NATURE'S PATH

AMERICA'S PIONEER NATURE CURE MAGAZINE

Dr. Lust Speaking

SEPTEMBER, 1941

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BRIGHT'S DISEASE

THE JOY OF LIVING

GLAMOUR IN THE WOODS

THE TRIPLICITY OF HEALTH

FAITH FOR HEALTH AND WEALTH

MINERALS AND WHERE TO FIND THEM

THERE IS A DIET FOR SINUS TROUBLE

THE "BLITZ" THAT AMERICA MUST WAGE

ALL INCLUSIVE CIVILIAN PHYSICAL BETTERMENT PROGRAM PROPOSED TO PRESIDENT ROOSEVELT

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FOUNDED 1896
BY
R. BENEDICT LUST
EDITOR

HEALTH THROUGH RATIONAL LIVING

"MY MESSAGE TO SO-CALLED INCURABLES"



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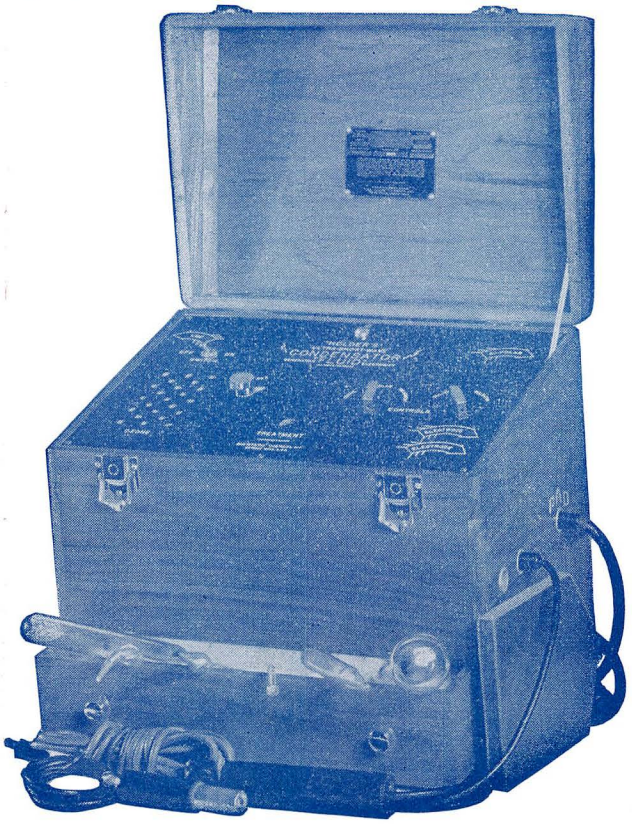
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NEXT MONTH

Shingles or Herpes Zoster; How Developed and How Overcome
by Dr. Jesse Mercer Gehman

Skin diseases are in general easily amenable to a cure by natural means; one of the most annoying of these disorders is described and valuable suggestions for its removal are made by the author.

•

What Health Is and How to Preserve It
by John H. Manas, Ph.D.

A Metaphysician's view of Health and Vitality.

•

Coughs Colds and Chiropractic
by J. M. Rosen, D.C., M.C.

The cooler fall months will again bring with them the usual crop of colds and chills. To ward them off our readers will do well to carefully follow Dr. Rosen's advice.

•

The "Blitz" That America Must Wage, Part II
by Eugene Bergholz, M.D.

The second installment of Dr. Bergholz's revealing story will contain further interesting facts and figures, which form a bitter indictment of today's medical practices.

•

Stammering Can Be Cured
by Luella O'Heron Fuller

A mother's account of her experiences which lead her to successfully cure her boy of stammering.

•

Anemia
by Dr. Herbert M. Shelton

The writer of this article is well known to many of our readers as the author of many books, the latest of which is reviewed in the September issue.

•

Finkelgram No. 10; Vegetarian Wisdom
by Dr. Harry Finkel

"A slim vegetarian, as a rule, is by far healthier and lives longer than a stout person who partakes of animal flesh."

Please remember to renew your subscription to NATURE'S PATH. Do not forget to save your copies for future reference. They form a handy reference library. See list of Free Premiums on page 354.

•

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

Current No. 562 Vol. XXXXVI, No. 9

NATURE'S PATH

Dr. BENEDICT LUST, Editor

SEPTEMBER, 1941

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

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Established 1896 by Dr. Benedict Lust

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



Dr. Lust Speaking

THE WHOLE SECRET OF THE ART OF LIVING can be expressed in two words; proper adjustment. A man who knows how to adjust himself to his surroundings and to his fellowmen will be well received and become successful. A man who remains a misfit will run into suffering and misery.

Now, no human being is able to create for himself or herself absolutely ideal surroundings. There is no woman, never has been and never will be, who has a perfect husband, perfect children, a perfect home, perfect clothes, a perfect income and perfect friends. He that complains that one or the other of the above requirements is wanting, is foolish and does not understand how to tackle his life.

To strife to have everything to one's liking is not as wise as to suit oneself and to like only things within reach.

Do not attempt to probe too deeply into your hearts and minds. Love is a matter of belief, not of knowledge. Keep the distance. Respect the privacy of opinion and feeling. Many a love has been killed by the foolish desire to tear the veil from the soul of your partner.

A man marries the girl he loves. Once she is his wife, he invariably discovers that the circumstances of his relation to the girl, have undergone a sudden and complete change. This is as it should be. For a husband would soon become tired of a girl who would remain his sweetheart and nothing else. The wife must grow up to the husband.

Years go by at least until a man knows his wife, until he is mature enough to appreciate her fully. There seems to be some law according to which we first have to pass through a period of weariness and antipathy in married life, before we come to the full realization of actualities and finally to the happy consonance and harmony with our companion.

In order to utilize all the good that is in marriage, there are needed above all: patience, practice, self-discipline and will power, just as one has to take many tedious tiresome lessons in order to play the piano to get some fun out of it.

If two young people conscientiously strive to come to the proper adjustment of their differences of opinion, sentiment, belief, manners, idyosyncracies, then time and devotion will result in a happy marriage. And in such a union the husband will soon recognize that the wife of the house holds greater treasures in her hands than any other human being.

For she has love. Love which is infinitely more than just the love of family relationship, or friendship. A love which permeates your body, mind and soul and becomes part of yourself.

No husband who ever was truthfully in love will approve of companionate or trial marriages. Whoever truthfully loves, loves a human being. She loves him, and him only, and he loves her, and her only. A husband who really loves his wife takes care of her and her children. She is an asset, not a liability, his companion and not a burden, his comrade and not a slave. He loves to labor and strive for her and to share his life with her. And he knows that she is an inspiration and a help to all things he undertakes.

All talk about companionate marriage or trial marriage is based on a misconception of what love really is. True love and friendship forever strive to perpetuate themselves. A union that is contracted as a temporary trial or "marriage de convenance" is built on shifting sand, because it is contrary to human nature. The wife needs and desires the husband undividedly as her own, and the husband desires his wife entirely as his own. That was the case from the beginning of human life on earth.

(*Continued on page* 348)

THE "BLITZ" THAT AMERICA MUST WAGE

By EUGENE A. BERGHOLZ, M.D.
Director Bergholz Clinic and Sanitarium, Milwaukee, Wisconsin

Why is America Becoming a Sicker Nation?
How Can YOU Avoid the Blitz of Physical Destruction?
Are You Campaigning *FOR* or *AGAINST* Disease?

IT IS NOT GENERALLY KNOWN, BUT contrary to common opinion, the chance of dying after 35 years of age has been reached, has not changed appreciably in the last 100 years. In fact, one authority states that the life expectancy past 50 is decreasing for every decade of life thereafter at a rapidly growing rate.

This is quite a contradiction over the commonly given statements that the American life span is increasing year by year through the marvelous advances of science.

America is the most hospitalized, served by more physicians per capita, spends more money for medical attention, uses more drugs, has the finest battery of medical scientists working in the most elaborately-equipped laboratories endowed by the greatest wealth, in the most magnificent educational and research centers found anywhere, and yet—*it is the sickest nation in all the world.* Where lies the trouble? Why do the draft boards find more ill health in the present war crisis than was discovered during the last world war? Why the pathetic state of health found among children which are attending our daily public schools?

Concern Justified

ANSWERS TO THESE questions concern the thoughtful citizen who is looking into the future and seeing a great nation gradually degenerating because of the worm of internal destruction tearing down bodies too rapidly with all sorts of diseases and premature death.

Certainly the trouble does not lie with the activity of scientific men in trying to overcome such a state of affairs. We must go further than this. We must go into the philosophical motives that lie behind the present methods employed in combating such problems. The philosophy accepted by the great majority of human beings is the *mechanical* one, for it it the simplest one, requiring only superficial and little profound analysis. A mechanical philosopher attacks things as they arise, trying to overcome effects with suitable agents as an immediate emergency measure. Diseases are allowed to occur and then, when diagnoses are made, quickly-acting measures are instituted to relieve the effects of some underlying disorder. This, at best, can only be temporary, for the causative agents behind such disease-processes are always left to continue their deadly action in the same or some other manner equally severe or more probably worse.

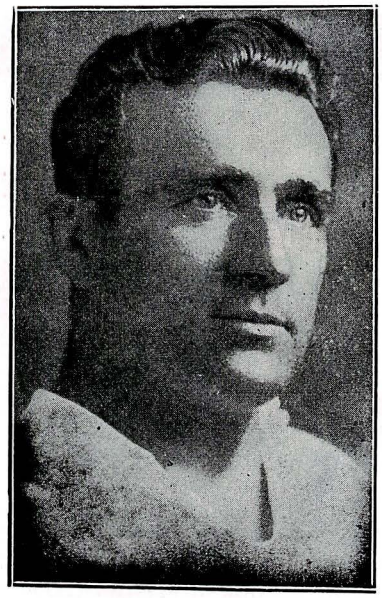
How different the entire situation would become if the Natural Philosophy, basic to Nature-Cure principles, were the guiding motive of all the scientific investigations that are being undertaken for the benefit of human suffering in America! The Natural Philosophy has the greatest opportunity, in this present national crisis, it has ever had in its entire history to challenge its inherent truth.



Purpose Stated

IN THIS ARTICLE WE shall briefly explain what Mechanical Philosophy-practice has accomplished, how it operates in a detailed way, what it allows in habits under its tenets, the ultimate results, with finally the re-awakening upon seeing that the Mechanical Philosophy has failed pitifully and that the Natural one, which predicts such failure unquestionably, is thus vindicated negatively. We shall then proceed briefly with the positive vindication through its results under test, and then

(*Continued on page* 348)



ALL INCLUSIVE CIVILIAN PHYSICAL BETTERMENT PROGRAM PROPOSED TO PRESIDENT ROOSEVELT

By DR. JESSE MERCER GEHMAN

We believe that our readers are concerned and interested in a program enhancing the health and well being of the public at large, and we therefore take the liberty of publishing a copy of Dr. Gehman's letter to President Roosevelt soon after Mr. Roosevelt's re-election in November 1940, *in which he proposed an all inclusive physical betterment program, and pointed out the splendid physical condition of the German youth, and those factors responsible for it.*

Dr. Gehman's letter to President Roosevelt follows:

THE EDITOR

November 15, 1940

Franklin D. Roosevelt, President
United States of America
White House
Washington, D. C.

Dear Mr. President:

Now that the American people have spoken and by their choice you have been selected to head our government for another four years, I should like to point out to you the necessity of a definite health program for the well being of all our people, which I believe you will agree is of paramount importance, either in peace or war.

Our first line of defense is the well being, the health and strength of our people. In referring to a health program, I do not mean socialized medicine or the like, but rather a system of health building procedures designed to include every man, woman and child in America.

This may at first thought appear like a broad and overambitious idea; but it can be realized by careful and conscientious planning, the wise selection of a national director and personnel, and the assidious prosecution of the idea.

At the moment we as a nation are too much concerned with building up a tremendous mechanized defense, and too little concerned about building the physical vigor, spirit and strength of the men to man the machines of defense.

Everyone has been shocked by the unparalleled mechanization of the German Army. Too many abroad and here have made the mistake of attributing Germany's military success to greater mechanized power, greater facilities for war and the operations of the Fifth Column.

Of course, both of these are important contributing factors to their success, but there is a deeper underlying factor overlooked for the most part by our military experts and newspaper correspondents, to say nothing of our governmental officials. I refer to the factor of physical development of the inhabitants of new Germany, as opposed to that of old Germany.

As before stated the factors of superior mechanized forces and Fifth Column activities while important, have been no more important to Germany than the physical health and development of her youth, so that her men are strong and capable of standing the strain of war when called upon to do so.

It is strange that this fact should have escaped notice, for Germany has for years pursued a youth and physical health movement so thoroughly integrated and simple as to compare favorably with the rigid training of youth in the days of Sparta.

