NATURE'S PATH

AMERICA'S PIONEER NATURE CURE MAGAZINE

Dr. Lust Speaking

AUGUST, 1941

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THE JOY OF LIVING

HELPFUL BEAUTY HINTS

CONSTRUCTIVE VACATIONING

TOO MUCH DIETARY BUNCOMBE

POISON IVY IS NOT GLAMOROUS

DIETETIC HISTORY OF THE LEMON

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FOUNDED 1896
BY
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EDITOR

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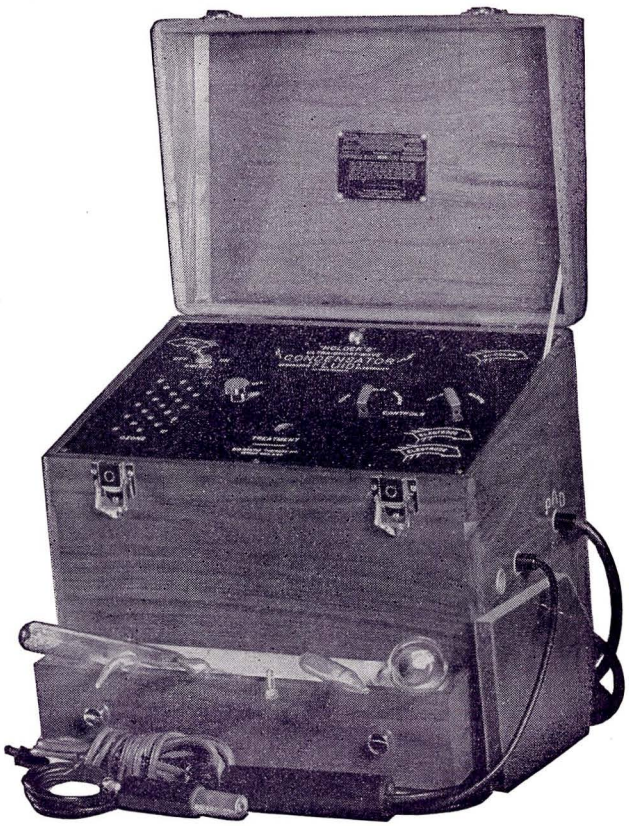

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Figures that speak an impressive language will be presented in the first of a series of articles by America's foremost champion of scientific Nature Cure. We urge all our readers to study Dr. Bergholz's writings which are among the best that can be found on the subject.

•

Bright's Disease
by Dr. Herbert M. Shelton

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There is a Diet for Sinus Trouble
by Edward Podolsky, M.D.

Although seldom very serious sinus trouble is one of the most persistent and painful disorders of our modern world. How a cure can be perfected through proper diet will be of interest to many sufferers.

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The Joy of Living
by K. C. Robinson

A challenge to common sense and a way for a better and more cheerful life presented by the author of the book "Types of Persons with Diets to Match."

•

The Triplicity of Health
by J. M. Rosen, D.C.

Written by a Chiropractor who possesses a deep insight in the essence of health and disease.

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

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NATURE'S PATH

Dr. BENEDICT LUST, Editor

AUGUST, 1941

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

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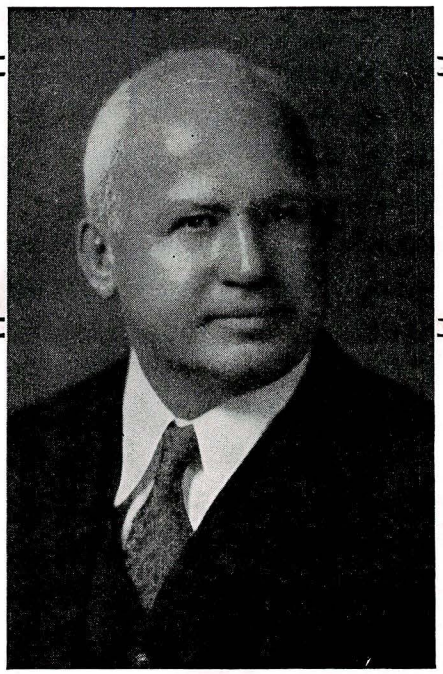


Dr. Lust Speaking

REFERENCE to the revolutionary character of the present war appears again and again in the daily press and radio broadcasts and if ever there was a time when a slogan word characterized an era, it is appropriately applied to the world events of today. Words like blitz, stuka, Gestapo, Quislingists, Fifth columnists suddenly have become familiar over the whole world. Nobody knows who coined them first. They are the signs of the turbulant times, the symptoms of the rapid revolutionary changes going on and threatening to engulf the whole earth. Revolution means the forcible overthrowing of one government and the establishment of a new rule by the victor. But revolution in the wider sense is the turning over of old concepts, the sowing of new ideas, and the fertilizing of a new social order; which of course does not mean that the new order necessarily has to be better than the old one.

If we think of this overturning we naturally find a simile in the farmer who breaks up his land to prepare the soil for a new crop. The used topsoil is turned down and a fresh layer of unused earth comes up which provides good conditions for growth and fertility. Is it not significant that our high state of civilization has made it necessary to dig deeper and deeper below the surface to extract the needed building materials for agriculture and is the one-crop system as practiced in large sections of the United States with all the evils of soil and wind erosion, and soil impoverishment, not a warning sign that our agricultural methods must be radically changed and revolutionized if we want to keep our health and security as a nation? Is it natural and healthy if the farmer of today plants only to corn, or cotton, or wheat, and has to go to the nearest general store to buy (of all things) canned vegetables? Mass production, mechanization, motorization, one-crop systems, ruthless exploitation of the soil, and absolute dependence on greatly diminished world market prices, have brought on the sharecropper evil and have reduced hundreds of thousands or millions of farmers to the lowest level of human existence.

The heart of a healthy people is its agriculture, the farmer, his work, his thoughts. If he is infected by the pestilence of materialism and godlessness, if he abuses the privilege of caring and tending Nature's living forces that are entrusted into his hands, if he violates the virginity of the soil by deforestation and exploitation, if he neglects to put back into the earth what he took out, there comes the irrevocable estrangement from Nature and all its fatal consequences. Among the various circumstances that furnish the background of the war we have this alienation from Divine Nature which has poisoned the minds of so many of us, that it seems futile to raise a warning voice. But Nature has her revenge and the earth is being soaked with the blood of millions of innocent human beings. We are witnessing the most gruesome spectacle of a destruction of human lives and human values that ever has befallen the earth.

Are we going to stand by without lifting a hand to turn over the despoiled topsoil of materialistic thinking and to plant something new instead? We don't have to stray to foreign lands to implant the new crop, neither have we to look for government approval here; the revolution, the turning over, must be effected in the thinking and feeling of each one of us, in our own hearts and souls, our families and homes.

We have heard so much lately of the tre-

(*Continued on page* 310)

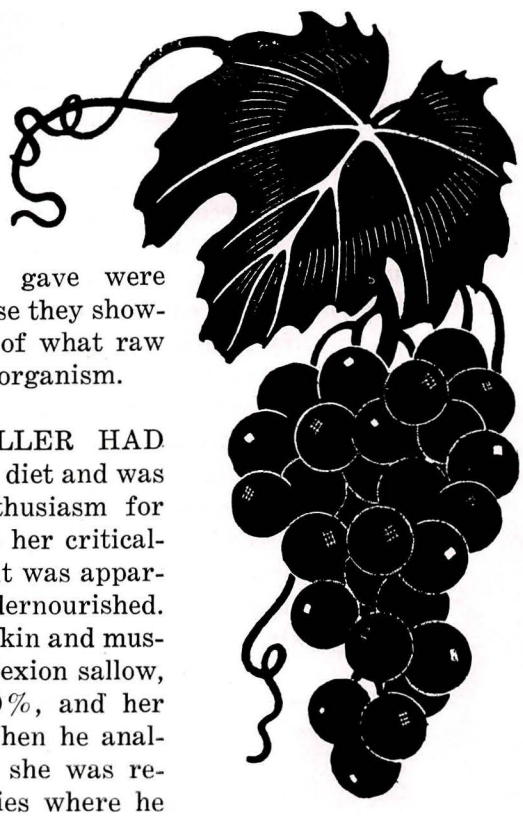
TOO MUCH DIETARY BUNCOMBE

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

Author of "Food Guide to Glorious Health"

THE OTHER DAY AN ARTICLE APpeared in the Chicago Tribune which is the general buncombe about diet that is being spread about by men who are supposed to know what they are talking about.

The article was titled, *"Raw Foods—Ways and Wherefores,"* and the author was Dr. Cutter, Dean of the Medical School at Northwestern University. He was discussing an argument that he had had with a caller who wondered, since Dr. Cutter preached adherence to natural laws so much, why he did not also stress the raw diet. The answers that he gave were rather interesting because they showed a lack of knowledge of what raw foods do in the human organism.



THIS WOMAN CALLER HAD recently been on the raw diet and was bubbling over with enthusiasm for it. However, looking at her critically, Dr. Cutter said that it was apparent that she was undernourished. She had lost 18 pounds, skin and muscles looked flabby, complexion sallow, her hemoglobin was 70%, and her blood count normal. When he analyzed her diet he found she was receiving only 1200 calories where he thought she should have 2000. Then he went on to say that primitive man lived on roots, fruits, buds, nuts, etc., but he intimated that we have evolved to a point where we subsist much better on a mixed and cooked fare.

Raw Verses Cooked

He stated, *"The reason we boil, bake, or roast the various dishes* is twofold. The ensuing appetizing flavor *STIMULATES* hunger." (Why must it be necessary to *STIMULATE* hunger? When hunger must be stimulated, the cells are not desiring anything that we may think they need. This would really be the argument against boiling, baking, or roasting.) He goes on, *"In addition, cooking partially digests protein."* (Cooking coagulates protein molecules, destroys some of their vital integrity and makes more of them break down than the body can actually utilize. Thus they become stimulating, forcing their metabolism in the organism. They thus also become more easily putrefiable. This is again not a vitality-conserving procedure.) He goes on to say that, *"it* (cooking) *breaks down the cellulose envelopes that surround starch granules, and saves the alimentary tract a lot of hard work."* (Again a misinterpretation. It breaks down starch granules, yes, but only to allow such excessive starch to be released for fermentation and to form a lot of biological poisons. Furthermore, why save the alimentary canal a lot of work? A body develops through use. It is the experience of anyone who tries to coddle animals or plants or any living tissue in certain ways, that such individuals or tissues become inferior—weaklings.) He goes on to say, *"It has been shown that very little of the vitamin content need be lost."* (In other words, the loss of vitamins is definitely occurring to some extent through cooking, and the maximum amount can only be obtained when foods are eaten in the raw state. That should again be an argument for using foods uncooked!)

OTHER ARGUMENTS OF A SHALLOW NAture are brought to bear in the article. One of the last of these we wish yet to give: *"Heating saves our swallowing an enormous number of live bacteria and parasites—living forms that we have no right to invite into our bodies."* This, of course, goes back to the old germ-bugaboo. As though germs could exist for any length of time in a healthy body. Surely, we should not over-

(*Continued on page* 313)

HELPFUL BEAUTY HINTS

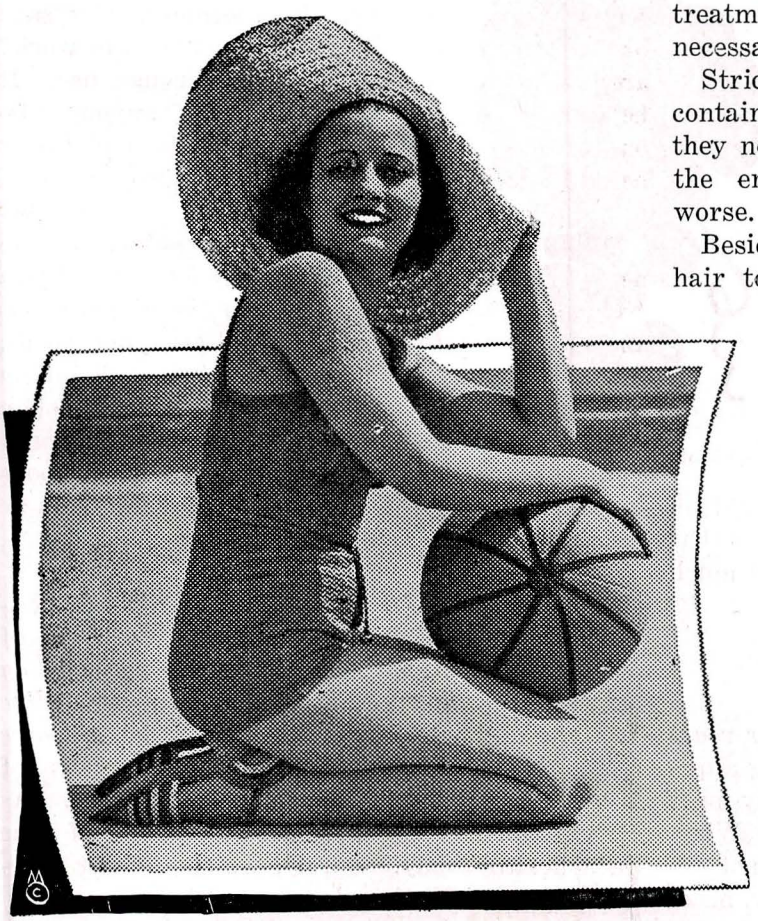
By **DR. MILTON E. HOLMES**

THE FOLLOWING SIMPLE TREATment will be found safe and effectual for correcting enlarged pores of the skin.

First wash the face with warm water and pure castile soap, then finish with a dash of cold water and dry thoroughly with a coarse towel. Then apply lemon juice and rub in gently but thoroughly and permit it to dry.

The lemon juice is astringent and helps to cleanse the pores of the skin and shrink them at the same time. Dashing cold water onto the face after washing with warm water helps to stimulate the circulation and tone of the skin. Avoid the use of strong harsh soaps containing strong irritating alkalies and caustics. For a good safe toilet soap for cleansing the skin there is probably nothing better than a good grade of pure castile soap.

This same simple treatment will be found equally helpful in removing freckles and is far safer than certain medical preparations commonly recommended for the same purpose.



A Safe Way To Remove Dandruff

HERE IS A SIMPLE AND AT THE SAME time a perfectly safe method of removing dandruff from the scalp.

First shampoo the scalp and hair with warm water and pure castile soap. Dry the hair thoroughly and then massage the scalp briskly with the finger tips, using a sort of rotary motion. This will help to stimulate the circulation of the scalp and will help to remove any surplus dandruff that may remain following the shampoo. Next massage pure olive oil into the scalp with the finger tips using a sort of rotary motion. It is not necessary to use a large amount of olive oil, a small quantity is all that is required.

This treatment may be used as often as necessary until the trouble has been corrected. A few treatments will usually be all that will be found necessary to stop the dandruff from forming.

Strictly avoid the use of so-called "hair tonics" containing quinine and other poisonous drugs as they never correct the cause of dandruff and in the end only serve to make matters much worse.

Besides containing certain poisonous drugs most hair tonics bought at the drug or department stores contain a certain amount of grain alcohol which is very drying to the tissues of the scalp and causes more dandruff to form. The poisonous drugs usually contained in most so-called "hair tonics" may be absorbed through the tissues of the scalp and thus prove injurious to the health.

A Simple Way To Remove Corns

FOR THE REMOVAL OF CORNS from the toes the following method will be found safe and effectual in most cases. Apply castor oil directly to the corn once or twice daily for several days. Following the application of castor oil for several days soak the feet in hot water and the corn will, in most cases,

(*Continued on page* 293)

FINKELGRAM No. 8

THE MAN OF "YESTERDAY", "TODAY" AND "TOMORROW"

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

THE "MAN OF YESTERDAY" HAD NO local or international political problems, kings, dictators, diplomats, chancellors, presidents, senators, congressmen, governors, mayors, assemblymen, councilmen, lobbyists, judges, district attorneys, lawyers, detectives, stool-pigeons, gunmen, kidnappers, bootleggers, grand and petty-larceny thieves, political and religious grafters—he was a NATURAL MAN and did not need any of these social mongers to make him happy — and above all, he was a HEALTHY MAN. Would you "Man of Today" change places with the "Man of Yesterday"?

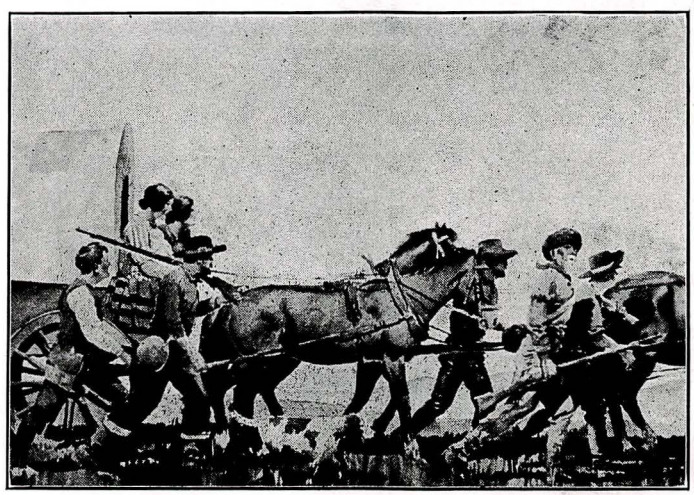
OR, DID THE "Man of Yesterday" have Wall Streets, stock exchanges, investment corporations, Trust companies, Federal savings and commercial banks, building and loan associations, finance companies, real estate, mortgages, trust deeds, taxes, foreclosures, all kinds of insurance, social security, old age pensions, old folks' homes, strikes, lockouts, and many other of our modern ways of life—but, he did have security, peace of mind, and freedom from our present entangled existence. "Man of Today," would you rather be bound with these nerve-wrecking social and financial chains, and the many worries, heartaches, mental breakdowns and physical diseases which accompany our crazy, present day civilization, than be free of such ties as was the "Man of Yesterday"?

