
on the falling rain
from the open flap of
your tent. A few years

ago, a companion of mine and I were caught in such a miniature deluge and after exhausting all topics of conversation, we sat mutely watching each other and the outdoors.

The storm was getting more severe and thunder and lightening were now and then breaking the monotonous sound of the falling rain. Whenever there was the roar of thunder, I would pronounce the magic words that simple faith has taught us to address to our Guardian Angels in the hope that they protect us from the frenzied fury of the storm. Personally I have enough faith in my Guardian Angel, to trust Him to take care of me in any situation, without having to supplicate Him over and over again. But because my friend was an agnostic, I offered the prayer aloud so that he could hear it and thus feel assured that through me he could also be spared the vengeance of the storm. The prayer had its desired results. We started to argue about the wisdom and purpose of prayer in such instances and to criticise the children, the young folks and the old women especially.

WE DECIDED THAT WE, BIG, HUSKY, courageous, men, with reason and understanding,

WATER

By A. EPPOLITO, N.D., D.D.

to take it standing up. We continued the conversation.

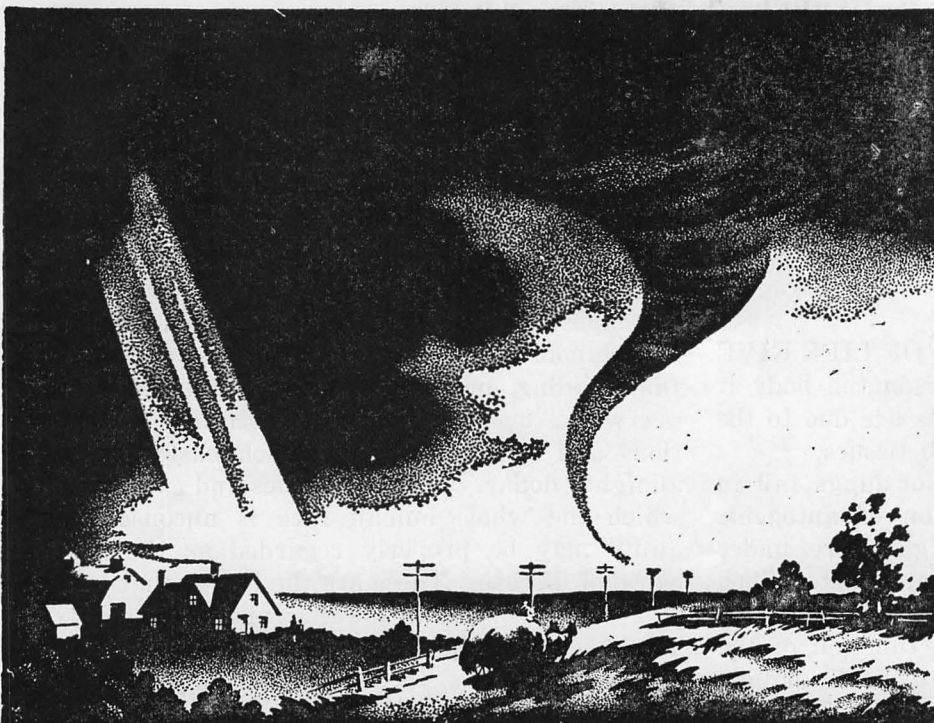
The thunder and lightening were getting closer and louder. After every peel of thunder we would look into each other's eyes with a bravado's expression of defiance and shake our heads as if to say, "We escaped that one, and we did not flinch an inch or bat an eye." We were getting acquainted with the storm and its fire works, when all of a sudden, God opened up the heavens and let loose such a blitzkrieg that both of us unconsciously, simultaneously and instantaneously bent our knees, shortened our necks, and stooped our shoulders to make ourselves as small as possible. When we straightened out again, we smiled at each other and I asked, "Who is afraid of what?"

AFTER THAT, WE LOST THE DESIRE TO take it standing up and so we sat down to watch the rain fall. Why should we worry about anything if any moment might be the last moment? I looked out and as far as the vision could reach, I could see the rain falling and the water rushing in torrents towards its goal, the ocean and I asked, "Why?" my friend answered, "To spoil the day's fun." To this remark I replied thus, "What

you say is true, but what would we do without water, and the best way to get it is through the rain; it is so useful; why be selfish?" So we started to debate, he mentioning all the evil that water could perform and I all the good acts.

Water can drown you and take away your life; or it can shock you back again to life. It can cause you to catch a cold or if properly handled it can remove that cold. If hot it may scold you or if cold it may chill you, but under proper control it can give you the most exhilarating bath. It may spoil your best suit or dress or it may be used to wash our clothes and make

(Continued on page 263)



TOXEMIA is the presence in the blood, lymph, secretions and cells of any substance, from any source, which is inimical to health and which, in sufficient quantity, will impair organic function. Toxemia means the presence of too great a percentage of toxins in the tissues and fluids of the body. There is a normal amount of toxins in the body at all times. These become foes of life only when they are permitted to accumulate beyond the normal limit.

Toxins result from the normal breaking down of tissues in the body in the ordinary activities of life. The normal processes of elimination expel these toxins as rapidly as they form. This keeps the blood and lymph pure and sweet and good health is the result.

IF ELIMINATION IS impaired or checked, so that the toxins are not thrown out of the body as rapidly as they arise, they are retained in the body and accumulate there, producing toxemia. Toxemia in this form is the poisoning of the body by its own retained excretions.

Drainage is the term applied to the physiological processes by which all waste and toxic matter is carried away from the cells and eliminated from the body. It is the means by which internal cleanliness is maintained.

The tremendous importance of such cleanliness can be realized when it is known that if the urine is suppressed for fifty-two hours death results; the carbon dioxide exhaled in one day would kill many times over, if retained; if a wound is pent up, so that drainage is stopped, septicemia and probably death soon result.

THE NORMAL FUNCTIONS OF LIFE GIVE rise to toxic residues which poison the body if not rapidly eliminated. Ailments are due to the crowding of toxic waste into the tissues.

If the bowels, kidneys, liver, or lungs fail in their functions, the accumulation of antogenic poisons takes place. These organs are under nervous control and their efficiency is determined by the integrity of the nervous system.

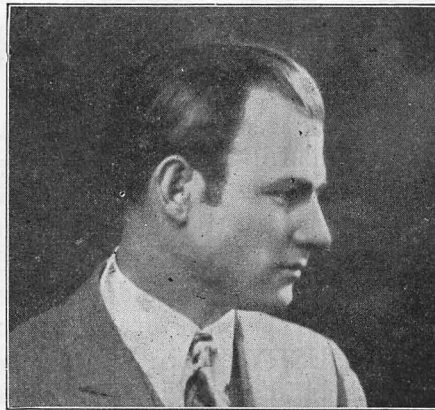
Elimination is a fundamental function of the living body and, if not prevented by faulty habits, will keep pace with the normal daily intake of the

body. It is only when elimination has been impaired that the body begins to suffer from a toxic overload.

The digestive juices of the healthy person are capable of destroying the toxins which may occasionally form in the digestive tract, but due to the common habits of overeating, eating wrong combinations of food, eating hurriedly and without properly masticating the food, eating when there is fever or discomfort, the digestive organs become weakened and their secretions are so impaired that they are no longer able to protect. They lose their immunizing power and permit poisoning to occur. Finally there comes a time

when the systemic intoxication over-flows and resistance is crushed, natural immunities are wiped out and acute disease results.

• TOXEMIA •



By HERBERT M. SHELTON, N.D.

CARBOHYDRATE DECOMPOSITION (fermentation) and protein decomposition (putrefaction) give rise to different kinds of toxins and produce different types of disease. Proteins give rise to the most virulent toxins. Protein poisoning, if tolerated, makes for degenerative rather than progressive adaptation in life, since the poisoning will cut the organism off from constructive physiological advance.

The chief source of Toxemia is the retention and accumulation within the body, due to faulty elimination, of the end products of metabolism—cell waste. The next source, in order of importance, is absorption of decomposition products from the intestinal tract, the result of impaired digestion, secretion and excretion.

Toxemia is the product of fermentation and decomposition and of the retained end-products of metabolism, of worry, spite, hate, fear jealousy, fault finding, promiscuous love, sexual excesses, overwork, overstimulation, overeating, dissipations and excesses and too much haste for the almighty dollar. The deficiencies and excesses of which the whole human race is unconsciously guilty may be properly regarded as the basic cause of disease. These are the things that enervate and enervation lowers functional ability. Toxemia clogs the organism, every cell, tissue, organ, nerve fibre, the blood and lymph stream,

(Continued on page 266)

MODERN life is a demonstration of the science of measurement. We have measures for treasures of all kinds, tangible or

intangible. A clock is the measure of time, a yardstick the measure of space, a thermometer the measure of heat, a scale the measure of weight, a cookbook the measure of food, a bankbook the measure of money, a diploma the measure of education.

Where is a measure of pleasure? Nowhere. It should be everywhere, for happy use by everybody, young or old. Young folks are unanimously fond of pleasure. They have hardly any use for a life without play. They know by instinct that recreation stimulates re-creation. All folks of any age wishing to stay young could emulate to advantage the pleasure inclination of

A MEASURE OF PLEASURE

By EDWARD EARLE PURINTON

young folks.

We should however be discriminating, healthy and safe in our choice and use of pleasure. Fun of the wrong kind or amount is equiva-

lent to folly or even danger. A national need is for a measure of pleasure, not yet supplied or valued properly and effectively.

Thomas A. Edison made this remark. "Young men of today want pleasure; most of them are mad about it. They waste time because they lack the will to work. The youth who loves frothy pleasures too well is committing himself to a life of hard and distasteful work because he is untrained, while the one who trains himself when young will be able to enjoy the pleasures of life later."

WHAT IS THE REAL PERIL OF LIFE TODAY? "Pleasure," stated Sir Arthur Balfour, who visited this country as head of the Association of British Chambers of Commerce. He intimated that pleasure might destroy our present civilization. He suggested three remedies for the contagion of pleasure: "Hard work, a renewal of religion and a restoration of the home."

Hard work is a true source of mental and physical pleasure if the worker is happy, efficient and successful as a worker, because mind and muscles rejoice in productive action. A renewal of religion would provide moral and spiritual pleasure, though people generally do not recognize the importance or even existence of moral and spiritual pleasure. A restoration of the home would offer quality and quantity standards of pleasure needed by all the occupants of any home.

WHAT IS A "GOOD TIME" THAT people talk about, but seldom think about? Exercise happily healthful, to renew strength and vitality of both mind and body. A good time is a creation of good judgment. A good time will make you feel better—or it was not a good time.

You could make a list of the real pleasures of amusement, entertainment, diversion and recreation. Then see which you like best, and have them give you a good time. The list might include baseball,

(Continued on page 271)



Ragaz Spa Near Zurich, Switzerland

Pimple Problems Pondered

That pimply face! We do not like even to look in the mirror! We try all kinds of remedies; but regardless — perplexing pimples promenade prominently, peering periodically, potentially, practically placed permanently!

By EUGENE A. BERGHOLZ, M.D.

THERE IS NO, EVEN SEVERE, DISEASE in the entire nomenclature of Medicine which brings about more sighs, heartaches, vain efforts, angry countenances, and cursing than this one, usually considered a simple, insignificant disease from a medical standpoint, but not so from the layman's whose vanity is affected—that perplexing facial condition commonly called just plain, ordinary *pimples!*

It is a problem embarrassing to the stricken one as well as to the doctor whose heroic but unsuccessful attempts, bring back a periodically sour-faced, dissatisfied patient, not truly sick, yet more miserable than if he actually were.

For no other condition, except perhaps rheumatism, are more doctors changed, more efforts wasted, more money spent, than the pimple one. One of the largest industries, the cosmetic one, has arisen to thrive to great profit on attempts to bring back brilliant countenances lost through many ways including pimples, to satisfy that one relentless characteristic of man, namely his insatiable vanity!

Pimple Question

WHY DO WE SO OFTEN SEE PATIENTS who have tried seemingly every available remedy, powder, paint, packs, salves, drugs, diet, vitamins, minerals, X-ray, etc., and yet continue to have their affliction?

Why has the so simple condition defied in so many cases all effort, but yet when naturally or vitally analyzed, becomes a really simple one to explain, treat, and truly eliminate?

Those two questions practically state the ans-

wers. To the first one, we answer: "Because most treatment is directed at the pimples, success of mechanical treatment is unpredictable."

To the second we say: "When a disease-problem, *any*, including the pimple-one, is analyzed from the standpoint of the Natural Philosophy, *causes* are first determined, and then treatment is directed at *their* elimination. Thus pimples, merely *effects of causes*, are not only eliminated, but their cause too! Thus permanent, predictable progress in the cure of this or any other blemished skin condition is positively assured!"

Common-Sense Deductions

WHEN WE APPLY an external treatment and seem to have success in the removal of the blemishes, may we not be stopping the eliminations thrown out by the congested skin? May we not be driving back toxins into the body to work harm on more vital organs?

That this is actually what happens has been demonstrated time and again. When pimples are present, the skin is trying its best to eliminate congesting poisons from a toxic-laden body. This is shown by eruptions resulting from drugs which either come out thus directly, or by their poisoning effect on kidneys, bowels, etc., deprive the body of those avenues of eliminations for disposal of necessary body wastes which the skin then takes, as a safety-valve, to throw out in the form of pimples. This reasoning applies not only to drugs, but any poisonous substances, chemicals, tobacco, alcohol, food, fermentation, and putrefaction.

And this brings us abruptly to the cause of pimples.

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FINKELGRAM NO. 7

MOTHERS — YOU HAVE A MIGHTY BIG JOB

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

OH YES! A MOTHER'S JOB IS A BIG JOB—an important job—above all, a worthwhile job. In fact, it is the most outstanding of all human jobs. Mothers should feel highly honored for having the privilege of being the genesis of all human life. Nature has decreed that motherhood should fall to the lot of the "female of the species," and designated to her the biggest and most noble, heroic and courageous task of all earthly tasks—the exalted task of MOTHERHOOD—the task of bearing, nursing, rearing children, and guiding them during their infant life, early childhood, puberty, adolescence, and up to their full maturity.

MOTHERS, be frank! What are you making of your predestined, heavenly job of motherhood? Can you give a good account to the Creator for crowning you with the most glorified appellation of human dignity, and for bestowing upon you the greatest of all human titles—MOTHERHOOD? What kind of a job are you doing with your children? Are you rearing them so they will not fall a prey to disease? Are they always thriving in good health? Do they still possess their tonsils, appendix and good sound teeth? Are they wearing eye glasses, or are they unfortunate to be harnessed in steel leg-braces or shoulder-braces, or wheeled around in a chair, or hobbling on crutches? Are all the children you have given birth to, alive?