This youth and physical development antedates Hitler by many years. I recall it being in full swing during the early twenties, when Germany was struggling against great odds of inadequate nutrition occasioned by the war. But despite all handicaps the organizations for physical culture continued to increase and these were devoid of militarism. These clubs were reminiscent of another great movement of physical education in Germany many years ago, that of Turn Vater Jahn the father of physical culture, begun in 1810 after the defeat of Germany in the Napoleonic wars. The Turn Vereins are monuments to his efforts.

The new idea in Germany following the World War was however a great improvement over Turn Vater Jahn's Turn Clubs, as it encouraged the out doors, long hikes, in the open country, physical exercises in the outdoors, so that when Herr Hitler came into power, he had immediately available a nucleus for disseminating his ideas of a

(*Continued on page* 334)

THE TRIPLICITY OF HEALTH

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

IF I SHOULD TELL YOU THAT YOU might eat the very finest food, properly combined and tastefully prepared, that you might watch your calories, minerals and vitamins, and that even if all your physical habits were exceptionally well ordered, you still could not attain perfect health, you might be a bit surprised. Yet it is so, because man does not exist on a physical plane alone. The Biblical verse: "Man does not live by bread alone" is, indeed, true.

Human beings differ from the lower animals in that Man has been granted, among other things, the special gifts of Thought, Reason, and Choice. The philosophical attitude of Life was evolved by the use of these gifts. To think philosophically is to realize that Life and Health is based on BALANCE, and that this balance rests on THREE foundations; hence the Triplicity of which we speak. Like the advertising slogan of one of our automobile manufacturers, you must look at "all three" if you wish to live a complete life. The three, of course, refer to the Physical, Mental, and Spiritual phases of life. Unfortunate is the individual, and figuratively lopsided and unbalanced, who neglects any of these three cornerstones of his makeup.

ARTICLES ON PHYSICAL culture are legion. Much scientific data have been accumulated on diet, exercise, etc., and we are indebted to the research scientists for really valuable information. However, too few writers have stressed fundamental facts on physical health. Together with our controlled dieting, our manipulative therapies, and our corrective calisthenics, let's get back to fundamentals. Let us, so to speak, feel the air, the wind, the sun, and the water on our skin. Let us simplify the physical approach to health culture. Thus, we will avoid a labyrinth of thought, our insight will be keener, and our advancement surefooted.

While the attainment of most rewards is in proportion to our efforts, this is not altogether so in the realm of physical accomplishments. The reason for this is a certain inequality which exists and which should not be overlooked. Thus, there are handicaps of heredity, environment, and circumstance, which will abrogate our efforts and limit the sum total of our gains. This does not mean that we must cease the effort or stop striving. Not at all! On the contrary, it should spur us on to greater activity. But the realization of our limitations will give us the proper perspective.

CERTAINLY, WE SHOULD GIVE DUE ATtention to what we eat, when we eat, and how we eat. Likewise is it sensible to give heed to all the other physical habits and care that promote well-being, including spinal adjustment, the intelligent application of which builds one of the three great foundations of which we are speaking. The methods and details are familiar

(*Continued on page* 356)



BRIGHT'S DISEASE

By **DR. HERBERT M. SHELTON**

ACUTE AND CHRONIC NEPHRITIS (INflammation of the kidneys) receives the name, *Bright's disease* from Dr. John Bright, who first described it. Acute nephritis is largely confined to childhood and early youth; the chronic form is seen chiefly in middle life and beyond.

The symptoms of acute nephritis vary greatly. The inflammation may progress to a serious stage without the subject knowing he is sick. He may die suddenly; or, a few months later he may develop symptoms of chronic nephritis.

In many cases swelling of the ankles (dropsy), with the changes in the urine may be the only indication that something is wrong. The face is usually pale, and the eye-lids are puffy. There may or may not be pains in the back. Sometimes, though not always, there is headache. The sufferer may continue his regular duties not realizing he is very sick until, "suddenly," he becomes so ill he goes to bed and calls for a doctor.

IN SOME CASES, WHERE THE INFLAMmation in the kidneys is not great, the symptoms are very severe. Chills, fever, nausea, vomiting, pains in the back and head, dizziness and weakness may be great in such cases. In other cases convulsions caused by uremia may be the first symptoms. In severe cases, dropsy, starting with the face and becoming general, and great anemia develop. Symptoms of uremia may develop at any stage of the "disease."

The urine is scanty, it may be wholly suppressed for a day or two. It is highly colored, cloudy, and of high specific gravity. Upon examination it is found to contain much blood, pus, casts from the kidneys, and large amounts of albumen. As improvement proceeds the amount of urine increases and the albumen, blood, pus, and anemia and dropsy grow worse.

THE SYMPTOMS OF CHRONIC NEPHRITIS vary greatly in individual cases, and vary, even, in the same individual. Patients in advanced stages, with the kidneys largely destroyed, may go for extended periods without any symptoms at all. Even the small amount of functioning tissue that remains is capable of meeting the needs of life if not overburdened by a mode of living that swamps compensation.

The first indication of chronic nephritis may be a sudden uremic convulsion. The symptoms develop slowly and "insidiously.' There is a progressive development of anemia with a gradual loss of strength. The walls of the arteries become thickened, the heart enlarges, digestive disturbances are frequent, there is headache, sleeplessness, dizziness and frequent uremia. Dropsy is often absent or it may appear late and be slight. It is often marked and chronic. In the late stages breathing becomes difficult. Inflammation of the retina, caused by the albumen, sometimes develops, producing dimness of sight.

There is much urine, of a pale color and of low specific gravity. It contains little albumen, few casts and occasionally some blood.

The amount of albumen in the urine varies so greatly that one can never judge by this how mild or severe the case is. An acute case may show so much albumen that when the urine is boiled it solidifies (coagulates). The more chronic cases have less, and the most chronic cases have the least. The worst cases may show so little albumen that only an expert can find it, while, for months, all albumen may be absent. An acute case which recovers may have the maximal amount, while, a chronic case which dies may contain only a trace. Urinalysis may, therefore, be a most misleading index to the true condition of one who goes to the doctor for a periodic check-up.

TWO FORMS OF CHRONIC BRIGHT'S DISease are recognized—namely, *chronic parenchymatous nephritis,* in which the inflammation is largely or wholly in the functioning, or renal, cells of the kidneys, and, *chronic interstitial nephritis,* in which the supporting structures of the kidneys, the connective tissue, blood vessels, etc., are the structures inflamed. For practical purposes, whether for prevention, or for restoration of health, these distinctions are superfluous.

Medical authorities tell us that "acute Bright's disease gets well or kills within a few weeks. Chronic Bright's disease never gets well, but may persist with very fair health for ten or even twenty to thirty years." They point out that in most cases of acute Bright's disease the patient completely recovers, but that in some cases, the patient appears to get well, but the condition continues in the sub-acute or chronic form. It is our contention that these conditions result from mal-

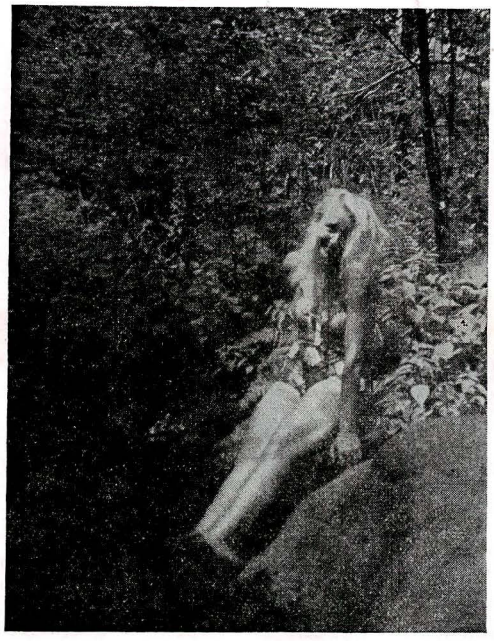
(*Continued on page* 335)

GLAMOUR IN THE WOODS

By **MARIPOSA HAYES**

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

THERE IS LOTS OF glamour to be found in the cool, deep woods of New England — hidden away among the trees, ferns, and mosses, and just to prove it to you, let us plan a trip there right away. We'll find countless wonderful beauty aids growing there just waiting to be plucked and brewed into a tea to make you glamorous, in no time at all!



The author cooling her toes in a New England stream

DOES THIS SOUND more like a fairy tale? — Perhaps the fairy Godmother and her magic wand, or the old witch with her mystic potion of bitter herbs? Well, believe it or not, this is no fairy tale, but really true. There is more glamour to be gained in these fascinating woods, than in Hollywood itself; so let us be off with greatest speed on our treasure hunt for youth, beauty and glamour. Hop on the magic rug and here we go away . . . away to Herbland, until we find a perfect spot, deep in the forest near a stream. Now, let us set up camp so we can stay and make a real visit. First we'll build a stone grill with a few flat rocks, and what fun it is to cook outdoors. We'll have the biggest kitchen in the world with Nature's herb garden growing all around us! And while we cook and brew our beauty herbs, breath all this wonderful, pure, fresh air. The best way to get a good camp fire burning is to blow hard, so here's your chance to exercise and fill your lungs with the greatest alkalizer of them all.



Ribwort or Plantain

HAVING SET OUR water to boil, let us be off on our hunt for herbs. Plantain is easily identified by its flat, oval shaped leaf and long stem of seeds, standing erect in the center. This we must gather for its high calcium content, to give us beautiful teeth, strong finger nails and sturdy bones. Then we must find some wild strawberry leaves for their iron content to put roses in our cheeks.. Next, let us look along the bank of the stream for wild violet leaves and then sassafras, in the deeper part of the woods,, and crimson clover blossoms growing in a spot where the sun breaks through the trees. All these are so important for purifying the blood, for that "school-girl complexion" and "the skin you love to touch." Oh yes, and we must be sure to gather some yarrow with its dainty fernlike leaves and tiny white flowers in little flat bunches. Yarrow leaves and flowers will help your complexion too, by toning up your liver and kidneys; and this herb is a fine reducer if you would like to lose some weight. We mustn't forget to pick some dandelion leaves, for they, too, are very beneficial to your liver and kidneys as well as being a fine source of iron, that important chemical for building fine bodies.

Having gathered our wild bouquet of Glamour Herbs, let's get back to camp where the kettle should be singing over the open grill by now. We'll place a few of each variety of our wild herbs in the bottom of a tea or coffee pot, and pour the bubbling hot water over them. When they have steeped for five or ten minutes, we'll drink our magic brew with a little honey to sweeten it.

All through the summer and way into the fall the woods are full of delicious wild berries and wild grapes. Strawberries in June, huckleberries and blueberries in July, blackberries in August and grapes and elderberries in September. Berries and grapes are very high in beau-

(*Continued on page* 337)



Watercress

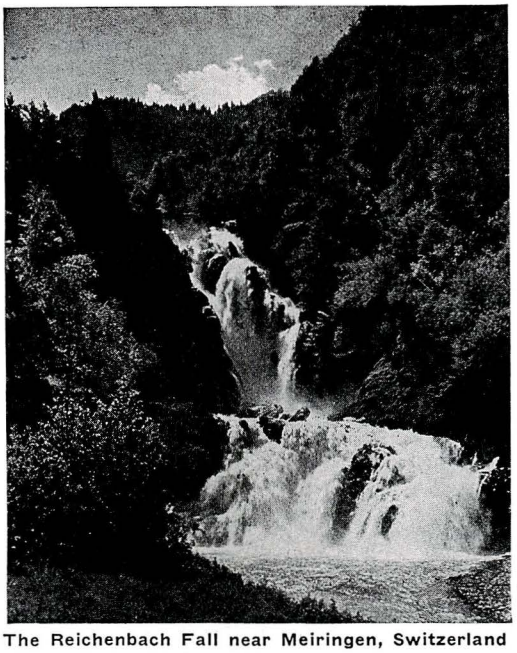
FINKELGRAM No. 9

A HEART TO HEART TALK

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

SAY BROTHER! I have a very important message for you. By virtue of my long and wide experience in the health movement, I am inclined to talk to you in a simple language and I trust you will understand my true motive. After I have spoken my piece, I will henceforth feel that I have fulfilled my obligations to my fellowmen. The rest will be up to you—"you can take it or leave it."

Did you ever stop long enough to think seriously why you have poor vision, defective hearing, decayed teeth, bad tonsils, rheumatism, arthritis, fevers, and the entire array of acute and chronic ailments which come upon the human family? Whom do you blame for your mental and physical debilities? Does it ever occur to you that you alone are responsible for any and all afflictions which overtake your body? And, did you ever take enough interest in yourself to learn the truth as to why you are periodically indisposed with some form of disease or another?



The Reichenbach Fall near Meiringen, Switzerland

YOU APPARENTLY find time to gossip, investigate current styles in dress and house furnishings, go to parties, play games, travel, attend the theatre and other social activities, but you never have time or patience to learn what you should know about your body in order that it give you the best health performance possible.