OR, DID THE "MAN OF YESTERDAY" need our 20th century luxuries to make him happy, such as airplanes, automobiles, streamline trains, Pullman cars, ocean liners, subways, street cars, busses, cabarets, symphonies, dramas, operas or cinemas — but, he did find happiness in Nature's trees and gardens, in out-door life and sunshine — and I'll venture to say, he had HIS HEALTH. "Man of Today" — would you or would you not sacrifice these modern pleasures for the easy and healthy life as the "Man of Yesterday" enjoyed?

Or, did the "Man of Yesterday" have our social and economical problems, four-walled mansions, tenement houses, servant and domestic troubles, entangled matrimonial affairs, divorce, alimony, seasonal styles in dress, costly jewelry, jealousies, promiscuous sex indulgence, midnight parties, gambling or any of our present day rackets. His life was devoid of such artificialities and hypocrisies. "Man of Today"—do you really think you are happier than the "Man of Yesterday"? He had Nature to enrich his life; the babbling brooks, the rustling trees and the birds to entertain him; also, the plow-fields to maintain his body in good health.

FURTHERmore, the "Man of Yesterday" did not have slaughtering establishments, meat-packing houses and food canneries, butcher shops, saloons, liquor emporiums, drug stores, patent medicine laboratories, vivisection centers or hospitals; or, did he indulge in embalmed meat and fish, benzoated canned fruits and vegetables, white sugar and white flour products, denatured foods of any description, health-destroying beverages or tobacco; or, did he wear eye-glasses, high-heeled shoes, arch supports, false teeth or ear-phones; or, did he receive "shots," have parts of his anatomy cut out, or his mind and body drugged and doped? — he had HIS HEALTH.

AND NOW, FOR THE "MAN OF TODAY"—he is an UNNATURAL MAN who exists in a cycle of confusion, pessimism, hate, cruelty, malice and greed; taught to eat and drink injudiciously; lives in a world of disease, crippledom and insanity; educated to scheme politically, commercially and financially; made a slave to business money and social customs; subsidized, legalized and penalized; disappointed, disheartened and disillusioned; disregards human needs and suffering; trained to kill by auto, airplane, machine gun, torpedo, poisoned gas and poisoned pen; disrespects



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FOR YOUR HEALTH'S SAKE

By **L. L. CASTETTER**

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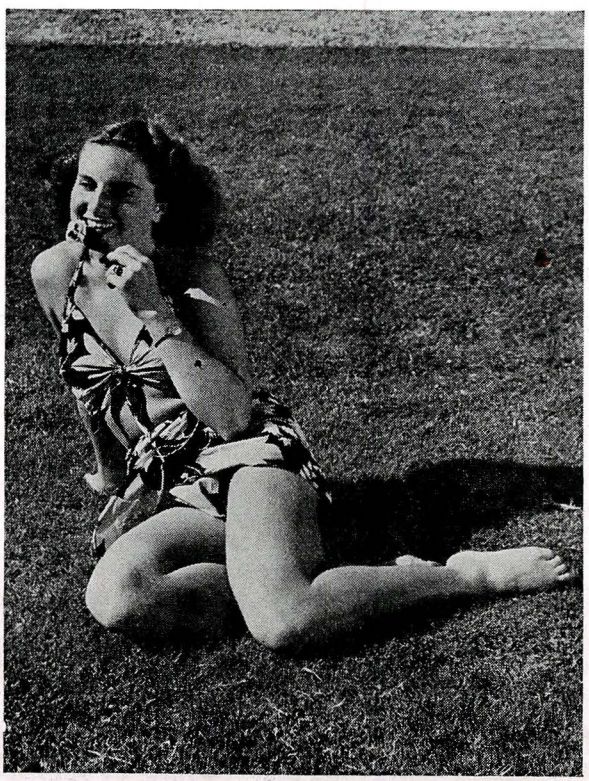
MAN IS A COMBINATION OF SPIRIT and body. He is a spiritual entity in a physical body. Health is harmonious functioning of spirit and body. Disease or disorder is a state of discord. Health and disease are states or conditions of life. Life is that which is being manifested, and when one is fully alive and well he is healthy. When diseased or disordered he is partly alive and ailing. He may be ailing spiritually or he may be ill physically. Some signs of spiritual ailments are fear, gloom, lust, hate, selfishness, prejudice, greed, envy, jealousy, dishonesty, and mental laziness. Some signs of physical ailments are pain, swelling, soreness, inflammation, indigestion, nervousness, weakness, and impaired function.

All manifestation is an expression of energy. Human life is the living manifestation of spirit in body. The body is the temple of the spirit, and the vehicle through which the spirit manifests and becomes identified. Life is a symphony and the body is the instrument or orchestra by which the spirit expresses itself. The various organs of the body are similar to the various instruments which make up an orchestra. If one instrument gets out of tune in the orchestra there is discord and the harmony is disturbed. If one organ or part of the body gets out of tune there is discord in the harmony of life.



The body is a physical structure, made up of chemical elements, and directed by a mental power. The mechanical alignment of the physical parts determine the state of physical health. The chemical balance of its cell structure determines how well the physical parts can function. The mental equilibrium of its directing agency determines the manner or purpose of its functioning. The mental, physical, chemical, and functional are the four aspects or phases relating to health and well-being.

THERE ARE FOUR FUNDAMENTALS OF physical health, and there are four causes of human ailments. The first fundamental of health is rightful thinking that one may rightly direct his energy; for any misdirection of energy is discord and throws us out of harmony with life's program. Thus, wrongful thinking is the first cause of human ailments. The thinking part is the spirit part in man which governs his volitional control. His ability to think separates him from the animal and gives him a higher level of living. This comes by the power of intellect, which enables us to possess knowledge and know facts and principles.

The second fundamental of health is normal nourishment or unhindered flow of the life force or energy and current from the brain, nerve cell, or regulating center to the organ, tissue cell, or functional centre. Any mechanical interference to the passage of normal impulses disturbs function. It may come from faulty posture, ill-fitting clothing, or structural changes in the body such as vertebrae out of alignment or other articular abnormalities, displaced muscles, tension, or growths. The chiropractors, naturopaths, and others skilled in manual manipulation render a grand health service in this field.

The third fundamental of health is correct diet, that the chemical balance of the body tissues and cells be maintained so as to be good conductors for the life force or energy. In a sense the human body

(*Cont'd on page* 294)

YOU CAN HAVE ONLY TWO DISEASES

-THE CHIROPRACTIC VIEWPOINT-

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

KNOWING, AS WE DO, THAT THERE are thousands of diseases which afflict mankind, it does seem strange to make the statement that one can have only two diseases; but let us analyze this fact.

The human body is made up of various great systems, such as the skeletal system, which comprises the bony framework, the muscular system, the glandular, circulatory, digestive, eliminative, reproductive, and a few more systems. Connecting all of these is a marvellous system of communication and coordination known as the Nervous System, which is by far, the most important of them all. It can be compared to a vast network of wires leading from a great central power plant (the brain), passing thru a great cable (the spinal cord), and having many, many branches which ramify thruout the entire body, reaching every organ and structure.

THE NERVOUS SYSTEM IS GENERALLY classified into two major divisions, namely, the Cerebro-Spinal or Central Nerve System, consisting of the brain and spinal cord and including the Cranial and Spinal Nerves. The other division is called the Sympathetic Nervous System or the Peripheral Nerve System, comprising the gangliated cords, plexuses, and periphery nerves. Communications exist between both major divisions.

Nerves are of two general types. Afferent, which carry sensations of pain, touch, temperature, etc., and Efferent Nerves, which carry motor impulses in our muscles and organs. Nerves are also classified as Sensory and Motor.

NOW IT BEGINS TO DAWN UPON US THAT since nerves may either stimulate or inhibit, we also begin to study and observe the effects of such Stimulation or Inhibition. Thus, if an Efferent Nerve is stimulated we might note a contraction of the muscle (motor nerve) or we might note its influence on nutrition (tropic nerve) or its influence on secretion (secretory nerve). Effects of any inhibitory action may likewise be observed.

Normally, the functions of Stimulation and Inhibition are carried on by the nervous system in a manner which has a REGULATORY effect upon the structures innervated, and during health we are barely conscious of its workings. It is only when some disturbance occurs that we become aware of its importance.

It now becomes very reasonable to suppose that ANY possible disturbance in the normal bodily processes can result from either TOO MUCH stimulation or TOO LITTLE of it. Or, there may be TOO MUCH inhibition, or TOO LITTLE of that, too. Therefore, we really can have but TWO DISEASES, namely, TOO MUCH or TOO LITTLE. Technically, this is referred to as Hyper- or Hypo-function.

AS AN EXAMPLE, WE KNOW FROM OUR neurological studies that the Pneumogastric (Vagus) Nerve is an inhibitor to the heart. Stimulation of the peripheral ends of the cardiac branches of the Vagus will result in diminishing the heart's pulsations and if this stimulation is very powerful, it may even arrest the heart's pulsations. The various forms of Heart Trouble, therefore, may be due, with other factors, to either TOO MUCH or TOO LITTLE function of the Vagus Nerve.

We can apply this principle to practically any disease where the manifestations of dysfunction are evident. Hence, socalled Stomach disorders might conceivably be due to TOO MUCH of something (hyperacidity, hyperchlorhydria, or any hyper-secretion of the gastric glands) or TOO LITTLE (hypochlorhydria, etc.) Again, the nerve impulses which govern normal gastric functions may be over-stimulated or inhibited by pressure or impingement in the associated segments of the spine, which, fortunately, may be corrected by Chiropractic adjustments.

SKIN DISEASES OF CERTAIN TYPES MAY indicate TOO LITTLE kidney function. The common cold (Coryza) indicates TOO MUCH secretory activity, and even a lazy colon demonstrates a Hypo-tonicity of the intestinal apparatus (TOO LITTLE). On the other hand, the spastic type of constipation indicates TOO MUCH contraction of the intestinal walls. Incidentally, both types of constipation should not be treated alike, and how few people realize that? Cholelithiasis (gall stones) indicates a hypo-function of the gall bladder.

And so, down the line of bodily disorders it is

(*Continued on page* 297)

PERSPIRATION AND ITS RELATION TO HEALTH

By **DR. JESSE MERCER GEHMAN**

BY THE SWEAT OF HIS BROW MAN earned his daily bread. So it used to be. And in earning his daily bread after this old fashioned way man, too, earned for himself, health.

But many occupations today at which man is obliged to work to earn his bread require little or no sweat of the brow. Hence in these occupations man earns but little in the way of health.

The word elimination has been so propaganized in the past twenty years that the average person associates it especially with intestinal activity. While elimination by way of the Intestinal Tract is vitally important, it is scarcely more so than elimination through Nature's other channels of the body for carrying off refuse and waste matter.

There are four recognized channels of elimination in the human body. They are the intestinal tract, or bowels, the kidneys, the lungs and the skin. Each eliminates or throws off waste material and toxins. The bowels rid the body of many poisonous materials in the fecal matter; the urine from the kidneys carries off from the system urea, uric acid, inorganic salts and so on; and carbon dioxide is carried off in the air we exhale; while the skin affords the elimination of perspiration which is composed of urea, neutral fats, inorganic salts, lactic acid, carbonic acid and sudoric acids.

The Skin and Perspiration

OF THE FOUR IMPORTANT ELIMINAtive channels of the human body, the skin ranks in importance with the rest. It is perhaps less knowingly or voluntarily used as an eliminative organ than the other organs.

But whether we use the skin knowingly or not for eliminative purposes it carries on its function of eliminating impurities in perspiration daily. Each day the average person passes off from his body about two pounds of what we call insensible perspiration. In other words, perspiration that we are unaware of, as it is evaporated as rapidly as formed and exuded.

Sweat glands are numerous over all of the cutaneous surface of the body, averaging about 400 to the square centimeter. There are approximately 2,500,000 sweat glands and each of these secretes in the form of perspiration an amount varying according to temperature of the atmosphere, intake of food and drink and physical activity.

Ordinarily the perspiration passed off unknowingly in what we know as insensible perspira-

(*Cont'd on page* 297)

A Trio of Youthful Hikers Above Davos, Switzerland

THE JOY OF LIVING

By K. C. ROBINSON, M.C.

Author of "Types of Persons with Diets to Match"

IF YOU WERE ASKED WHAT YOU ENJOY most, what would your answer be? Mine would be "living." Every person and everything that lives enjoys living more than anything else in life. The animals, birds, bugs and worms all strive to avoid injury and protect themselves against death.

And as to us, we don't want to give up life under any circumstances. Even in case of severe illness we tenaciously cling to the faintest hope that maybe we will recover and be well and happy again. Our thoughts, our plans and works are all meant to bring us pleasure while we live.

Nevertheless, the habits we form and the methods we employ in every day living are frequently contrary to the laws of Nature and, therefore, curtail our opportunities to enjoy life to its fullest extent. Probably the greatest display of short-sightedness in this respect is seen in our neglect of the one thing we need most to make life successful and enjoyable: That thing is health.

We may have money, friends and a bright prospect for the future, but without health, life is one long experience of disappointment, discouragement and suffering. Living is an art and to do it well we must accept it as a challenge and make it the major interest of every day's work.

Life A Challenge

LIFE IN ITS SIMPLEST FORM IS ACCOMpanied by many obstacles of uncertainty, most prominent of which are fear, superstition and disease; and to overcome these is a challenge of spirit, body and mind. At every turn in the road of life there are obstacles of some character facing you, and you are strong or weak, a success of failure, in ratio with your ability to surmount these obstacles and conquer them.

A Challenge In Nature

EVEN IN THE SIMPLE MATTER OF working a garden or cultivating a field there are obstacles to be overcome; the trees must be felled, the weeds and grass uprooted and the sod turned before good crops can be grown. Fruit trees must be grafted into other stock, cultivated, pruned and kept free of pests and parasites in order to develop a better more delectable fruit than that grown in an uncultivated state. To grow better products and build better houses, roads and bridges is a challenge to man's ingenuity.

The Greatest Challenge

BUT THE CHALLENGE OF THE GREATest importance is not the overcoming of physical obstacles which retard and hinder the growth of fabrics for clothing and foods for nourishment. The greatest challenge of life lies in building a body that is physically fit and mentally sound and keeping it in a state of health. With every human being the question of greatest importance is: "How can I live to enjoy the fullness of health in a body free from defects and pains?"

The Internal Urge

THE DESIRE TO ATTAIN AND MAINTAIN a healthy and beautiful body is the result of an internal spiritual urge; and this impelling urge is evident in every forward step for betterment in our civilization. Of course, everyone wants to be successful, but no one can succeed in the fuller meaning of this term who has not found and learned how to conform to the laws of Nature operating through his being and charging it with that force called "Life."

When the movement of this life-giving force is hindered in its operation through the body the organs and glands lose their power of function normally and soon the patient complains of biliousness, headache, or some other illness. This raises one of the most difficult of all questions for the doctor to answer: "How can the nerves causing illness be freed and health restored to the organs and glands involved in this condition?"

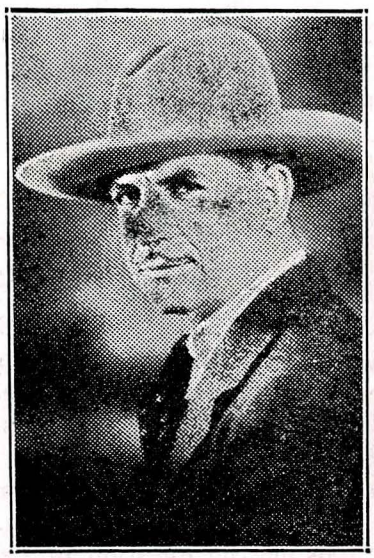
(*Continued on page* 308)

"LIVE"

By RUDY G. WARNER, D.C., N.D.

HEALTH is the greatest asset a man can have regardless of his vocation in life.

A man may have reached the pinnacle of achievement and have amassed great riches, but what does it all avail him if in gaining these things he has lost the most valuable possession in life which is *Health?* For unless a man has health he is poor, indeed.



It is very unfortunate when after a man has stinted himself in the things of life, denied himself of its fruits and pleasures and sacrificed the joys and things really worth living for (in order that he may have fame, fortune and power), and finds himself tottering on the brink of the great divide. He cannot then go to some Doctor and say "Oh! Doctor, if you will only give me health, I will gladly give you all I possess." Or go to some druggist and say "Wrap up one thousand dollars worth of your best health in a nice pink package." It is really too bad that we cannot have Supply Houses carrying different parts of the human body in stock where one could go and say, "Give me a new liver, mine is all worn out and refuses to function," or "Give me a new pancreas, and be sure that it is an exceptionally active one because I've got a lot of sugar in my system that needs to be used up. This darned old thing I've got, I guess, is getting too old and cannot carry the load."

HOW different it is with the automobile. We have thousands of supply stations throughout the land ready to replace the most intricate parts on short notice. But not so with this delicate mechanism of ours. When any parts of our body are worn out beyond repair, they are gone forever, and cannot be replaced like automobile parts. If the generator fails on our car, we immediately look to the brushes and have it repaired; if the timer is not working, or there is a short circuit we have it corrected. If the battery runs low, we have it immediately recharged or else replaced with a new one. You see, we think more of our other possessions than we do of this body of ours. We would never let the battery run down entirely in the car if we could help it, or let the generator burn out before repairing it. And yet, that is exactly what we do with our bodies. We are virtually letting our generators burn themselves out. We let our dynamos run at an excessive rate of speed; and the current of life run to a low ebb without recharging it.

PEOPLE are everywhere dying a pre-mature death. And where the span of life is now thirty to eighty, it should be one hundred to one hundred and fifty. When God breathed the breath of life into man, he also laid down certain rules and a divine plan according to which we should live. But man, in his mad rush for power and pelf, pressed by the rapid strides of progress, turned these laws to his own purpose. Thinking, perhaps, that the Creator might have made a mistake. So, today, we are living under man made laws and rules—under an artificial environment, getting farther and farther away from Nature and conditions and laws as laid down by God. Is it any wonder, then, that we are living a life of ill health (disease) and dying a premature death?