MOTHERS! CAN'T YOU SEE THAT YOU HAVE A MIGHTY BIG JOB to fulfill? You are like the captain of a ship who has to sail his vessel through stormy seas and must know how to bring his crew and passengers safely ashore. Likewise, and more so, a mother must definitely know how to pilot her Ship of Motherhood through the stormy seas of life in order to avoid the disastrous diseases which often come upon so many children. She is the sole captain of their health destiny, and she alone is responsible for bringing them into the Port of Good Health when they reach the age of full maturity.

How many mothers suspect that bad teeth, adenoids, bad tonsils, fever and malnutritional diseases are caused through improper feeding;



also, that delinquencies, disobedience, bashfulness, nervousness, being backward in studies, lying and other bad traits in children can be traced to an injudicious and unnatural diet.

MOTHERS! UNQUESTIONABLY, YOU HAVE A MIGHTY BIG JOB, inasmuch as you alone are responsible for the health and welfare of your children. Are you going to let them suffer pain and disease simply because you are negligent or unwilling to apply yourself to the modern, scientific method of feeding them? My heart cries out in behalf of innocent and helpless children who are deprived of their natural birth-right—a healthy body. My greatest sorrow in life always was, and still is, in knowing that children suffer periodic diseases on account of their parents not availing themselves of the vast fund of authentic information in the fine art of bringing up children.

Children do not need any of the patented cod liver oil preparations, or any of the so-called food adjuncts for their natural and normal mental and physical development. Nor do they need serums to immunize their bodies for the prevention of whooping cough, small pox, diphtheria, colds, and other children's diseases which come to them because of faulty nutrition. "Shots" do not and

(Continued on page 274)



I HAVE BEEN ASKED SEVERAL TIMES by well-wishing friends to suggest some fitting menus and I almost promised to do this until I began to work them out. Then I realized that it's impossible for me to say: what, and how much of it, another person should eat, morning, noon and night, during the 365 days of a year, as it is impossible for me to say just how much a person should weigh.

I would have to know exactly how much vitality there is expended in a certain time, (and this always varies, even in the same person), in order to correctly balance it.

Here, everybody must use his own common sense to determine the kind and quantity, of food.

The best I can do is, to suggest that we should eat the foods that are in season, and preferably such foods as were grown in the latitude or zone or district where we live, and that we should change our foods as the seasons change.

Furthermore, the foods that are most easily digested should always form the first and last meal of each day, no matter at which time these meals are taken; the heavier foods, as a general rule, should make up the midday meal.

In the Spring of the year the berries are in season everywhere. They do the spring-house-cleaning, after all the heavy foods during the winter. In the South the mulberries, and in Florida, even before these are ripe, we have Japanese plums or lowquats, and strawberries and tomatoes all winter. In the North we have blueberries and huckleberries.

While the mulberry season is still on, the blackberries come in, then the cherries and the early Florida peaches. A little later come Georgia peaches, and those from farther north last until late in the Fall.

Besides we have watermelon, cantaloupe, fresh sweet green corn and pineapple; and cabbage, onions, apples and bananas are with us always.

I must not forget to say a word about our good reliable standby: raw cabbage. — It is one of the best, all-year, natural medicines that I know of. Cauliflower is almost as effective. — Three hours after eating it, preferably with an apple, which makes it taste better, my head feels as if some one had been inside and cleaned up. I can think better. Onions and apple make also a good combination for either breakfast or supper.

Fresh sweet green corn, eaten raw, on the cob, as a cow would eat it, is also a most wonderful natural laxative, but its season is not very long.

An acquaintance saw me eat it in this fashion and predicted that I would surely get sick from it. The poor man with his limited mentality could not grasp that raw food has made me well and strong and happy.

During the beginning of July, grapes and fresh figs begin to be sold; also avocados, mangoes, and a little later, new apples and pears and persimmons.

Figs, avocado and persimmon last until the end of October; grapes until Christmas; pears until February, and apples until

SUGGESTIONS FOR RAW FOOD EATERS

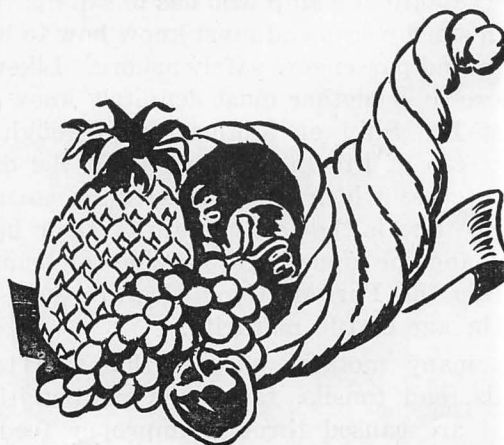
By WILLIAM UTRECHT

the new ones come.

Banana with crushed brown rice or whole wheat, or Coconut with rice or wheat, make a very substantial midday meal. — So do persimmon and avocado.

Of foods that are in season, use the acid- or sub-acid foods for breakfast; the carbohydrates, proteins and fats (nuts, banana, persimmon, avocado) for midday, and vegetables or vegetable-salads for supper.

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IN EVERY CIRCLE of average people there arises the inevitable discussion of "eating for health." The majority feel that their health is not what they would want it to be and agree that they would watch their diet more if they knew what and how to eat. They are sincere but believe that the only way they can get to know the correct preparation and combination of foods is to go to a sanitarium, where the correct plan is followed and taught, and learn it there.



If the willingness is present the overcoming of that objection is very simple, but the *desire* must be prevalent. Of the many Naturopaths I know the one exception to being a convert is Dr. Maxwell of the famous Maxwell's Vegetarian Cafeteria. Anyone that is interested and persevering enough can write to or ask any Naturopath and will be told how he started on the road to superb, glorious health. Like any other human being, the health expert is happy when he can narrate his experiences in managing the transition period from poor or mediocre health to better health.

VERY FEW REALLY IMPORTANT MEN and women neglect their health. Being health-conscious is being diet-conscious. Those who are interested in regaining their health or maintaining it soon find themselves in possession of many friends that they never believed possible to have; they find friends that money or social position cannot buy, for just being an earnest, straight-forward, ambitious person sincerely interested in health.

When a man starts to regain his health he is not only interested in his own health then but also in the public health as well. It just seems inevitable but to have noble altruistic inclinations when you are in good health.

I knew a man who saw great opportunities for exploitation in the Natural health field and went into it with only ulterior motives. He had to live

a correct natural life to gain the confidence of those who asked him for advice. By so living, he forgot the money angle and is just as anxious to help his fellowmen as anyone that entered the health movement without mercenary plans or ulterior motives.

WORTHWHILE LIVING

By J. C. THIE, N.D.

IMAGINE THE thrill you will experience when you find yourself sitting next to a celebrity some day at a health lecture. You will learn the answers

to many questions that you did not believe fathomable. You will learn why many of the great men and women are great. Such associations and experiences as you will encounter in the health movement are indeed worth more than ephemeral enjoyment of gluttony and other questionable recreations. Association with clear-minded people is worth many years of study in schools and colleges, for after all, in education, men

(Continued on page 276)

THOSE WHO HAVE ASTHMA AND ALL those living with asthmatics may well ponder this question and then decide for themselves how much longer they intend to tolerate this miserable condition.

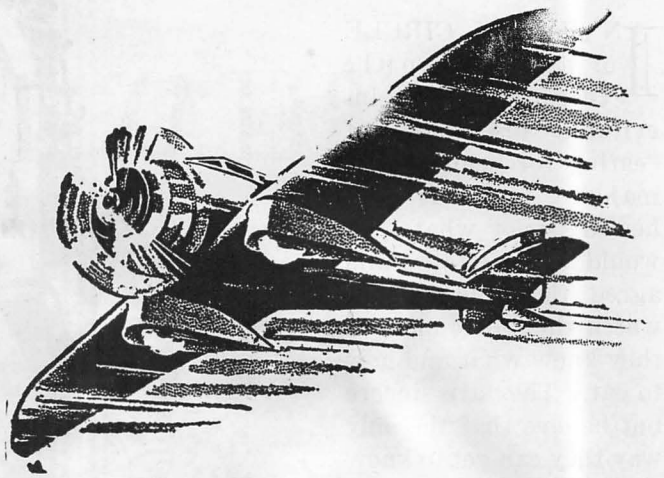
Asthma is primarily a disease of an imbalanced nervous system, and it is therefore logical that the most effective treatment is given to remove the cause of this imbalance, which is either in the physical, electrical or chemical state of the vagus nerve.

THE PHYSICAL CAUSE OF THE TROUBLE is to be found in the vagus nerve or sympathetic nerves located within the upper portion of the body. If these nerves are stretched or irritated by exterior factors due to poor posture, the treatment must necessarily be a mechanical treatment. The structural abnormalities must be corrected if there is to be any cure. The chemical nature of the nerves must likewise be treated. Usually there is an excess of potassium and sodium over calcium. This might be a question of proportion. The potassium and sodium might be normal but with the calcium content being deficient, it is purely necessary to restore balanced proportions. The electrical factor is based upon both physical and chemical considerations. Just as a storage battery might be low due to lack of acid or due to worn out plates, so is the electrical factor of the nerves to be considered.

NOW THAT WE HAVE CONSIDERED JUST what is the primary basis for asthma, let us ponder on what is not asthma. This should be considered since so many asthmatic patients are prone to blame secondary factors as the cause of their asthma.

Changes in weather often bring on an attack and this is blamed for the asthma. If the patient did not have the primary factors existing, the changes of weather would mean nothing to the patient unless perhaps the weather affected a corn or some other condition.

Sometimes pollens, dust, animals, or certain foods precipitate an attack. The patient might have gone for weeks or months without an attack and the presence of some one or more of these agents sends him into a paroxysm, thus leading him to blame such factor or factors as causing the asthma. All of which is far from being the case, for if the patient had a balanced chemical,



electrical and physical body machine, nothing would happen nor would the patient have asthma, hay fever, bronchitis, heart disturbances or stomach or intestinal disturbances which all overlap one another.

ASTHMA OF ITSELF IS PURELY THE hypersensitivity and contraction of the bronchiles. Everything else is secondary. The feeling of suffocation, difficulty of breathing, rapid heart action, heart strain, are all secondary and are entirely dependent upon the increased vagus nerve action.

In the treatment of asthma, one frequently hears of really

astonishing cures credited to various specialists. In these cases the secondary sources are removed and the patient may go almost indefinitely without further attacks, unless some new source of irritant arises to renew the attacks. Also, the enfeebled musculature of the bronchioles is neglected by this type of specialized treatment. This type of treatment is like swatting flies and forgetting to screen the windows.

THE VARIOUS INJECTION TREATMENTS mentioned below are merely palliative and symptomatic and are to be absolutely rejected.

In emergency treatment we generally find that adrenalin is injected. This aborts the attack within a few minutes but usually leaves the patient in a very weakened and upset condition the following day or two. The action of adrenalin is based upon its irritating effects upon the sympathetic nerves: it raises its action to a level of the vagus nerve, thus neutralizing the vagus action and permitting the bronchioles to relax.

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WHY ASTHMA?

By LOUIS D. MCKENNEY, N.D., D.C.

RELAX THIS WAY

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

IT IS A MISTAKEN NOTION THAT YOU can cram into a two-weeks vacation enough fun, exercise, or relaxation to last you for a whole year. Many of us need a vacation after a "vacation," so let's learn how to relax at any time. It is good to know these things, for certainly most of us live and work under nervous strain and tension, and it is really imperative to learn to relax in order to maintain our nervous equilibrium, and it is far better to relax a little every day than to attempt to crowd it into any one time to the neglect of another.

THERE IS A GREAT PRINCIPLE IN NATURE known as the Law of Compensation, and utilizing this principle, we find that one cannot properly relax unless one is reasonably tired. There is a maximum unit of response to all physiological activity, and if we will understand this, we will acquire an important phase of health knowledge. The first principle of relaxation, therefore, is Rest, and to achieve the full measure of benefit of Rest, this must be induced by a corresponding measure of Activity. Physiological harmony occurs when there is a proper balance between Contraction and Relaxation of tissue, and this embodies ALL the tissues of which we are made. Any serious deviation of this manifestation may indicate pathology and should have professional attention.

WHAT SHOULD YOU DO WHEN YOU ARE exhausted, tired, fatigued and nervous? Well, there are many things you may do, and the suggestions mentioned here will be found valuable in that they can be followed at convenient times, and need not necessarily depend upon a particular time or environment, unless you so choose. We will give our attention to various factors.

FIRST, THERE IS FATIGUE. THIS TECHNICALLY is brought on by the accumulation of so-called fatigue toxins in the muscles and other tissues of the body as a result of muscular activ-

ity and in the due course of metabolism. When you have had a refreshing sleep, these toxins have been eliminated from the body thru one or more channels of our eliminative system, notably the skin and lungs. It becomes evident, therefore, that Elimination is a primary factor in banishing fatigue. Here is how you can relax quickly when you're very tired.

EXPOSE YOUR SKIN TO THE AIR. TAKE off as much clothing as possible, even all of it if you are alone. Wash your hands, wrists, and face in cool water. Open your windows, lie on your couch or bed if very tired, and simply "let go." Close your eyes and place a damp linen cloth over forehead and eyes. Allow the air currents to strike your body. Within a few moments a soothing and refreshing sense of well-being is felt, the skin literally wakes up, the mind clears, and the sensation is both calming and tonic. This is Nature's "air-bath" and is wonderfully soothing to the nervous system.

AFTER A WHILE you will feel like rubbing or stroking your limbs, which is beneficial. Your breathing will become rhythmic and soon you will marvel how your tiredness has disappeared. Sip slowly some refreshing beverage like pineapple juice, hot or cold, depending upon your individual tastes and your bodily reactions. If this procedure is followed at night before retiring, a sound and revitalizing night of sleep will follow and you will awake fully refreshed in the morning. Try it for a few nights.

OF COURSE, OTHER FACTORS MUST RECEIVE consideration, such as proper baths, diet, clothing, exercise, occupation, daily habits, mental and emotional influences, sleep, hobbies, contentment, the avoidance of excessive fatigue, environmental and psychological factors. Also we have not touched upon pathological conditions which always must be kept in mind when there is ab-

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Fully recognizing the important role Chiropractic is playing in Natural Healing, we have asked the noted author and originator of the Physiological Relaxation Technique to present his views. We hope to publish articles on Chiropractic subjects every month.

ELEMENTARY HOME STUDY COURSE

In Natural Living and Nature Cure

By DR. BENEDICT LUST

LESSON VII

ADOLF JUST ON NATURAL FOOD

Since thousands of years science has endeavored to ascertain what substances man required for his nutrition: what, indeed, constitutes the right food for human beings. Physiology, chemistry, anatomy, histology, anthropology, and still other branches of science are pursued for this purpose.