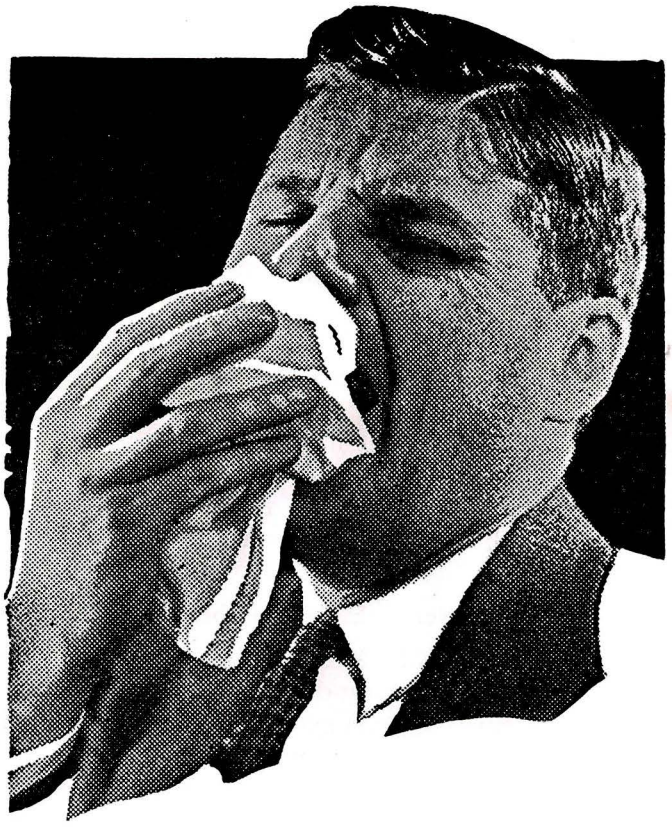
What do you do when you are at the threshold of disease? Do you stop doing the things which are fundamentally the cause of your mental or physical upset? No, you don't! But, what do you do? You begin to drug and dope yourself with the highly advertised patent medicines, and then when your condition does not improve, you seek the advice of a medical doctor who recommends exactly the same thing you have done for yourself for many days, weeks, months, or perhaps years. The only difference is that the drugs he prescribes cost more, and are written in Latin; besides, you feel that you have done the right thing by consulting a learned man of medical science who is supposed to be versed in the art of curing every mental and physical ailment akin to mankind.

What next? When you do not get relief from the many doctors who drugged, doped and injected you, your next procedure is X-ray treatments, or a major operation for the removal of one or more organs which medical science believes are the cause of your pain and suffering. If your resistance happens to be too low to withstand the surgical ordeal, your end is an untimely visit to the great beyond; otherwise, you survive only to be doomed to a life of further suffering, either by being wheeled around in a chair, or you hobble on crutches, and very often, victims of unnatural treatments land in the insane asylum. At best, for the remainder of your life-time, you are walking around only half alive. Besides spending your money unwisely, you are left to drift down the road of chronic invalidism, never again to have the good health you so often boasted about, but never made any serious effort to preserve it.

AT THIS STAGE OF your life your spirit is crushed, hope and ambitions are gone, and life seems to be just a matter of lingering on. All you can do now is to console yourself by blaming the terrible germs, your inevitable destiny, and the learned, well-meaning scientific doctors for your misfortunes. You are also satisfied to believe the doctors when they tell you "we did the best that medical science offers." Or, in the case of death, as so frequently expressed, "the operation was a huge success, but the patient died."

While this part of my "Heart to Heart Talk" may be gruesome and unpleasant reading, nevertheless, these are outstanding every day common occurrences. To be fair and honest with you, I have no other way that I could picture to you the sadness which comes upon the human family for not knowing how to live according to the tenets of natural living. Today I place myself in the light of the world's greatest law-giver who

(*Continued on page* 335)



THERE IS A DIET FOR SINUS TROUBLE

By EDWARD PODOLSKY, M.D.

The diet suggestions expressed in this article are those of the author and do not necessarily represent the views of the Editor.

THE SINUSES ARE CAVITIES WITHIN the bony structure of the skull or cranium, and their main function is to form a system of ventilation and lend lightness to a rather massive bony structure. There are several of these bony cavities: the frontal sinuses which are located in the malar or upper cheek bones and the small accessory sinuses. All of these are lined with mucous membrane and are in direct communication with the interior of the nose. For this reason infections of the nasal mucous membrane can easily spread into them and cause serious trouble.

Sinus infections are rather painful and those afflicted with them demand relief. While in the past diseased sinuses have been treated by means of surgery and drainage, nevertheless, with the last few years it has been found that certain regulations of the diet are of great value in the treatmen of chronic forms of sinus trouble.

IN MOST CASES OF SINUS DISORDER there is a definite chain of manifestations which are rather characteristic. There is a low resistance to disease, a constant oozing from the lining of the nose and sinuses and a nightmare of little aches and pains.

To overcome these symptoms a special diet essentially very poor in table salt is of value. It has been found that people who are constantly taking large quantities of salt are not constitutionally able to eliminate it and become on that account veritable human brine pickles. The presence of salt means the presence of water in the tissues and there is a continuous devitalizing exudation from the mucous membranes lining the sinus cavities, which means the continuation of the sinus affection. Therefore, the first logical step in planning the diet for sinus affection is to reduce the intake of salt.

ANOTHER INTERESTING FACT THAT biochemists have found in regard to salt is that it has a tendency to expel the vital element calcium from the tissues.

Calcium has a marked effect in overcoming inflammation of the tissues in all parts of the body, and as much of it as can be obtained is necessary for success in overcoming inflammation. As salt expels calcium from the body it has no place in any diet for an inflammatory disease such as sinusitus.

Still another fascinating fact has come to light in regard to calcium. It has been found that calcium is thrown down by citric acid. Thus all citric acid fruits, such as lemons, oranges, limes and grapefruits had best be left out of the diet of the sinus sufferer.

The next point of importance in planning the diet is to decide whether the diet is to be alkaline or acid. Most sinus patients suffer from too much acid, and for that reason the diet should be on the alkaline side. Some medical authorities are very strict in this matter and order that all meats be eliminated from the diet. Others are more liberal and allow meats in moderate quantity, about 66 grams per week.

MOST PHYSICIANS AT THE PRESENT time agree that any diet of a particular type, adhered to for a great period of time will lead to unpleasant reactions. For this reason it becomes essential to vary the diet. Dr. Ullmann who has

(*Continued on page* 343)

THE JOY OF LIVING

Continued From August Nature's Path

By **K. C. ROBINSON, M.C.**

Accepting the Opportunity

TO ENJOY LIVING IN ITS FULLEST sense we must do as the man of yesteryear who pushed his little boat off the treacherous shores to find greater success and security in the deep waters of the broad oceans. That is, we must receive with grateful hearts the hope of health and happiness extended to us by new discoveries. Too, we must accept the opportunities they offer for building a strong healthy body through which the spirit can express itself in the form of abundant life.

In many cases it will be necessary to give up some of the methods used by our forefathers in treating disease, and accept the newly discovered truths relative to the nerve system and its influence on the body before abnormality and disease can be overcome and the new life manifested in our bodies.

The Important Question Is:

IN THE LIGHT OF THIS NEW SCIENCE you will realize it is no longer a question as to what disease you have, nor what treatment will cure it; the important question is: what can you do to encourage the operation of that spiritual power with its healing par excellence in your body?

Stranger than Fiction

THESE STATEMENTS may sound fantastic to one unfamiliar with the physical construction of the human body, but they have been tried and found true in many reliable laboratories and hospitals where men of science have discovered the necessity for nerve energy and nerve freedom in rebuilding injured and diseased organs, muscles and glands.

When the importance of the nerve system is first brought to your attention you will likely be awed and astounded to see how much life depends upon its operation and to realize how little you really know about its function. It is the nerve system that makes you laugh and it is the nerve system that makes you cry; all joy, and health are the result of free nerve activity. Whereas all illness is the result of nerve interference.

Nerves Easily Disturbed

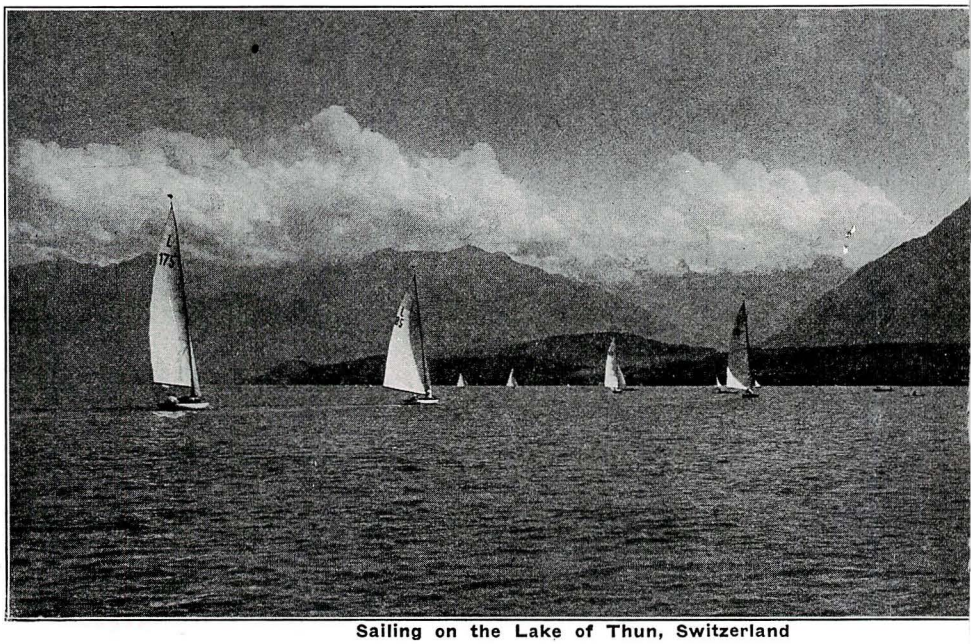
STRANGE AS IT MAY SEEM THE NERVES are sensitive and easily disturbed. Even the simple act of turning from one side to the other when lying in bed changes the position of the internal organs, causing the nerves of one side to lie heavily against the organs and glands of the opposite side thereby interfering with the normal function of the blood and nerve system.

If you lie too long on one side the nerve and blood interference caused by the pressure of crowded organs and glands produces a numb feeling in the limbs next to the bed, or couch. When another position is taken and the nerves are free there is a prickly feeling through the numb parts as the blood resumes its normal rate of speed and the nerve sensations return to their normal state.

Effects of Adjusting

A CHIROPRACTIC ADJUSTING, WHICH relieves nerve interference between the movable

(*Continued on page* 340)



Sailing on the Lake of Thun, Switzerland

FAITH FOR HEALTH AND WEALTH

By **EDWARD EARLE PURINTON**



PRODUCTION OF BOTH VITALITY AND prosperity starts with faith as the animating force. We receive what we believe — then make for ourselves. Health and wealth are naturally identified, as each serves to create the other. Each is the output of faith primarily and potentially.

Nearly everybody needs more faith. Why? Because faith properly sought and used will enrich life to a remarkable extent. Faith of the right sort and amount is equivalent to acquirement of property most valuable and desirable. The greatest, healthiest and richest men have had the most faith, put to work effectively.

A remarkable statement concerning wealth was made by a renowned philosopher. Buddha said that "faith is the best wealth to a man here." Buddha founded the great system of philosophy called Buddhism, and taught vast numbers of people how to think straight for health, wisdom, joy and efficiency.

I HAVE HAD INTERVIEWS WITH NUMbers of the world's most famous millionaires, concerning their sources of wealth. Each had a mighty faith as a force animating, renewing and sustaining. Each was a faith specialist. They achieved as they believed. No sickness, trouble, sorrow, loss, disappointment or discouragement could wreck or ever diminish their faith. Here is the faith supply of a typical self-made millionaire, shown by thorough investigation of his record.

He has faith in his ability. He is certain that he can do what he most wants to do.

He has faith in his reliability. He verifies each promise and hope. He never deceives or disappoints anybody.

He has faith in his safety. He foresees all possible dangers, and has in effect the precautions most needed.

He has faith in his work system. He had it thoroughly examined, tested and approved by efficiency experts.

He has faith in the loyalty of his workers. They consider themselves not mere toilers but instead partners.

He has faith in the satisfaction of his customers. He guaranteed it, so it could not fail.

He has faith in his economy. He avoids extravagance and waste. He often consults the modern physician who taught him how to live. Health follows.

He has faith in his quality output. He made quality the prime producer of quantity, so the business grew vast.

He has faith in his plans for the future. They are scientific, altruistic, forceful, attractive, new, great, satisfying. Results will be rewards.

HOW MANY of these varieties and utilities of faith have you? If most of them are yours, increasing health and prosperity should be yours for your benefit and delight. Faith starts wealth and also health, if based on facts fully reliable.