If the people of the civilized nations as a whole would devote a few minutes daily (the time and energy burned up in gaining fame and fortune) to the problems of health and life itself, they would be amply rewarded. For they would then have health to enjoy their fame and fortune, and be able to achieve even greater things than they thought possible.

Are you today fully equipped both physically and mentally to take a valiant part in the work of today and the years to come?

Are you increasing your fitness to take part in it or are you merely drifting?

THE world today is looking to the man of HEALTH. The world has no place for a weakling. It is continually crying out for the man that is both physically and mentally fit. Whether in war-time or peace, it wants a man with a balanced mind and body, where neither part of his being has been developed at the expense of some other. He is the symmetrically developed one. He is head and shoulders above all others in anything he does. He is a success no matter where you put him. He is known as the go-getter in business. Being mentally alert and physically fit; he has them beaten from the start. He goes into things with a snap — with ginger and pep — he seems younger, happier, enjoys his work and play, he looks on the bright side of life and gets all there is in life; such a man must be a success. You cannot keep him down.

What about the survival of the fittest? A man must be qualified to do his work. It is not enough that one know all about the nature, and character of his work. He must also have a body physically fit to carry the load or he will soon go down defeated and someone better qualified will take his place. He may have a brain that is capable of thinking, doing, and acting, but it won't remain so for long unless it is housed within a strong, energetic and well developed body. We can hardly expect that one living under an adverse environment (down in some old shack on the mosquito infested swamps with food not fit for human consumption) will be able to hold down some highly responsible position. Neither can we expect our brain to do that which is demanded of it, unless we first create a suitable environment for it in which to live. And once we have created this proper environment, we shall not only develop physically but also mentally, morally and spiritually!

So let us see to it that our bodies get the proper kind and amount of exercise and food for our particular needs.

When I say the proper kind of exercise I mean that it is just as impossible for us to pick one hundred men at random and give them all the same kind and amount of exercise and food as it would be if these same men were all sick, each having a different disease, and then have some doctor prescribe one kind of treatment for all of them, expecting this treatment to cure them all.

(*Continued on page* 307)

CONSTRUCTIVE VACATIONING

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

MANY PEOPLE TAKE VACATIONS TO obtain a rest from their work and then discover that it takes about two months of work following the vacation to rest up from the effects of the vacation.

This is vacation time all over the North American continent. It is a season when the office seems dull and one has visions of the "great open spaces" with green trees, cool breezes and fishing poles.

Vacations are usually planned with only one object in view and that is to have a good time, with pleasant amusements. Frequently one finds, after resuming his customary daily grind, that he is much worse off than before, in health and spirits, with sunburn and tired limbs. But there is no reason why there should be any unpleasant after effects of a vacation.

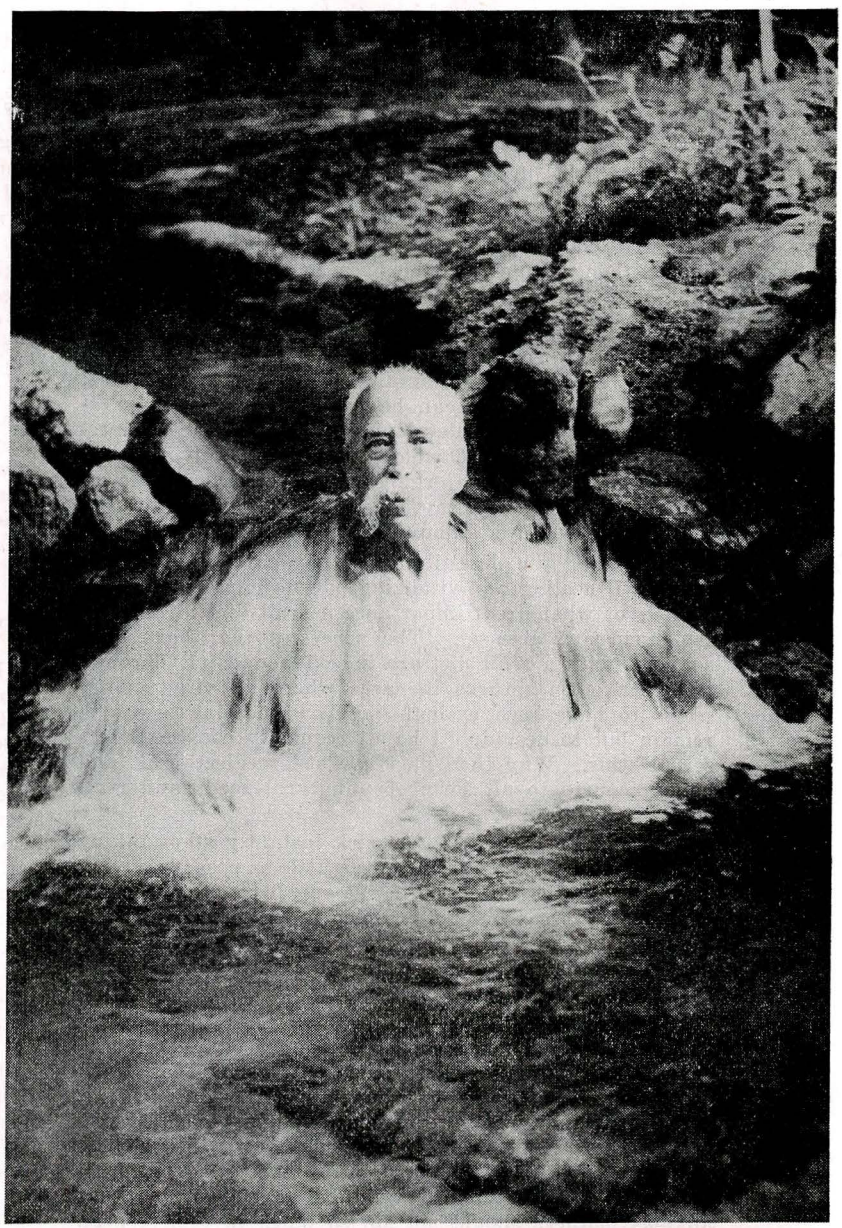
A change from the habits to which one is accustomed during the rest of the year should be productive of marked benefit. Here is a splendid opportunity for us to adopt a healthful regime which will prepare us for the heavy work of the coming winter.

IT IS ADVISABLE DURING VACATION time to put aside all thought of worry. This is not as easy to do as to advise, but it is good to amuse one's self with simple pleasure such as swimming, rowing, or perhaps, fishing. The mental worker would do well to become an ardent physical culturist, turning his thoughts to physical development, taking long hikes, measuring the distance each day until he is walking five or ten miles daily. It is a good time to perfect the new swimming strokes you have been so anxious to learn.

Do not labor under the delusion that during vacation time you can stuff your body with "hot dogs" and candies which you do not eat while doing your regular work. Dietetic discretion must be observed if one is to return to his regular work with a new lease on life. If you "feed up" too much at this time you will be months in recovering from the poisons you generated in your system through this foolish gourmandizing, and diseases may start which will take a long time to cure, even with careful dieting.

THIS IS THE SEASON TO EAT PLENTIfully of fresh fruit, green vegetables and to cut down on heavy foods, such as starches and meat. Do not try to keep cool with ice cream. You will find that this food is very rich in heating materials, and will only cool temporarily. Drink plenty of water, neither too warm nor too cold, and thus

(*Continued on page* 307)



Vacationist Taking the Natural Bath at the Yungborn, Butler, N. J.

ELEMENTARY HOME STUDY COURSE In Natural Living and Nature Cure

By **DR. BENEDICT LUST**

LESSON VIII

ADOLF JUST ON NATURAL FOOD

Opponents to the natural mode of living have all kinds of doubts and objections to offer. One immediately asks where all the nuts, apples, etc., are to come from if all people were again to live a natural life; another is full of anxiety about the many butchers, shoemakers, innkeepers, apothecaries, etc., who will then be out of employment. Everyone who today wishes to live on natural food can easily get what he needs for his nourishment. As soon as the demand for fruit should become greater, however, great quantities of it could be raised on the surfaces now devoted to cattle-raising and to the cultivation of a great many things that are not only without value, but even injurious to man (tobacco, barley and hops for beer, wine grapes, etc.).

Strictly speaking, the condition of man has deteriorated in the same degree in which he has deviated from nature in this mode of living, and in which civilization and science have advanced, and it will once more improve in exactly the same degree in which he will again approach nature. In the beginning there were no trades, men were happy then; if it could be that trades would again become superfluous, then all men would once more achieve earthly happiness, however unlikely that may seem to many.

I would implore every fruit-eater, even now, to do all in his power to foster fruit culture. The human digestion in all its contrivances is arranged only for a fruit diet; fruit alone, therefore, can be easily and completely digested. The process of developing foreign matter is, therefore, at once suspended where fruit is the only nourishment, and the digestive organs can devote themselves all the more to carrying away old, stored-up foreign matter; the fruit serves as a stimulus to this activity.

Considering the digestibility of raw fruit, and all the wonderful healing and vitalizing powers it possesses, it is obvious of what great importance a fruit diet must be in the curing of diseases. The successes that have been achieved with a fruit diet are indeed wonderful. Through it health often returns in cases where all vital energy seems to have been extinguished, and nothing seems to remain but to despair. I have frequently convinced myself of this. Why then must we still neglect fruit and have recourse to all sorts of unnatural foods and remedies?

Every animal when it gets sick instantly stops taking nourishment. Man ought to eat as little as possible during sickness, at least he ought to eat only when the stomach demands food by means of a violent appetite. Temporary fasting is of great advantage. Many believe that they must force themselves to eat when they are sick and have no appetite, so that the body may not become too weak, but that is a fatal mistake.

When the stomach does not demand food, it is in no condition to digest it; it will then only be burdened with the food which it receives without appetite, which in sickness especially is very injurious, and may even become very dangerous. No well person ought ever to be urged to eat, but with a sick person this must be avoided all the more. Here, too, it would be very desirable that anxious mothers should not sin so much in this respect.

With artificial food there is always this danger, that men will eat too much, while with natural food (raw fruit) nature has so arranged it that it is not easy to eat too much. Therefore if a person eats fruit when he is sick, he need not be so afraid of eating too much.

In describing the natural mode of life my object, so far, has essentially been to point out the advantages that it brings to the physical part of man; I have tried to explain how those conditions that we call disease can be avoided and cured by a return to nature. But in nature everything is in closest harmony, and in man, too, body, mind, and soul cannot be separated from each other. The body sustains mind and soul, and contrariwise, mind and soul always influence the body. Man was originally created by God not only entirely healthy and beautiful, but also absolutely noble and good. He was the crowning glory of creation. The masterpiece of the all-wise and all-good God could not be full of imperfections of body, mind, and soul.

Men today possess sinful desires of all sorts, they struggle much against them with all the means in their power, but they again and again relapse into sin. If God had originally placed these evil tendencies into man, which he so often and so repeatedly tries to overcome with all the earnestness and all the strength that is in him, only to succumb every time, then God would not be a good God but an evil spirit, whose pleasure is not in goodness but in evil. But the sinfulness of man is the consequence of his own unnatural mode of life. The fall of man was through a forbidden food, a fall from nature, as I will show more fully. In free nature, for instance, the animals indulge in the sexual act only for purposes of propagation. After the impregnation has taken place the animals do not only discontinue the sex act, they cannot even be forced to it by any means. Just so it is with man; the healthier he becomes, by leading a natural life, the more can he not only avoid immorality and other sins, but they become quite impossible to him. But only when he has arrived at this stage is man truly reformed. "Man," of whose blissful and god-like state, the myth of Paradise tells us, was meant to belong to the most highly developed race. Those men who were most highly gifted with reason, were also the men who were most exposed to the danger of achieving the highest culture and scientific development, and were thus destined to drift into the greatest misery. We need not fear, however, that, by a complete return to nature, modern civilized man will finally return to the state of the savage races of distant countries, who are not much above the animals.

All the deviations from the original, healthy condition of the mind and soul have been caused by disturbances in the body. The foreign matter injures all the organs, even those that unite the mind and soul with the body. But no one thinks today that by caring for the body in accordance with nature, we can do away with such conditions as idiocy, insanity, absence of mind, ennui, ill-humor, melancholia, anxiety, sensuality, youthful excesses, vice, and crime, passion, hatred, envy, malevolence etc. At all events, all ethical culture, all the work expended on the mind and soul is in the main to no purpose, without the corresponding natural case of the body, and may even cause still worse conditions.

A Greek myth tells of the Danaids. These were the daughters of the King Danaos, who, upon the advice of their father, had killed their husbands on their wedding night. For punishment after their death, they were condemned to continually dip water into sieves in the underworld. All those who are today working to make men better and happier without first leading them back to nature, are doing the work of the Danaids; they are forever dipping water into a sieve, which can never be filled. Yes, all those lawgivers and philanthropists, who know nothing of the significance of a natural mode of life, often only increase the evil.

All the evil in the world can be destroyed, but only one thing avails: return to nature. When man fell from nature the consequent sufferings of the body were at once accompanied by taints of the soul. Sensual pleasure, in its manifold ugly shapes, was created, and man's love became tainted; hatred arose, from hatred grew envy, malevolence, and all the sins against God and our fellows. The image of God was more and more lost in man. In nature we at once see that all creatures which live on flesh are vicious, while plant-eating animals are gentle and peaceable. As soon as the ape and the dog are fed on flesh they lose their docile disposition and become fierce and dangerous. Apes that are fed on meat only a short time at once become unchaste in the worst degree. The natural mode of living is not merely a stomach question, then; we wish thereby not merely to heal the sufferings of our body, but to reach higher ends, yea, the very highest end, of morality and virtue. Man's likeness to God will be restored more and more.

Nature did not intend man to be a meat-eater, a beast of prey. Man does not relish meat in the raw state without some sort of seasoning and preparation. He must at least have salt with his meat. These beasts of prey are transported with voluptuous delight when they can kill an animal; they become intoxicated with the fresh blood. But man, when he is not yet entirely brutalized, shrinks from killing; his conscience is always aroused when he raises the murderous steel against an animal, his fellow-creature. The death-rattle of an expiring animal still moves the most hardened man. Most people would not eat meat if they themselves had to kill the animal. The raw, unprepared flesh, the animal corpses in the butcher shops, are always a revolting sight. In some places, therefore, the law forbids meat being carried about openly. And why will people, in this respect also, turn a deaf ear to nature, to instinct, to the sense of taste, smell, hearing, sight, to conscience? Is this, too simple? Why does man make laborious scientific investigations to ascertain whether he belongs to the class of carnivora, corpse eaters, or to the class of omnivora (pig, bear, etc.), to the classes, indeed, which always appear to us as vicious and cruel and which we despise?

It is only another proof of man's morbid desire for knowledge, if he does not investigate with the simple means nature has given him whether meat is suitable food for him, but rather studies the teeth and intestines for that purpose, and attempts to ascertain the ingredients of meat.

This latter way to truth is not in accordance with nature and must lead astray, especially since through man's unnatural life many organs have degenerated, and some have been similar in the various creatures from the beginning. Several scholars, who certainly are themselves very much attached to their roast, have claimed that man was designed for a partial meat diet, according to the structure of his teeth, and there are many who thoughtlessly repeat this after them. Nevertheless man is not equipped with claws or fangs, such as all beasts of prey possess, to seize and tear their prey. The digestive organs of carnivorous animals are likewise quite different from those of man. Beasts of prey, for instance the dog, can eat the bones as well as the meat. Man cannot do that, which proves that his stomach must be arranged very differently from the stomach of these animals. Let us but compare the eye-teeth of man with those of vegetable and fruit-eaters and those of meat-eaters and omnivora, and we can plainly see that man belongs to the vegetable and fruit-eaters and not to the beasts of prey. The eye-teeth of men have no more similarity to the fangs of omnivorous and carnivorous animals, than the mouse has to the elephant. Just so the length of the intestines in man does not point to a meat diet.

But if meat has not been intended for man by nature, it is also injurious and harmful to him. Man does not become healthy and strong by eating it, but sick and weak. It is claimed that man must eat meat on account of the fat it contains, which enables him to endure our cold climate. But why not acquire the requisite bodily warmth through the fat contained in the nut? The nut contains the fat that is natural to man and not the many other ingredients so injurious and poisonous to man.

Man, the image of God, who ought to be a gentle, merciful ruler upon earth, violates the divine impulses of his heart when he kills, or causes animals to be killed for his food. Man, at present, is continually soiling his hands with the blood of his fellow-creatures. This offense in obtaining his food must naturally be followed by most severe punishment.

The heating of meat, with all the salt and spices that are required to make it palatable, always awakens the desire for strong drinks, for alcohol. Meat eating, therefore, opens wide the doors for that uncanny demon, alcohol. Meat has a foul, vicious brother that accompanies it. No one can fail to recognize the harmful, dangerous character of alcohol, even in the smallest quantities. Alcohol excites the nerves, and transports man into a beautiful illusory world of dreams, which, however, is always followed by stale, empty reality, nausea and discontent. Man thinks he gets strength from alcohol, but this is deceptive. Artificial excitement is the most harmful thing for health. If we are not deceived by the momentary effect, we soon realize that the body is very much weakened by the alcohol, and that the nerves especially are shattered in the most alarming manner. Alcohol, therefore, works the greatest ruin to mind and soul; vice and crime are also among the horrible consequences. The man who eats no meat finds himself continually in such a frame of mind that he is in no need of creating for himself a momentary, beautiful, but illusory dream life.

HELPFUL BEAUTY HINTS

(*Continued from page* 284)

be softened up so that it may be entirely and painlessly removed. Do not cut or pare corns with a knife or other sharp instrument as a cut followed by blood poisoning may be the result. Be sure that your shoes fit perfectly as ill-fitting shoes are commonly the cause of corns forming in the first place.