But what has been the result of this research of a thousand years? One very prominent and celebrated professor declares that a truly scientific dietary is still impossible today; that science, after long labor and research, still does not know what man ought to eat and drink. He thereby gives science a certificate of incompetency, which is unfortunately not yet recognized as incompetency.

We might apply the words of the apostle to the great scholars of our time:

"Professing themselves to be wise they became "fools" (Romans 1:22).

To him who again turns to nature, and thus learns in a simple manner and as it were from himself what he needs to know in order to be well and happy upon earth, to him those men, who are forever studying and experimenting with great pains and labor, in order finally to arrive only at absurdities, appear in a high degree comical.

In spite of all their scientific researches, that which really furthers men's health, welfare and true happiness has become more and more obscure to them. But whoever again follows the voice and dictates of nature, in his mode of life, perceives that all plants and animals, in fact all creatures that remain under the tutelage of nature, are not tormented by diseases, want and misery. He reaches such a firm conviction that he is upon the right track to health and salvation, that he remains entirely untouched by that restlessness and uncertainty about the right, in which men today are tossed to and from and incessantly tortured. He looks out upon that turbulent and mean-spirited strife of men concerning the good and the bad, the harmful and the beneficial, from a safe harbor with complete inward calm and cheerfulness, and his unshakable consciousness of doing that which is really right is in itself a great happiness and curative power.

Man is today exposed to the especially grave danger of being misled and confused on the question of nutrition. We know that only that is the true food toward which *in pure nature* instinct and taste direct us. Moreover, we know little definite, strictly speaking, of the necessary substances of our food-stuffs and of the processes of digestion.

Therefore we must be especially firm in this matter and allow ourselves to be guided only by the voices of nature as the only true guides of life. Is the young animal that leaves its nest and gets out into the open air for the first time in the least doubt as to what it is to choose for its food? It is guided by instinct, and finds its food without any ado. The young fawn eats grass, the little squirrel looks for nuts, the young fox immediately chases a mouse or some other animal. The young animals from

the start avoid everything that is harmful,—poisonous plants and the like.

Man who originally followed the voices of nature unerringly, guided by instinct and taste, chose the noblest and most beautiful products of the vegetable world, the *fruits*. Man probably could not eat grass, and he probably did not care to catch an animal and bite into it. We also read, Gen. 1:29: "And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat." "Herbs bearing seed" and "trees yielding seed" are here specified; that is to say bearing fruit which is to be the food of man. To the beasts of the earth it says are given "every green herb for meat" (Gen. 1:30).

We certainly cannot assume that the trees themselves were to serve men as food.

Wherever men lived nature originally produced fruit abundantly, and spontaneously, without the labor of man. But the fruits differed according to the country, according to the warmer or colder climate.

In our part of the globe the berries of the forests were the original food of man; later he added the fruit of trees, and chief of all the *nut*; everything that tastes good in the raw, pure, unchanged state of nature. The nut could be found during the greater part of the year, for nature has so arranged it that the nut will keep perfectly for a long time after it has dropped from the branches on the ground or on the dry leaves. As long as the forests had not been cleared, and nature was everywhere still undisturbed, nuts and berries grew in such abundance, even in our parts, that they afforded sufficient nourishment to man. Nature in her infinite goodness has provided for all her creatures from the start, but most lavishly for her darling, man.

In this way we have easily and surely arrived at a knowledge of our proper food. But we must not allow ourselves to be led astray again, for objections are at once made on all sides, and there are always men who think they can teach us better than nature and her voices. People are generally very much alarmed when they hear of man's proper food, for the first time, and think that they must at once adopt it. We touch men's sorest spot when we question their present mode of nutrition. I shall therefore try to be very considerate in speaking of food, and not discourage anybody.

Let everyone, in the first place, turn again to water, light and air, and earth in the way pointed out. Whoever cannot follow this up at once with a natural diet can at least simplify his mode of feeding as much as possible, and especially avoid harmful dishes and luxuries. Above all things one ought to control himself as far as possible in the matter of meat-eating. Salted and smoked meats are the most injurious. Pork and the various kinds of sausages are the worst of all. Instead of meat more milk might be taken, uncooked sweet milk, sour milk, cottage cheese, Yogourt, etc. I cannot recommend eggs and dishes containing eggs. Potatoes, leguminous seeds, and bread as food for man should be eaten only

sparingly. Instead of potatoes and leguminous seeds we ought to choose green vegetables and salads. Of the young vegetables some may well be eaten raw, for instance young peas, carrots, spinach, turnips, salads, radishes, cucumbers, etc.

It is less hazardous for laborers, who daily perform severe physical labor, to eat more leguminous seeds, potatoes and bread. Persons who do no physical work must take these foods in limited quantities if they cannot avoid them altogether. In times of sickness this is of course especially necessary. *Nuts* and fruit ought to be always on the table. Cake and other sweetmeats, chocolate, cocoa, pudding, etc., always disturb the digestion, and are therefore injurious to health. Alcohol is the dangerous demon that is raging incessantly in the world today, and is everywhere cruelly destroying health and human happiness. One ought therefore to partake very sparingly indeed of beer, wine, etc., or better still, avoid these so-called luxuries altogether. But tobacco, too, is a false friend. I cannot warn against it sufficiently.

Other stimulants, like coffee and tea, are likewise undermining men's health everywhere at present. These, too, are slow poisons whose dangerous character is not recognized. I wish especially to warn against coffee on account of its being in such general use at present. Instead of the real coffee cereal coffee (malt coffee) could be used. But of course the only natural drink is water. The deer of the forest drinks only water.

Food must not be too highly seasoned. Salt and all spices are very deleterious to health, they are directly responsible for many diseases.

I have now been sufficiently regardful of people's weaknesses in respect to diet. We must let well alone if people will only begin for the present to simplify their tables, to avoid a part of their unnatural food, to learn to appreciate fruit and nuts, and to give them a place on their table again. But I now want to point out the way to those who are already desirous to come into full harmony with nature, who do not wish to make fruit a side-dish, but the staple article of their diet, or even their exclusive diet. I know how many there are even now, who would become willing and enthusiastic followers. The time is at hand for a return to nature. If the integrity of nature were undisturbed, man's instinct, taste, and conscience would lead him to choose only *nuts* and berries for his food.

Besides nuts, *berries growing* in the woods, in free nature are the most appropriate human food. The berry especially to be considered here is the huckleberry, since that still grows in great abundance in our forests, and in its season is brought to market in great quantities. Would that the huckleberry would soon again receive the appreciation it merits. As complementary to the berries we have our splendid fruits, apples, pears, plums, peaches, apricots, grapes, to choose from, to which we may add tropic fruits: almonds, figs, dates, oranges, melons, bananas, etc.

O man, how richly God has spread the table for you!

Fruits are the food that God offers us, his sun has ripened them. Would that men no longer refused that divine gift. In refusing it they gravely sin against nature and God, and the penalty is inevitable: sickness and misery in a thousand shapes. Does not your heart rejoice within you when you see a fruit-tree laden with magnificent fruit? Do you not recognize in this the voice of nature?

Cooked potatoes, leguminous seeds, bread, corpses of animals, etc., what are they in comparison to magnificent fresh fruit? These cooked foods are dead and insipid; salt and other spices must be added in order to make them at all palatable. Fruits are delicious to the taste, possess a splendid aroma, in them there still is freshness and life. The unnatural cooked foods oppress our intestines;

they make us languid, dull, and tired of life. Raw fruit again brings pure blood, life and strength, joy and gladness into our weak, sick body.

Why does man seek after healing draughts? *Fruit alone contains healing draughts for man*; nature offers them ready made, they taste deliciously, and are sure to cure all his suffering and disease. Fruit contains nectar and ambrosia. Why does man reject these healing juices of nature, these most delicious potions, and brew instead horrible drinks, mixtures, lotions, teas, etc., forcing himself to swallow them in order only to bring unspeakable misery upon himself?

Medicines do not cure our diseases. "In vain shalt thou use many medicines; for thou shalt not be cured."—(Jer. 46:11.) It is a sad fact that men do not recognize the great harm that medicines, salves, etc., always do to health. The poisons, unfortunately, are often misleading in their effects.

Nature spontaneously produces fruit; or fruit grows without much interference on the part of man. In order to produce the unnatural food, men must incessantly toil at severe, hard labor, at horticulture and agriculture. Only with a great deal of trouble can nature be made to yield the present food stuffs, bread, leguminous seeds, potatoes, etc. In the face of all this it is inexplicable why men should reject fruit, the natural food. Here again we stand before a great riddle and cannot comprehend the folly of men.

The nut must therefore take the most essential part in human nutrition. It is the nut that imparts warmth and strength to man. If some people cannot bite the nuts on account of bad teeth, they must eat them grated. Machines for grating the nuts can be bought in any health food store.

I generally give hazel nuts the preference, because they are more likely to grow without artificial contrivances and culture. But walnuts will do very well, likewise other nuts. Besides the hazelnuts, or filberts, I would greatly recommend our pecan nuts, as this kind is growing wild without any cultivation, and is preferred as an original natural nut, containing still more oil than the hazelnut, besides the pecan being the finest nut in the world in taste and flavor.

A cousin to the pecan is the hickory, also a nut growing wild in the woods without any cultivation, and is greatly recommended also. Dates and nuts eaten together are delicious.

Raw, uncooked milk can be added to the bill of fare. Butter and very soft cheese (curds) may be tolerated; they ought both to be unsalted if possible. Hardly anyone can be expected to return at once to a pure fruit diet. We are therefore obliged to make the transition with milk, butter and bread (perhaps also some green vegetables). Among animals, young mammals likewise retain the mother's breast for some time, while making the transition to the food of the adults. It seems that the degenerate civilized stomach must in the same manner be gradually led to resume the natural food. Milk seems to me to be the best means for making the transition.

A little bread, as a necessary evil, so to speak, may also be eaten. It is best to take whole wheat or rye bread.

Stewed fruit, preserves, but also fresh fruit, strawberries, huckleberries, raspberries, etc., are very good mixed with curds. Such dishes are to be especially recommended to beginners, so that their table may not become too simple all at once.

The curds are prepared in the following manner: Set the sour milk in a warm (not hot) place until the whey separates from the curds, then pour them onto a fine sieve, and at last mix the curds (cottage cheese) with sweet cream or sweet milk.

Whoever cannot entirely dispense with cooked food may

have one meal with vegetables cooked in butter (cocoa-nut butter is better) and perhaps a few potatoes.

With the combinations thus suggested (nuts, all kinds of fruit, milk, butter and bread, also some cooked vegetables, etc.), this fruit diet can easily be generally introduced. This mode of nutrition will insure to a family many gustatory delights and much health. A diet reform in this manner is most necessary at present. The upper classes especially ought to take the lead in introducing this sort of a table into their families, not only in cases of sickness but for general use.

The true return to nature is the right way for both rich and poor, high and low, if they desire once more to obtain health and happiness. Nature knows no difference of class or rank.

I have not only observed at Yungborn, how quickly people became enthusiastic over the fruit diet suggested above, with the proper helps and transition dishes, but I also know a number of families, who have already accepted this sort of diet in their homes, and consider themselves happy in the change. The members of such a family are always full of praise of their new diet, its pleasures and delights. The table can, of course, be still simpler: nuts and native fruits are best and really all that is necessary. In some cases of sickness it is even necessary to simplify the table still more. Many, too, will be obliged to live plainer according to their means. But I have intentionally allowed for as much liberty and scope as possible in furnishing the table. This new departure in a meatless diet, in which fruit occupies the chief place, might be called the *new vegetarianism*.

Leguminous seeds, green vegetables, potatoes, cereals, rice, etc., were not intended by nature as the food of man any more than meat; for these, too, do not taste good to us in their raw, uncooked condition without any seasoning. Now if man discontinues the use of meat, as well as alcohol, tobacco and the like, he breathes more freely as it were, as if relieved from a great crime against nature. But a diet of fruit, bread, green vegetables, leguminous seeds, without nuts and milk, is wanting in the chief ingredient of human nourishment, i.e., fat, which the nut contains. People thus fed generally look pale and thin, are always cold and often nervous, and other troubles, too, put in their appearance more and more.

All that is said against the nut as a food is of course entirely false. It is claimed that the nut is hard to digest for man on account of the oil it contains. Those who make this assertion do not consider what a reproach it implies against nature, as if she had created an improper and indigestible food for the highest of her creatures. Nature intended the nut for the squirrel as well as for man, and this little animal which so lightly skips from tree to tree in our woods does not in the least make the impression as if it were subsisting on indigestible food.

I should like to advise the vegetarians, who make the above statement, to seriously make the attempt to live chiefly on nuts, instead of nourishing themselves with green vegetables, leguminous seeds, potatoes and bread. They will soon find out how their sluggish digestion becomes vigorous and strong.

The immense strength that the ox derives from grass alone is also often cited to show how man, too, could become well and strong from only vegetables, leguminous seed, cereals (bread), and fruit. But I should like to call the attention of vegetarians, who make this claim, to the fact that the lion, and still more the whale, also receive immense strength from their meat diet. All creatures thrive only on the food to which nature has directed them through their instinct, sense of taste and conscience, and for the attainment, mastication, and diges-

tion of which nature has arranged their organs. Thus the fox thrives on a meat diet and the ox on grass. Fox and ox would fare badly on nuts. The dung-beetle feeds on dung. What other creature could likewise subsist on dung? It does not follow, therefore, that man can be healthy and happy on a diet of vegetables, leguminous seed, or *fruit and bread*, because the ox is strong and powerful on a diet of grass.

On the other hand, man receives strength and vigor when he lives chiefly on nuts, for the nut is the food that man can relish in the raw state, therefore it was intended for him by nature, and she keeps it in store for him during the greater part of the year.

Nature and its laws are unchangeable from the beginning to eternity, and there never will be true successes in healing, and men can never become truly healthy, strong, and happy if they do not again take raw fruit, and above all nuts as their staple food. The answer to this will most assuredly be, that diseases have indeed been cured without the fruit and nut diet, and that men have been well and strong. But men today have no longer the least conception of true health, strength and happiness, such as nature will award to him, who will again strictly obey all her laws, and of the healing successes that can be achieved.

I have already attempted, in the foregoing few lessons, to prove satisfactorily how incomprehensible and dangerous is the distrust which men have towards nature with respect to light and air. It is just as incomprehensible and injurious that they can have no confidence in the food which nature offers them. Is it not evident that all creatures are beautiful, well, strong and happy when feeding on their natural food; the deer on grass, the lion on flesh?