Faith prolongs life, but doubt or fear shortens life. A study of the lives of centenarians shows how they specialized in the cultivation, application and demonstration of faith both natural and supernatural. Each kind of faith is healthful. Natural faith invigorates body and mind, then supernatural faith empowers mind and soul. Enthusiasm promotes vitality, and is produced by faith in process of activity.

Why has Nature Cure been so attractive to hundreds of thousands of happy followers? Primarily because their faith in the principles and methods of natural living has been so complete, active and productive. They are told by instinct, reason and experience that whatever is natural must be needed and approved. Consequently they rejoice in the use of benefits derived from natural foods, baths, herbs and exercises.

Be faithful and you will be forceful. You will moreover be restful, since faith amply justified and fortified gives a maximum of repose.

ELEMENTARY HOME STUDY COURSE In Natural Living and Nature Cure

By DR. BENEDICT LUST

LESSON IX

ADOLF JUST ON NATURAL FOOD

The Fire

Solely through the discovery of fire has it been made possible for man to stray so far away from nature.

Only by the aid of fire could man artificially prepare all sorts of food, alcohol, medicines, etc. All the contrivances of civilized life, that have brought in their wake diseases and all our present misery, have been made possible through fire only.

Man could not have turned away from nature if he had not had fire.

Fire, therefore, is the real beginning of man's misery. But today mankind no longer recognizes its enemies; it looks upon fire as a benefactor—a friend that has brought us many blessings and great welfare. But here, too, the consciousness of the truth has been kept alive in the soul of the nations. Many myths, especially Hindoo myths, regarded fire as a sinister, demoniacal element. The devil is represented as belching forth fire. The Greek myth of Prometheus tells us most impressively and beautifully how terrible the gods resented the discovery of fire by men, how severely man is punished for it, and how every evil has come into the world through fire.

Prometheus stole the fire from heaven in order to make meat palatable to men. God Zeus was greatly enraged at this; he chained Prometheus to the Caucasus, where the vultures came and ate out his liver. But the liver grew again as soon as it was devoured, so that the vultures continually found new food, and Prometheus new tortures.

One can easily understand how fire today still works terrible mischief to man, such as the myth relates. If men had no fire with which to prepare meat by cooking and roasting, meat would soon not be eaten any more. Then we would no longer have all the instruments that are required to catch and kill the animals and prepare the meat. I have already mentioned that alcohol and medicine can be prepared only by the aid of fire. I have certainly proved sufficiently how all serious diseases are caused by meat eating, alcohol, and medicine. But it is also clear how diseases and suffering can be caused by cooking the rest of our food.

Animals always remain beautiful and well on raw vegetable food, if diseases are not caused in them in other ways, for instance by bad air. But if the grass, potatoes, turnips, etc., are cooked, the animals readily eat greater quantities of the cooked food, which, in its artificial preparation, slips down more easily, before it is well mixed with saliva, and this is very bad. Stuffing now begins, the animals grow stout and fat, ugly, languid and lazy; in a word, sick. The farmer always fattens his animals for half a year at the most, for although they eat still greater quantities after that, they no longer increase in weight, but even begin to fall off, while all sorts of diseases begin to show themselves. The stomach is now completely worn out by the long continued overfeeding; it derives much less benefit for the body from the greater quantities of food than formerly from the smaller quantities.

And yet these animals get their natural food, only in a cooked condition. If we now consider that the things which men eat nowadays are not only intended for them by nature, but are made still more unfit, more indigestible and less nutritious, by the process of cooking, we can easily understand how injurious and disastrous food artificially prepared by means of fire must be.

The digestive organs are soon worn out, and foreign matter (undigested matter) is formed. This comes to light in various ways in the shape of boils, skin disease, inflammations, fever and all sorts of diseases. Physicians cut, cauterize, rub with salves, and prescribe medicines to suppress the symptoms of the disease, but the foreign matter continues to grow from the inner seat of the trouble, so that the painful labor must always be begun anew by the body. By his complete ignorance of the cause of the disease, man is chained fast like Prometheus, and must, therefore, quietly endure his tortures.

If we no longer employ fire in preparing our food, we shall be obliged to fall back upon our natural food, and physicians will then no longer find anything to cut and to cauterize.

Warm baths relax the skin and the nervous system, just so warm food relaxes the inner digestive organs. It would be well, therefore, if all food and drink could be taken cold, at the most lukewarm, but not hot, as the latter must always be very injurious.

If man eats raw fruit he is in no danger of harming his body by hot food. He is also in no danger of eating too much, while, with the artificial, unnatural foods he must continually struggle against this, and is still always eating too much.

Consequently, when men no longer cook, they gain the following advantages: women need no longer ruin their health before the cooking stove, the source of poisonous vapors, where they acquire their many troubles and diseases; they gain time for nobler occupations, can devote themselves more to their children and spend more time in God's beautiful, free nature; they need no longer prepare those viands, which for themselves as well as for their families are the cause of all diseases, and indeed of all unhappiness in the world. All members of the family will soon have a finer taste, be able to enjoy their food better, and will gain rare vigor and joy of life.

A diet of raw fruit(chiefly nuts) does very much to increase all the powers of the body, and still more all the original higher spiritual capacities and god-like faculties of man.

When several years ago, during the great strikes in English coal mines, horses that had been kept there, in dark, underground passages, for from ten to twenty years, were brought up from the mines into the daylight, they were frightened, acted as if they were insane, and ran back toward the dark, damp holes of the mines. Similar to these unhappy horses the woman appears to me, who also, apparently, is suddenly brought into too much light and sun when, the advantages which will accrue to her and hers if she will stop cooking, are presented to her. She, too, may quickly retreat into her dark kitchen, to stay there till thick soot settles down upon her perspiring face, and she no longer resembles that noblest of creatures, which it was God's intention to create in woman, but not a blackened stoker before a fiery stove.

Poor Cinderella, when will your prince come to lead you as queen to his throne of joy and happiness?

The drinker is chained to his cup, even if he realizes

that he will end miserably. The scholar with shriveled body, yellow complexion, and bald head, cannot turn his back upon his laborious studies, although the true joys of life are receding from him more and more. Just so woman today cannot free herself from an unnatural occupation, from the cook-stove, even if true earthly happiness would begin for her and hers by so doing.

Man as originally created by nature, was absolutely beautiful. Greek art represents the perfectly beautiful woman by Venus (Aphrodite). Our women today are generally a great many degrees removed from this orginal beauty. But the only means of again becoming more beautiful is the natural mode of life, for this insures better health, and health is beauty. Do our women think they can gain the beauty they desire at the cook stove?

In free nature we do not find the difference between young and old as we do among men. The old animals are always the most beautiful, the strongest, and during mating time the happiest. Love is a tender flower, it suffers most of all by our unnatural mode of life, in the tempests of our present civilization, only now and then, in men's younger days, does it brighten up like a light that is about to go out. But no plan is more surely adapted to smother the soul's noblest impulses, than a hot kitchen. A healthy woman, however, who always remains young and beautiful, can lead man—the whole world, by a tender chain. Would, therefore, that many women might free themselves from the kitchen, and find their way to true, continuous happiness in love.

Primeval man, before his fall from nature, before the fall of man, did not have to work to gain his livelihood, still less was he driven by inner restlessness and barrenness to fitful work: Not until the forbidden food was eaten did the curse fall upon man:

"In the sweat of thy face shalt thou eat bread."—Gen. 3:18.

We must once more become unbiased in order to recognize the harmful and dangerous character of all our present civilized contrivances, all great discoveries and inventions, be it the art of printing or gunpowder, the railroad or the automobile, the telegraph or the telephone. Men are completely dazzled today, as they are looking through spectacles which make all the evils appear as blessings.

They quite overlook all the diseases, all the haste and unrest, all the nervousness, all the despair, which all these achievements of civilization have in their train. The blessings that are thought to have accrued from them are only shams.

Of course we cannot today at once dispense with fire once more, and cannot at once banish all unnatural practices from the world, we can only gradually return to nature.

When Shall We Eat?

In all things nature gives her prescriptions accurately, she even tells us when to eat.

In nature everywhere we find that the animals feed chiefly in the evening. Every forester knows that game eats but little during the day, but towards sunset it begins to eat vigorously. To the fodder stations that are arranged for the game in the forest in Winter, when the ground is covered with snow, the animals come only in the evening, although they would be just as undisturbed there during the day.

Beasts of prey eat only in the evening or at night.

Everyone knows, too, that beer and wine taken in the morning have a much worse effect than in the evening. The "eye-opener" is much more injurious than the "night-cap." The many banquets and drinking bouts that people indulge in at night could not be indulged in in the morning. After dinner one is generally tired, but this is not at all the case after supper. The body does not digest food readily in the morning, the stomach is more active in the evening and at night.

The members of Jesus' sect ate very little during the day, according to the intentions of nature, the most serious among them did not eat till after sunset (later the anchorites of the first Christian communities did likewise.) In the evening they assembled for their chief meal, supper was at the same time a sort of religious service. Jesus also introduced the supper among His disciples, and a remnant of this is the holy communion of the present Christian Church, just as baptism is a small remnant of the regular bath, which Jesus prescribed, and which had the significance of a sacred rite to Him. Indeed, Christians ought not to be satisfied with being solemnly baptized once in their lives as children; they ought to bathe every day, if possible, and remember that they are thus fulfilling a holy commandment of the Saviour and God. Every bath ought in a certain sense to be a religious rite.

Of course all sorts of subtle reasons are adduced with much show of wisdom against supper, although nature has designed it, but not one of these reasons is tenable.

Very little ought to be eaten in the morning. It would be best not to eat anything until noon. Fasting until noon, which is in accordance with nature, is not at all difficult. At noon it is also well to be careful not to eat too much (as little as possible). But in the evening one may unhesitatingly partake of a full meal.

My patients have always claimed that they never experienced such unmistakable good results from the treatment as when they fasted until noon. In taking a course of treatment, therefore, I emphatically recommend fasting until noon.

If one has not already eaten too much during the day, a hearty supper before sleeping causes no distress or disturbance. Regularity in one's habits, in diet, and the observance of meal times is of importance.

From such survivals as baptism and the holy communion, Christians ought soon to recognize the precepts of Jesus with regard to water and eating, then the salvation preached by the Saviour would also soon be theirs.

The Natural Mode of Nourishment, Care and Education of Children

What a wealth of the sweetest and holiest sensations and joys does nature offer to man through his children! Children are precious jewels that God has entrusted to man. But man assumes high duties and great responsibilities in having children, and he must devote especial care to their nourishment, rearing, and education. Here, too, nature ought to be our only guide, and her demands alone ought to be satisfied.

The human being is alive before it sees the light of day.

The woman who is to become a mother ought to realize at once that she has holy duties towards a new being, and that she has been chosen for a high purpose. During this time she ought to withdraw herself from the world of gossip, ill-will and envy, hatred and contention, she ought to avoid all excitement and restlessness, and abstain from all indulgences and pleasures that are exciting to the nerves and moreover disgusting. Instead of these she ought to contemplate the nature of God, with its calm and peace, and seek her enjoyment in nature. I have sufficiently described the mode of life, which is also the one a woman in this condition should follow. It is most important, too, that women should not be so unreasonable in their dress during that time. They do not know how heavily they can sin against their children even before they are born.

During the time when the germ of a new human being is developing, the slightest influence upon the mother and her mode of life is of the greatest importance, a fact which is too much overlooked today to the greatest misfortune of mankind. How many encumber the earth today who are weak-minded or complete idiots, who can find neither rest nor peace, and who end in vice and crime. Most of these unhappy people can trace their misfortune and misery to pre-natal influences.

Could this spectacle of so many wretched human beings but lead parents to realize what horrible sins they can

commit! Married people should realize what grave offences they commit in regard to sexual intercourse. The idea seems to prevail today that within marriage there need be no restraint to sexual intercourse. This is a fatal mistake that must avenge itself upon the married couple themselves, and upon their posterity. Society today pronounces sentence only on unchastity outside of marriage.

Sexual intercourse has but the one high purpose—the propagation of the race. Originally man, like every other creature, also followed exclusively the voice of nature in this respect. This voice spoke very distinctly to him, although only at long intervals. Today man is here, unfortunately, the victim of a bad, morbid desire. The preservation of the race is not considered at all; on the contrary, people are very much annoyed by the fact that this intercourse does at the same time fulfill nature's purpose, which they even try to frustrate. How very much has man here placed himself into opposition with nature! Within very modern times the American people, too, have unfortunately sunk as deeply in this respect, as other civilized nations, who have long been far in advance of the Americans on the road to decay. Nothing is a surer sign that a nation is irretrievably on the decline than these universal, terrific offences against the highest laws of nature. Now there is no longer any limit to licentiousness, with all its disastrous consequences. It must soon become apparent how much harm is done in this way. But if people will once more begin to lead more natural lives, these offences against nature will stop of themselves, or can be successfully combated.