SOME people are troubled by excessive perspiration of the feet and accompanying disagreeable odor. The following treatment will usually correct the trouble in a short while.

Soak the feet in a hot foot bath to which has been added about three tablespoonsful of powdered borax and allow the feet to remain in this bath for about ten minutes, then dry the feet thoroughly with a coarse towel. The writer advises people who are troubled with sweaty feet and accompanying bad odor to wear white footed stockings. These simple measures will usually correct the trouble entirely within a short while. It is also a very good plan to dust a little talcum powder, of good grade, into the shoes and stockings. The talcum powder may be scented or unscented according to the fancy of the individual.

HEALTH

MENUS FOR AUGUST

On rising take the juice of two oranges; or a large glass of tomato juice; or a small glass of pineapple juice. Do this every morning and even between meals if you can.

MONDAY

Breakfast

Grapes; 1 coddled egg and a whole wheat muffin and butter; coffee substitute or buttermilk.

Lunch

Lettuce, celery, apple and nut salad; dressing; carrots and peas, steamed; peaches.

Dinner

Lettuce hearts and mayonnaise; vegetable or carrot roast with mushrooms; baked potato; corn on cob; butter; beet greens; fresh fruit or melon.

TUESDAY

Breakfast

Dry cereal with peaches and cream; ripe banana; coffee substitute.

Lunch

Chopped figs and dates on whole wheat toast; berries, melon or cantaloupe.

Dinner

Lettuce, cabbage, tomatoes, carrots and celery salad with mayonnaise; spinach, boiled onions; baked potato, butter; steamed carrots; peaches or strawberries.

WEDNESDAY

Breakfast

Raspberries; dry cereal with milk or cream; coffee substitute.

Lunch

Sliced tomatoes; baked potato; string beans; cantaloupe.

Dinner

Lettuce, carrot and green pepper salad with mayonnaise; almond or raw peanut butter with the salad; cottage cheese and sour cream; peas or string beans; potatoes au gratin; fresh fruit of any kind.

THURSDAY

Breakfast

Ripe melon; 1 poached egg on whole wheat or rye toast and butter; glass buttermilk or coffee substitute.

Lunch

Large fruit salad; melted American cheese on rye toast; strawberries, blackberries or raspberries with cream.

Dinner

Cucumbers, tomatoes, carrots and tomato salad with mayonnaise; avocado salad with raw onions and green peppers; baked potatoes, butter; green peas; fresh fruit or melon.

FRIDAY

Breakfast

Strawberries and cream; graham or whole wheat toast, butter; malted soy bean drink or coffee substitute.

Lunch

Sliced tomatoes with half head lettuce, mayonnaise; corn on cob, butter; carrots and peas; peach or apple.

Dinner

Cucumbers, tomatoes and watercress salad, mayonnaise; lentils or soy beans with mushrooms and onions; boiled or baked new potato; summer squash; prunes or figs; coffee substitute.

SATURDAY

Breakfast

Raspberries or blackberries and milk or cream; 2 poached eggs on toast; coffee substitute.

Lunch

Vegetable soup; rye toast, butter; coffee substitute.

Dinner

Sliced tomatoes, watercress, cabbage, parsley, mayonnaise, soy loaf; boiled onions; okra or summer squash; peaches.

SUNDAY

Breakfast

Honeydew melon; blackberry or blueberry muffins, butter; ripe banana with cream; coffee substitute.

Dinner

Romaine or lettuce with carrots, green peppers and tomatoes, mayonnaise; lentil soup; carrot or soy loaf with mushrooms; potatoes, butter; asparagus; strawberries; coffee substitute.

Supper

Radishes, lettuce and olives; whole wheat sandwiches; melon or berries.

FOR YOUR HEALTH'S SAKE

(*Continued from page* 286)

is a human battery which is charged with electrical or universal energy. We know the chemical composition of the electrolyte in a battery is important to its taking and holding a good charge. Faulty diet is largely responsible for many ailments due to the chemical factor. There are many diet books on the market, but few of them give the facts of human nutrition.

The fourth fundamental of health is proper use. Improper use, long continued, constitutes abuse or injury and this is the fourth cause of human ailments, and the functional factor. When energy is rightly directed, the passage way clear, and the body a good conductor of it, the only thing which could go wrong is abuse or injury or the overloading of the body or battery.

MAN is a creature who thinks, feels, and acts. How he thinks, feels, and acts is directly related to how well his being is in physical alignment and in chemical balance. The structural part and chemical balance are in turn directly related to how he thinks and feels emotionally. Emotions are a step between thinking and acting. They can change the chemistry of body fluids and these in turn affect function. Functions are often physical and thus we see how thinking and feeling can change chemistry and structure.

A balance between thinking, feeling, and acting is the perfect combination for health. Such a combination would give emotional stability, physical dependability, and mental reliability. What we are is manifested in what we do. What we do is determined by what we think. What we think is largely governed by what we have learned, thus, how we have been educated. Our educational system is conducive to exploitation, which means to advance selfish interests at the expense of others. We have been taught that success lies in reaching the top or in economic wealth. In reality, the only true success is how well we have fulfilled the purpose of life. Therefore we find that people are spiritually ill, in that they do not have the right perspective of life by which to rightly direct their efforts and energy in life. Physical ailments are the result, and then we suffer. Of course suffering will continue until the cause of it is removed. The cause is fundamentally, living in darkness and ignorance instead of coming into the light of truth.

MINISTERS and medical doctors are very much responsible for such ignorance because of their false

(*Continued on page* 296)

AN AMAZING FOOD

By **ORCELLA REXFORD, B.Sc., N.D.**

HIPPOCRATES, that beloved Grecian sage who lived about 460 B.C. is often referred to as the Father of Medicine, but history records that he was a medical botanist. It is in keeping with his profound knowledge of treating the body with natural methods that we find him giving the following advice for the treatment of tuberculosis. "Let them live in high altitudes, drink goat's milk and take sun baths." How very modern this sounds, and the advice is as good today as then. Scientific tests have proved that goats are immune to tuberculosis.

To really prove this, a cow that had been rejected for her milk because of tuberculosis, was turned into a pasture and a healthy goat placed with her. The animals became friendly and the goat was not far from the cow's heels and followed along and ate the roots from the grasses which the cow ate. They finally became inseparable companions and slept together in the same stall. At last the cow succumbed to the fatal malady, and when dissected was found to be laden with the effects of the disease. The goat was likewise killed and dissected and there was no evidence of tuberculosis except a few cells were found encapsuled and to contain silicon. These had walled off the deadly tuberculosis bacili, which had gotten into the organism. It is impossible for these germs to make any headway in a body which is high in silicon.

This mineral does other things besides ward off a deadly disease. It gives sheen and gloss to the hair, strengthens the enamel on the teeth, gives stamina and "sand" to the character, and causes an erect carriage. All plants that are very erect have silicon in their stalks, most outstanding being horse-tail grass, and oats.

GOAT'S milk is the most perfect food known to man, containing all the minerals needed in the body as well as the vitamins. It has an alkaline reaction in the body due to the magnesium which is a sweetener, and chlorine is a germicide, has a cleansing effect and eliminates waste, thus in time correcting constipation. There is more iron in this milk than in cow's milk, and it is high in blood building qualities. Sodium also gives it an alkaline reaction and the potassium gives it great healing powers in cases of ulcerated stomach. It is the ideal food in pernicious anemia, nervousness, loss of weight, run-down conditions, constipation, nervous indigestion, dysentery and diabetes. No child ever had rickets that was fed plenty of goat milk.

Even great athletes are today conscious of the stamina-affording energies in this remarkable food. Dr. Patrick O'Callaghan, a physician and greatest athlete in all of Ireland, when he came to this country for a

wrestling match some years ago said on arrival in this country, "I will train for this contest on goat's milk, which as a medical man I consider superior to cow's milk for this purpose."

THE unfounded prejudice of many people in regards to goat's milk is rapidly disappearing. Goats are much cleaner animals than cows, refusing to eat food that has been served to another goat, or to accept food thrown on the ground or not served in a clean dish.

The greatest objection to goat's milk has been its price. Since a goat does not produce as much milk as a cow, its milk is in proportion more expensive. But, of course, where one's health is at stake it is cheaper than medicine, if one regards it in the light of that expenditure, and a food as well.

But now due to a new scientific process, the price of goat's milk has been greatly reduced, by dehydration of the milk, without in any way interfering with the vitamins or minerals. As many as thirty different products are made today from goat's milk and are obtained in the health stores. There are several varieties of cheeses; a candy made with dextrose and a delicious new mint, to which is added papain, (the digestive enzyme,) oil of peppermint and dextrose in place of sugar. There is also a milk broth to which have been added powdered vegetables. Also a wafer, which in addition to the minerals of the goat's milk contains many highly mineralized vegetables and vitamins. Six of them in mineral and vitamin value contain as much nourishment as would be found in a good sized meal and are ideal for people with easily upset stomachs. These wafers are handy to take whenever one does not have time to eat a big meal; a few dissolved on the tongue are sufficient. But the best of all these food products made from goat's milk is a new one just recently launched and worked out from a formula suggested by us to the manufacturer.

I HAVE long observed that people approaching middle life and old age are troubled with physical conditions unknown to them in youth. There are obscure aches and pains in different parts of the body, exhaustion and a fatigue for no especial reason. Some arise in the morning after a night's sleep more fatigued than when retiring. Others experience a form of occupational neuritis, especially office workers who must type all day. These obscure aches and pains do not seem to yield to any known form of treatment, and are very annoying, slowing down the energy in the body, and the efficiency of the worker.

The answer to these difficulties has been found in some of the newer foods containing goat's milk, in additions to melanite, dextrose and malt-diastase which also contain factors that help build up the digestion and eliminate constipation. In addition they have a delicious taste and can be eaten dry with a spoon and followed by fruit or vegetable juice. They can also be served on fruit or cereals and greatly increase the flavor of vegetables when cooked with them.

So, we come to view with new respect that affectionate, little animal known as the dairy goat, which in its internal laboratory manufactures such precious minerals and vitamins needed by the human family, and in reality can be regarded as the Foster-mother of the human race.

New Health Recipes

By EMMA M. FRIESE, N.D.

Midsummer Salad

Head of lettuce
Tender radishes with the tops if pulled fresh
Mustard and cress
Spring onions
Tomatoes
Fresh mint

Wash the ingredients carefully and keep separate. Clean radishes with stiff brush, but do not scrape, as this removes the outer skin which is especially rich in valuable salts. Serve each person's salad separately, if possible, with one tomato in the centre and the greenstuff whole and nicely arranged. Have olive oil and lemon juice in little jugs separately, so that each person can add to taste. Chop the mint and serve on a little saucer or dish to be added to taste.

Creamed Cucumbers

Cucumbers
Onion
2 to 3 tablespoons butter
2 to 3 tablespoons flour
Sweet cream or warm milk
Vegetable water

For preparing cream sauce melt butter but do not brown. Add water in which cucumber has been steamed. When thick add sweet cream or warm milk. Salt to taste. Melt 1 tablespoon butter and 1 tablespoon vegetable fat in a pan and add finely chopped onion. Add cucumbers previously peeled, seeds removed and cut in two inch lengths. Steam until tender adding water if necessary. Add cream sauce. May be served on toasted triangles of whole wheat bread, or served as a side dish.

Banana Split Salad

2 ripe bananas
2 stoned dates
1 cherry
lettuce leaves

Peal the bananas. Split one lengthwise and place on bed of crisp lettuce leaves. Slice eight or ten slices from second banana and arrange overlapping on the split bananas. Garnish with stoned dates and a cherry. Put a spoonful of salad dressing in a lettuce leaf on the side. To make salad dressing blend two tablespoons of lemon mayonnaise, one half mashed banana and two tablespoons of whipped cream.

Old Fashioned Potato Bread

(Mother Erney)

(from the HOLLYWOOD GLAMOUR COOK BOOK by Mariposa)

1 yeast cake, broken
1 pint unsalted water from boiled potatoes
1 small sized potato, scoured
6½ cups whole wheat flour, sifted
2 tablespoons best tub butter
2 tablespoons raw or brown sugar
1 teaspoon bag salt
unbleached wheat flour to flour board

Scour the potato till all the outer skin is off. Place in potato water and boil until tender, then mash thoroughly. Allow to cool until lukewarm, then add the broken yeast cake, and ½ tablespoon brown sugar. Place all in a pint jar. If the potato water does not come to 1½ inches from the top add a little water until it is just right. Cover with cloth. Allow to stand undisturbed for 1 hour, then stir a bit. Now put aside in warm temperature, about 70 degrees F., out of draughts overnight. In the morning, fill the jar to the top with water and pour into mixing bowl. Stir in the melted butter, remaining sugar and salt. Fold in the flour with a large spoon, working it until it gets too stiff to stir. Then turn out on floured board, knead only until smooth. Then fold it back and forth and work from side to center (like folding a blanket). Add unbleached wheat flour and work it in until the dough no longer sticks to the hands. This should not take more than five minutes. Now place your ball of dough in a buttered bowl, cover with 2 napkins and place in warm temperature 75-80 degrees F. to rise double in bulk, about two hours. Return to floured board and continued flattening and folding the dough for a few moments and work in more flour until it is no longer sticky, then shape into two or three loaves (use knife to cut dough apart). Place in buttered loaf tins allowing for the dough to double in bulk, cover and return to warm temperature until well risen, about an hour. Place in hot oven 400 degrees F. for ten minutes then reduce heat and bake at 350-375 degrees F. from 45 to 50 minutes or until nutty brown all over. Cool on rack.

FOR YOUR HEALTH'S SAKE

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teachings. We are not saying they have not produced any good, but they fall far short of the good that could have come. A gospel based upon fear is wrong from the beginning. Healing and teaching should go together. In fact, people have to be taught, very often, before they can be healed; and quite often, they have to be healed before they can really be taught. All wrong, evil, sin, and disease is the result of ignorance which causes violation of nature's laws. Jesus was the world's greatest teacher, and the Master Physician. He healed people and taught them to go and sin no more.

Medical doctors have caused the common belief that germs cause disease, but this is not the truth. It is more proper to say that germs are the result of disease. Germs do not affect healthy tissue. If three people are exposed to the germ of smallpox and one gets sick and the other two do not, we say that lowered resistance is why he took smallpox. The vitality of the other two kept them from being susceptible to germ invasion. On such a basis, the principle of health is to keep up resistance; and the natural method is by normal nourishment and not by artificial means of filling the bloodstream with drugs, vaccines, and poisons.

What chance does one have to think and live straight when as a child his system was shot full of virus, drugs, and poisons, and then as he grew up he learned to wake himself with caffeine, rush around on stimulants, calm the nerves with nicotine, pause to refresh with coca-cola, half eat and take tums for indigestion, bromo-seltzer for headache, aspirin for pain, move the bowels with a cathartic, and go to sleep with a sedative? Is it any wonder we are becoming a nation of neurotics, alcoholics, gamblers, exploiters.

There is no real improvement in life except as man learns to think constructively. Jesus taught that as a man thinketh so is he. Constructive thinking will solve every problem. If you have solved yours, then join with us in helping others to solve theirs, and become worthy of the reward, "Well done, good and faithful servant." You can serve God only by serving his people. His Son taught that "Inasmuch as you have done it unto one of my children you have done it unto me."

YOU CAN HAVE ONLY TWO DISEASES

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primarily a question of PLUS or MINUS. It is the realization of this great principle in the conception of therapeutics that makes the Chiropractic hypothesis so valuable in the understanding of disease. The Chiropractic concept of the cure of disease is that Nature is the only curative agent and that practically all diseases are primarily made possible by either Stimulation or Inhibition of some part of the nervous mechanism.

OF course, there are also secondary causes that produce disease, and among these may be mentioned pathogenic germs, dietetic indiscretions, abuses, reflex conditions, mental and emotional disturbances, etc. However, when the primary cause of disease is understood, and from a Chiropractic viewpoint, this constitutes any interference with the normal flow of nerve impulses, especially at the many places in the spine where the nerves emit from the intervertebral foramina, the bodily functions will tend to be normal in proportion to the corrections of any vertebral misalignments.

When a misplacement of a vertebra does occur, the pressure of any spinal segment may impinge an important nerve, which may either Stimulate or Inhibit its action, producing, as we have shown, either TOO MUCH or TOO LITTLE stimulus to some organ, served by this nerve.

Thru the scientific and skillful administration of Chiropractic adjustments, countless thousands of persons have learned to appreciate a happy return to good health, and to understand that neither TOO MUCH nor TOO LITTLE is normal.

PERSPIRATION AND ITS RELATION TO HEALTH

(*Continued from page* 288)

tion is insufficient to keep the skin clean and the pores active. As inactivity of the sweat glands and the skin decrease the body accumulates more acids than it can handle. The kidneys are forced to work overtime, but even this effort does not make up for the inactive skin.

Work, Living and Perspiration

UNLESS your work requires you to spend effort to the extent that you can truthfully say that you earn your bread by the sweat of your brow you owe it to yourself to find some method of inducing or bringing about regular periodic perspiration.

This is all the more necessary in view of our present day habits of living, our confining habits, poor ventilation, little activity, heavy foods, the indulgence of the narcotic, tobac-

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MID-SUMMER FITNESS

By **LEWIS ARNOLD PIKE**

Licensed Masseur

WHEN the temperature hits the 90's in mid-summer most of you are prone to take it easy. With a hot, bright sun overhead it's more agreeable to Mr. & Mrs. John Doe's taste to exercise as little as possible.

On the surface, inactivity may appear to be one of the best ways of escaping the heat. However, strange as it may seem, inactivity may have a contrary effect and cause you to find summer heat more unbearable.

When you exercise less there is a corresponding slackening of the circulation with a consequent diminished elimination of body wastes. If at the same time you continue to partake of concentrated starches and heavy proteins the chances of disturbing the digestive functions are considerable.