It is also well known that the orang-outang, whose intestines and organs of digestion are so like man's that they can be mistaken for them, lives entirely on raw fruit, and nevertheless possesses such enormous strength that he is the giant of the tropic forest. It is believed that man would not derive sufficient strength from a fruit diet. But with his artificial diet of meat, vegetables, leguminous seeds, bread and alcohol, he is today altogether infirm and weak in comparison with the orang-outang. He could, however, be much stronger than the orang-outang, if he ate truly natural food, and otherwise led a truly natural life, for as the highest creature, who is to rule over all the animals, who was the most highly developed, he ought greatly to surpass all animals in strength. The myths of giants, Cyclops, and the Valkyries, also point to the original great strength of man.

Animals always prefer *unripe* and *half-ripe* plants and fruit. Every experience will confirm this. Children, too, who still have more instinct than adults, are generally fond of unripe fruit. Even naturalists seem to note the fact that animals prefer unripe plants and fruit. It can be generally observed that animals like the tender, unripe grass and grain best. They also like the dried grass and straw better when it has been cut sooner, and in a more unripe state than farmers usually cut it nowadays. The unripe fodder is also more wholesome and more advantageous for the animals.

Apples that are put by for use in winter are now generally picked half-ripe. They would have to stay on the tree much longer before they would be fully ripe.

That children get diarrhoea and skin trouble from eating unripe fruit proves most effectually that unripe fruit more than ripe fruit has an invigorating and stimulating effect upon the body, for diarrhoea and skin trouble are likewise only curative crises, purifying processes of the body.

One should therefore no longer fear *unripe* and *half-ripe* fruit, but should eat it. Our pampered tongue will also relish it more and more. Green vegetables are un-

ripe herbs or unripe leguminous seeds, therefore green vegetables are more wholesome than ripe leguminous seeds and ripe grain, from which bread is baked.

Many people think that dates and figs are not good for our teeth. The dates and figs that we eat are dried and, therefore, no longer pure nature. It may be that abundance of sugar in our *dried* tropical fruit is of a disadvantage to our teeth, but I doubt if this is so very bad. Moreover, tropical fruit is not absolutely necessary, I recommend it chiefly because it gives more variety to our table, especially in winter, which is very agreeable. Against fresh tropical fruit, like oranges, etc., such objections can, of course, not be raised.

To be sure, our fruit is artificially cultivated and no longer a spontaneous product of the earth, but it is still a product of nature that we relish in the raw state and can, therefore, be eaten just as well as berries. Tropical fruits (dates, figs, oranges, almonds, etc.), do not thrive in the same climate with us and are properly intended only for the inhabitants of southern countries, but we can relish them raw, and they cannot therefore, be considered exactly as unnatural food.

Milk must always be taken *uncooked*; cooking only makes the milk indigestible. Sour milk can also be used.

Of course, fruit and berries ought in the first place to be eaten *raw* (uncooked). In the absence of fresh fruit, however, dried, stewed and cooked fruit can be eaten. In the preparation of stewed fruit and fruit preserves no sugar or very little ought to be used. Artificially manu-

factured *sugar* (not the sugar that is contained in the fruit) is *very injurious to the stomach*.

Dates may be used for sweetening. Honey is permissible with bread. It is necessary to eat slowly, and to masticate well. The stomach can digest food better that has been well mixed with saliva. It is natural to eat raw fruit more slowly than cooked viands. If we only always stand by nature, the right thing will come of its own accord.

The transition from a meat diet to the present vegetarian diet (green vegetables, leguminous reeds, bread and some fruit) is very difficult, as a strong desire for fat, which the nut contains, will soon make itself felt. In the course of time there will also be other sensations of discomfort, although the symptoms caused by a meat diet and alcohol will disappear. This is why so many discontinue their vegetarian mode of life again. But with a diet of raw fruit, especially with nuts and raw fruit, the digestive organs are at once very much relieved, and the digestion very much improved. This clears the head also, and makes the entire being feel free and light-hearted, while a hitherto unknown sensation of well-being and joy pervades it. Since the body is now supplied with the substances it requires for its nutrition and development, an agreeable sensation of bodily warmth soon makes itself felt, and with a new sense of power and vigor there also comes new joy in life.

In truth, no culinary art can impart the fine taste to viands that nature gives to raw fruit which has grown and prospered in God's own sun.

From the Mail Bag

I have received a lot of help from your magazines and always look forward to its coming month after month. I would not like to be without it any more. Hope you will always be able to continue with the good work.

Luella Heckendorn.

Find enclosed Money Order for \$1.00 for one year's subscription to Nature's Path magazine to begin with June 1st, 1941. I had a dollar handed me for a birthday present and I thought there would be no better way to spend it than to get a copy of Nature's Path each month.

Mrs. C. O. Littick.

The reason that I am living today is because I bought a copy of your magnificent magazine about six years ago and began a new life. I am far from my ideal as to health and strength, that I wish to attain, but this beautiful battle of life that I am having gives me a grand thrill and I enjoy each succeeding day better and better. I thank you for it all with a heart of deepest gratitude. I was reared on the farm until nineteen years of age, and I desire to tell you, Doctor, that the brilliant article that you had in your HOME STUDY COURSE, Adolf Just on the use of

Earth Power, certainly set me ruminating. It gave me new hope, and inspiration, and I wish once more to get my toes in the good earth as when a boy from whence I sprang. I feel that this article will change my whole life for the better.

Minor D. Hardin.

Please accept enclosed dollar for Nature's Path. We have decided its value is worth much more than a mere hundred pennies. Dr. Lust's articles are an inspiration.

Mr. & Mrs. Michael Schmidt.

You will find enclosed Canadian money order for my subscription to Nature's Path for 1941. I appreciate your magazine very much. Every number is full of good information to all health seekers. I send you my best wishes for another fifty years at the head of this great health organization.

Auguste Foucault.

In renewing my subscription for Nature's Path, do allow me to wish you most of all good health so you can carry on and on your wonderful work, educating more and more people in the right way of living, so that your life will be filled with satisfac-

tion and joyful happiness. What a warm feeling it must be to be honored, respected, even loved by so many. Yes, I realize the task is not always a light one, even discouraging at times, but is it not satisfying, though, to know that some of the grain sowed is bound to fall on fertile soil, bringing forth healthy fruit and in this instance a healthier people and a healthier race.

Mrs. Bayerhof.

Renewal of Nature's Path magazine rolls around again and I am reminded of the grand opportunity you present to your readers to gain health knowledge and an understanding of the cause of disease—at so small a price. Untold numbers of people could find health and happiness through your columns if they would bring their habits of body and mind in conformity with your teaching.

For more than forty years I believed that health was the product of the so-called medical science, with its system of drugging, vaccines, serums and a multitude of other so-called preventative measures, all minus a scintilla of common sense, and the very best this system can offer, is temporary relief, which in many instances the public mistakes for cure.

I have not taken drugs of any nature for more than twenty years, and as I near the 66 mile post of life, I enjoy far better health than ever before, am physically able to do all my work around the home and garden without fatigue.

(Continued on page 260)

AN ANSWER TO MR. MORRIS MARKEY'S ARTICLE

"GREAT NEWS ABOUT CANCER"

By DR. JESSE MERCER GEHMAN

MORRIS MARKEY'S article on Cancer in the March 1st issue of Liberty is misleading to say the least. Moreover it buoys up false hope in the sufferer which is inexcusable in the light of what is known of the disease and the nature of people to avoid self help.

The experiments he allows himself to go into ecstasy over are of no moment in the discovery of the cause of Cancer. Animal experimentation has been going on for years and we are no closer today to the so-called scientific solution of the cause of Cancer than when such experiments commenced. A thousand more years of such experiments can bring us no closer to the discovery of the cause of the disorder of the human organism, for the simple reason that Cancer in animals is and forever will remain entirely different from Cancer in man.

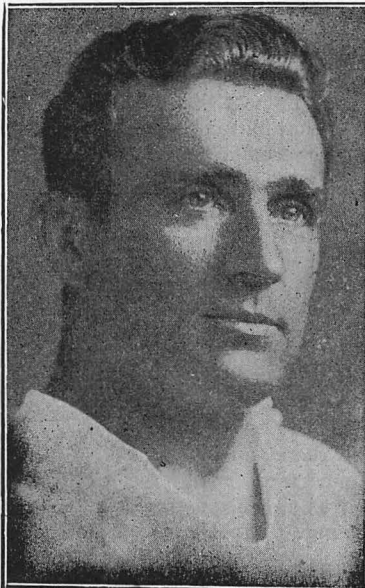
Dr. Ewing's statement: "What the scientists mean by the cause of Cancer is the ultimate cause of the malignant cell growth," Mr. Markey proceeds to turn to his own heels through the simple process of adding his own italics, 'and we shall probably never know.'

MR. Markey then goes on to thank God that Dr. Ewing's statement, of course supported by his own italics revealed above, was not accepted by men like Dobriner, Rhoads, Lavin, Fieser and Kinoshito. But it should be said that Dr. Ewing in his statement expressed a truth, the significance of which, apparently Mr. Markey has been unable to fathom.

Mr. Markey in his article attempts to reduce the causation and cure of Cancer to the simplicity of adding to

or taking away some nutritional element and in this encourages false hope among the despairing Cancer sufferer.

It would seem that Mr. Markey's yen for the spectacular has led him to become extremely careless of known scientific facts.



His information on vitamins is either sadly lacking or distorted. He states: "Only twenty years ago nobody had ever heard of a vitamin."

Casimir Funk back in 1911 first used the term "vitamine" to describe a substance whose presence in the diet protected man from beri beri. Funk used the same methods that he employed in separating organic bases of the type called "Amines" and hence coined the new term by prefixing the Latin "vita" meaning, of course, 'life amine.'

Later the name became misleading because it was discovered that all vitamins did not have the nitrogenous properties of Amines, and so the final 'e' was discarded to give us the term Vitamin.

WE agree that synthetic Vitamins were not known a score of years back, but the true Vitamins, the protective elements of food have been known for three decades.

Again, Mr. Markey tells us: "Ten years ago several English doctors associated in the clinical treatment of Cancer observed that among the patients who came to them there was a high percentage of people engaged in certain occupations — chimney sweeps, workers in paraffin and tar, in luminous paints and dyestuffs. He asks, "did this mean anything?" and answers: "It meant a great deal." He then quotes the doctors: "These patients in their work are all exposed to some form of hydro carbon, coal

tar derivatives."

Many years has it been known that coal tar derivatives were producers of certain types of Cancers.

Apparently Mr. Markey is not acquainted with Dr. Alexander Scott's important paper "On the Occupation Cancer of the Paraffin and Oil Workers of the Scottish Shale Oil Industry." In this paper published twenty years ago are the results of clinical observations running back for a period of twenty-two years.

Yet Mr. Markey would have his readers believe the Cancer incidence in workers in certain industries is a recent observation on which the experiments forming the basis of his article were based.

AT another point of his article Mr. Markey states: "Now on the heels of the experimental work which I have described to you, the opinions within the organized medical profession on diet in its relationship to Cancer are growing far broader than they ever were before. For example, Dr. Alexander Brunshwig of the University of Chicago has written: "There is experimental evidence to suggest that in animals, at least, inadequate diets may serve as adjuncts to the action of certain carcinogenic compounds." "It is perhaps not too far fetched to state that when a better understanding of the mechanism of Cancer development in man is obtained, the factor of diet may assume greater importance . . . than can now be the case."

It is obvious that Mr. Markey is unfamiliar with the extraordinarily important advance made in dietary therapy for the cure of Cancer by the late Dr. L. Duncan Bulkley, Sr., Surgeon of the New York Skin and Cancer Hospital, a quarter of a century ago. His first observations were published in 1915. In 1922, I believe, the Macfadden Publication published his views in Physical Culture Magazine. Because of his views and a desire to form an organization to study the Cancer problems which his experience proved would respond to simpler treatment, he was denounced by the dictatorial American Medical Association. This denunciation appeared in the journal of the A.M.A. in June 1923 and not long thereafter the American Association for Cancer Research asked him to resign, which he gladly did rather than renounce what he believed and experienced to be true with respect to the cure of Cancer.

IT is further obvious that Mr. Markey is ignorant of the observations and views of one of our greatest present day physicians, Sr. William

(Continued on page 258)

SUGGESTIONS FOR RAW FOOD EATERS

(Continued from page 248)

I have just mentioned a few of the good things to eat in our great country. All we have to do is, select, from those in season, and if we wish to combine, we may do so according to the rules of compatibility, most important of which is, that acid foods give best results when eaten by themselves, or, if combined, with none other but the vegetables, containing no starch, (cabbage, lettuce, celery, spinach, watercress, etc.), because the acid prevents the formation of such gastric juices as are necessary for the digestion of the starch, protein and fat.

Foods in season are cheapest, but the most important of all is, that they are most conducive to better health.

Nature means that the ripe foods should be eaten as she presents them to us, during the different seasons. It is very foolish to preserve and spoil good food in America, and eat it when out of season, when Nature gives us other foods.

First you spend most of the day in an over-heated kitchen, devitalizing it. — Then you over-eat, because your system craves the organic minerals which you have at least partly destroyed, but without which we cannot live, and then, lastly, you sit up part of the night and try to nurse back to health those (and yourself) for whose ailments you, yourself, are responsible. And for the trouble you, in your ignorance, have brought upon yourself, you blame God or the weather or anything except yourself as the cause of your misery.

If you are hungry again a few hours after supper, you may have an apple or a pear or a handful of grapes, according to the season, a little while before bedtime. — An apple, you will find, stimulates kidney-action, while a pear acts more upon the bowels.

From the above suggestion you may compile your own menus, according to the seasons of the year, and eat, in quantity, to balance the vitality expended.

When your auto is run at a higher speed, it eats more gas; when you work harder, you need more eats; but at no time should you give your auto inferior gas, or your stomach inferior (denatured) food.

All cooked foods are denatured and dead, killed on the cook-stove. A cooked potato can not grow anymore, neither can a baked grain of wheat. They are lacking in organic minerals. It is impossible to maintain a live body on dead foods.

Eat Raw Foods for Better Health, and select from the menus that Na-

(Continued on page 261)

HEALTH

MENUS FOR JULY

MONDAY

Juice of two oranges or 1 grapefruit half hour before breakfast.

Breakfast

Muskmelon or cantaloupe; soy cereal with cream or milk; coffee substitute.

Lunch

Sliced tomatoes; cooked beets; string beans; fresh fruit; buttermilk.

Glass tomato or grape juice during the afternoon; or a glass of vegetable juice (carrot, or carrot and beet mixed).

Dinner

Soy bean loaf with mushrooms; baked potato; cauliflower; salad of romaine with radishes and cucumbers; sliced peaches or berries.

TUESDAY

Large glass of tomato juice before breakfast.

Breakfast

Cantaloupe; bran flakes with milk; "Cheer" with milk.

Lunch

Raw vegetable salad with mayonnaise or lemon juice and olive oil dressing; prunes or figs.