ALL INCLUSIVE CIVILIAN PHYSICAL BETTERMENT PROGRAM PROPOSED TO PRESIDENT ROOSEVELT

(*Continued from page* 324)

future Greater Germany among youth, and with a few directed changes these organizations became Germany's true military training grounds. For here the health, strength and vigor were builded and combined with discipline.

Long before Hitler was in power and before his war machine had reached alarming proportions the news of the effect of the German youth movement had been filtering through to other lands.

I well remember receiving photos depicting excellent physiques of the young men and women in physical education journals in the mid-twenties.

So marked was the influence of the movement upon the youth that England sent a commission of ten members to look into the whys and wherefores of the work.

In their report they pointed out that while they disapproved of the apparent military objectives of the movement, they freely admitted the marked effect the work had on building up the youth of Germany in the face of the obstacles of curtailed food in post war Germany.

In connection with this movement an important factor was the establishment of individual health habits aside from the prescribed physical activity. The smoking habit was frowned upon and discouraged. Since Hitler has absorbed this movement and enlarged upon it, smoking has been decreed an insult to the Reich. You find few young people smoking in Germany today. Not because they cannot get the smokes but because they believe it harms them physically, and to harm oneself physically is to do injustice to the State. That is the way it works out. The spirit is fine, though we do not approve the ends to which that spirit is put.

We do not wish to be interpreted as suggesting such an idea could and should be worked out here.

That is neither practical or necessary. We are still a free people. This is a republic. But I believe we can with profit borrow from Germany the ideal of physical health and strength symbolized in those earnestly sincere groups organized in Germany following the World War. And while we do not wish to have the practical realization of that ideal militaristically fulfilled here in the sense of state work farms, etc., where the seeds of military discipline and the spirit of war are incultated, we could do well by striving to have the ideal pursued to fulfillment for our greater composite national health, which is the backbone of our security.

The sinews of America have grown weak. Our muscles have grown soft. We have too long rested upon our laurels of self sufficiency and have erroneously accepted a false security. True, we have always been able to rise to meet an emergency, but as time wears on, unless something constructive is done to persistently encourage health building, our basic reserve will deteriorate and the time will come when we will be unable to meet an emergency successfully as we have done heretofore.

The physical education program of our public schools is of insignificant value as it stands today. One brief period per week and at the most two does little or nothing except to acquaint our boys and girls with the thought that here is such a thing as "Physical Ed" as they call it. In Germany the physical condition occupies a place of prominence in the schools equal to reading or writing or arithmetic, and besides there is specialized corrective work where it is needed.

Here, Physical Education in colleges and universities, is of no greater value than that in the public schools. The physical programs of our Y. M. C. A.'s and like organizations are no more efficient. As I write, I am thinking of a unit of the Y. W. C. A. in a large industrial town with a modern building valued at $200,000 with gymnasium, full equipment, which does not operate its gymnasium except for basket ball occasionally, and dances. Yet this organization receives thousands of dollars each year from the community chest. Such is the apathy of public as well as organization officials toward physical training or education.

The imperative move at the moment it seems is to correlate those existing agencies, as above named, for building better health for our Youth, our boys and girls. Those of immediate draft age of course will be cared for as they enter the service if the physical program is adequate there, while a more definite program can be established in the C. C. C. Camps, which you so thoughtfully instituted and organized under the able leadership of the late Robert (Bob) Fechner.

This leaves the age group between public school and C. C. C. Camp or public school and draft age exclusive of the females from public school age as well as males and females not falling in the previously suggested age groups, and those age groups in private industry and so on unprovided for.

All in all it is a momentous program deserving of the most experienced minds on the subjects in the country, regardless of political affiliations or prestige, for it is the future of our republic which is at stake and in the preservation of this we must, be, and remain united.

If I may, I should like to suggest the most capable men to serve as advisors, directors and coordinators of an all American systematic program of physical culture and education to meet our crucial national need. Both of the men I shall name are of the widest possible experience, each having had more than forty years of magnificent work behind them and both internationally known. I have worked under and with these men directly and indirectly for seventeen years. Both are sincere, honest and command the respect of educators both here and abroad. I refer to Bernarr Macfadden, the Father of Physical Culture in America, Editor and publisher of Physical Culture Magazine and Liberty; and Dr. Benedict Lust,

the father of Naturopathy and natural living in America, Editor of Nature's Path magazine and author of numerous books.

These men should be prevailed upon to serve our government at this time in the worthy cause I have indicated.

That they would render an invaluable service to our great country far beyond anyone's power to estimate is unquestionable.

Every strata of our society would be reached with physical training. The backbone of America would be strengthened, and our future wellbeing assured.

That you may give the foregoing proposal for a national program of physical training under capable direction and leadership your immediate consideration, is earnestly requested.

Thanking you for your patient indulgence and assuring you of any cooperation I am able to afford in this matter proposed, I am with sincerest good wishes for your continued good health

Sincerely yours,
Jesse Mercer Gehman

There was no direct response from Washington to this letter. Weeks passed by and from the office of John B. Kelly who had in the meantime been appointed by President Roosevelt to formulate a civilian physical fitness program, came word that the letter had been forwarded there from President Roosevelt for attention.

The letter from Mr. Kelly's office is reproduced herewith:

DEMOCRATIC CITY EXECUTIVE COMMITTEE
801 Bellevue Court Building
PHILADELPHIA

December 26, 1940

Dr. Jesse Mercer Gehman
P. O. Box 725
Paterson, New Jersey

Dear Dr. Gehman:

In the absence of Mr. Kelly, I am venturing to acknowledge the receipt of your letter of November 15 which was forwarded from the White House and reached this headquarters this morning.

I am sure that what you say regarding the physical fitness of Germany and the need for civilian training here in Philadelphia will be of special interest to Mr. Kelly and he will appreciate the trouble you have gone to in outlining your ideas so fully. You may be sure that if there is any way he can see that your suggestions are put into effect, Mr. Kelly will be very happy to do so.

With all good wishes for the new year, I am

Sincerely yours,
(Mrs. Russell L. DuVal)
Secretary to the Chairman

On April 25, the press of the country carried Mr. Kelly's first announcement of what his survey had revealed, which the readers will observe was apparently predicated on the proposals and information suggested and supplied by Dr. Gehman.

GERMAN YOUTH PHYSICALLY RANKED ABOVE AMERICANS

Philadelphia (UP) — Jack Kelly, head of a physical fitness drive by President Roosevelt would give the average American youth small odds against the German boys of today in physical combat.

"We are so far behind Germany in physical training right now that I'm afraid of what would happen if we were called upon to prove ourselves," he said.

Kelly, who was international rowing champion in 1920 and still wears the same size suit, has drawn up a plan for utilization of public school gymnasium equipment, after regular class hours. He has requested a federal appropriation and suggests that physical education teachers be enlisted to instruct "our young men who play a bit of football in school, then go out to work, marry and start getting fat."

As proof of the need for such a program, Kelly cited the high percentage of rejections for physical reasons among selective service eligibles.

FINKELGRAM No. 10

(*Continued from page* 328)

said—"today, I give you the blessings and the curses; the blessings if you will heed my commandments and the curses if you will ignore them." To paraphrase this biblical maxim—if you will follow the laws of natural diet and hygiene, your life will be blessed with continued good health and happiness, and if you will transgress them, disease will destroy your body and cut your life short.

TO you who have been fortunate enough to escape the horrors of disease and its aftermath, I want to leave this warning: Watch your step and learn your lesson from your unfortunate dear ones and friends who have paid or are still paying the price for their ignorance, or perhaps unwillingness to change their mode of living from the unnatural one to the natural one. And to all of you unfortunate victims of drugs, dope, serum and the scalpel, I have a very beautiful and encouraging message which I hope and trust you will cherish for the rest of your life-time.

Always remember that the "Road to Health is via the Road to Nature." Nature is kind to those who mend their ways and stop doing the things which inevitably lead to disease and early death. You still can become comfortable and regain all or much of your lost health. All you need to do is to throw off the shackles of the conventional way of eating, drinking, smoking, and all harmful practices of living.

RETURN to Nature is your best procedure. Have your diet consist of fruits, vegetables, nuts, whole grains, and the various drinks made of these; drink sufficient fresh water; see that your meals, both raw and cooked, are prepared so they will retain all the valuable essentials to good health and long life; have your proper rest, relaxation and sleep; take short or long walks and breathe deeply; if possible do some form of calisthenics or indulge in some kind of outdoor exercise daily; subscribe to natural health magazines, avail yourself of some good diet and cook books, and attend health classes—for all of these will help to broaden your knowledge for better living.

Refrain from eating meat, fish, fowl, and the various harmful dishes concocted of these; also, from white flour and white sugar products, coffee, tea, and all so-called soft drinks and alcoholic beverages; abstain from all kinds of sharp spices and seasonings; use very little salt. Don't take on the attitude "why should I worry about my future health—I am well now and that's all that interests me—my grandfather lived to be 100 years and he ate and drank everything." One thing, brother, you surely forget and that is that he was your grandfather, and besides he never ate or lived like you. And don't kid yourself when you say "what difference does it make if I live 10 more years or less—I am willing to live a short life so long as I can enjoy eating and living as I please." In answer to these stupid statements I must frankly say to you that there is quite a big difference—the price you MUST pay in the form of pain, misery, the inconvenience to your dear ones, and the financial cost of periodic and chronic disease.

IN conclusion, I will say, don't take disease for granted, and don't risk your health and life because you haven't got the courage or will-power to change your bad habits of eating. Begin to learn how to eat all of the natural foods, and you will bless the day you made your decision. And, believe me brother, when I tell you that this Heart to Heart Talk was meant for your best interest—and it came from way down, deep of the bottom of my heart.

BRIGHT'S DISEASE

(*Continued from page* 326)

treatment and from a return to wrong living after apparent recovery.

THE destroyed kidney cells cannot be replaced, though the remaining portions of the kidneys may enlarge and carry on their functions very

(*Continued on page* 338)

New Health Recipes

By EMMA M. FRIESE, N.D.

Vegetable Soy Milk Soup

1 cup finely minced celery
½ cup minced leek or onion
½ cup minced parsley
½ cup shredded carrots
1 cup soy bean flour
1½ cups cold water
4 cups boiling water
1 teaspoon vegetable salt
2 tablespoons butter

Dissolve soy bean flour in cold water to form a creamy consistency, then add the boiling water and place in a large cooking utensil. Cook uncovered for 10 minutes. Then add celery, leek, parsley, carrots, salt and butter, and continue cooking for 15 minutes.

Breakfast Tea

Pour a cupful of boiling water over a mixture of: One teaspoon strawberry leaves, one teaspoon woodruff, and one half teaspoon thyme. Allow to steep for about ten minutes. Add honey to sweeten and serve with fresh milk or cream.

Rice Pancakes

1 cup cold rice
3 eggs
2 cups flour
½ cup milk
Sugar, salt to taste

Blend together with rice, flour, baking powder, salt, sugar and egg yolk. Add to this enough milk to make a medium stiff batter. Whip the white of egg to snow and fold into batter. Fry like pancakes in a good vegetable fat until a golden brown. Sprinkle with powdered sugar and serve as a desert, breakfast or luncheon.

Russian Salad

Any or all of the following conservatively cooked carrots, turnips, beets, cauliflower, onions, leek, string beans, potatoes, artichokes, green peas, lima beans. Slice or cube the roots, chop the beans, onion and leek, but leave the peas and lima beans whole. Prepare Arcadian mayonnaise (see recipe below) and mix thoroughly with the vegetables. Add a sprinkle of finely chopped parsley. Any raw greenstuff can, of course, be served with the salad.

Arcadian Mayonnaise

¼ pint soybean oil
1 tablespoon orange juice
1 teaspoon lemon juice
1 tablespoon fresh cream
The yolks of two eggs
The white of one egg
½ teaspoon celery salt

Cream the egg yolks by beating thoroughly. Add the oil drop by drop, stirring until it becomes thick and smooth. Add cream slowly, then orange and lemon juice and celery salt. Let it stand for one hour. Then add the stiffly beaten egg white just before it is served. Serves three.

Cucumber Salad

Most of the valuable mineral salts of vegetables and fruits tend to concentrate in and under the outer covering. This applies to cucumber as well as to other fruits; hence the mistake of removing the peel. The indigestibility of cucumber is to a considerable extent due to the removal of the peel and to cutting the remainder into very thin slices which slip down the throat and set up indigestion because they have not been chewed. The following is one delightful way of utilizing the flavor and full properties of cucumber.

On each plate make a "bed" of well-washed lettuce leaves. Over this put a layer of chopped watercress. Cut a washed cucumber, with peel on, into small cubes and make a centre of these on the greenstuff. Dress with lemon juice and finely chopped fresh mint. Dress with slices of firm tomato.