A DIGESTIVE disorder quite common in the summer is the putrefaction of protein foods in the intestines. Eating meats, especially hot dogs, which are gobbled down profusely at beaches and other resorts, is one of the reasons why this condition is so prevalent. Ice cream and similar products, swallowed by the gallons as supposed thirst quenchers, but in reality create more body heat because of their high sugar content. Adulterated ice cream products play a large part in causing numerous stomach and intestinal disorders.

The ideal keep-fit-cool summer dietary should consist predominantly of fresh fruits, raw vegetables and their juices since these foods are low in starch, fat, sugar and protein. A valuable adjunct to the diet is a sour milk food like bacillus bulgaricus Yogourt which counteracts any putrefactive bacillus that may be lurking in the intestines.

Concerning summer exercise you should not attempt too much, but a rational amount is essential. Beware of increased muscle softness, flabbiness and fatty tissue. The more excess tissue you accumulate the tougher it will be to withstand the heat.

A splendid way to keep cool and fit is to adjourn to a beach or country resort where you can bask in the sun and frolic in the water in an abbreviated costume. If perchance you cannot get away from the sweltering city you should by all means exercise in some manner.

I FIND a most effective manner of coping with high temperatures is to practice several fitness movements upon awakening or before retiring followed by a cool shower. When I jump out of the shower I'm fresh as

a daisy and fit to tackle anything that comes may way. Some people who have been watching me write this article are wondering how I'm able to do it since it's so hot here and they are all suffering from it.

The heat doesn't bother me or my patients and it won't trouble you so much if you activate your abdominal and chest muscles each morning. This will keep the waistline down and stimulate vigorous breathing, thereby benefiting and purifying the bloodstream. On awakening, while on your back, draw your knees to the chest then thrust the legs forward. Do this until the stomach muscles ache a bit, then stand erect. Hold each elbow with the opposite hand and raise the enclosed arms overhead, breathing in and breathing out as you lower them.

Do this a number of times, get under a cool shower and you will find it a simple matter to keep fit during the summer.

RULES FOR SUMMER BATHING

NEVER go into the water with a full stomach. If you do this may cause vomiting, coughing or failing breath.

Never go into the water when too hungry as this might lead to exhaustion and danger of drowning.

Non-swimmers should not go in deeper than hip high.

Do not enter the water in a state of perspiration.

Acquire your coat of tan by gradual exposure to the sun.

Do not sleep on the beach in the direct rays of the sun.

Do not sit on the beach when the body is wet after bathing.

Do not go bareheaded in strong sunlight.

Do not read books or papers in the direct rays of the sun.

Avoid alcohol, even socalled light drinks while exposed to the sun.

Bathing beauties should know that the sprinkling of perfume on the skin before exposure to the sun may lead to severe inflammation.

FOOD FLASHES
from the Health Field

MADISON FOODS

THE Health Food Industry of the nation can point with justifiable pride to the wonderful and exemplary work that is being done by the MADISON FOODS, at Madison College, Tennessee. What is being accomplished by them through close cooperative industry, agriculture and practical and theoretical education is evidenced best by one of its recent reports that appeared in "The Madison Survey" from which we quote:

"WHILE still in its infancy, Madison began the manufacture and distribution of health foods. This project was one important factor in the education of students, and it also provided remunerative work for young people who came here in search of Christian education.

The initial campus industries, such as agriculture in various forms, simple mechanical shops, and medical work represented by Madison Rural Sanitarium, were supplemented by a health food plant. A food factory formerly operated by Nashville people was purchased, the building wrecked and rebuilt on the campus. With most meager equipment, Madison set students to baking whole-wheat bread, crackers, and making other foods for home consumption and for Nashville and more distant markets. From these small beginnings has come the present MADISON FOODS, known widely throughout the country.

For nearly forty years Madison has emphasized the importance of a balanced diet, one consisting of an abundance of fresh fruits and vegetables, a moderate amount of whole grains, nuts, honey, dairy products, et cetera. The bill of fare in the college cafeteria is plain but wholesome. Healthful eating is a part of the educational program of each student, for physical energies are measured very largely in terms of a wholesome and well-balanced diet.

This interest in nutrition on the part of the founders of Madison College as one of the basic factors in the educational program, provided the impetus for establishing a food production department. Its laboratories have been busy developing a variety of foods from fruits, vegetables, whole grains, soybeans, and nuts, using the natural products as nearly as possible in their native form and preserving to the utmost the food elements originally contained in each.

The production department has been busy developing mechanical processes for making these foods for market consumption. The sales department has placed the foods on the market and has made them available to the consuming public.

FOODS have always been man's first line of defense. Foods supply the fighting mechanism of the body with its ability to repulse infection and disease. It is foods that furnish energy for the mechanical skills that characterize this generation. the airplanes, the warships, tanks, and munitions, speaking especially of present defense programs. The outcome of the present world conflict undoubtedly will be determined very largely over the problem of foods. Hence the whole world has become unusually food-conscious.

During recent years many leading publications have focused considerable attention upon the importance of vitamins and minerals in the daily bill of fare. Vitamins and mineral preparations have appeared and now rival closely the numerous laxative preparations on the market.

During the last fifteen years much of our regular table salt has been enriched with sodium or potassium iodide as a help to those suffering from low-iodine goitre. About ten years ago Vitamin D was added to certain cereal food products and to milk by way of reducing the occurrence of rickets in infants and children.

MORE recently several cereal foods have been enriched with Vitamin B1 and rivuflavin. This progress of food enrichment has gained such impetus that it will be a question only of weeks before the staff of life will be offered to the general public at large, enriched with Vitamin B1 (thiamin), nicotinic acid, rivuflavin, and iron. Vitamin-fortified yeast has already appeared on the market, from which the breads can be enriched with new life.

The customary procedure in the manufacture of many widely used food products removes from the natural raw materials much of the mineral and vitamin content together with the roughage. Science has pointed out definitely the danger, from a nutritional point of view, of these refining processes. To people in general is given the refined, the devitalized foods, while the rich germ of the grain and the roughage containing most of the minerals and vitamins are fed to the stock. To eat flesh food in order to secure the minerals and vitamins is not only a roundabout way of procuring essential food elements, but an expensive way, as well.

MADISON FOODS is working in harmony with these progressive ideas. The factory is a beehive of activity, well staffed, and close cooperation exists between the food manufacturing department and other campus industries. To illustrate, the attractive labels used in packaging the foods for the market are a product of the campus printing department. From the Rural Press also comes *Madison Health Messenger*, 125,000 copies every second month, which reaches the public through the distributors of MADISON FOODS.

EXAMINE YOURSELF! USE HEALTH CULTURES!
Then You'll Enjoy Life

IF someone told you that you had a black spot on your face, or a bug in your hair, you would probably examine yourself in a mirror, and then take steps to remove it. But suppose one tells you that you have an alimentary canal lined with putrefactive bacteria producing poisonous toxins; will you look "in a mirror," and take steps to remove them? I need not tell you of the sense of self reliance, courage and general fitness, a clean, sweet well groomed body gives; but as many of us are often guilty of "cleaning the outside, while neglecting the inside," I'd like to remind you that a truly radiant glorious well-being is only possible through strict internal cleanliness. By looking into the following "mirror," you may observe that you are in need of a general "house-cleaning."

The great Russian scientist, Elie Metchnikoff, made a discovery of vital importance to everyone. After years of research and study in his laboratory, he proved that many of the billions of microbes in the intestines, which were formerly considered harmless, produce poisons, and that these poisons are constantly absorbed, predisposing the individual to disease. In one of his Paris lectures he stated that here lies the reason most people are not actively healthy and vigorous, but subject to colds, loss of appetite, headaches, that worn-out feeling early in the day and numerous other common ailments. If these physical inefficiencies are disregarded continually we will be kept from realizing our

highest accomplishments and fullest enjoyment of life.

Prof. Metchinkoff not only discovered these poisonous bacteria, but the fact that the introduction into the intestines of beneficial or helpful bacteria or flora, prevents decomposition or putrefaction through the formation of lactic acid. These lactic bacilli change the microbic growth in the intestines, definitely aiding in overcoming internal uncleanliness.

During the past twenty-six years, Dr. George H. Earp-Thomas, of New Zealand and the United States, has bred and perfected several beneficial Metchinkoff cultures in his Bloomfield, New Jersey, laboratories. He also has selected certain media in which these organisms grow profusely, and put up in bottled commercial form. As these products are rather delicate, they are usually shipped direct to the user from the laboratories, and should be used before the date specified on each bottle. Old cultures are probably just as beneficial, but not quite so palatable.

Perhaps the best known "health culture" is Acidofilac. It consists of four aciduric bacteria which are strong enough to destroy practically all the putrefactive bacteria in the alimentary canal within a period of six or ten days. If not entirely destroyed, they are so inhibited that they are not injurious. Thus Acidofilac prevents the toxins from these harmful germs from causing degenerating changes in the general system. Two tablespoon doses, twice daily, will successfully combat the inroads of harmful bacteria, eliminate waste bodies and supply nutrition to the blood stream. It is indeed a valuable adjunct in any mode of treatment.

As some people do not readily digest milk curd, they prefer Bio-Way, which contains the same organism as the above mentioned cultures, but is made in a concentrated solution of whey of milk. It is particularly beneficial for children when there is an acid condition, because of the added milk minerals. Nurses and doctors find this culture useful as an ideal medium for colon implantations. The colon is washed and one or two tablespoonsful of the Bio-Way, with or without a tablespoonful of lactose, is placed in the colon through the tube and allowed to remain as an aseptic treatment.

Many marvelous results in overcoming the habit of constipation have been obtained through the use of another product of Dr. Earp-Thomas, called Hygem. It is an oil emulsion with choice gums which coat the colon, and is used with great benefit in colitis and ulcerative conditions. This preparation causes a normal bowel movement without irritation, and its lacto-

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POISON IVY IS NOT GLAMOROUS

By MARIPOSA HAYES

Author of the "Hollywood Glamour Cook Book" and Radio Health Queen

ARE you planning a hike in the country or a picnic in the woods, or are you just going to weed the garden? In any event, be prepared to safeguard yourself against poison ivy, poison oak or sumac! It is not glamorous to be all covered with red blotches and scratching all the time!

First of all, before exposing yourself to these troublesome plants, wash all over in cool water and naphtha soap, leaving on a thin film of soap, if possible. On returning home, take a hot bath with lots of naphtha soap suds. Now then, if your body is in such an "acid" condition, that you catch the poison anyway, start right in alkalinizing, for this is a danger signal that your system is hyper-acid and you need a strict alkaline diet.

Drink laxative teas of Buckthorn Bark and purify your blood with teas of crimson clover blossoms. Omit all acid forming foods such as strawberries and all acid berries, pineapple, rhubarb, prunes, also chocolate, roasted nuts and fried foods.

FOR best results you should refrain from eating meat and sea foods during this time. Egg plant and spinach are on the acid list, so avoid these, but on the whole all vegetables are alkalizing, especially when eaten raw in salads, or slightly steamed to preserve the vitamins. One of the most alkaline foods is the tropical papaya and this health-giving and beneficial fruit is now put up in cans so that Northerners can also profit by its medicinal value. So drink lots of papaya juice, also raw carrot and fig juice. Cow's milk is very acid forming, especially for adults and when pasteurized; so avoid it too and replace it with goat's milk, another excellent alkalizer.

FOLLOW these few suggestions and you will soon feel much better, but in the meantime we must also do something about the miserable itching. Well, there are any number of suggestions made by different authorities, and it is just as well to know a variety of things to do to get relief quickly. There may be something handy around the house that you can use right away; besides, we usually get these attacks when camping, or out in the country where it is inconvenient to get to a store for proper remedies. The simplest thing would be Mother Bouton's old time Connecticut remedy. Make a paste of baking soda and water and spread over the affected parts. This tends to dry up the condition and keeps it from spreading. It is always a great relief for itching, to use vinegar, which, by the way, is fine for mosquito bites, too. Rub the vinegar generously over the itching parts. This is one time when vinegar which is not a glamour food, can be used to good advantage. If you are a strict health person yourself, and have no vinegar on hand you can generally be sure of borrowing some from the neighbor. Well, say, there is no baking soda to be had and no vinegar available; then rub plain salt well into the itching part. This suggestion is offered by our New Jersey Health enthusiast, Mrs. Clement Haupt. The salt releases the poison and as the discharge bubbles out, it is a great relief. This is too harsh a treatment for the face, however, or if you have very sensitive skin, but is ever so much better than scratching with the finger nails. Lemon juice is very helpful too, and should always be used where there is any bleeding or fear of infection.

SO much for things on hand at home or at the neighbors; now let us get on to the healing herbs: One authority suggests mashing ragweed between two stones until a green liquid is produced. This liquid should then be applied to the itching parts. But this aid cannot always be depended upon because it is only for poison ivy exclusively, and these summer days we are apt to get poison oak or sumac as well, which are very difficult to tell from poison ivy. Besides the ragweed must be completely mashed into a green liquid, because rubbing the leaves directly into the irritated part will make it worse, and may even cause it to spread. Really, the best and most healing herb remedy comes down to us from the American Indians who brewed up a soothing lotion made

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DIETETIC HISTORY OF THE LEMON

By **ANTHONY J. LORENZ**

Director of Nutritional Research, California Fruit Growers Exchange

"THE fruit I-mu resembles the orange, but is sour. It is much used as a condiment to food. It improves the breath and is grateful to the stomach. Women, who during time of pregnancy, feel uneasy, will be comfortable after eating this fruit. Hence it has received the name i-mu, which means beneficial to the mother. It is also called i-mung-tse." Thus writes Wu Chen-fang a 17th Century Chinese geographer.

"I-mung-tse is prepared in the form of a liquid sweet or sour, that dispels the heat (cooling) and that is styled kie k'ohswi or 'thirst allaying water' (lemonade)." Wu Lai, also known as Yuang Ying, a poet of the 13th century or Yuan period, is the author of a song entitled "Lemon —hot water song"—a song in praise of hot lemonade. It is contained in the collection of his writings known as the Yuang Ying Tsi.

A hundred years later we find this passage in the Nan yue pi ki of Li Tiao-yuan:

"The fruit li-mung (notice the inclusion of the letter "l") is also called the i-mu. It resembles the orange but is smaller in size. It ripens in the second or third month when it is yellow in color. It is exceedingly sour of taste. Pregnant women, when their liver is empty, having a craving for this fruit, whence its name i-mu (beneficial to the mother)."

IT is exceedingly interesting to one following the dietetic history of the lemon to correlate and interpret, with the more modern tools of medical research, the "how" and "why" of this definition, "beneficial to the mother," since the relativity of truth to time and place—and "ability to see"—is generally accepted. Improvement in methods brings us closer to the ultimate truth, just as the modern medical man is closer to the truth of diabetes than was the Chinese physician. The Chinese physician had the ability to see—but his scientific sight in the case of diabetes only went to the point of conjecture—for, when he visited a patient that had some of the outward symptoms of diabetes, he would leave the bedside, walk around to the house and note whether or not more flies than usual were gathered about the latrine. To him, this indicated an excessive amount of sugar in the urine of the diabetic—though he did not know the particular fly-attracting substance was sugar. Doctors Banting and Best, many centuries later, however, with the tools of research, the laboratory and the scientific inquisitiveness for the "how" and "why," became the true heroes.

Another name which the lemon bore in China was more general, namely "yao kwo"—"the medicinal fruit."

Again the Chinese had made an observation, recording in the Yue yu, that "lemons put up in brine keep for years and change their color to black; juice from such lemons can heal wounds and 'fire resulting from cold phlegm'."

TO go into the details of how research is corroborating these more or less fanciful statements would require more time than allotted me, and a rather elaborate background "lecture" on the physiology of vitamin C, the vitamin which prevents scurvy and for which lemons were for a long time synonymous. It would require an extended review of the influence of vitamin C on the formation of collagen, the intercellular cement substance — the glue that holds cells together. Thus, the research supported by the Exchange has shown that wounds heal more rapidly when large amounts of citrus fruit juices are taken. The Exchange research work at Rochester has shown the greater need for vitamin C during fevers and the research at the University of Chicago has shown the increased demand of the tubercular for vitamin C. Perhaps the Chinese used a more general and descriptive term "the fire resulting from phlegm," and which might as easily be translated into "the fever resulting from respiratory infections."

The foundation for the Chinese concept of "li-mung," translated meaning "beneficial to the mother— or to the pregnant women," more literally is based on equally solid scientific facts. Recently Prof. Szent-Gyoergyi, winner of the Nobel prize in chemistry a year ago, announced the isolation of a new vitamin—vitamin P—from lemon juice, and later from lemon peels. This vitamin has to do with controlling capillary permeability — the hemorrhages associated with scurvy and known as purpura. Jointly, the research department at Ontario and the nutrition laboratory have been working on the purification of this material and supplying it to various medical schools for testing the validity of Szent-Gyoergyi's claims, which now include high blood pressure and hemorrhagic nephritis (Bright's disease) as ailments benefitted by the administration of this vitamin.

THIS history of scurvy is closely linked with the dietetic history of the lemon. Although scurvy was known to the ancients, its cause was not discovered until comparatively recently. In fact, the cure was known long before the cause. That cure was lemon juice; as Sir John Colbatch, one of the famous English physicians of the late 1600's announced:

"I have bin told by some Seamen and Surgeons, that have had long Voyages at Sea, especially towards China and the Indies, that of a hundred Men in a Ship, not two of them but have bin almost eaten up with the Scurvy, their Skin Squalid and full of Blotches, their Gums eaten away, and their Teeth ready to drop out, Pains and Aches all over their Bodies, etc., and yet on their landing at Cadiz, or thereabouts, where is plenty of Oranges and Lemons, and eating large quantities of them, in one fortnight's time at farthest scarce one has fail'd of being perfectly cur'd. This is not a Relation of one or two Persons only, but what is generally agreed upon, and allowed by all to be Truth."