Dinner

Cream cheese and sour cream; lettuce and grated carrots with tomato salad, with mayonnaise; baked potato; spinach; boiled onions; fruit or berries.

WEDNESDAY

Glass pineapple or orange juice before breakfast.

Breakfast

Honeydew melon or berries; 1 or 2 poached eggs on whole wheat toast; Barley Malt Coffee.

Fruit juice of your own choosing hour before lunch.

Lunch

Salad of radishes, celery and watercress; graham muffins and butter; blueberries or blackberries.

Dinner

Lentils and mushrooms; beet greens; asparagus; potato; lettuce and cucumber salad with mayonnaise; baked apple and cream; Yerba Vida Tea.

THURSDAY

Any fruit juice hour before breakfast.

Breakfast

Cantaloupe or cherries; ripe banana and cream; corn muffin, butter; coffee substitute.

Lunch

Baked potatoes; boiled onions; romaine, green pepper and tomato salad, mayonnaise; berries; buttermilk, optional.

Glass vegetable juice during the afternoon.

Dinner

Vegetable roast; small new potatoes and peas cooked together, butter; asparagus; small raw salad with mayonnaise; cantaloupe or watermelon.

FRIDAY

Breakfast

Dry cereal with berries and cream or milk, or both; coffee substitute. Glass orange juice during the morning.

Lunch

1 poached egg on rye toast, buttered; lettuce hearts, cucumbers and carrot salad with dressing; berries or fresh fruit.

Dinner

Soy beans, lentils or beans; baked potato; corn; carrots and peas; endive and tomatoes; pineapple or peaches.

SATURDAY

Fruit juice before breakfast.

Breakfast

Blackberries and cream; bran muffin, butter; coffee substitute or buttermilk.

Lunch

Large fresh fruit salad; whole wheat muffin, butter; buttermilk, glass vegetable juice between meals.

Dinner

Lettuce and tomatoes with mayonnaise; baked potato; spinach; boiled onions; asparagus; string beans; peach sherbet; mate tea.

SUNDAY

Breakfast

Sliced peaches with cream; graham muffins, or one egg on whole wheat toast; coffee substitute.

Glass orange juice between meals.

Dinner

Nut roast and mushrooms; cauliflower; baked potato; buttered beets; lettuce, tomato, cucumbers, carrots, cabbage, pimento salad with mayonnaise; peaches or berries.

Supper

Cottage cheese balls with corn muffins or whole wheat toast; berries or fresh fruit; buttermilk.

New Health Recipes

By EMMA M. FRIESE, N.D.

Apricot Whole Wheat Bread

½ cup dried apricots
½ cup water
1 cup sifted white flour
1 cup whole wheat flour
3 teaspoons baking powder
¼ teaspoon soda
¾ teaspoon salt
1 egg, well beaten
1 cup sugar
2 tablespoons shortening, melted
½ cup orange juice
1 cup chopped nut meats
Soak apricots in water one-half hour. Drain, reserving water, and grind apricots. Mix and sift dry ingredients. Combine well-beaten egg and sugar, and mix well. Stir in shortening. Add dry ingredients alternately with orange juice and ¼ cup of the water in which apricots were soaked, stirring well after each addition. Stir in apricots and nut meats. Mix well. Bake in greased 8x4-inch loaf pan in moderate oven (350 degrees F.), 1¼ hours. Cool before cutting. Yield: one loaf.

Lemon Egg-Nog

1 egg
2 tablespoons lemon juice
grated lemon peel
2 tablespoons sugar
milk (fresh or evaporated)
Beat egg yolk with lemon juice and 1 tablespoon sugar. Pour into a tall glass. Beat egg white very stiff with 1 tablespoon sugar. Fold ¾ of egg white into egg yolk mixture. Add milk to almost fill glass. Stir well with spoon. Top with remainder of beaten egg white. Grate a bit of lemon peel onto this. Serves one.

Oats and Bananas

Soak one tablespoonful of oat flakes in three tablespoons of water for 12 hours. Before mealtime mix in one tablespoonful of condensed milk, the juice of half a lemon and a peeled and grated banana. (Recommended by Dr. Bircher-Benner.)

Creamed Brussels Sprouts

1 lb. washed Brussels sprouts
1 pint fresh milk
1 fresh egg
2 oz. grated cheese
1 oz. butter
Put the butter in a large pudding form. Cut the sprouts in half, press them into the bowl. Beat the egg and add to it the milk and then the grated cheese; pour on to the sprouts, cover with greased paper and steam for one hour.

French Potato Soup

(from the HOLLYWOOD GLAMOUR COOK BOOK)

6 medium potatoes scoured and cored
1 bunch leeks
a pinch of dry mustard
¼ teaspoon bag salt
a dash of red pepper
1 tablespoon best tub butter
1 tablespoon chopped chives
2 quarts of water
Clean and dice leeks and potatoes (remove starchy core), put in large saucepan with boiling water. Allow to cook on medium flame until soft, add all other ingredients except butter and chives, stir until creamy, put through colander, or sieve, filling a soup tureen. Add lump of butter. Sprinkle chopped chives on top and serve on the table. This is a good substantial soup, so it can be followed by a light meal. May be combined with any foods except acid fruits and tomatoes.

Raw Spinach Salad

3 cups raw spinach
5 tablespoons onion
5 tablespoons pure olive oil
2 tablespoons lemon juice
½ teaspoon salt
Clean and cut finely only young and tender leaves of spinach. Add finely chopped onion, lemon juice, oil and salt. Chill. Serves about 4.

AN ANSWER TO MR. MORRIS MARKEY'S ARTICLE

(Continued from page 256)

Arbuthnot Lane, who more than any one man or group of men has made

the people conscious of the responsibility to keep the intestines clean.

In the introduction to J. Ellis Barker's book "Cancer," published in 1924, he states: "Mr. Barker shows in the most convincing manner how

Cancer is brought about and how it can be staved off. Perhaps it is an advantage that Mr. Barker is not a member of our profession. Medical training might have deprived him of that clarity of view and of that independence of opinion which he possesses to such a remarkable degree."

Sir Arbuthnot Lane, Surgeon to the late George V of England, a few years after writing the highly significant words with respect to cancer quoted above left the powerful British Medical Association and formed the New Health Society gathering around him men with the courage to state the truth as they found it. The Health Society grew quickly and came to have a membership of near 2,000 medical physicians. Their purpose was, and remained, to educate the people as to the cause of disease.

Through the efforts of these physicians headed by Dr. Lane, who were more interested in finding and revealing the true facts of the cause of disease than in ignoring facts to preserve the pet theories and practices of the profession the people of the British Isles were educated through the medium of lectures, pamphlets and a monthly magazine, *New Health*. One of the factors of health production stressed always was a dietary rich in vitamins and mineral salts.

MR BARKER, the author of the book referred to, advanced the theory of 'Avitaminosis,' as a cause of Cancer. Avitaminosis, more clearly is understood to mean an irritation in the system brought about by a lack of vitamins in the dietary. Mr. Barker states, "In my opinion, Cancer is due to chronic poisoning and to vitamine starvation. I have some hesitation in saying whether it is due to chronic poisoning aggravated by vitamine starvation or to vitamine starvation aggravated by chronic poisoning. Whether the one factor or the other is the more important seems a little doubtful to me. However it seems to me that chronic poisoning is perhaps the more striking factor of the two, because it affects men and women directly, while vitamine starvation acts indirectly.

"Having very closely studied the subject, I have come to the conclusion that approximately 90% of all Cancer cases can be directly traced to chronic poisoning, to the absorption of certain poisons, which has gone on over a long period of years. This chronic poisoning may be due either to poisons received from without, chemical poisons, or it may be due to self created poisons, chiefly bowel poisons, to so-called auto-intoxication, which is liable to follow chronic stagnation of the bowels."

It would seem that Mr. Markey is unfamiliar with the really tremendous

amount of research that has been carried on both within and outside of what he chooses to call the organized medical profession with respect to the relationship of the dietary to the causation of Cancer.

ANOTHER fact relative to Cancer about which Mr. Markey appears rather inadequately informed is that concerning the nature of the disease in animals as compared to the disease in humans.

Mr. Markey states: "And the nature of Cancer in man and such small animals (he refers to rats, mice and rabbits) is identical" in alluding to the experiments forming the basis of his article "Great News About Cancer."

This is definitely untrue and unfounded. Human Cancer has never been reproduced in any animal, little or big. It is impossible to cause such reproduction in animals. The animal body of rodent, bovine or equine is entirely different in material from the human body and the animal body is subject to influences differing from those of the human body.

Dr. Bell, one of the greatest specialists in human Cancer states: "I am convinced that experiments on animals have been the means of barring the way to progress," while Dr. Bashford, Director of the Imperial Cancer Research since 1902, stated after his extensive animal experimentation, that such experimentation produces reports and papers on Cancer which he described as a 'meaningless jumble of inaccurate misleading and purposeless observations.'

Mr. Markey's theory of Cancer propagation if it is not destroyed early by either x-ray or radium is rather trite. He states "It goes on growing and breaks down of its own poisons. Fragments of it are caught in the blood stream and carried to remote parts of the body, setting up new Cancers. It is impossible for knife or rays to catch up with them."

How does Mr. Markey reconcile his statement "Doctors learned that if the tumor is discovered quickly enough it can be cut away or destroyed by x-ray or radium with no very great chance of reappearance," with the statement quoted above?

It would prove most interesting to Mr. Markey to put some effort into investigating those cases presumably cured by x-ray and radium.

THERE is ample evidence to prove that Cancer is a constitutional condition. In other words the whole body, the blood stream itself is affected when one has cancer.

At one point Mr. Markey informs us that, "The disease is not contagious" (Continued on page 261)

From Our Book Shelves

The Improvement of Sight by Natural Methods—

By C. S. Price.

Cloth bound. 258 pages. \$2.50.

Captain Price's book is a complete treatise on the latest methods of improving and maintaining eyesight without the use of glasses, drugs or operations. It includes numerous charts and exercises as applied with outstanding success by the author in his extensive London practice.

This work constitutes an excellent course in eyesight training, and the whole subject is presented in an interesting and simple manner so as to be both enjoyed and easily understood by the lay reader. Among other matters the author discusses the essential mechanism of vision, normal sight, methods of relaxing and exercising the eye, faulty vision, numerous diseases of the eye together with their prevention and cure, also squint and blindness.

All those afflicted with eye troubles should find here a new field of thought and hope awaiting them.

Relaxation in Everyday Life—

By E. J. Boome and M. A. Richardson.

Cloth bound. 131 pages. \$2.00.

How can the individual live in the present world of strain and tension and at the same time escape the dangers that threaten his physical and mental health? An attempt is made by the authors to show how much can be done by curative relaxation to offset the adverse influences of modern life. The book gives a simple method that anyone can easily learn and practice for himself. Tension is expressed

in muscular hypertonicity, in mental worry, anxiety and fear, in emotional repression and nervous strain. A vicious circle is found in which tension and worry act and react upon each other until the unfortunate individual, whose person is the battleground, finally succumbs to the strain and breaks down. And, of course, the effects of nervous and unrestful parents upon children are especially bad.

There is also an appendix on the subject of stammering, a bibliography and an index.

Health and Longevity—

By Charles M. Baird.

Cloth bound. 157 pages. \$1.75.

The author starts out from the thesis that there is only one disease regardless of the medical name of any specific disease and that it is basically caused by toxication, re-toxication, and devitalization of the blood (life-giving) stream as well as all parts of the body nourished by it. Mr. Baird plainly states that nature alone creates, maintains and cures. Man analyzes, often imitates or destroys; but he, when wise, assists in her wonderful work. The six chapters deal with

Mental and Physical Hygiene

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(Continued on page 261)



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Your Health Problems

Q. I like to eat fruit, but same does not agree with me and I am troubled with gas and belching especially after eating berries. What can I do to correct this condition?

Mrs. MacWilson.

A. It is possible that hasty eating of fruit and berries is at the root of your trouble. Keep in mind that your stomach and intestines have no teeth, therefore unchewed, whole blueberries, blackberries, etc., will likely cause trouble. We would suggest thorough chewing and masticating or mashing the fruits with the fork before swallowing. If this does not help you better consult a naturopathic doctor.

Q. Please give me a diet for clearing up gall stones. Emil Schneider.

A. A carefully selected diet of foods rich in sodium is sometimes helpful in breaking up gall stones. We suggest that you carry out the following schedule with slight variations for ten days to two weeks:

Breakfast: Grapefruit, lettuce, raw cabbage, raw turnips.

Lunch: Tomatoes, cooked string

beans, cottage cheese, raw cabbage, cooked spinach, and butter.

Supper: Tomatoes, onions, raw cabbage, lettuce, raw carrots.

Q. What is Hirschsprung Disease and its cure.

Mrs. M. D. Griswold.

A. This is an abnormal dilation of the colon. For its correction it is essential that you keep your bowels absolutely clean and free from obstruction and constipation. There is little that can be done in the way of symptomatic treatment, and if you increase your constitutional reserve power through proper living, a moderate bland diet, you stand a good chance to get back to normal. Short-wave treatments, massage, water treatments will also be beneficial.

Q. What can be done for constant tearing of the eyes?

Walter Olive.

A. This condition is caused by an irritation of the tear sac. Would suggest a diet rich in vitamin A and C, and alternate hot and cold compresses every night before going to bed.

Q. Will Red Clover Tea dissolve or cure a small tumor in the breast?

Mrs. W.

A. No; neither will any other tea, or medicine.

Q. My husband is frequently suffering from attacks of heartburn. I wonder whether you could suggest any special diet. He at present takes some powder prescribed by his doctor.

A. The use of lemon juice (citric acid) or buttermilk (lactic acid) is better for heartburn than an alkali like soda. This complaint is caused by the decomposition of some fat in the stomach forming a fatty acid. The citric or lactic acid kills the feebler fatty acid, while soda combines with it to form a butyrate of soda, scarcely less irritant than the free acid.

Q. Is the regular drinking of a cup of cocoa harmful to health?

Mrs. E. J.

A. Cocoa contains theobromine, a substance similar to caffeine and if taken in large quantities over an extended period is causing damage to the organism. However, experiments have proved that it is less harmful than coffee. We do not see why you should discontinue the drinking of one cup a day of cocoa, if you are in good health. However, if your conscience bothers you we would suggest that you go to your nearest health food store and ask them for some of the delicious cocoa substitutes that are on the market today.

Q. What is your opinion of ice cream?

N. N.

A. There are quite a few counts against commercial ice cream. It is often very much adulterated, the bacterial count is often very high, it combines milk and sugar, which tends to cause fermentation, and, like other frozen foods, it retards digestion.