Soy Cheese Cutlets

Soy Cheese can be used in many ways, delicious in place of cottage cheese for sandwiches, spreads for crackers, or mixed with tomato juice for salad dressing. It makes an excellent entree. Remove cheese from can by opening both ends and pushing out contents. Slice and brown in butter. Add bit of soy sauce or meatlike flavoring, or heat in this gravy: Melt 1 large tablespoon of butter; add 1 tablespoon powdered vegetable broth and 1 tablespoon meatlike sauce. Mix well, add ¼ to ½ cup water, cook a few minutes, and then add the sliced soy cheese. Serve on platter with gravy. Garnish with parsley.

Raspberry Dessert

1 pound currants
1 pound raspberries
1½ pints water
½ pound sugar
Almond extract
½ pound or one cup farina or minute tapioca

Cook currants and raspberries with the water and press through a cloth. Mix sugar and extract with the juice from pressing, and cook up well. Instead of almond extract, cherry juice may also be used. In the boiling juice, slowly add farina or tapioca and cook until the mixture thickens. Use a large or small pudding form and fill. Rinse in cold water before pouring in the dessert and do not dry. This enables one to remove the pudding when cool. Serve with whipped cream.

FRUIT AND VEGETABLE JUICES AND THEIR USES

Apple. The apple acts as a natural stimulation to all bodily secretions and is truly a health builder and disease killer. A food, beverage, tonic, medicine, cosmetic and bowel regulator all in one. Excellent body cleanser and blood purifier good in cases of constipation, sluggish liver, skin eruption, poor complexion, anemia and indigestion.

Carrot. Excellent for its normalizing effect to the entire physical system. It is the richest source of Vitamin A which the body can quickly assimilate. Contains also an ample supply of Vitamin B, C, D, E and G. It helps to promote the appetite and aids digestion. Raw carrot juice is a natural solvent for ulcerous conditions.

Apple and Carrot. An aid in Jaundice, Gastric Catarrh, Arthritis, Neuritis, Cystitis, Skin Eruption, Constipation and Sluggish Liver.

Carrot and Cocoanut. A good supply of calcium, magnesium and iron. This combination, excellent as a body builder and has a perfect balance in their action and reaction on the human system. Good for ulcers of the digestive tract.

Celery and Lemon. An excellent neutralizer of digestion gases if taken before food is eaten. High in sodium content and serves as a tonic for nerve relaxation.

Carrot, Celery, Spinach and Parsley. Rich in Potassium this food combination embraces practically the entire range of organic minerals and salts. If taken raw the potassium broth is excellent food for both young and old. Mixed half and half with orange juice it is excellent as a stomach sweetener upon arising in the morning.

Cabbage, Cucumber and Grapefruit. Has Chlorine and sulphur properties, this combination especially good for cleansing of the mucous membranes of the stomach and intestinal tract. Recognized as being the best natural diuretic known. A natural antiseptic. Should not be

taken in cases of colitis.

Carrot, Beet and Cocoanut. In this combination a food is obtained which in addition to its properties as an intensive body builder has even more potent qualities as a cleanser of the kidneys and gall bladder. Contains alkalin elements potassium, sodium, calcium, magnesium and iron in abundance.

Carrot, Beet and Cucumber. The preparation is one of the finest cleansing and healing materials for the gall bladder, the liver, the kidney and glands.

Carrot, Celery, Endive and Parsley. Rich in vital minerals—Contains—Iron, sodium and calcium. Excellent in cases of asthma, skin disease, biliousness, poor blood, gall stones and gall bladder irritation, diseases of the urinary tract, stomach ulcers, inflammation of middle ear and for general body building.

Carrot, Apple and Beet Top. Rich source of iron and other minerals. Valuable in cases of anemia, constipation, arthritis, bad blood, obesity, tumors, pimples and low vitality.

Carrot, Celery and Turnip Leaves. Rich in minerals and indicated for anemia, acidosis, impure blood, tumors, high blood pressure, poor appetite, bladder disorder and torpid liver. Especially good for its high calcium content.

Carrot, Dandelion and Lettuce. Good for poor appetite—nerve tonic and is mildly diuretic. Excellent for colds, rheumatism, arthritis, kidney, bladder and liver disorders. A good blood cleanser and body purifier. High in its magnesium content.

Carrot, Spinach & Orange. A vital food for the entire digestive tract, both the alimentary section of the body, the stomach, duodenum and small intestines and for the large intestines or colon. Very acceptable to the taste. High iron content.

Celery, Tomato and Radish. A natural antiseptic — A protection against infection, sinus congestion and aids in obesity, catarrh, constipation, gall stones, kidney disorders, nerve exhaustion and slightly diuretic.

Spinach, Watercress and Orange. Exceedingly high in iron and sulphur content. Serves as an excellent intestinal cleanser. Combination affords a good supply of vitamin C and E.

Pineapple and Cucumber. A mild, natural digestive stimulant and a good general gland regulator. Slightly diuretic and especially good for ulcers of the stomach, kidney stones and bladder disorder.

Pineapple. Contains papain a valuable digestive, rich in chlorine which aids in digestion of proteins. Good for sore throat and bronchitis and in cases of diphtheria.

Orange. Especially good as a blood cleanser, has rapid effect of alkaline on an over-acid condition of the body. Rich in vitamins A, B and C.

Grapefruit. Rich in fruit acids and sugars and if used natural has an alkaline reaction in the body. Valuable as an aid in the removal or dissolving of inorganic calcium deposits formed in the cartilage of the joints as in arthritis.

Blueberry and Huckleberry. A natural astringent, a good blood purifier and an antiseptic. Indicated in cases of dysentery, acidosis, high blood pressure, menstruation disorders and diabetes.

Strawberry, Cherry, Prune and Date. Alkalizing in its general effect, slightly laxative and a concentrated body nourishment for those low in vitality. Especially good for those with low blood pressure, poor circulation, nervousness and weak stomachs.

Strawberry and Date. One of the best skin-cleansing foods known. Indicated in cases of sluggish skin, poor complexion, pimples, acne, ring worm, sore eyes, sore throat and quinsy.

Papaya Pulp, Lemon Juice with Dextrose and Lactose. Contains large amount of papain or vegetable pepsin, valuable in various digestive disturbances. Especially good for sensitive stomachs, a wonderful tonic in its rebuilding effect on the stomach and digestive tract. Sweetening agent good for its influence in changing the intestinal flora.

Strawberry and Cocoanut. Neutral in its general effect, combination makes a generally good body-builder. Soothing in cases of sore throat, stomach ulcers and gastritis.

THE INVALUABLE LEMON

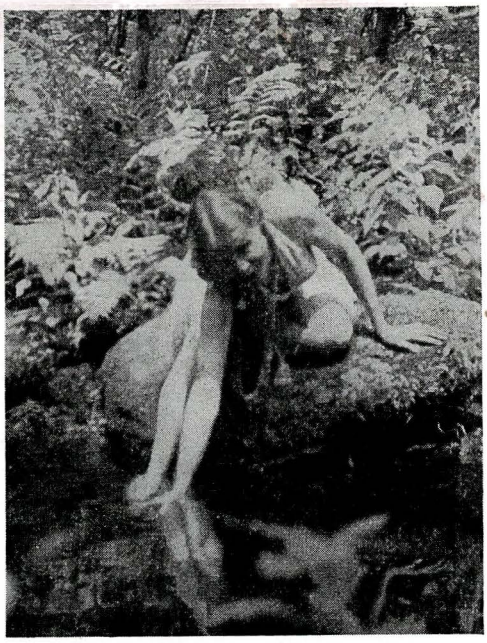
The lemon can be used to advantage in many ways. Lemon juice rubbed on corns will eventually cause them to disappear, and if applied to unbroken chilblains will effect a like cure. The juice of a lemon in hot water will give relief to stomach distress or dizziness.

GLAMOUR IN THE WOODS

(*Continued from page* 327)

tifying chemicals, so we must plan our "berry picking parties," too. We'll don our long blue denim pants to protect our legs from briars and thorns, and with baskets over our arms we'll set out for real glamour food. My, how good berries taste right off the vine, and the grape vines, how sweet they smell, almost exotic.

WHAT'S the commotion? Someone got stung by a bee, a hornet or a wasp. My goodness, anyway it hurts like mad, whatever it is—so quickly look for a plantain leaf and slap it right over the sting and, presto, the pain lets up almost immediately. Now hold it on securely until even the little red discoloration has disappeared, and it's all over in a jiffy and soon forgotten with a mouthful of luscious berries.



A charming wood-nymph in the person of Miss Leila "Peaches" Hesters of Georgia

WELL, berry picking is a "hot business," so let's get some air conditioning down by the stream. Roll up your blue denims, and let's go wading. Or, better still, put on your bathing suit and let's splash in the cold refreshing mountain water, while a friendly frog sits by on a moss covered rock to wonder at you, and the little minnows nibble at your toes, playfully. What's this we see . . . watercress? Yes, real delicious, peppy, watercress, that precious herb that is so rich in minerals and vitamins. We'll gather every bit of it for our salad, and some mint or spearmint, how fragrant it smells, and how good it tastes. Horsemint too, is growing near our stream. Now we can have a fine mint tea after dinner! Let's be sure to pick some catnip on our way back to camp for this makes an indispensable "nite cap." With the wind in the trees, the babbling brook, and soothing catnip tea, you'll soon be in slumberland and sleeping "like a top." This is important too, for up here it is "early to bed" and sleep tight, because we must be up with the morning dew to run bare-footed in the grass for health and beauty's sake.

And so, as we board our magic rug again to return to civilization, I'm sure you'll agree with me that there is lots of "glamour in the woods."

HEALTH

MENUS FOR SEPTEMBER

The use of some fruit juice half hour or more before breakfast is advisable. It can be either tomato, pineapple, grapefruit or orange juice — fresh or canned (unsweetened).

Fruit juice may likewise be taken half hour before lunch or dinner — or during mid afternoon if possible.

MONDAY

Breakfast

Muskmelon; whole wheat cereal with cream and milk; coffee substitute or milk.

Lunch

Lettuce and tomato salad with mayonnaise or French dressing; peas; carrots; string beans; spinach; raspberries or fruit salad.

Dinner

Sliced tomatoes and watercress, with mayonnaise; lentil loaf; boiled potato; white turnips; spring beans; honey dew melon; coffee substitute or buttermilk.

TUESDAY

Breakfast

Berries and cream; graham muffin or whole wheat pastry; coffee substitute or peppermint tea.

Lunch

Radishes and celery with oil and lemon juice dressing; plain omelette and slice whole wheat toast, butter; melon or cantaloupe.

Glass of vegetable juice during the afternoon.

Dinner

Combination vegetable salad with mayonnaise; soy bean loaf with mushrooms; boiled new cabbage; baked potato; mashed parsnips; peach pudding.

WEDNESDAY

Breakfast

Grapes or plums; poached egg on toast; coffee substitute.

Lunch

Fruit salad; raisins, dates and figs; nut meats; cantaloupe.

Dinner

Romaine, cucumber, radishes, tomatoes and scallions; with mayonnaise; egg plant and mushrooms and browned onions; corn on cob; berries or peaches; coffee substitute.

THURSDAY

Breakfast

Honeydew melon, cantaloupe or berries; corn muffin and butter; coffee substitute or soy milk.

Lunch

Shredded cabbage, radishes and green pepper, with mayonnaise; vegetable soup; baked potato, butter; grapes or plums.

Dinner

Lettuce, asparagus tips, sliced cucumbers, tomatoes, mayonnaise; cottage cheese and sour cream; pumpernickel or rye bread, butter; baked potato; cabbage; butter beans; apple snow.

FRIDAY

Breakfast

Stewed rhubarb; whole wheat toast, butter; glass milk or coffee substitute.

Lunch

Salad of cabbage, onion, radishes, green pepper, mayonnaise; baked potato; ripe olives; fruit or berries.

Glass vegetable juice during the afternoon.

Dinner

Combination vegetable salad, with French dressing; soy bean loaf; corn on cob; peas; beets; carrots; peaches or peach pudding; coffee substitute.

SATURDAY

Breakfast

Cantaloupe or berries; graham muffins, butter; 1 soft boiled egg; soy milk or coffee substitute.

Lunch

Swiss cheese on whole wheat bread; tomatoes; berries.

Dinner

Swiss chard, peppers, cucumbers, onions, radishes, tomato salad, with mayonnaise; rice and lentil loaf; new potatoes; stewed tomatoes; spinach; raspberry delight; coffee substitute, optional.

SUNDAY

Breakfast

Sliced peaches with cream; rice or buckwheat waffles with butter, honey or maple syrup; 1 coddled egg; coffee substitute.

Dinner

Lettuce, tomato, romaine, cucumbers, watercress, mayonnaise; carrot loaf or steamed soy beans; browned onions; green peas; corn on cob; carrots; apricot pudding.