Colbatch includes a number of medicinal recipes using lemon juice particularly in smallpox. He argues at length on the value of acids in the treatment of various diseases, particularly the gout, which he uses synonymously with rheumatism and arthritis. He calls "Lemmonade" "The most grateful liquor in the world" and gives a recipe for making it:

"Take of clear Spring-Water one quart; then pare off the outward thin Rind of two Lemmons, and put into it; afterwards squeeze in the Juice of the Lemmons, and then sweeten it with about two Ounces of fine Sugar."

He gives an account of treating "troublesome coughs that raged in March" with only lemons and sugar "in large quantities."

Again he speaks of the "efficacy of lemon juice in curing snake bite," and here it is interesting to recall the Ceylonese legend quoted by Dr. Laufer (The Lemon in China and Elsewhere):

"The earliest references to lemons in India on the part of European travelers are by the two friars, Odoric of Pordenone and Jordanus. Odoric (1286-1331), on his visit to the island of Sillan (Ceylon), describes

a pool full of precious stones and abounding in leeches. The king, he relates, allows the poor to search the water for the stones once or twice a year and to take whatever they can find. But that they may be able to enter the water in safety they bruise lemons and copiously anoint the whole body therewith, and after that when they dive into the water the leeches do not meddle with them. As Yule annotates, Ibn Batuta writes that the people of Ceylon take care to keep ready a lemon and to squeeze its juice upon leeches that may drop upon them. Knox and Tennent corroborate Odoric's notice of lemon juice as the remedy for leech bites. Hence it is quite certain that the lemon is intended in Odoric's text and that the medicinal properties of lemon juice were anciently known in India."

THE use of lemons in rheumatic fever and arthritis is recorded favorably in Dr. Longstreth's early work on "Rheumatism, Gout and Some Allied Disorders," published in 1882. It is interesting to observe here that Dr. Longstreth placed lemon juice among the alkalis, and quotes Dr. S. Owen Rees as having first shown that lemon juice reacted as an alkali, 90 years ago, in 1849:

"Lemon Juice.—Before closing the subject of alkalies let us consider the treatment by the use of lemon juice. The connection between the two modes of treatment is a pretty close one. The difference between the administration of an alkali and an acid, at first glance, seem as great as possible; but the similarity of the two kinds of remedies is very great, especially the latter class of alkalies just discussed. Dr. S. Owen Rees, who first discussed its action (1849) and carried out the use of the remedy, thought that the acid juice containing a considerable amount of oxygen by decomposition, and the blood, favored the conversion of the uric acid into urea, and perhaps carbonic acid, and thus promoted its elimination. The urine, under its action, becoming neutral or alkaline, and the excess of urates disappearing. The presence in the lemon juice of the potash salts, to a certain degree conforms its action to the alkaline mode of treatment.

"The remedy is given in doses of three to eight ounces of the fresh juice at intervals during each day. It was claimed that its use moderated the heart's action and afforded relief to the articular pains."

THIS treatment used over 55 years ago was virtually lost, until in recent years a number of physicians and research workers began reinvestigating the arthritis problem as a result of the discovery of vitamin

(*Continued on next page*)

From the Mail Bag

Dear Dr. Lust:

Since publication of "Honey and Health" the acceptance of many additional uses of honey was published which have been omitted in the book. For instance, airmen who are engaged to fly over the Andes Mts. consume a fair dose of honey which enables them to dispense with the use of oxygen because it produces similar benefits, in the meanwhile, it spares them from the "oxygen jag" which makes the pilots rather sick after a long inhalation. They learned this from the Peruvian Indians who consume honey freely to overcome the feeling of giddiness when they work in altitudes over 20,000 feet. Previously pilots had to go occasionally to hospitals for an intravenous injection of glucose to replace the considerable loss of blood sugar which they suffer during flights in high altitudes.

If you compare this procedure with that of deep-sea divers (p. 62, Honey and Health) you may convince yourself that we did not even scratch the surface of the beneficial virtues of honey.

I am in full sympathy, in many respects, with your efforts to exhort the public not to lose its foothold on Mother Earth. But, unfortunately, we live in a mercenary age when everything is placed in the background in adoration of the "golden calf." The excessive use of harmful drugs is forced on the public by physicians and radio commentators. The family medicine chest is filled up with a horrible assortment of drugs. If the fad continues, we will soon find in every person's pockets vitamin pills to be consumed for every day in the month. Our forefathers ate the vitamins but today we speak and write about them. In the meanwhile the drug trade reaps a rich harvest and humanity degenerates, physically and morally. Druggists all complain that their shelves are bent under the load of expensive hormone preparations which today they cannot sell because they are outfashioned. The vitamins took their place. The sugar refiners kill all the vitamins and mineral salts in cane and beet juices with sulfuric and other acids and, to add insult to injury, they bleach it artificially with harmful chlorine. The millers kill the nutritive and vital part of the grain, like gluten which is in the bran and extract the germinative elements of the grain and produce veritable devitaminized and demineralized concrete, and then, imitating the sugar refiners, bleach it with potassium bromide, chlorine, nitrogen trioxide, etc. Afterwards they sell the removed and vital elements separately under various proprietory names for a dollar per pound as important vitamin preparations.

It is no wonder that if you place two groups of rats in separate cages, feeding one group on white bread and refined sugar and depriving the other group from all food, the latter one will survive the former by a considerable period of days. Dr. E. V. McCollum thinks that the American people ought to be ashamed in permitting the two atrocities, namely white flour and refined sugar, to be put over on them. He often wonders which of the two evils is the greater.

Very truly yours,
Dr. Bodog F. Beck
Author of the book,
"Honey and Health"

PROTEST AGAINST COMPULSORY MEDICATION

From a letter to the New York Times:

Sir—We have in the past considered the family doctor a valuable friend and counselor and many still consider his word as law. However, some of us view with alarm that too often the family doctor cannot speak out his opinion publicly on matters pertaining to health and treatment of disease. We are reliably informed that the medical doctors' "union" is so strong and ruthless that if a doctor publicly disagrees with any dictates of this "union" he is quietly and pleasantly removed from the rolls.

It is known that a powerful medical lobby exists in our legislative halls, where it is alleged an enormous sum of money was expended to put over the McClave Act. This act prohibits the licensing of certain drugless physicians unless they have passed a prescribed course of drug treatment. This may be good for the general public as well as the medical doctors, but why not be honestly fair and prohibit the licensing of medical men until they, too, have passed a prescribed course in drugless or natural treatments. Are the medical interests afraid we might learn to get along without much medication?

If our legislators and educators continue to follow arbitrary policies of the medical interests regardless of need or benefit are we advancing or are we retrogressing?

Parents of today are called upon to provide more education and train-

(*Continued on page* 316)

DIETETIC HISTORY OF THE LEMON

(*Continued from previous page*)

C by Profs. Szent-Gyoergyi of Budapest, and King of the University of Pittsburgh. Dr. King isolated this vitamin from lemons furnished by the Exchange. Prof. Szent-Gyoergyi prepared his vitamin from the cortex of the suprarenal gland and from paprika. Employing both the purified vitamin and its chief dietary source, the citrus fruits, Dr. Rinehart of the University of California Medical School, Dr. Faulkner, of Harvard, and Dr. Kaiser of the University of Rochester have been studying the effects of a deficiency of vitamin C on the cause of certain rheumatic and arthritic disorders and the beneficial effects when it is restored to the diet.

The nutritional research story of vitamin C is virtually that of lemons. For a long time the two meant the same.

TODAY, however, the scientist is no longer satisfied that vitamin C is the entire answer to the lemon's medicinal value. Citric acid is being investigated from a number of different therapeutic and nutritional angles. So is pectin, a by-product, but constituent of the lemon as it was used by the earlier investigators. We have mentioned the research work on vitamin P, the permeability factor, also named citrin, actually a dye elaborated by the lemon. Szent-Gyoergyi has reported that clinically he has obtained good results by injecting the material he prepared from lemons. For some two years all of us in the Exchange's research laboratories have been studying this material, have made various amounts of it and been furnishing it to university research workers for testing. Unfortunately it is not as easily studied as is vitamin C. Lemons, for example, contain five times as much vitamin C as they do citrin, and the dosage suggested by Szent-Gyoergyi in certain hemorrhagic conditions is arbitrarily based on its relationship to ascorbic acid, or vitamin C, as the two substances occur in the lemon. I shall quote only a few remarks by Szent-Gyoergyi on the application and efficacy of this new vitamin:

"Whatever the explanation may be, the fact remains that under certain conditions vitamin P has a striking effect. It prolongs life, prevents loss of weight and the development of part of the scurvy symptoms, in the first place hemorrhages. It is hoped that a better test for vitamin P will be found soon, though the factors, influencing results, are not yet fully known.

"One other fact remains. This work has brought to light the activity of a group of substances and seems to have increased the inventory of the doctor by one useful tool to fight disease."

Whether the ancient Chinese word picture for lemon "beneficial to the pregnant woman" was based on this anti-hemorrhagic value of "citrin," or on the more classic anti-scorbutic vitamin C (equally important to the mother and her child), is not in my province to say.

Scurvy had more to do with spreading citriculture, particularly the lemon, than one might imagine. There is every evidence that primitive peoples intuitively knew that fresh fruits prevented scurvy. These fresh foods might be lacking in the long voyages in crazy canoes, in which they made their migrations. Lemons had good storage qualities and they became the seaman's friend. Seeds were scattered and they grew easily in the tropics.

The old things are not as old as we believe they are, and the new are certainly not new when it comes to the recognition of the value of the lemon. I am reminded of a sentence from Ralph Waldo Emerson, written just 104 years ago, in 1837:

"It is a mischievous notion that we are come late into nature; that the world was finished a long time ago."

Knowledge of

HEALTH and DISEASE

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DEAFNESS

By **FRANK W. BOWER, A.B.**

A RECENT story in the "Weekly Bulletin", published by the State Board of Health at Berkeley, tells a most harrowing tale of the number of partially and totally deaf people in the United States. It is only in very recent years that any particular attention has been paid to this, further than to furnish the aged an ear trumpet. There are now many organizations in every state actively and energetically working for preventive and curative methods for deafness. In California, there are twenty-five well organized leagues, which work under the Federation of Organizations for the Hard of Hearing.

A careful survey reveals the astonishing fact that there are approximately 10,000,000 partially and totally deaf people of all ages in the United States, of whom 3,000,000 are of school age or younger. In the Minneapolis schools, a survey showed from 30 to 50 percent of the children tested, had an appreciable impairment of hearing. In Rochester, N. Y., schools, 349 deafened, retarded children showed that this group had repeated in school grades 441 times, some pupils having failed to pass into higher grades 5 and 6 times. It was estimated that each failure to pass had cost the city $125.00. Large sums are spent each year by every school district for these deaf "repeaters."

DEAFNESS among school children is on the increase. Every state is doing something now to prevent it, chiefly by publicity and education to the parents and school teachers. It is an interesting fact that the surveys show that fully 90 percent of all deafness were incipient and curable cases at the beginning. Only 10 percent are what may be classed incurable. It should be brought home forcibly that a deaf child reaching adult age, has a good mind, but has become careless and discouraged, and ultimately finds itself in the unskilled labor class, due chiefly to lack of education from its deafness.

In the larger cities, a newly invented machine called Number 4-A, Phonoaudiometer, records the hearing of 25 persons at a time in seven minutes. Every school child is required to have an examination each school semester by this machine.

The causes of deafness are many, chiefly from acidosis, defective tonsils, acute fever diseases, blow on the head, putting foreign bodies into the ear, hardened ear wax, inherited, and in most cases, reports show, from the simple colds, which are allowed to progress into catarrhal deafness. The deafness may be in the external, middle or inner ear. Most deafness is progressive until total deafness results.

PARENTS and school teachers should watch each child for indications of deafness such as an earache, discharge of pus from the ear, the habit of asking "what," talking loudly or in a monotonous tone, a blank and vacant look, turning one ear to the speaker and slowness of comprehension. All these indicate difficulty in normal hearing.

Deafness is not only a terrible handicap in every relation, but as one deaf old man, who was surrounded with a large and lovable family, said: "It is hell." And the sad feature of most all deafness is, those afflicted soon become melancholy, morose and suspicious, always imagining that people are talking about them. They live in a secluded and lonesome world.

Parents have a great duty to perform towards the child in keeping its nose clear. The child invariably allows the nose to fill with secretion which is snuffed back into the head, filling, in time, the air passages with a hardened mass which causes inflammation of the membranes and, in the end, deafness. A case in hand is that of a 12-year-old girl who had formed this habit of "sniffles." She breathed through her mouth day and night, because the nasal passages were closed. The girl developed deafness in both ears. Upon examination by an ear specialist there was found a hardened mass of secretion packed tightly against both ear-drums, which were badly inflamed and on the point of bursting. Had the case been allowed to continue, the girl would soon have been totally deaf for life.

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Cleanses and expels waste, keeps proportions of the body, purifies the system. Gives energy, nourishes joints and tendons. Its lack may mean aching joints, catarrh, bloating, painful joints, pallor, fear, intensity.

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(*Continued on page* 316)

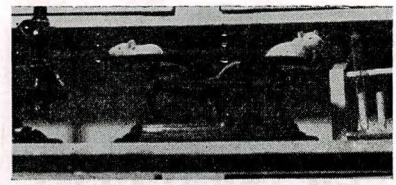
Advertisement

THE FUTURE

WINTER COLDS . . . CAUGHT IN SUMMER

As has long been recognized by Science, mineral deficiencies are the primary cause of human ills. Such a case is Winter colds and their complications, and doctors are now aware that the Winter colds are caught in the Summer.

This gives a new slant to the cause of the sniffling and blowing we have learned to expect each Winter. Recent scientific research discloses that because we eat less in the Summer, we consume less minerals and that means a weakened body structure with which to combat the cold, snow and slush of Winter.



. . . . ***They Told A Tale***

Most everyone has noticed too that colds and fatigue—commonly spoken of as "that tired feeling" are closely associated. Doctors now tell us that the most common cause of this fatigue is tissue and glandular breakdown, due primarily to a mineral deficiency in the diet.

It is also well established that citrus juice is one of the best remedies for fatigue because of its permanent effect. So the minerals have now been consolidated into a dry powder and mixed in the ratio that will supply them in amounts that Science advises to be the average daily requirement for an adult human.

Working with rats, it was found that when their diet contained these extra minerals in addition to the regular feed, the young rats were not only healthier and brighter, but grew 8 percent faster and had more lustrous coats.

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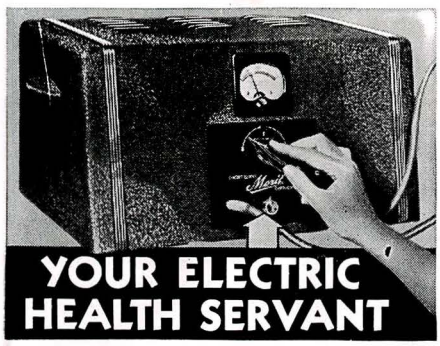

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HIGH BLOOD PRESSURE AND ALLIED DISEASES

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

JUDGING from newspaper advertising, heart disease, high blood pressure, kidney disease, constipation and liver troubles are leading over all the other diseases.

A careful examination will reveal that these diseases dovetail one another and that one disease is responsible for one other or several. Soon we see that these conditions are a cycle affair and that one condition is the cause of the others. If we continue boiling down the facts we learn that the cause of one condition is sooner or later the cause of all these others in a general way; specifically we can lay our hands upon toxemia as being the cause of all these cases. Here and there a generalized infection might be the definite cause as perhaps from a nasty infection of unusual proportion from a bad wound or cut. However even in these cases the original toxemia was present which helped pave the way for the invading bacteria.

THE toxic theory is the most practical one ever presented. Acid toxins irritate all tissues and nerves, reduce vitality and oxidation. Tissues contract more than ever and become more toxic. Irritated nerves contact blood vessels and tissues, causing increased blood pressure and between the increased blood pressure and toxins and irritated nerves inflammation results. Thus, one condition leads to the other.

The toxic theory is the starting point for different schools of opinion some of which are rather weak and others extreme, as they often come from a source whose existence depends upon some product which is selling an aid to these diseases.

The dietitians are right in blaming the presence of toxins as due to wrong eating but they attempt to cover too much territory just as all young and vigorous schools of thought do. They blame constipation, high blood pressure, arteriosclerosis and more all upon wrong eating, wrong combinations and lack of minerals and vitamins, which is very difficult to prove.

Constipation can come from incorrect diet. It may also come from careless habits, and failure to answer a call to stool. Or it may come from bowels gradually becoming contracted or enlarged due to faulty nerve supply. It may come from the intestines sagging due to poor body mechanics. Thus blaming constipation entirely upon diet is covering too much territory.

THE presence of toxins is chiefly due to the wrong food and to poor body mechanics. This makes the food question a 50% responsibility alone and as we go along, it becomes doubtful if food is even this much to blame.

One school blames the presence of toxins upon congested blood, the cause being due to dilated blood vessels. But the dilated vessels are caused by nerve failure due to toxins —thus the blood theory is a failure. We can go on to other theories, but sooner or later they may all be traced back to toxins, which in turn have a definite connection with improper body mechanics.

Unfortunately the food theorists have made many mistakes due to their ignorance of bio-physics. We have already mentioned the constipation angle. Intestinal putrefaction is another terrible cause of this toxin according to the dietitians and the colonic therapists. Intestinal putrefaction is as normal as eyesight. Excess putrefaction is caused by the organs sagging; the food remains within the intestines too long, excess fat putrefaction creates an imbalance between the normal and abnormal bacteria of putrefaction. Thus the intestinal putrefaction has just as much a mechanical as a dietary cause.

Another weakening argument against the diet specialists is the ever increasing sale of vegetables, fruits and health foods. As these sales increase the high blood pressure and allied diseases should decrease, but they don't.