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FROM THE MAIL BAG

(Continued from page 255)

During my years of sickness, I was the inmate of many hospitals, including some of our most famous, gulped down enough drugs to float a pocket battleship, was given up on two occasions to die, and would have, had not the so-called scientific meddling ceased, hence I feel that I am qualified to testify to the worthlessness of such a system of ignorance, superstition and racket, in fact, the most scientific element I have ever discovered in this system, is racket.

Truth is the only source of real freedom, and the tragedy of suffering mankind is, that it cannot be more rapidly lead to understand that Na-

ture holds the key to health, that nature alone has the power to heal, that health is built and cannot be purchased, and that it comes to us in that same degree as we conform our daily habits to her unchanging law, hence, it is incumbent upon all who desire health and happiness to learn something of these eternal laws through the columns of Nature's Path Magazine.

When I can be persuaded to believe that disease is catching, then in like manner I shall believe that health also is catching.

I know of no greater opportunity today to suffering humanity, than that of a magazine pointing the way to health, happiness and truth.

J. E. Harrison.

FROM OUR BOOK SHELVES

(Continued from page 259)

cure library and can heartily recommend it.

Automatic Diet Guide—

By Alfred M. Paul.

The Minerals and Vitamins, Their Sources, Functions and Deficiencies. Paper cover. 56 pages. 25c.

Whoever looks for a compact pocket guide on nutrition will find it in Mr. Paul's compilation of vital facts. Both minerals and vitamins receive a thorough discussion of their essential sources, functions and deficiencies, and exhaustive lists are given for those foodstuffs that contain good supplies of particular minerals, like calcium, potassium, sodium, magnesium, manganese and iron, which are essentially alkaline mineral elements. Valuable hints for correct diets, also complete lists of alkaline and acid foods, and rules for correct living, in conjunction with its popular language render the book worthy of its title of an "Automatic Diet Guide." It deserves a wide reading public.

Health, Mental, Moral and Physical—

By Horace Wendell Soer, M.D.

Cloth bound. 109 pages. \$1.50.

A collection of short essays and paragraphs on a variety of subjects from exercise, sleep, nutrition to longevity. There are some excellent thoughts and recommendations, but the author is unable to free himself from the straight jacket of the medical school.

SUGGESTIONS FOR RAW FOOD EATERS

(Continued from page 257)

ture offers during different seasons of the year. If you follow these instructions you will liberate yourself. No one can do this for you. You will become a free man with an entirely new perspective of the world at large and conditions in general, instead of remaining the slave of your stomach and your flesh, that you are now.

AN ANSWER TO MR. MORRIS MARKEY'S ARTICLE

(Continued from page 259)

ious," yet it is by the very fact of contagion or infection that animal experimentation is made possible by success. Neither human or animal Cancer can or will grow without its own peculiar soil to sustain that growth no matter where implanted.

Mr. Markey's deductions which he presents in four paragraphs of what he terms inescapable belief presents no new indications of aid to cancer sufferers, but rather leads them deeper into the mire of mystery and uncertainty always attendant with organized Cancer research.

His first paragraph: "All living things have within their own bodies the elements which cause cancer," is definitely untrue, as is his second paragraph: "In the normal healthy body there is a protective mechanism which renders these elements harmless!"

Mr. Markey's third paragraph is a scare line more than anything else, and a build-up to his fourth point, namely: "It is only when the mechanism fails that the "natural" carcinogens, the cancer producers which lurk in all of us, get in their terrible work." This prepares his readers for the question: "What makes it, (the protective mechanism), fail ever?" and the stage is set to present the ultra modern research which of course is intent upon finding the precise chemical necessary to bolster this so-called protective mechanism where it has faltered, or replace it entirely where it is totally lacking. As simple as all that we are going to solve the Cancer problem according to Mr. Markey.

There is no protective mechanism of the body against either Cancer or any other disease of the organism; and it is wrong to suggest that thought on which to base the simple expedient of the future practice of any therapy.

IT is the soil of the human body which determines whether we shall have health; cancer, tuberculosis, rheumatism or pneumonia. It is the soil of the field which determines whether we can raise potatoes, corn or wheat thereon, rather than dank weeds.

By the habit of cultivation of the soil in both instances we may have and retain the normal and natural result of such cultivation.

The human organism is a variable storehouse of minute ferment bodies which serve the organism both in health and disease. In health all is orderly and these little bodies perform their specialized work in every cell and structure of the anatomy. In

(Continued on next page)

As Fit as a Thoroughbred



Blensign — Shelhamer up.

Race horses have to be in the very pink of condition to win races.

So do human beings.

In the race of life, what chance to succeed in business, social or political affairs has the man or woman suffering from retention of toxic waste? Also, think of the misery of sluggishness, the lack of energy, the fatigue, that general all-in feeling, which accompany faulty elimination.

When these conditions are due to a lack of the protective organism known as bacillus acidophilus, many people find that the best corrective procedure is to supplement the work of nature by taking a rich, vigorous culture of acidophilus, such as Theradophilus.

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AN ANSWER TO MR. MORRIS MARKEY'S ARTICLE

(Continued from previous page)

disease, all is equally as orderly as in health, and number of these minute bodies perform this specialized constructive work in the body which is created from within the organism as an effort to free the body from its own accumulated encumbrances.

No bacteria, no bacilli, no germs from without can harm the human organism unless they find their own peculiar soil in which to feed, grow and multiply. Germs, bacilli and normal cells are nothing more or less than these associations of minute ferment bodies which Professor Antoine Bechamp, their discoverer, called microzoma.

It is this proven and practical theory which will supplant the present theory of germ invasion and phagocytosis that has lead the medical profession into the maze of inconsistencies and untruths which burden it today.

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THE unfortunate part about the whole of present day Cancer research is that all energy is being directed toward finding a lack or an over-supply of something or other in the physical constituents of the body.

The discovery of this lack or over-supply will not and cannot mean the solution of the cause of Cancer. This line of research cannot be construed even as a step in the right direction, for in searching for these elusive factors all consideration of the physical habits of the individual himself is lost sight of.

There is only one result to be had from this line of experimentation and research. It keeps many researchers occupied and in case the elusive nutritive element is finally captured and convicted, Cancer sufferers will be offered a synthetic preparation by our pharmaceutical or biologic laboratories, rather than advised to pursue such eating and living habits as are conducive to Cancer prevention or eradication.

SUMMER CONDITIONING

By Lewis Arnold Pike

Lic. Masseur—Grad. Dietitian

MAKE Hay While the Sun Shines," is about the best advice you can follow at this time of the year. With the days warmer, longer and sunnier you should endeavor to wander out of doors and bask in the vitalizing rays of Old Sol.

The stimulating physiological benefits derived from the sun's rays upon the body are quite well known so that
(Continued on page 268)

DR. LUST SPEAKING

(Continued from page 242)

paired." The term "protective food" was coined and another sensational "discovery" was that a well-balanced diet should contain plenty of these protective foods such as fresh fruit and vegetables. For the first time the news was emphasized that 75 per cent of our people were suffering from what is called hidden hunger, a hunger much more dangerous than hollow hunger, because the sufferer, lacking in essential food elements although his stomach might be full, was existing on the borderline of health and disease, without becoming aware of it until it might be too late to repair the damage. Science suddenly has found that starvation in places where it was not supposed to exist, in high and middle places as well as in low. And Dr. M. L. Wilson of the Department of Agriculture stated publicly that "bad food habits, careless food preparation, the evolution of food processing explain in part the large percentage of unsatisfactory diets in the United States." His views were seconded by Vice President Wallace when he said that "tens of millions of people in this country could live far more healthfully than they are living if only they had the right information about their daily food."

And while this sudden rather rude awakening is taking place, while medical doctors scurry hither and thither to jump on the band wagon of a natural diet, do the pioneers of nature cure get one word of credit, do the many thousands of naturopaths, chiropractors, physiotherapists and dietitians who have stoutly and proudly stood by their convictions through bad times and now are witnessing the dawn of a new era in nutrition, do they get any thanks for having prepared the ground on which the seed starts to sprout? Not a word of it. The smoothly oiled machinery of medical propaganda takes it upon itself to thump its chest and proudly proclaim the age-old and long known facts as new sensational "discoveries."

But we believe in a justice that sits higher than Government agencies and medical dictators. We will let the people judge for themselves. May you my dear readers gain new faith and determination to follow the path of natural living, and may our great Nation gain new strength and unity by a firmer belief in the all powerful and healing forces of Nature Cure.

* * *

Again we read of the "discovery" of a tremendously powerful germ killer in common soil a minute quantity of which is able to kill the germs of pneumonia, gangrene and other in-

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fectious diseases. For want of a more appropriate name it has been named H1, apparently to impress the public and suggest a similarity or relationship with the Vitamins which are also labeled with letters of the alphabet. Such a relationship does not exist, of course, and neither is the healing power of common clay to be termed a "new discovery." Those who go to the trouble of reading their Kneipp, Kuhne, Just and Pastor Felke books, and I hope that there are many, will know that earth was recommended and successfully used by them in a great many cases, especially for external wounds. But we have an earlier and far more universally beloved witness for the curative value of earth: We read in John 9:1, 6 and 7: "And as Jesus passed by He saw a man who was blind from his birth. When he had thus spoken He spat on the ground and made clay of the spittle, and He anointed the eyes of the blind man with the clay. And he said unto him, Go wash in the pool of Siloam. He went his way, therefore and washed and came seeing." But never mind these earlier witnesses, these pioneers who were ridiculed by the mob and, persecuted by the authorities. Science of today proclaims it aloud that it has made a "new discovery."

WATER

(Continued from page 243)

them look clean and pleasant. Water may be a blessing by separating two rival nations or it may be a blessing by uniting two friendly nations. Under adverse conditions it may turn into a fog, rain, ice or snow and endanger the lives of travelers on foot, in vehicles, on trains, autos or aeroplanes, under favorable conditions rain water may purify the air of its dust, wash our streets, water the plants, quench our thirst and help prepare our meals. Water coming in contact with fire may cause explosions and destroy life and property or it may put out the fire and save lives and property. Rain water may damage crops while out to dry in the sunshine or it can save the growing crops from drying out, thus assuring men and beasts food, fodder and grains. Water can be used by such as the Inquisitionists for torture and torment or it can be used for the purpose of baptism, to induct a loved one into your faith religiously. Rain water may wash away tell-tale footprints or it may prepare the grounds for possible footprints. Running water may be the means of spreading infection, disease and death, through contamination or it may be the means of allowing communities of people to live in a healthful environment by

(Continued on next page)

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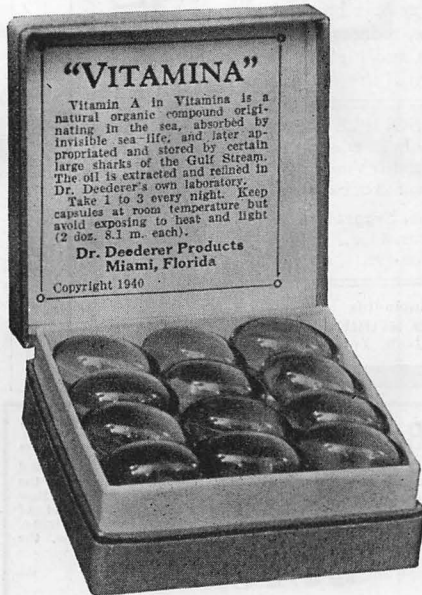
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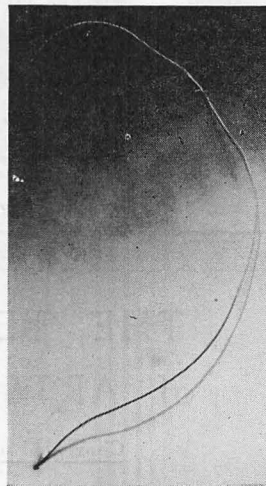
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White hair growing black at root after 3 month treatment.

WATER

(Continued from previous page)

carrying away the wastes and thus avoid pollution, disease and death. Water may be used to make electrocution easier or it may be used to usher a new born into this life of love and hate, hope and despair. Water can be used to dilute wines, vinegar, milk and medicines to make them more useful, tasteful and gainful. Yes, we could go on picking the good and evil uses of water as we could with many other elements and forces, even of men made laws.

AS the periods of silence between each expressed thought grew longer and longer, I had the opportunity to slip away from the topic on hand and go on a sight-seeing trip with the help of the imagination and the running water. I could see the water go to refresh the leaves and the fruits of the trees and the herbs and the vegetables and the plants in the gardens. I could see a little bird at the edge of a puddle happily partaking of that same water and be refreshed. Further down I could see a herd of cattle wading lazily in the rushing stream and drinking to the fullness of their joy, water, that water that would soon be turned into milk for all of us to drink; milk that would soon turn into human kindness. Here and there I could see the water forming little rivulets as it ran down hill or swell up to a greater power and pride those that had run down or out.

WITH the speed of the imagination a group of young people entered the scene. While hiking they stopped to drink at the edge of the stream and fill their containers. Yes, they took some of that water with them that a short while ago had dropped from heaven as a gift from God to all Life, so that Life whether great or small, should continue on and on. Soon the stream of water took me to the ocean when the imagination flew to distant shores. From this point of vantage I realized that the water in the body of the European was the same water that was in the body of the Asiatic, the African, the American or the Australian. Remembering back I realized with a sense of pain, the Unity of Life and the Brotherhood of Men thru the medium of the Waters of Life. At this point my memory brought back images of the sick and the feverish begging for a cooling sip of water. It also brought back images of the tired toilers of the fields, both men and beasts, stooping or kneeling at the edge of the stream for a refreshing drink of water, water from the Stream of Life, replen-

(Continued on next page)

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W A T E R

(Continued from previous page)

ished by the water from Heaven. Yes, the realization of the Unity of Life was painful, realizing as I did, that men are destroying it ruthlessly and needlessly every day. But regardless of whatever use water has been put to in the past, we as Naturopaths of the future are going to use it for enemas and colonic irrigations. When in need of cleaning out the rectum or the colon, in a hurry and well, there is nothing better than water; clear clean water at visceral temperature. Of course care must be taken to use water judiciously for as we have seen, water can produce both good and evil results. Another good use of water is to clean out the stomach especially when embarrassed by an acute indigestion. Any one who has had occasion to try it knows the benefits to be derived from it. I prefer to drink the water and vomit it out by stomach control exercises as the yogis do, or tickle the throat from within. Vomiting has a tendency to lift the sagging abdominal organs and the drinking of two glasses of lukewarm water assis' nicely the process of vomiting and washing and is more economical than the mechanical system of drawing out the stomach contents and it can be indulged in almost anywhere when not in strange company, when more gentle methods are preferable.