Supper

Small salad of romaine, radishes, celery and olives; graham muffins and cottage or pot cheese; pineapple ice.

BRIGHT'S DISEASE

(*Continued from page* 335)

efficiently. Cure depends on the amount of functioning tissue left. If sufficient functioning tissue remains to carry on the functions of life and the patient will learn to live within the capacity of the impaired kidneys, the progress of degeneration may be stayed and he may enjoy good health for many years to come.

Many destructive and degenerative changes occur in the kidneys and elsewhere in Bright's disease, but from a practical viewpoint, these changes concern us far less than do their causes. We are not so much interested in the nature of the degenerative changes as we are in the nature of the changes in the daily living habits of the patient, which are essential to the arrest of the degeneration. The really important question is what habits of living must be avoided in order to prevent these changes from developing in the first place and to prevent them from continuing, once they have begun.

ONLY rarely today does one possess typically healthy kidneys. Most people dying from other causes, have been, to a large extent, made less resistant to them by the all too common kidney degeneration. Few people realize what a tremendous tax the conventional mode of living places upon their kidneys.

Medical works, in stating the cause of Bright's disease, contain brilliant observations like the following: "Young persons and among adult males," "pregnancy." These are given as causes of both the acute and chronic forms, while we are sagely told that it "may occur without apparent cause." They also list "infectious diseases, especially scarlet fever," "acute tonsilitis, acute gastroenteritis, syphilis, and acute tuberculosis," as causes of the acute form, and, to these, they add, as causes of the chronic form, "malaria, septicemia, chronic suppuration or tuberculosis," "arteriosclerosis" and "passive congestion from heart disease."

A PROFESSION that can regard youth," "male sex," "pregnancy," and curative crises as causes of inflammation of the kidneys does not merit consideration and we consider them here only because the profession, being ancient and, therefore, honorable, has a large part of earth's inhabitants hypnotized into believing in them and their follies.

To the kidneys are carried most of the poisons that are produced in the body or that get into the body from without, for excretion. Upon them is thrown the greater part of the burden of keeping the bloodstream sweet and clean. Though naturally very resistant to toxins, they have their limitations and are finally

broken down by the continued overwork and irritation they are called upon to bear.

All drugs, vaccines, serums, antitoxins, toxoids, gland extracts, etc., are renal irritants and Bright's disease is a frequent aftermath of serum inoculation. Tobacco, tea, coffee, chocolate, cocoa, alcoholic "drinks," soda fountain slops, turpentine, mercury, lead, arsenic, etc., are all destructive of kidney tissues and aid in producing pathology in these. Because the average person never checks on the amount and kinds of poisons he is deliberately introducing into his body, either as "medicines," or for "pleasure," and the frequency with which these are introduced, he does not adequately realize how much irritation he regularly subjects his kidneys to. Post mortem studies of the kidneys of those who died between the ages of fourteen and eighty years have shown that practically every kidney shows some structural damage.

PUS from teeth or tonsils is commonly held responsible for kidney "disease." The damage a little pus can do is as nothing compared to what the above poisons and the thousands of others given by physicians can do. The wholesale administration of vaccines, serums, and drugs is responsible for the larger share of the cases of Bright's disease.

Sepsis habitually absorbed from the digestive tract is another common source of pathology in the kidneys. Abstemious livers do not develop this so-called disease. It is rather a disease of "high livers" and gluttons, those whose digestive tracts are constantly full of decomposing foodstuffs. Protein decomposition (putrefaction) is particularly prolific of virulent poisons that reach the kidneys for elimination.

Over-eating, frequent eating, eating without relish, eating wrong combinations of food, eating when digestion is impaired or suspended, eating when power to digest is absent — these forms of eating assure gastro-intestinal decomposition and septic infection of the body.

Eating candies, cakes, pies, jellies, jams, sugars, pastries, puddings, and the like, also favors fermentation and putrefaction and leads to intestinal autointoxication.

PERHAPS few of the above causes would result in Bright's disease in a person of pure blood and full nerve force. But enervation and toxemia are so nearly universal that the resistance and functioning power of the kidneys are often very low. Enervation and toxemia should be considered basic or primary causes of Bright's disease with the above causes only auxiliary.

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SUN PROCESSED FOODS

By JAMES FAULKNER, N.D.

THE thrifty pioneer American always saw to it that he had a goodly supply of dried and canned fruit stored away for the long winter months when fruit of fresh stock could not be had. Those of you who have tasted of fruit, dried just right by the sun, know that it has a distinctive flavor found only where there is a liberal supply of vital food elements.

About twenty years ago, it was my good fortune to meet a man who had spent thousands of dollars experimenting on preserving foods by the sun's rays. He took me through his laboratory and store room and showed me what he was doing. I sampled sun-processed food of superior flavor. I saw juice unsealed that kept perfectly. Some meat hanging in an open room was preserved apparently as well as when placed there two years previous to this date. He told me that certain signs appeared in sun processed orange juice which would indicate if the orange had been affected by a late freeze. And there were many other things he showed me of what could be done by full use of the energizing rays of the sun.

THIS man was a physician—he was nearing the end of his span of life, and he told me his great life disappointment was that he had taken his completed work and offered it to his profession. But they turned a deaf ear to his offer. He then took his work to the drugless profession thinking that this newer school could visualize his life work. They too, except for a few progressive individuals, turned him down.

But I did not forget this man's interesting work. I conducted many experiments with sun processing of food. Oils and fruits especially seemed to draw to themselves from the sun added food values. And I was reminded that one of our best American Naturists found that he could heal open sores much faster by applying olive oil left open to the sun a few hours—than by using oil not sunned.

JUST now when so many of the peoples of Europe are facing hunger, and with an up-trend in prices of food here it is well that Americans learn again how to produce food and how to save and store food. During summer months when fruit is cheapest, there is an untold amount of sun energy going to waste. Right now I am learning how to use this energy. I absorb it in my nude sun baths and I harness it to cook and preserve fruits for winter use. And I pass on the information that others may profit by my experiments.

For my own use for a small family, I constructed a sun box made of four pieces of window pane glass 18 by 24 inches — one strip of sheet metal same size and a narrow strip of metal 4 by 24 inches. This was framed with narrow strips of wood as you would a window, three sides and top of glass and one side with the metal. The metal side acted as a sliding door and the narrow strip across top on side of the metal door. This narrow strip is movable, as is the top piece of glass, so that one can reach in from the top to stir the fruit and open the narrow opening to let out the vapor that dries out of the fruit. The whole box is anchored onto a 26 by 26 inch 5 ply board that is set on a table or platform 2 feet off the ground. Through the center of the ply board we place a bolt which allows the sunbox to revolve on the platform so as to face the sun at any time of the day—in this way the sun always reflects heat off the metal box. Cost of this sunbox was around $5.

ON hot summer days when temperature ranges from 75 to 90 degrees the thermometer in the sun box ranges from 120 to 155 degrees. I believe that one such day would be sufficient to preserve canned berries. But to make sure, I usually make it three days. First day the berries are put into an open pan or dish, no water added — just the berries and enough honey to sweeten according to taste. The second day the berries are put into glass jars and sunned with tops open. The third day they are sealed tight, left in the sun that day and then stored away.

Green leafy things such as mint and parsley will dry to a crisp in two hours on hot days. Then they can be pulverized with a grinder to sprinkle over foods or into soups. Bananas halved will dry in three days time. More juicy fruits take a little longer, but there is no limit to what one can do in way of preserving and drying foods in a sun box. It can become a most fascinating hobby—a profitable one, too, in storing away food of greater vitalized energy value. Try it for yourself and see.

WHAT IS A NATUROPATH?

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

ONE day, not long ago, I received the following:

"Dear Dr. Thie:

"I object to the many references made to "naturopath" in natural living literature because I really do not know what a naturopath is.

"If you cannot give me any definition but the old hoary one of "A naturopath is one who uses a system of physical culture and drugless treatment of disease by methods supposed to simulate and assist nature," do not give me any at all."

That, my dear reader, may be *your* definition of a Naturopath but in reality it is the definition of the American Medical Association. IT IS NOT THE DEFINITION OF A NATUROPATH BY A NATUROPATH.

WHEN anything better is discovered to replace something outworn, you do not go to the advocate of the old system to tell you what the new thing is; and particularly you do not go to him if he is opposed to it, do you? By the same token you should not take the word of the man who is practicing medicine, that is, administering drugs, to tell you what is a Naturopath.

Assuming that you have been interested enough in naturopathy to have bought the back volumes of NATURE'S PATH and NATUROPATH and still are not satisfied with the many definitions, I shall try to put it in another way, what I believe is an ideal Naturopath.

Probably no two people have the same idea of him. To some a Naturopath is a doctor who does not use drugs; to others he is a chiropractor who can adjust a foot; others just have a general feeling he is some sort of "quack" who is all right to go to if there is "really nothing seriously wrong with them."

EVER since the word NATUROPATHY was coined and Dr. Lust was christened "The Father of Naturopathy" the definition of a Naturopath has been propounded. Almost every writer or speaker tried to formulate a definition a little different from the previous one. But I have not yet seen a definition of what is an ideal type.

In the first place I cannot visualize an ideal Naturopath otherwise but as a white-haired old man. In his long life he has not accumulated wealth—wealth in the terms of money or what money can buy, nor has he a large salary from the government; he does not own a large house for his own use; he does not have an automobile for his use outside of his practice; he cannot afford travel, luxury or leisure.

With no large salary, no large sums of money, and no large estate he is still the wealthiest man of his community. This may sound like a paradox but it is not; for there is never a time when he does not have enough vital food to bring some of it to a sick patient; he is never so overworked that he cannot afford to give some of his time to a sick person, whether he be friend or foe—but of course everyone is his friend.

He never consciously performs a conspicuous act, or calls himself a great doctor, but is easily the best known man in his community. Every man, woman, and child that he has ever visited calls him Doctor, with reverence. Not with reverence born from fear but with that respect which comes with love and admiration for a great man. There is not a doctor in the country who has earned more wealth of love and respect than he.

HE believes that every large problem can be solved by the performance of the immediate duties. He does not know how the Naturopathic problem of recognition can be solved, but he helps to correct many ills of those with whom he comes in contact. He goes about his duties and applies any new principle, by which Naturopathy will find its proper pedestal in the sun, as he discovers it. By doing the duty nearest at hand, he will eventually solve the most complex problems.

He knows that one of the surest signs of the youth of the Naturopathic movement is its great concern with its ends and meaning instead of its way and means.

Regardless of his apparent age he always steps stoutly as he enters a home. In spite of his age he has lively light clear eyes and a frisky manner about him. He nods to everyone pleasantly, as if everyone—the rank stranger, the young or the old—has been known to him for years. He is always optimistic, ever seeing the good in everything. He is ever ready to point out some interesting thing about the place or situation in which he finds himself.

He does not seem to have any set of patients but seems to be in any patient's home that has a need for him.

HE never fails to pause and talk with people and inquire about their affairs; his life is crossed with theirs. When he meets you for the second time and you are wearing a new or different garment that becomes you better than the other, he pauses if only long enough to compliment you on it.

Whenever he meets you and you are depressed and an idea would help you forget your depression, he inevitably supplies that idea; whether it is to help an honest business to continued profitable endeavor, to help a housewife ease her burden, or to help a child to enjoy his toy. With ideas he is a spendthrift. If it were possible to be a greater spendthrift with anything than he is with helpful ideas, he is with his friendship.

His health is so good that even when he is not within hearing range of any musical instrument he still feels the breezes of harmony floating over him. His health is so abundant that his presence causes others to feel his emanations, that is, his abounding health is contagious as Nature intended it to be.

HE so lives and believes that that which must come will come and come well. He lives one day at a time, with heart and soul on the job.

In this day, in the roar of business, amongst the mercenary attitude toward everything he is still the same. To others it seems hard, impossible at times to hold to ideals, but he does. He, like Nature in her yearly rejuvenations, with his visits renews and reaffirms your faith. By the exoteric he might be considered a "quack;" to those who can recognize the esoteric he is a great man.

THE JOY OF LIVING

(*Continued from page* 330)

bones of the spinal column also produces a sensation of freedom throughout the parts affected. At times you can almost feel the renewed energy travelling through the tissues like the return of circulation after your arm—which has been asleep—comes back to the normal.

Man at long last has found that his energy is received by the brain and nerve system and that the whole body depends upon the free operation of this energy for its action, its rhythm and its life. Furthermore, man is now conscious of the fact that life in its fulness can be expressed only in a person who has a contented mind and well-fed, properly adjusted body.

Adverse Thinking

THE mind of the average person is filled with thoughts of adversity instead of hope and expectancy of something better to come. He thinks of illness and expects it. He prepares

for it; so, sooner or later, his expectations are fulfilled.