CENTERING our attention on intestinal putrefaction again we find that with these organs dropped, the congested blood surrounding the intestines absorbs much toxin from the bacteria. The poorly circulating blood cannot carry off the toxins fast enough. The liver is operating below normal due to being supplied by a poor blood supply and cramped space. It cannot absorb the toxins. The kidneys are under the same predicament. Both organs are impaired. The toxins will be carried to the heart and throughout the system. They irritate nerves which contract the blood vessels and up goes the blood pressure; the heart works harder than ever, itself creating toxins of fatigue and burdening the system. Tissues throughout the body are constantly creating toxins normally which must be absorbed by the blood stream. Ptosis alone is enough

to prevent these toxins from being removed by the blood already overloaded by toxin from the intestines and overloaded kidneys and liver. The cause of ptosis which is poor body mechanics is the cause of the greatest amount of toxin. This mechanical circumstance is just as responsible as diet.

THE body tissues which make up the numerous organs become toxic due to the strain and abnormal loads thrown upon them as the result of the body in general becoming strained in various parts. The body becomes slightly distorted, posture becomes poor. Organs are slightly removed from their original position or changed in shape. Muscles and ligaments are strained while attempting to retain a normal relationship throughout the body. Strained muscles mean acidity just as an overworked muscle becomes tired and hurts due to the overaccumulation of acid. These muscles being in such a condition are constantly adding toxins to the blood stream. The various organs being jarred, strained, or slightly displaced, function below their normal capacity and themselves producing toxins add to the gradually increasing acidity and toxicity of the body.

HOW did this come about? Babies learning to walk, fall. Adults fall or are hurt by blows. Every jarring that results is transmitted to the center of gravity of the body which is located at the hip joints to be focused to the sacro-iliac joint. This point becomes imbalanced, thus gradually tensing up muscles along the entire spine, perhaps one side more than the other. The hips are out of their perfectly normal relationship and one leg is now shorter than the other. There is unequal weight distribution throughout the body. One side of the body is heavier than the other, one side constantly jarred more than the other. With this condition going on for years, the body gradually becomes more toxic. Muscles eventually tire in different places. Ligaments likewise gradually alter in size. The intestines droop and do not remain in normal relationship with the other parts of the abdomen. Drooping intestines drag many blood vessels with them. The blood supply is no longer normal. Nerves are dragged about by the fallen intestines. The nerve supply fails in part and we now have an intestinal tract physically unable to function normally due to its shape. The nerve supply does not govern the intestines normally and the blood supply is bound to pick up the toxins of a failing intestine and thus pollute more than ever the already overtoxic body cells. The liver being close to the intestines is likely in-

(*Continued on next page*)

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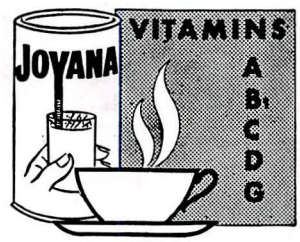

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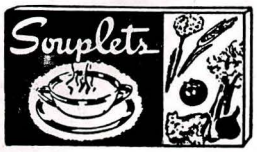

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HIGH BLOOD PRESSURE AND ALLIED DISEASES

(*Continued from previous page*)

volved as explained previously. One kidney is usually affected and it is the kidney which has received the greatest amount of physical jarring due to the unequal length of legs. We never find a car built with unequally sized wheels, so it is unnatural for legs to be of unequal length. The kidneys being so close to the line and center of gravity suffer greatly. Women especially are prone to uterine and ovarian disorders when their legs are of uneven length—and incidentally one foot is always larger than the other. The short foot is usually indicative of the shorter leg.

THUS it is that poor body mechanics is distinctively the most original cause of these conditions. The strongest bodies in the world are susceptible to resultant poor body mechanics from falls just as the strongest metals have their breaking points. As the strength or perfection of the body mechanism—so is your health. This explains more clearly why so many people can "get away" with so many things that others can't do without suffering. There is no more logical explanation than that of a body with dragging organs—stretched blood vessels and nerves. Poor body mechanics affects every cell in the body, be it bone, muscle, gland, blood vessel, nerve or ligament.

The basic aim in body mechanics is to make the physiological and structural functions as near perfect as possible, realizing that best health or recovery from disease depends upon this. Without putting the machine into order no type of treatment can ever give anything else than temporary or palliative relief. Through body mechanics treatment organs which are not entirely damaged can be corrected and the organ may go on functioning again for many years, through having taken into account the entire bodily derangements, functional and physiological. There is little or no use to give a perfect diet to a handicapped body if we have not first put the body into good working order, thereby permitting it to cure itself again and also now assimilate the minerals it was unable to remove from the food.

WHENEVER we hear of recurrences of high blood pressure or its allied diseases we can understand why. Recurrences will occur unless the body as an integrated and reciprocal whole is functioning at its full normal capacity in spite of all medication, vaccines, hormones, minerals, diets, and spinal adjustments.

The progressiveness of a chronic disease may be rapid or slow, but it is inevitable with the continued usage of a poorly functioning body just as

it is with a machine. The return to health through correcting the poor body mechanics is inevitable as the body improves and is given normal intelligent care through correct living and eating, for body mechanics is a natural method of healing based entirely upon the natural laws of mechanics.

CONSTRUCTIVE VACATIONING

(*Continued from page* 291)

give your eliminative functions a chance to flush out the excessive impurities and wastes.

Seek healthful amusements, but do not spend your time sampling the tempting confections at the corner candy store. If between your swimming and exercise period, time hangs heavily on you, it is well to rest under the green trees, reading light magazine stories of romance or adventure, but nothing too deep or philosophical.

Rest periods with an occasional short nap will refresh you and make you all the more eager to get back to some healthful exercise, but do not allow yourself to get that "lazy feeling," since physical rest is not as much needed as mental and physical diversion.

You can re-create yourself not so much by idleness and gluttony as by participating in joyful games, and in the observation of the ways, powers and harmonies of nature.

PERSPIRATION AND ITS RELATION TO HEALTH

(*Continued from page* 297)

co, and so on. All of these things have greatly lessened the eliminative functions of the body in general, and the function of the skin in particular.

Normal intestinal activity twice daily is vitally necessary to health. Adequate elimination by way of the kidneys and an ample supply of fresh air is important too; but even though all of these are adequate and regular, their combined effect cannot release you from the need of causing your body to perspire profusely at least once weekly during the colder months and more frequently of course during the warmer weather. As to how you can best afford to do this can be determined by yourself, so long as you accomplish the purpose.

Physical Activity and the Turkish Bath

IT is a fact that physical activity is the best known means of producing perspiration. We know that the perspiration collected from the body of a person who has been exercising to produce the perspiration will contain more poisonous material than is found in the perspiration collected from a person who has induced perspiration by the use of the Turkish Bath.

This does not prove that these means are less valuable, but that where possible exercise should be practiced to the point of perspiration. Many difficulties present themselves to those who would exercise until they have reached that point where they can perspire as a result of their work. Muscles must be built up; energy increased and strength and power developed. But it can be done with time and perseverance.

Unfortunately many people will not spend the necessary time to practice physical activity to the point of perspiration. There are many who cannot for various reasons, industrial and domestic, spend the necessary time especially during the cooler months when more time is required to produce perspiration. To these groups, as well as to those who for any reason cannot use physical activity effectively themselves the perspiration afforded by the periodic use of the Turkish Bath is a most valuable health asset. The pores of the body are opened up; the perspiration profusely exuded and the impurities swept from the system by this old but effective means of artificial perspiration.

"LIVE"

(*Continued from page* 290)

PHYSICAL exercise, since it has a definite object, must necessarily consist of systematically arranged movements which, when properly executed will build up particular muscle groups. Such an arrangement of movements constitutes an exercise. By combining a number of such exercises we can arrange a set which will embrace the entire body. The entire set may then be used and certain exercises may be stressed when we have a particular part of the body we wish to develop.

Having determined upon a set of exercises the manner in which these are executed becomes of paramount importance.

The mental attitude should be a proper one.

Exercise at no time should be approached in a spirit of antagonism (as tho it were an unpleasant task which must be gone through). Too many people look upon this form of recreation as work. It is not work at all, it is simply play, and how we look at it is merely a state of mind. If you would go up to the gym and take a swim or play a game of handball, would you call that work? No, of course you wouldn't. It's no more work than going out fishing or taking a stroll through the park. And I notice the parks are pretty well patronized!

Exercise should be done cheerfully and whole-heartedly. The mind should be alert and the attention concentrated upon the exercise being done.

(*Continued on next page*)

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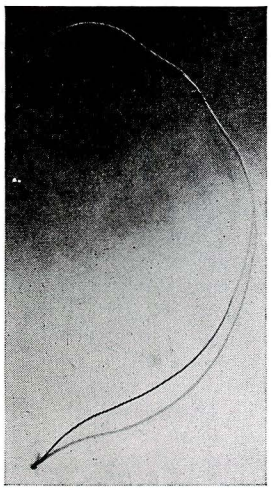

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"LIVE"

(*Continued from previous page*)

If the attention wanders, the movements will be done in an inaccurate and perfunctory manner and most of the benefit will be lost.

Effort is what counts, and we cannot have effort without attention.

Exactness in carrying out each exercise is very essential to success.

We must remember that each movement has a definite purpose. Unless each is correctly done the exercise fails in its purpose.

A clear understanding of each movement of each exercise should precede any attempt to go through the exercise as a whole, and only in this way can success be assured.

IF we have the proper attitude of mind, attention concentrated upon the work in hand, a clear understanding of each movement of each exercise, and exactness of execution, we will accomplish our purpose. There will be a progressive increase in muscle tone and strength, a better poise and more elastic walk and improvement in general health. This together with a rational mode of living, the proper kinds, quality and quantity, of food for our particular needs, (and right here let me remind you that perhaps the biggest factor in one's health is the diet), with plenty of fresh air, rest, sunshine, water and other hygienic measures of living, will give a better outlook upon life, better health which means more normal nerve function, with a mind that is keen, flexible and capable of the bigger and better things in life, and will pave the road for you and me to health, long life, success, happiness and freedom.

THE JOY OF LIVING

(*Continued from page* 289)

This question for many years was unanswerable; but an answer has been found.

A Remedy Was Found

ALMOST 46 years ago a man with a hump on his back walked into a doctor's office and told the doctor of being injured in a fall, after which his hearing became defective. The doctor said the fall which hurt the back might be responsible for the trouble in the ear. Laying his hands upon the patient's back he made a thrust, the bones snapped and three days later the hearing was so improved that he could hear and carry on a conversation in the usual tone of voice. Was that an accident or a miracle? This I don't know. But through that experience there has come to the world a new method of correcting displacements in the spine and relieving pain and suffering that might be the result of bony displacements. And through

(*Continued on page* 312)

How Much Yogourt Should We Eat Daily?

By **DR. STEPHEN GAYMONT**

AFTER my article in the June issue of Nature's Path I received hundreds of letters concerning the only active detoxicating, amazing milk-food, YOGOURT. Most of these letters called my attention to the fact that I didn't stress the amount of Yogourt to be eaten daily . . . Now the answer is not so easy . . . In Europe, principally in the southern part, people generally eat at least two or three jars a day (one jar contains about 8 ounces). Vegetarians naturally consume more and prepare it in various ways: plain or seasoned, as a salad dressing, with fresh fruits, as a dessert or in place of a beverage, mixed with cottage cheese or preserves. It is used instead of sweet or sour cream. This is very important especially for those of you on corrective diets, as Yogourt is definitely non-fattening. In these varied ways people eat four to six jars a day, sometimes more.

Yogourt is the chief food in Detoxicating Diets. You know that those health-giving bacilli annihilate the putrefactive bacilli having in this way an active detoxicating effect. Drugless and even non Drugless Physicians prescribe during the detoxicating period at least four to five glasses a day . . . Similarly for reducing and corrective diets.

The other question asked mostly was "whether or not Yogourt can be used in Colonics." Dr. Wm. Reeves, the well known physician, used Yogourt as a detoxicating agent both orally and through the colon. In this way he achieved such amazing successes that his patients—hundreds of them well advanced in years and in the worst physical condition—called him the "Wonder Doctor" . . . But Dr. Reeves was really not a wonder doctor . . . He was just a consciencious and marvelously educated physician who used these crusading Bulgarian bacilli, the discovery of Prof. Metchnikoff, to completely detoxicate. His diets consisted of the well known passive detoxicating foods plus Yogourt the active detoxicator. For high colonics he added about ¾ of a quart of freshly prepared Yogourt to the gallon of warm water (mixed thoroughly).

POISON IVY IS NOT GLAMOROUS

(*Continued from page* 299)

from their Indian tobacco leaves and wild sage. Later, California offered her California Gum Plant which was successfully added to the old Indian remedy.

When the itching stops and the affected parts are really well on the way to normal, it is advisable to apply virgin soybean oil, Sesame oil or cocoa butter, so no scars will remain. In the old Colonial days our great-grand-mothers used suet for this purpose but I hope none of my Glamour ladies allow any such unglamorous food in their health kitchens.

So now let us bid farewell to these three bad musketeers, or at least handle the situation gracefully, for poison ivy is not glamorous.

NUTS

By **FREDERICK BLAINE HUMPHREY**

NUTS are the great sources of oil and nitrogen. They also contain large quantities of carbohydrates. We can use nut meats as they come from the shell, or we can grind them in a meat grinder to a flake if the teeth are unable to handle them. I like nuts mealed in combinations. Nut meats seem to give more of the flavor of the nut, and difficulty in mastication keeps us from eating too many. They should be chewed to a paste, and as they are a very concentrated food, a few will go a long way to sustain life. Mealed nuts seem to be easier to digest.

The following is a table of the protein, oil, carbohydrate and mineral contents of various nuts, copied from Vital Facts about Foods by Otto Carque.

Kind of Food (Edible Portion)	Water	Protein	Fat	Carbo-drates	Mineral Matter
Almonds	4.9	21.4	54.4	16.8	2.5
Brazil Nuts	4.7	17.4	65	9.6	3.3
Butter Nuts	4.5	27.9	61.2	3.4	3.0
Cashew Nuts	16.0	18.0	57.4	6	2.6
Chestnuts (fresh)	43.4	6.4	6	42.8	1.4
Chestnuts (dry)	6.1	10.7	7.8	73.0	2.4
Coconuts	13	6.6	56.2	22.6	1.6
Filberts	4.4	16.5	65	11.7	2.4
Hickory Nuts	3.7	15.4	67.4	11.4	2.1
Peanuts	7.4	29.8	43.5	17.1	2.2
Pecans	3.4	12.1	70.7	12.2	1.6
Pignolias	6.2	33.9	48.2	7.9	3.8
Pistachios	4.2	22.6	54.5	15.6	3.1
Walnuts	3.4	18.2	60.7	16.0	1.7

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DR. LUST SPEAKING

(*Continued from page* 282)

mendous progress that has been made toward abolishment of social evils, toward the establishment of better working conditions, higher wages, shorter hours, social security. We approve of them as progressive measures. But what about the exploitation of the very soil and nourishment on which we all depend every day of our lives? What about the better working conditions for our plants and our food, and what about the long hours this food is being subjected to cooking, frying, boiling and stewing? Where do we find the humble and devoted respect toward what is Nature's, and what is natural in our cities and on our concrete roads? Let us strive for an emancipation and a freer reign of the forces embodied in Divine Nature. Let us give thanks to the benevolence of a healing and all powerful Nature. We for too long have disregarded Nature's laws, and too long have run after theories like children after soap bubbles.

Once these laws are recognized by us there will be no more mystery as to the cause and course of disease, and we will trust in Doctor Nature. If we really want to raise the state of health of our Nation, disease must cease to be an object of speculation and experimentation, but must be considered a warning sign and a commandment for help and charitable assistance. Artifice, synthetic drugs, needless operations, pus squirting and complicated machinery will not ban disease, but the Natural remedies, which God furnishes in his drug store of Nature, will.

Doctors are born, and not made at the Universities and medical schools. After all one can teach even a dog all kinds of tricks. The autocracy and clannishness of the medical profession is a curse on the body of our Nation. To treat symptoms means to treat the unessential. The soil needs a deep ploughing. Century old weeds must be rooted out and the fog of medical superstition cleared away. This time is sure to come when man, born of Nature, again recognizes his heritage and, instead of trying to outdo Nature, gratefully and humbly acknowledges her God-given powers.

THE MAN OF "YESTERDAY," "TODAY" AND "TOMORROW"

(*Continued from page* 285)

natural law and order.

The "Man of Today" may have achieved fame, glory, scientific recognition, honor, wealth, political influence and all sorts of power—but, with all of these accomplishments, if he has not lived wisely and has not enjoyed continued and abundant health, then all of these socalled vir-

(*Continued bottom of next page*)

Your Health Problems

Q. Is there a remedy for blood congestion in the head? I am 49 years of age.

Mrs. H. Classen.

A. Your condition is probably caused by internal disturbances which cannot be corrected by this or that "remedy." You are still laboring under the illusion that there is a remedy for every little feeling of discomfort. Yes, there are medicines that will deceive you by removing the symptoms temporarily, but they have nothing to do with a cure. We would suggest a course of health building at a nature cure resort.

Q. My husband drinks and has lost all his former ambition and love of work. I have heard there is some preparation which if mixed with drinks will make him give up his habit. Mrs. J. J.

A. There is no such a thing as a sure fire method of making one break the drinking habit. Dipsomania is a disease which in some cases can be overcome by mental influence and by a strict vegetarian diet. If you feel unable to make your husband realize his condition and exert your good influence over him, we would suggest that you consult a good naturopath or chiropractor.

Q. For several weeks I am bothered with burning eyes, making it impossible for me to read or write for any length of time without tearing of the eyes. What can be done in my case? Carl Demme.

A. The burning of the eyes may be traced to various causes, but could not be determined without a detailed physical examination. As a rule all eye diseases have to be treated not only locally but also constitutionally. The burning feeling cannot be much relieved by giving sharp eye drops, or even by washing the eyes with boric acid. To reduce congestion in the head, cold compresses of the calves with a wool or flannel cloth wrapped tightly on top of the compresses are suggested. This compress is to stay on through the night. The eyes should be washed three times daily with raw milk. If these measures do not bring relief we would suggest consultation with a naturopath.