THE hot and cold showers, alternating the temperatures of the water within the sphere of reactivity of the individual, are very useful in maintaining and restoring health. The cold, lightening douche is a standard and heroic procedure in nervous disorders. The hot bath, the sitz bath, the ablutions, and vapor baths all show the many uses of water in relation to the human body. How gratifying is a cold pack on a feverish head or cold sponging on a feverish body or to the parched lips of a dying soldier! How could we get along without our customary ten glasses a day? The uses that that water can be put to, are so many as to discourage me from enumerating them all now.

Old age is a slow, drying up process of the water contents of the body. I believe that physical life could be considerably lengthened, if the water ratio could be continuously maintained equal to that ratio as it is in a youthful body. Imagine the misery of Coleridge's Ancient Mariner when he exclaimed: "Water, water everywhere, and not a drop to drink."

Water, like Life, is everlasting in one form or another. Last year a certain quantity might have given life to a certain man in Europe; by devi-

(Continued on next page)

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Agents Wanted

WATER

(Continued from previous page)

ous means, this year it might give life to a man in Africa and after that to a certain man in Asia and so on, till eventually it might go around to the starting point.

AND would it not be a miracle if that water could carry along to every man not only the power of Life but also the consciousness that All Life is One; that it belongs to no man in preference to any other; that we all have a right to live our own lives? It would indeed be a miracle if it could give every individual it crosses, the consciousness that it has given Life and strength to the first man who in his mad, jealous rage, murdered his brother and that, that same water may eventually give Life and strength to another man who, compelled by the law of Karma may seek eternal vengeance on the first perpetrator of evil. It would be a miracle if the Waters of Life could instil in every man the consciousness of the Unity of Life, and the Brotherhood of Men and convince every man who has evil thoughts in his mind to lay down his arms and live in Love and Peace.

TOXEMIA

(Continued from page 244)

until one after another of the organs of the body break down.

THE toxic state of the body produced by checked elimination and faulty digestion forms the bed rock upon which all disease is founded. The toxins act as irritants in the body. The irritation is followed by congestion, inflammation, and suppuration (tissue decomposition and pus formation), while the resulting so-called disease is named according to its location in the body.

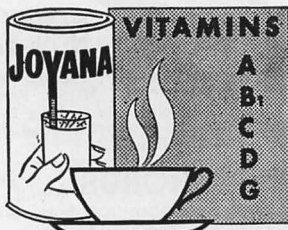
Nausea, vomiting, anorexia (loss of appetite), pain, fever, chills, inflammation, diarrhea, constipation, headache, and other acute febrile symptoms of disease are effects largely of the poisoning resulting from the decomposition of food in the intestine. Such a crisis represents an effort of the body to eliminate the poisons and dispose of the decomposing food.

IF the wrong eating and living habits are continued after the crisis is passed, there begins the development of a chronic condition. The crises become progressively less shocking (less severe), as the body builds a toleration for the poisons slowly absorbed from the intestine. As this poisoning continues, a process of degeneration begins in the body, which will be more marked in the weaker organs than in the others. As one or-

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gan or tissue after another breaks down before this chronic poisoning, Greek labels are attached to the resulting conditions, and the patient has new diseases. If the kidneys break down, the disease will be named Bright's disease; if it is the pancreas that breaks down, the disease will be named diabetes; if it is the lungs that succumb to the poisons the trouble will be labeled tuberculosis, etc.

Poisoning and overstimulation result in organic change and, what was at first a mere functional disorder, becomes a structural derangement—an organic disease. The resulting so-called disease, as previously pointed out, is named according to the organ that is crippled; but no organ suffers alone. The whole body is more or less affected.

IN diabetes, the pancreas is not the only organ involved. It is preceded by and accompanied with damage and destruction in other and often more important organs. The causes which produce diabetes do not concentrate their "attack" and spend their full force upon the pancreas alone. In other words, diabetes is only one of "several diseases" with which the patient suffers. In Bright's disease, the kidneys are not the only organs involved. In tuberculosis, the lung disease is only part of the disease of the body. All so-called chronic and organic diseases are merely local developments out of a general systemic derangement.

WHEN the organs of the body begin to break down and falter in their functions, it is easy and natural for the wreck of one organ to be followed by the wreck of another. All of the organs have been crippled more or less by the common causes of organic impairment and many of them are already on the verge of a breakdown. The disease is named according to the organ that breaks down first and when other organs break down, the resulting so-called diseases are called complications. Complications have three sets of causes—*The Primary Causes* are those averse and crippling influences (enervation, toxemia, and food deficiencies) which have been in operation throughout the system for years and, through their persistence, accumulation and extension, are responsible for the general impairment of the system: *Secondary Causes* are those which are the results of the organic impairment (for instance, the chief secondary cause in a simple or "uncomplicated" diabetes, is the nutritional perversion—crippled carbohydrate metabolism—resulting from the disease of the pancreas): *Tertiary Causes* are therapeutic procedures—this is to say, the evils wrought in the body by the agents and methods employed to "combat the

disease" help to further weaken and destroy the body.

IN a general way, this gives you an idea of the unity and continuity of disease. Disease does not exist without cause. It begins where cause begins and persists where cause persists. The initial beginnings of the so-called "degenerative diseases of later life" are laid in infancy, sometimes before birth, the degeneration continuing as an unbroken process throughout the life of the individual. Only the end points of the degeneration, and not its early stages, are commonly recognized.

The suffix "itis" means inflammation. Tonsilitis is inflammation of the tonsils; metritis is inflammation of the womb, gastritis is inflammation of the stomach, appendicitis is inflammation of the appendix, etc. The names merely denote the locations of the inflammation—they do not reveal the cause of the trouble, nor do they indicate the means of recovery. Only a true knowledge of cause enables one to institute proper remedial measures.

To treat the lungs for a disease called pneumonia, the kidneys for a disease called Bright's disease, the bronchial tubes for a disease called asthma, the intestine for a disease called enteritis, the colon for a disease called colitis, etc., and all the while ignore the underlying *Toxemia* and *Enervation* and the habits of living and eating that have produced them, is not only useless treatment, it is actually damaging to the patient.

PREVAILING methods of treating these conditions are all based on a study of the changes that occur in the various organs and not upon the causes of the changes. *Toxemia* and the checked elimination that give rise to it are ignored. The *Enervation* that produced the checked elimination is unrecognized. The *Faulty Mode of Living* that produced the enervation is not corrected. The treatment is directed at the effects, at the symptoms. Symptoms are such only and not causes. If we choke a hungry dog we stop his whining, but he is still hungry. If we "kill" pain by drugs or other methods we silence the outcries of nature, but the causes of the pain are not touched. This is the reason that so many patients are regarded as incurable.

There is no cure short of correction of cause. The *Toxemia* must be eliminated, nervous energies must be restored to normal; the enervating mode of living must be corrected. The methods of treating disease that are in vogue are not calculated to produce a single one of these necessary changes. On the contrary, almost without exception, they further enervate and add to the toxemia. Many of them encourage the wrong course of living.

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SUMMER CONDITIONING

(Continued from page 262)

it will not be discussed here. However its effects can be further enhanced if you indulge in some physical recreation while exposing yourself to Mr. Sunshine. Then by systematically using your muscles you will cause a more profuse elimination of wastes via the pores of the skin, activate a possible sluggish circulation and rid yourself of flabby, soft tissue.

A toning up of the internal organs will result and you will act and feel like a new person. You will be thoroughly reconditioned provided you don't over-exercise or over-expose yourself to the sun.

While swimming, tennis and canoeing are excellent summer activities, some of you may not have the time or facilities for such sports. The best plan to adopt then would be adhere to the reconditioning movements that I am going to suggest.

They require little time to practice and can be done wherever you take your sunbaths. They are very effective if you do them slowly, energetically and persistently. Do each exercise until it fatigues you mildly and be sure to rest a few seconds between each exercise.

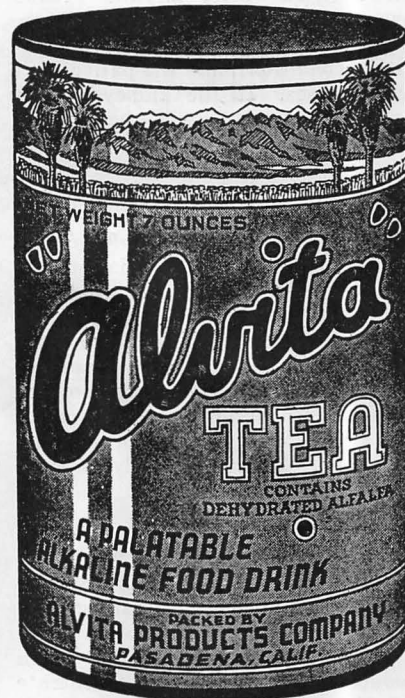
The Summer Reconditioners

For the neck—stand erect, arms clasped behind back, slowly bend head forward then backward and then to the right and left sides.

For the chest—raise arms sideways, shoulder height, and slowly make circles backwards keeping arms stiff at elbows.

For the arms—arms hanging at sides bring hands up until under armpits, then lower to 1st position.

(Continued on page 269)



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SUMMER CONDITIONING

(Continued from page 268)

For the waist—lie on back then raise both legs up until at a right angle to chest and lower legs back to floor.

For the legs—lie on back, draw knees up to chest then thrust legs forward until straight out.

(Continued on page 280)

PIMPLE PROBLEMS PONDERED

(Continued from page 246)

Pimple Causes

IN applying the Natural Philosophy, causes are always easy to ascertain for the underlying cause of all disease is congestion, obstruction to the flow of life-energy through a cell, tissue, organ, or body. Disease is disturbance of function, brought on by interference, usually chemical or toxic in nature.

The toxins are produced by any of a number of factors as our modern civilization so generously supplies to us in the form of automobile and coal gases, chemicals, drugs, tobacco, artificial drinks, artificial preservatives, cosmetics, liberally imbibed through lungs, digestive tract, and skin, all set loose to interfere with the delicate vital processes of living cells and organs. The every-day toxic products taken unconsciously are important.

More important and far-reaching in effect, are the poison producing food habits of the American people.

And They Wonder!

YOU will find folks who partake of a breakfast of mushy cream of wheat, milk and sugar, orange juice, toast and coffee; a luncheon of chicken sandwich, pie and coffee, and a malted milk; a dinner of pork roast, pasty gravy, mashed potatoes, baked beans, "gluey" white sauce vegetables, irritating vinegar salad, anemic custard pie a la mode; an evening out with cake and coffee; and then perhaps munching at candy between meals—And then they wonder why they should be afflicted with something like pimples!

Why, the poisons that such a combination of obnoxious food mixtures could produce, would as likely cause Vesuvius to erupt, let alone pimple-pocked pores!

Crowding into an already overcrowded human distillery, materials that put together into a pot and allowed to stand for a day in a warm place would 'reek to high heaven,' a digestive tract, meant only to manufacture from normal building blocks, simply must object, with gases, fermentative toxins, and putrefactive poisons formed there to interfere first

(Continued on next page)

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PIMPLE PROBLEMS PONDERED

(Continued from previous page)

with digestion and then, by way of blood stream, with the functions of all other parts of the body. Thankful we should be, when we have a generous skin trying to accommodate a blood stream congested "to the hilt" by relieving the serious condition with life-saving eruptions!

Pimples Are Signs!

AND instead of bewailing one's fate and trying our best to push the pimples back in, we should consider them danger signals and to help them out! And then—we should start upon a program of *correcting* the toxic living and eating habits that are at the root of the cause.

Yes, we know that this demands self-discipline and a control over indulgent habits of eating, pork, hamburger sandwiches, sodas, rich marshmallow over banana split, pickles and hot dogs, devil's food cake with one-half inch chocolate frosting, candy bars, etc., (luscious to the ordinary tastes but giving a fruit-eater a stomach ache) and this fact makes it hard to adopt a program that requires such will-power. That kind will have to continue as they have, and also continue with their *pimples*. Be not fooled, however, you cannot get by by ignoring causes and hoping to cure effects only. Rather be warned that other organs will reveal intoxication of such habits if not discontinued sooner or later!

Natural Treatment

THE natural treatment of skin blemishes involves three points of attack: Assistance of *elimination* of general toxemia by improvement in the functions of the organs of elimination, bowels, kidneys, lungs, and skin. Second, *gradual* improvement in efficiency of the foods taken into the organism and a *discontinuing* of toxic materials taken in directly. And, third, local measures to *assist* better function of the congested skin itself.

Under the first point, we would advise thorough cleansing of colon wastes, perhaps a daily three-quart enema for the first; hydrotherapy with the stressing of the full bath and shower, complete body packs, sitz baths; sun-bathing, exercise, manipulations, forced fresh air breathing, regular rest and sleep; and other general upbuilding methods which assist eliminations as well as regeneration.

Under point two, first let us discard the cigarette which, at best, clogs lung function producing poor oxidation of other food principles. Beer is already a product of fermentation and spirited liquors certainly are not revitalizing in spite of the 90

(Continued on bottom next page)

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A MEASURE OF PLEASURE

(Continued from page 245)

basketball tennis, quoits, croquet, ring toss, golf, archarena, boating, swimming, other delightful pastimes. Every home should have at least a dozen games, outdoor and indoor, for mutual and frequent pleasure to the members of the family.

PLEASURE of any kind should be natural and real; not artificial and false, consequently dangerous. Pleasures of the senses are desirable only when natural. If unnatural, they should be avoided. Americans need to analyze the pleasures of sight, sound, taste and touch—then discard those evidently false. Good senses are managed by good sense.

Real pleasures of sight are lovely flowers, growing fruits, tall trees, lavish foliage, majestic mountains, rippling waters, happy children, creations of art, beautiful skies, moonlight and starlight. False pleasures of sight are sensational magazine and motion pictures, stage "beauties," society belles, dancers and prizefighters.

Real pleasures of sound are hymns and anthems, old fashioned songs, classical instrumental music, the warbling chorus of songbirds, gentle conversation, good lectures and sermons. False pleasures of sound are imitation music often heard at theatrical performances and over the radio, conversational babble and gossip, the rattle and bang of people hurried and heedless of courtesy.

REAL pleasures of taste are the pure, wholesome natural foods and fruit juices. False pleasures of tastes are meats, condiments, spices, liquors, artificial sweets, tobacco, foods denatured or overcooked.

Real pleasures of touch are the kiss and embrace of real sweethearts and of dear little children. False pleasures of touch are the dancing and petting allowed inexcusably at social parties.

Real pleasure gives natural exercise to the mind, senses, muscles or emotions. Thus you can measure its value. Every kind of real pleasure is natural or supernatural. The false pleasures of a man-made civilization are unnatural, therefore unwise, unfriendly and unsafe.

How can you make pleasure a veritable delight? You will find pleasure in your answer to this question.

PIMPLE PROBLEMS PONDERED

(Continued from previous page)

year old gent who claims his longevity the result of whiskey-drinking. (The tomb stones on his sons and daughters graves at 30 or 40 years of age mark the passing on of the

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PIMPLE PROBLEMS PONDERED

(Continued from previous page)

toxic effects of his indulgent habits to the next generation!) Other equally vicious habits, as drugs—soda, alkali, aspirin, sedatives, etc., should be discontinued, of course. However, as important as all else is a consideration of the foods we eat.

Stop Evil Eating!

FIRST, start by a gradual reduction of the concentrated foods by way of the transition diet to a more vital diet (see FOOD-GUIDE, by the Author, page 33) the strictness depending upon the deep-seatedness of the condition. (Sometimes even a short fast is deemed advisable, which clears the most quickly.) The ordinary "mucuslean"-transition meal two times daily, with raw salad, steamed vegetables, one concentrated food (starchy or one prepondering in protein), and baked or stewed fruit for dessert, helps most individuals with ordinary pimples. This plan, with fruit-only breakfasts, is very simple and enjoyable to follow. (A warning: Pimples may actually increase for a time on live foods as the dead debris is cast out more vigorously. Be glad you are on the road to a complete cure!)

Under point three, we may use local measures freely that assist elimination. Repeated hot packs over the face over a half-hour period, followed by a cold pack left on for one-half hour to three-fourths hour, with a flannel covering, all brings blood to the area and stimulates skin function to increased vigor.

Patience!

A THREE-POINT program instituted over a period of time, as outlined above, will, with patience, bring results in most obstinate cases. First, *understand* the principles and then carry through!

You will then begin to see why the cosmetic industry is thriving on the public's ignorance of vital processes, and that the glow of youth in the face of a radiantly healthy skin does not come from application of obstructing barn paint, clogging starch powder, congesting soot, and otherwise, but from the elimination of internally poisoning, filthy conditions, and by the introduction of a generous supply of Nature's cleansing and regenerating vital principles!

Such individuals will find the *pimple problem* no longer needs *pondering* and their happy countenances now glow as they look into the mirror and see their *perplexing, periodic, pesky pustules, paling permanently!*

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WHY ASTHMA?
 (Continued from page 250)

Atropin is sometimes used. Its action reduces the vagus action and thus brings about the desired action.

Injections of calcium (calcium therapy) are used as a general therapeutic treatment to raise the calcium content of the body. It is not used to abort an attack, its action being too slow. These forms of treatment are not without serious objections. Intravenous injections of themselves are at times followed by infection. The injection of calcium often causes nausea, sometimes intense heat or constriction in the throat, all of which can be avoided by employing calcium in dietetic measures and by sublingual absorption measures.

The use of various smoking powders is too well known to be discussed. Any asthmatic patient knows about their temporary value and uselessness as far as attempting a cure is concerned.

PERHAPS the most effective form of treatment yet devised is based upon the chemical, mechanical treatment. The chemical treatment consists of using a low protein and starch diet with a very high alkaline diet consisting of citrus fruits, also most vegetables plus colloidal calcium. Increased elimination is indicated in most cases during this limited diet.

The mechanical treatment covers considerable latitude. Its efficiency is best shown in that within fifteen minutes an attack is stopped excepting for the bronchiole noise. The treatment is based upon relaxing any irritated or stretched nerves, restoring their blood supply and removing any toxins within the nerves that might be exciting the vagus nerve or perhaps even decreasing the action of the sympathetic nerves. All errors and weaknesses of body mechanics are removed which otherwise would prevent normal functioning of the nervous system. Neurologically, the action of the vagus nerve is decreased while the action of its antagonist is increased, thus restoring a nervous system to equilibrium.

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As Body Mechanics attempts to bring about a correlated functioning of the entire body, normal function of any part will return if not entirely damaged. The elimination of asthma
 (Continued on next page)

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WHY ASTHMA?

(Continued from previous page)

is purely a question of time; as the bodily functions and chemistry improve, the asthma decreases. Some patients cease having acute attacks within one to two weeks after commencing treatment. Others require a longer period of time.

The worst case I have ever seen was able to return to normal life following her tenth treatment. She had had asthma for thirty years, unable to do physical labor, never danced or played games. Within three weeks she was able to carry on like any other normal person. Her entire treatment consisted of Body Mechanics and diet. As the rebalancing of the body as a whole improves and the toxicity decreases, the asthma decreases and finally is gone.

Those who use physical therapy alone or dietetic measures alone will surely fail. But the patient who finds a doctor employing the most modern manipulative and bio-engineering methods will soon find the solution to the problem of Asthma.

FINKELGRAM No. 7

(Continued from page 247)

cannot help to create good health. On the contrary, all of them are filthy, toxic substances, which tend to derange the normal physiological processes of the body, and in the long run, lay the foundation for some form of paralysis, blindness, deafness, tuberculosis, cancer, etc. **MOTHERS!** Don't subject their young bodies to such inhuman atrocities. Learn how to feed them properly, so they will not have to be immunized. Let Nature do the immunizing and not the serum mongers.

MOTHERS! Awaken to the fact that **YOU HAVE A MIGHTY BIG JOB** in bringing up your children, so they won't fall victims to disease, serums and the knife. Become aroused, enthused, and fully conscious of your solemn duty. You must learn how to be **REAL** mothers. Equip yourself with the necessary information so you will be able to fulfill your obligations in the true sense of the term—**MOTHERHOOD.**

Learn how to feed your children in a manner which will develop them into fine healthy specimens of manhood and womanhood. The plan by which this could be accomplished is an easy one. Feed them natural foods—the kind which comes from the plant kingdom—vegetables and fruits and their juices, nuts, nut butters, whole grain cereals, honey, raw sugar, fresh dairy products, etc. These foods have the necessary proteins and carbohydrates

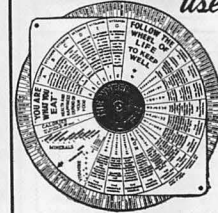
(Continued on next page)

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FINKELGRAM No. 7

(Continued from previous page)

and the natural, organic minerals and vitamins children need for normal growth and mental unfoldment. Learn how to prepare, cook, and balance these natural foods so they will retain these vital, nourishing, and life-giving substances. When your children will eat them, their minds will be alert to think quickly and accurately, and their bodies will be able to perform without tiring easily. Such a plan of feeding invariably results in physical fitness, good health and a powerful mind.

CHILDREN do not need meat, liver, fish, or extracts derived from these, or coffee, or tea, or white flour or white sugar products, or any of the highly commercialized and advertised foodless foods for their mental and physical welfare. These so-called foods are dead foods, highly toxic and acid forming. All of these have one definite trend, which is to destroy human tissue and bring on disease. Children need natural foods, live foods, protective foods, to keep their young bodies alive, and for the prevention of so-called infants and children's diseases.

MOTHERS! As I keep on elucidating the task of motherhood, the more I see YOU HAVE A MIGHTY BIG JOB. Children may apparently get along on an unnatural and unbalanced diet, and not show the effects for many years, but the time comes when Nature exacts her penalty, and very often it is a sad one—and you, too, must pay the price. Learn how to conserve the health of your children. When they will grow up, they will bless you for the care and understanding you have given them. Instill in them the desire to eat and live correctly. You can do so by setting the example yourself. Teach them the fundamentals of a natural food diet, the basic laws of sex, and all matters pertaining to the care and hygiene of the body.

MOTHERS! YOU HAVE A MIGHTY JOB! Don't pamper your children, and don't spoil them at a time when you can still mould their young and receptive minds; and above all, don't kill them with kindness. It is your solemn duty to study with them, grow with them, reason with them, and help them in every way to attain the mastery of a good, clean mind and healthy body. You have the brains, the intelligence, and the natural gift of the Creator to carry out the mission for which you have been destined—the supreme task of glorified motherhood. May your efforts be crowned with success.

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RELAX THIS WAY
(Continued from page 251)

normal fatigue. Some of these factors will be discussed in subsequent articles if the readers will write to the author, requesting these.

OF special significance is the condition of the Spine. Most of us know that when there is any interference with the normal flow of nervous energy from the brain to any part of the body, good health is virtually impossible, and the Spine should be checked for such interference. Fortunately, thru the science of Chiropractic, we have been able to locate the cause of many abnormal conditions, and how frequently chronic tiredness, undue fatigue, vague weaknesses, and various nervous conditions have been corrected by scientific adjustments of the spine by a competent Chiropractor.

WORTHWHILE LIVING
(Continued from page 249)

count more than books. There is always something worthwhile in the association with an author that cannot be had from his writings. You gain something from personal contact that increases the joy of reading.

You will look a long time, regardless of your associations or profession, for a more inspiring group of people than those linked together in the health movement.

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(Continued on next page)

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WORTHWHILE LIVING

(Continued from previous page)

pointments, love is as perpetual as mortal life.

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(Continued on page 280)



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Briefly Told

KILLING MADE PLEASANT

Atlantic City, May 8—At the convention of the Assn. of American Physicians a doctor recommended two ounces of straight whiskey to reduce any pain over a period of two hours, and if taken in conjunction with a five-grain tablet of aspirin the effect would last four hours.

We regard this as just another devastating confession of medical ignorance and impotence.

MONKEY BUSINESS

New Haven, Conn., April 4—Two Yale professors described a novel procedure of "detouring" the blood by stopping the flow of the inner arterial system of the brain and rerouting it through the outer arteries. Experiments were performed on a greater number of monkeys and the report continues that "several monkeys were reported to be perfectly healthy two years after the operations." We wonder what happened to the other monkeys.

STEP ON THE GAS AND TAKE A SNOOZE

Boston, Mass., April 21—A motorized bed which imitates a sea voyage right in the bedroom was shown at a medical convention here. The bed tilts, head up, head down, in a slow-motion version of the pitch of a ship going over the crest of a wave. A motor drives it, in three speeds, one and a half minutes for a round-trip tilt, two minutes and five minutes. The device is supposed to help the circulation of sluggish blood and to cure or relieve a number of serious ailments.

The medical colleagues seem to go to no end of trouble in inventing sensational apparatus. If they actually want to make us believe the gadget will "cure" anything, it ought to be "torpedoed" by the authorities.

MEDICAL "SCIENCE" BAFFLED BY GEHRIG'S DISEASE

Lou Gehrig, the most beloved man in baseball, was the victim of a disease for which medical science confessedly knows no cause, let alone a cure.

As with a number of other disorders it was given a pompous name, amyotrophic lateral sclerosis; the rest was futile experimentation with injections, and symptomatic treatments.

"PILLS, POTIONS AND POLLYANNA

propaganda have failed as a national health formula," Dr. F. A. Gordon, president of the American Osteopathic Association, declared at a convention in New York on March 30th. "They have failed to such an extent, that the American people are physically handicapped, deficient and ailing. We must about-face to more natural methods of health and healing, and to programs of prevention and physical and mental training that will lift us out of the mire of unfitness."

MONKS FREE FROM CANCER

The Trappist Monks and the Carmelite Sisters whose vows prohibit meat, are practically free from cancer. The physician in the Monastery of Grand Trappe, in 27 years of practice there met no case of gout, cancer or any epidemic disease. The monks look well and have a high average of longevity.

DIET STUDIED AS CANCER LINK

WASHINGTON, April 4. — A fundamental discovery showing a relation between diet and cancer of the blood, or leukemia, and also between diet and arteriosclerosis, or hardening of the arteries, in mice was announced at the National Advisory Cancer Council meeting by Dr. Carl Voegtlin, director of the National Cancer Institute.

No direct evidence that cancer or leukemia in humans is due to diet has yet been obtained, Dr. Voegtlin cautioned, but he stated that the discovery "indicates that diet has a lot to do with experimental cancer."

SUMMER CONDITIONING

(Continued from page 269)

Back Rejuvenator — stand erect feet apart, clasp hands in front, swing arms between legs then upward until overhead and behind head. Slowly swing then downward breathing out.

Practice these whenever you are taking a sunbath and you will enjoy a healthy summer. Let's hear from you on the progress you are making with your reconditioning.

BEAUTY

(Continued from page 277)

is the essential requisite. The cheerful mental outlook, living in high faith, plus daily hygienic measures will make you healthy, happy and beautiful. You should bear in mind that your physical surroundings as well as your spiritual development belong to the sphere of beauty.



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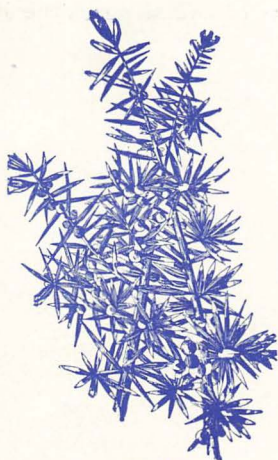
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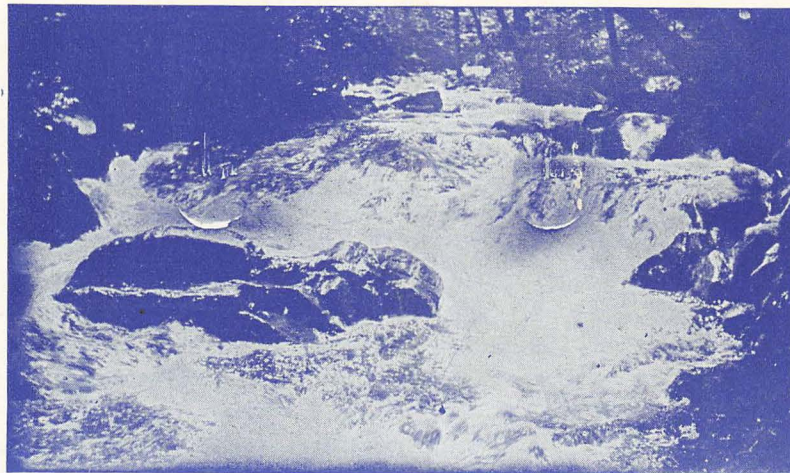
By Automobile. Go over George Washington Bridge (178th Street and Fort Washington Avenue) and take Route 4 to Paterson, N. J., or go through the Holland or Lincoln Tunnel—or over the 23rd Street, 42nd Street, or 129th Street ferries and on to Paterson. Then on through Pompton Lakes, Bloomingdale and to Butler. Time: approximately 40 to 60 minutes from New York City.

By Bus. All bus lines going to Paterson and Newark,

N. J., connect with busses for Butler. Ten minute walk from the station in Butler to "YUNGBORN."

By Train. Direct connection by motor-coach between Times Square Public Service Bus Terminal, 260 W. 42nd St., New York City and connection with trains at Susquehanna Transfer. Or take Ferry at either 23rd St. or Chambers St. to Erie Terminal at Jersey City, N. J. Six trains daily including Saturdays and Sundays. Time 1 hour and 10 minutes. Taxi service from station or bus.

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