Q. Why is it dangerous to eat duck eggs? M. W. Steinhammer.

A. The consumption of duck eggs is sometimes followed by symptoms of bacterial poisoning. The ducks like muddy water and through their cloacas various disease bearing germs may enter into the eggs that are in the process of formation, before their shells become firm. Duck eggs therefore should not be eaten raw, nor soft boiled. Neither should they be used for mayonnaise. However, you may use them for baking, or if hard-boiled.

Q. Is there a cure for arthritis of the spine? I am suffering from it for 27 years. Mrs. M. C. S.

A. In long standing cases a cure very seldom can be accomplished. However, the condition can be greatly relieved and progress of the disease can be arrested by a strict adherence to diet, namely avoidance of fried foods, fats, meat, fish, spices, sweets, tea, coffee and alcoholic beverages. The following foods may be eaten: whole wheat bread, and cereal, honey, butter, cottage cheese, buttermilk, all vegetables and fruits.

THE MAN OF "YESTERDAY," "TODAY" AND "TOMORROW"

(*Continued from previous page*)

tues are mere vagaries, as the wise King Solomon said, "All is Vanity."

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THE "Man of Tomorrow" will be a wise man. He will be wise in that he will know how to live so as to prevent disease from entering his body; he will know how to avoid pain, sickness and insanity; he will not permit his blood stream to be infiltrated and polluted with obnoxious and filthy vaccines, sera, and deadly drugs; he will not sanction the removal of his internal organs; he will know the dangers which come from eating the carcass of animals, fowl and fish, and of partaking of any of the unnatural foods; he will not imbibe in any artificial or alcoholic drinks, or permit his nerves and muscles to be strangled by nicotine, caffeine, theine, bromine, and other deadly poisons.

(*Continued on next page*)

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THE MAN OF "YESTERDAY," "TODAY" AND "TOMORROW"

(*Continued from previous page*)

The "Man of Tomorrow" will be a wise man in that he will know the true value of a natural food diet; he will thrive on fruits and vegetables, and the various drinks made of these, on nuts, whole grains, and on all the foods of the plant kingdom; he will drink plenty of fresh water, bath in the sun, exercise in the open, and in fact, his entire life will be as Nature intended for man to live. The "Man of Tomorrow" will be a healthy man—a REAL NATURAL MAN.

THE "Man of Tomorrow" will be a REAL CIVILIZED MAN. He will not have any inclination to kill wild beasts or domesticated animals, neither for his pleasure nor for scientific experiments; nor slaughter dumb and helpless creatures for his food; nor murder his fellow-men on account of social or political reasons; nor kill his brothers in war to gain territorial regions; nor cheat in business, steal to have luxuries, lie to gain vanity, rob widows and orphans to enrich his own purse; nor allow poor, old, helpless people to starve or be deprived of life's necessities.

In fact, the "Man of Tomorrow" will fully realize the true principles of mankind, and share alike in the destinies of his fellow-men. The "Man of Tomorrow" WILL BE such a man. May all of us hope and pray that in the near future, the problem of a better and healthier humanity will be everlastingly solved. So let all of us unite in a movement which will help to usher in the "Eternal Brotherhood of Man," the "Dawn of a New Day," a "New World Order," and the wise and truly civilized NATURAL MAN — the "Man of Tomorrow."

THE JOY OF LIVING

(*Continued from page* 308)

this new method of relieving the sick there has also come to us a new and more comprehensive view of the opportunities and possibilities at hand for the physical and mental development of a better human race, a race of healthy people with good posture, good teeth, good eyes and a soul of love and justice.

Adjustings Offer Hope

BUT to enjoy such a state of health we must do two things. We must eat the foods demanded by our bodies and we must keep the bones of the back movable. A stiff back means the beginning of trouble. This new way of relieving diseased conditions by moving the bones is called chiropractic adjusting; it frees nerves,

(*Continued on next page*)

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THE JOY OF LIVING

(*Continued from page* 308)

breaks congestion and thereby offers you hope for a better body in which you become conscious of what life can mean to you. After an adjusting you feel lighter on your feet, your head is clear and you behold all around you a normal world, full of Nature's glorious life extending from the earth below to the skies beyond, all waiting for you to enjoy.

Renewed Hope

EXULTANT, but strangely comforting, is that hopeful feeling you have as you look with wide wondering eyes at the opportunities and possibilities for health and happiness in the years to come when the body is well-adjusted, well-fed and well-trained. Fear of pain, disease and the helplessness of old age vanish, when you see and understand how great is your opportunity for spiritual, physical and mental growth through the application of Nature's laws which govern the activities of the organs and glands in your body and the nerves that give them life.

(To be continued)

TOO MUCH DIETARY BUNCOMBE

(*Continued from page* 283)

indulge in large quantities of bacteria, but that should be no reason for our cooking our foods clean then. In fact, cooked foods are far more suitable for bacterial action than raw! And, anyway, who can add extra bacteria to the putrid and fermentable mess commonly found already present in the average digestive tract of the mixed eater? Cooked food will provide fodder for bacteria which the raw is not so apt to provide. Cook carrots and let them stand on the stove. It will not take long before they will ferment and putrefy to a stench. A raw carrot may, on the other hand, lie for days and only shrivel up. Raw, vital foods are resistant against bacteria and so are bodies made of such foods.

Not Everybody, of Course

WE are, of course, not advocating that everybody should live entirely on raw foods. We advise against such a fare not because it is not the ideal, but because it is, first of all, not necessary for good health, and, secondly, it is psychologically and socially almost impossible for everyone to carry out such a program of living. But this much is definitely stated: Of all possible diets a raw diet has been positively demonstrated to be the most rejuvenating on a long-time basis. This is not being stated merely to have a point of argument. Plenty of examples have proved this

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TOO MUCH DIETARY BUNCOMBE

(*Continued from previous page*)

beyond any doubt. The writer himself has subsisted on raw foods practically entirely for the major part of the last 11 years. Two years of this time were devoted to a strict diet interspersed with even fasting, with an internal transformation that would not be traded for all the wealth in the world. A practice of the new diet would bring similar conclusions to others. At the same time because of barriers given above all are not advised such a regimen. Proportionate good health will come from a less strict program.

WE challenge the statements of Dr. Cutter because it is very apparent from his argument that he himself has never tried subsisting on a raw or near raw diet for any time. He could not have, because then he would come to the same enthusiasm for that kind of diet as did the young woman who had the courage to come and speak to him *ABOUT IT IN SPITE OF HER APPARENT LACK OF HAVING AN EXEMPLARY APPEARANCE!*

Let Us Be Scientific

MEN, who put themselves forth as authorities in a particular field, should first be really informed on the various aspects in that field. For instance, he stated that this woman had lost weight, had a sallow complexion, and was flabby of skin and muscle. The thing he does not know is this, that when a person first begins such a program of living, the new, live, vital, raw foods entering the body stir up the toxic filth that has been gathering in that body because of the half-alive decaying, rotting foods that were being put into it, day after day, for a lifetime to maintain as good a health as possible. In the early stages of a raw diet, the body manifests a cleansing of the cells through an appearance that makes one look more or less sickly. That, however, is not due to the foods, but is due to the rotten material in the body. Before the person goes on a raw or "mucusless" (near raw) diet, he may not look so sick, but he is just as sick as he reveals himself to be when the raw food starts its beneficient work. A diet of natural foods and fasting really reveal the individual in his true inner light. It is too bad that Dr. Cutter did not make that scientific observation of the individual who visited him.

The Truth Will Live

IT will be a long time before the truth of natural diet, raw diet, "mucusless" diet, etc., will be "scientifically" and generally recognized,

(*Continued on next page*)

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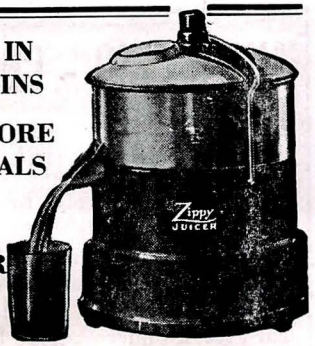

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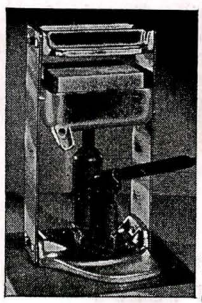

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TOO MUCH DIETARY BUNCOMBE

(*Continued from previous page*)

but the truth will not remain down forever. It is true that it is held back a great deal by such articles of misinformation as printed in this issue of the Tribune. But the truth still stands and it will stand long after we have left the earth, that the nearer the food is to its natural, fully vitalized state, the more perfect it is for supporting life.

We can take all the chemical of an apple, banana, or leaf of spinach, but we cannot, with any of our fine mechnical equipment, make either an apple, banana, or leaf of spinach. How can we possibly become so all-knowing to feel that we can improve on the structure of an apple, banana, or leaf of spinach? Foods should be eaten as much as possible in their raw, natural state. Those that are cooked, should be cooked slowly, under low heat and not too long. Mixtures of cooked concentrated foods should be avoided. (One concentrated food at a meal). Through such a program the average person will gradually rebuild his body to a higher plane of vital integrity. Even Dr. Cutter would experience remarkable changes in his body if he should try first and *THEN* criticize.

LIVE foods build *LIVE* bodies. *DEAD* foods drag them down. *LIVE* food put into a *HALF-ALIVE* body allows it to cast out the old foundation and make one anew. *LIVE* food put into a *LIVE* body maintains that structure and gives to it the longest lease on life that it is physiologically possible for that body to have. Such a body will also look the part!

EXAMINE YOURSELF! USE HEALTH CULTURES!

(*Continued from page* 299)

bacillus changes the alkaline media to an aciduric one, thus prohibiting the development of putrefactive bacteria.

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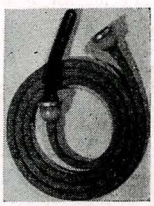

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PROTEST AGAINST COMPULSORY MEDICATION

(*Continued from page* 301)

ing for their children, which is often done at a willing sacrifice. Now if our doctors and our educators are really interested in the welfare of our children and can prove to us certain medication is needed we will not only want it, we will demand it. However, let them first prove that training in proper habits of living without any drugs will not better accomplish the same purpose as the enforced medication system now being promoted.

Other countries and some of our own States have abandoned compulsory vaccination against smallpox, and yet it seems New Jersey's medical end educational practice is so far behind it is now putting on a drive to have every child in the State vaccinated, even though there is no smallpox and has been none since 1931—the last death from smallpox being in 1925, and some of these victims had been vaccinated. It is generally conceded that smallpox is a disease of filth and can be eliminated by sanitary and healthful living.

Parents should have the right to decide whether any vaccination or injection be given their children, especially when no epidemic exists and when the treatment is questioned by some physicians.

It might be wise where observation by school doctors, nurses or teachers indicate that students appear to be below par in health to have tests or immunizations made. However, to require these tests or immunizations be made wholesale without any parents' permission is both expensive to the taxpayers and does not properly respect parents' rights. It is estimated the recent smallpox vaccination in Hamilton Township cost the parents $10,000. Tuberculosis tests are estimated to cost the State $125,000. It is time that something is done to check compulsory medication in our State.

It is hoped that the incoming legislature will refrain from passing further compulsory medication.

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(*Continued from page* 303)

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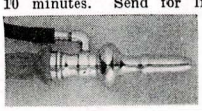
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THE 12 NECESSARY MASTER MINERAL FOOD ELEMENTS OF THE BODY

(*Continued from previous page*)

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No. 10 — SODIUM

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The systematic or scientific living required to attain beauty does wonders to your mind. Like any worthwhile attainment, beauty is built on persistence, stick-to-it-iveness. Beauty survives thru persistence. Right living is the main force to keep you thinking and accomplishing in all fields, including beauty culture. For instance, fail to eat the right food, you will find that your mind cannot and will not express fully. It needs the body's power as a motive force to keep thinking and going.

Beauty without drugs means beauty thru right living, mental attainments, spiritualized consciousness. Try to maintain this balance in your life for health, happiness and beauty.

Briefly Told

WASTING HEALTH

If Americans are not actually eating themselves into the grave they seem, at least, to be shortening their lives by improper eating. Surgeon-General Thomas Parran told the national nutrition conference that 10 years could be added to the average lifespan in the United States simply by applying what is known about nutrition. The fact that we have done little about using this knowledge seems to prove we are a wasteful people in the vital matter of health. Perhaps the present emergency with its demand for better health will teach us to take better care of ourselves.

—"New York World Telegram."

This is a terrible indictment of the Medical profession from the mouth of the Surgeon General. Can the people be blamed if the Journal of the American Medical Association still publishes cigarette and liquor advertisements? Can the people be blamed if these glorious United States still have the second highest infant mortality among twenty leading nations? Can the people be blamed if the usual hospital fare is still outrageously lacking in the necessary minerals and vitamins?

ALCOHOL AND THE STOMACH

THE Weekly Underwriter, February 22, 1941, report about research made by Dr. Seymour Gray, of the University of Chicago, regarding the effect of alcohol on the stomach. "The subjects of this test were 100 men ranging in age from 44 to 66, who had been drinking whiskey for an average of 25 years. They all came from Chicago's "flophouse" district. Forty per cent of those examined had serious stomach disorders and 15 per cent had less serious trouble while 45 per cent had perfectly normal stomachs. Although one's hair may turn gray or fall out as he gets along in years, the stomach does not age, Dr. Gray feels. The tests were conducted by an instrument devised by Dr. Rudolf Schlindler which allows the examining physician to see what is going on in the stomach. Dr. Gay concludes that the sensitivity of the stomach to the constant and copious use of alcohol is a matter of the individual's ability to build up body and tissue tolerance." We believe Dr. Gray is doing a little wishful thinking for the good of the liquor industry when he states that "the stomach does not age" and his statement that sensitivity of the stomach to alcohol is varying, according to the individual's tolerance means exactly nothing to the reader unless it is supplemented and reconditioned by the statement that the use of the smallest amounts of alcohol for any length of time are exerting some influence on the whole organism including the stomach.

The latter fact however Dr. Gray is careful to conceal, making it appear that only weaklings and constitutionally deficient individuals are affected by alcohol. We also venture to doubt seriously whether the wonderful instrument of which Dr. Gray reports is actually reporting everything that is going on in the stomach. There are many reactions going on in our organism of which medical science has never dreamt of. Why this presumptuousness?

CULINARY CULTURE

"After the first dance or so the bride moved to the buffet table where she nibbled at a ham sandwich. She can make sandwiches but she cannot cook she admitted recently."—(New York Times about the wedding of Brenda Frazier with John Simms Shipwreck Kelly.)

THE MEDICAL CENSOR WAS SLEEPING

New York, June 25, 1941—"Marjorie Lawrence, Metropolitan Opera star, is being treated in a hospital in Mexico City for partial paralysis of both legs, a reaction to a smallpox vaccination she received before she left New Lork. It is feared she will not be able to appear for three weeks. —New York World Telegram.

SAYING A MOUTHFUL

A hard-boiled New England cynic refers to cemeteries as "doctors' garden."

DOBERMAN SAVES LIFE

Scranton, Pa., June 18.—It often happens that a dog gives proof of his good name. Mrs. Anton Hobermeier's Doberman, called "hero" licked and patted the face of his mistress who lay unconscious from a stroke of lightning until she came to and could save herself just in time from her burning house.

VIVISECTION AND CRIME

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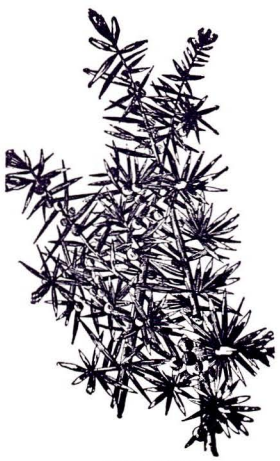

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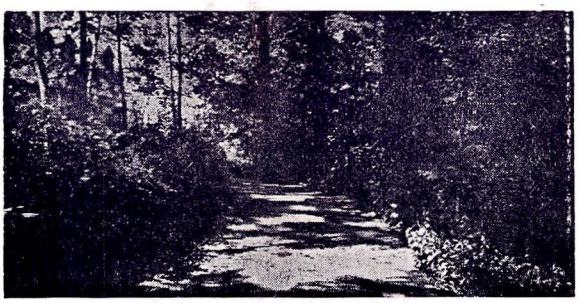

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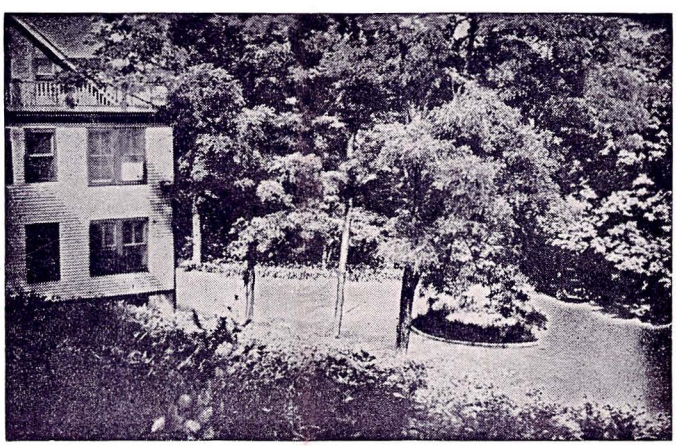
By Train. Take the Hudson Tube train from the Terminal at **either** Fulton Street or 6th Avenue Stations, or take the Erie Ferry at either 23rd Street or Chambers Street, to Erie Station (Susquehanna Branch) in Jersey City, N. J. There are at least 6 trains a day including Saturdays and Sundays. Time: one hour and 10 minutes. Taxi service from station or bus to Yungborn, 35c.
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."



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