But a new day has dawned and now under the new methods of healthful living every day is lived with so much exuberance and freedom from aches and pains that illness is almost completely forgotten. The mind is content and the future hopeful.

With the newly discovered methods well in hand to help you in building a body and a mind that will express a higher degree of health, it is possible that the life span instead of being three score and ten may soar into a length of years that have never been experienced by man before. The newer approach to relieving pain and eradicating abnormality by freeing the nerves will give you faith in the powers that rule the destiny of man, and health will be yours as a matter of course.

Disease a Result of a Broken Law

IN the low stratas of life where the laws of health are constantly violated there will continue to be a great deal of abnormality and disease. But in the higher brackets of healthful living where the body and diet are properly adjusted, a large per cent of the human family will suffer little illness and have practically no fear of disease, or the pains it may cause.

By Comparison

AS greed, ambition and the displacement of confidence among men are responsible for war with its destruction of life and property, so also bony displacements, nerve interference, and ill advised diets have been and still are largely responsible for the diseases of the human family. Build a better body and a better mind and the result will be a race of honorable peace loving people who are free of the mental aberrations which tend to hinder and retard the development of a normal healthy race.

Something to Live For

IN this new science an epochal advancement is being made; it puts fear and disease at your feet, and points to a brilliant future filled with confidence and freedom of spirit, body and mind. Your entire being is unfettered and the race of life lies open before you with a radiant pleasurable perspective never dreamed of before.

Live normally and you will not be forced to give up your enjoyable games of golf and bowling just because you are 70 or 80 years of age, neither will it be necessary for you to curtail your social and enjoyable contacts of life because of your heart beat and blood pressure.

(*Continued on page* 347)

From the Mail Bag

Dear Doctor & Editor:

No better evidence of the colossal ignorance, wanton prejudice, arrant imbecility, subtle mendacity, and assinine arrogance and presumption of certain members of the A. M. A. can be seen than in an article published recently in the Medical Record. The writer, a medical doctor, attempts to tell the members of his "trade union" a few things about the Chiropractic profession, but fails ignobly and lamentably to write much that bears any resemblance whatever to the actual facts.

No doubt this greatly prejudiced writer may win the encomiums of the benighted members of his profession for his rabid denunciation of Chiropractors and their profession, but it is my opinion that his clumsy distortion of facts and his reprehensible propaganda will not satisfy thousands of drugged and half-butchered patients, whose only hope now lies in the sane and harmless treatments of naturopath physicians.

There can be no doubt that the record of Naturopaths and Chiropractors in restoring the "incurable patients" of medical doctors to a normal condition, after a few treatments, has hampered the activities of many medical exploiters, and in an attempt to erase the handwriting which they have seen on the wall, and which points to the certain doom of their injurious methods, they feel forced to resort to the basest form of propaganda known to civilized society, but this propaganda surely will not prove effective, for all intelligent people know that "ignorance gives disparagement a louder tongue than knowledge does."

It is sad that the United States Government does not fully realize that we have in our midst an organization which is more sinister in its tyranny than Fascism, Nazism and Communism combined. May God be our defense against the jealousy, malice and vindictiveness of our opponents who are afraid of honest competition.

With all good wishes, I remain,
Yours sincerely,
Dr. Sydney H. French, N.D.

PREVENTING STATE MEDICINE AND COMPULSORY VACCINATION

A Warning

AMERICA is faced with a political or military dictatorship which under war or other emergencies will result in complete control of medical practices by the American Medical Association just as it exists in the Army. Under Army or State Medical Control you may be forced to be operated on or be required to take strong drugs against your will. You will, whether you like it or not, be compelled to be vaccinated with pus from infectious sores or with serums taken from the poisonous blood of sick animals, even though modern medical scientists are able to absolutely prove that vaccines and serums cannot prevent diseases but on the contrary are the direct cause of paralysis, T.B., heart failures, children's contagions, allergic sensitivities and other modern diseases. State medicine also means the elimination of physicians, healers and practitioners, including many regular M.D.'s who prevent and cure disease by natural methods. Health Officers even now offer an example of what can happen because they are continually trying to force vaccinations and eliminate natural healing methods.

Legal Action

against compulsion has failed because vaccinating doctors easily obtain delays and thus vaccinate everyone before the case comes to trial. Appeals to the Supreme Court have been lost because judges respond to the pleas based on public protection due to the fact that they do not know the uselessness and dangers of vaccination.

Placing Direct Responsibility

on public officials, legislators, mayors, the city council, and on school and corporation executives, seems to be a more effective means of obtaining protection. By this method the attention of responsible officials is called to their personal, moral and financial responsibility for sickness, permanent injury, paralysis and death that occasionally follows vaccinations, T.B. tests, etc. A letter of this kind sent by registered mail to municipal authorities immediately stopped a vaccination campaign in an Illinois high school.

A National Campaign

Congress recently passed a compulsory vaccination law for children in the District of Columbia. It is proposed to legally notify all Senators, Congressmen and other responsible officials that if they do not stop compulsory vaccinations in the school and army, they will be responsible for the thousands of permanent injuries and

(*Continued on page* 347)

FOOD FLASHES
from the Health Field

This year's Convention of the NATIONAL HEALTH FOODS ASSOCIATION will take place at the Hotel McAlpin, New York City from August 26th to 29th. With the entire nation all keyed up on the subject of health and vitamins it is evident that this convention is bound to play an important role and will no doubt be a tremendous success. The health foods business is no longer in its infancy, hiding behind the skirts of groceries and drugs and miscellaneous foods, but a full-fledged, mature, expanding industry with a wonderfully promising future. All health food people are urged to attend this meeting.

HIGH BLOOD PRESSURE ranks third among death causes in this country, according to an official government report. We are high tensioned people. Speed is the order of the day, and much of it is a total waste. The flurry of our modern mode of living subjects the body to intense strain. We burn the candle at both ends, and let constant worry, errors in diet, overwork, dissipation, and other suicidal factors of our hurried life take their unending toll. A cure can be effected only by a radical change in the mode of living and eating. High blood pressure sufferers are often notoriously hardy eaters. A careful diet regimen, therefore, is of primary importance in this disorder. The patient should eat less of all foods and go on a diet of raw and cooked fruits and vegetables to lighten the burden of the digestive organs. In addition, mild exercise, and plenty of sleep are necessary. The use of Garlic in various forms of late has come to be regarded as a valuable food adjunct in the diet for high blood pressure sufferers, and good results have been achieved by the regular taking of Garlic Pearls. Clinical studies have proven the hypertensive effect of garlic, which means that liberal doses tend to dilate the surface blood vessels. Since narrowing the veins impedes the circulation and leads to high blood pressure, it is evident that approved Garlic products, such as CIRCULIN GARLIC PEARLS afford temporary benefits in alleviating this condition. This lowering of the blood pressure lasts 24 hours and is prolonged by repeating the doses. CIRCULIN GARLIC PEARLS are sold at all good health food and drug stores.

AMERICAN NATUROPATHIC ASSOCIATION CONVENTION AT ST. LOUIS, SEPT. 10-14

As the Convention Manager, Dr. Geo. Collingwood reports in the August issue of NATUROPATH magazine, the outlook for the coming convention is very promising. Registrations have been coming in at an increasing rate and many prominent doctors have volunteered their services in both the post-graduate work and open forum. Some of the papers which will be read are of equal interest and to laymen, for instance:

Dr. Frederick Dugdale, Portland, Maine, "The Ills of the Nation."

Dr. Robert V. Carroll, Seattle, Wash., "Diagnosis and Treatment by Naturopathic Methods."

Dr. Carl S. Frischkorn, Norfolk, Va., "Demonstrations in the Field of Bloodless Surgery."

Dr. Bertram Ball, Yonkers, N. Y. will give an important post-graduate course on how to deal with cancer.

Among the many prominent advertisers will be the following firms:

Dr. Carlton Deederer Products, Miami, Fla.

Vitaminerals Inc., Los Angeles, Cal.

Hain Pure Food Co., Los Angeles, Calif.

Anabolic Food Products, Inc., Los Angeles, Calif.

Auto-Biochemic Laboratory, Chicago, Ill. and many others.

Besides the naturopathic courses, and demonstrations, there will be also several popular lectures to which the public is being invited. Subscribers and readers of this magazine living in or near St. Louis and all those of our readers wishing to attend all or some of the events during the Convention are invited to write to the Convention Manager, Dr. George Collingwood, c/o DeSoto Hotel, St. Louis, Mo. for further details.

SYMPOSIUM ON FEVER THERAPY DURING CONVENTION

Fever Therapy or what we might term accelerating heat treatment, has become such an important factor in Naturopathic methods that it has been decided to hold a special symposium on this fascinating subject during the convention of the American Naturopathic Association.

Dr. R. M. Case, President of the Tennessee Association, will act as Chairman of this special session. Several Naturopathic Physicians who are doing outstanding work in this field have already signified their intention of preparing interesting papers—case histories, etc. which will be read and discussed during the Session. Readers of our magazine who are interested in further details about fever treatment should write to the THERMAIRE EQUIPMENT CO., 2913 Gallatin Rd., Nashville, Tenn.

Just before going to press we hear from the HOLDERS H. F. CONDENSATOR CO., Windsor, Ont. and Detroit, Mich. that they will send their Dr. Montgomery to attend the AMERICAN NATUROPATHIC CONVENTION in St. Louis to give demonstrations of their Ultra-Short Wave H. F. Condensator. Dr. Holder's invention which has found many endorsements from officials and medical circles in Canada and England represents a really valuable investment for Naturopathic and Chiropractic physicians, and many patients insist on getting treatments with the Ultra Short Wave H. F. Condensator.

BRIGHT'S DISEASE

(*Continued from page* 339)

The fear and terror produced in the mind of the patient and members of his or her family by a diagnosis of Bright's disease are the results of the regular failure of the prevailing methods of treatment. These methods of treatment are all based on a study of the nature of the changes in the kidneys and not upon a study of the patient's habits of living, eating, and drinking and the relation of the kidneys to the nervous system, the digestive and circulatory organs and to body metabolism in general.

There is no chronic "disease" that responds so readily or so quickly to proper hygienic and dietetic care as chronic Bright's disease, while acute Bright's disease responds even quicker. When the "disease" is regarded as a degeneration resulting from a systemic toxemia and the sufferer is cared for with a view of eliminating all sources of toxemia, nephritis is not difficult to get rid of.

ACUTE Bright's disease is always a curable condition. Cases which have become wholly blind and in which there are delirium, convulsions, unconsciousness and much blood in the urine (symptoms of uremia) have recovered. There are always grounds for hope in the acute stages.

Rest in bed, with perfect quiet and no food but water until all acute

symptoms are gone are the prime requisites. Feeding should not be resumed for at least forty-eight hours after all acute symptoms have subsided. No drugs of any kind for any purpose, should be allowed.

Feeding should begin with fruits for the first three to five days in very moderate quantities and the return to a normal diet should be made very gradually. Make haste slowly.

After the patient has gained considerable strength he may be permitted to get out of bed and gradually return to a normal mode of living, care being taken to prevent a return to the wrong living habits which produced the trouble.

CHRONIC cases require longer time for recovery than do acute cases. But persistence on the right road will result in recovery.

The first step should be to correct the whole mode of living. This is something medical men have never done. Their usual advice is "avoid excess of food and drink, alcohol and tobacco." No real dietary advice is given. What is an excess of tobacco? Of alcohol? How little is not an excess? Of what value is such advice?

What is the value of telling patients to avoid excesses of food and sending them home to eat white bread, cakes, pies, pastries, jellies, jams, denatured cereals, tea, coffee, fried foods, etc.? What is the value of the customary advice to use salt sparingly? Salt causes kidney degeneration. It should not be used at all. Nor should we wait until the kidneys are greatly damaged before avoiding salt. Avoid it always and thus prevent the kidney deterioration.

Tobacco, alcohol, soda-fountain slops, tea, coffee, cocoa, chocolate, salt, condiments, spices, etc., should be wholly eschewed. All stimulating practices must be avoided. Hot and cold baths, sweat baths, massage, electrical treatments, manipulations, spinal "adjustments," and all such means of stimulating the nervous system have to be entirely avoided.

THERE are no drugs that can be of use in any manner. On the contrary these increase the trouble.

A fast lasting from a few days to a few weeks, depending on the general condition of the patient, will afford the kidneys rest and will greatly rid the body of the toxemia that is back of the systemic and local pathology.

The fast should be followed by a fruit diet or a fruit and green vegetable diet for a few days or weeks depending on the length of the fast and then a gradual return to a normal diet.

Rest in bed during and after the fast is of tremendous importance. This should last from four to eight weeks.

Moderate exercise may be taken in bed after the worse symptoms have disappeared. As strength increases the exercise may be very gradually increased.

Sun baths are valuable but should be begun and used with great care. Overstimulation is to be avoided at all times.

After complete recovery has occurred proper living will maintain health and strength.

THERE IS A DIET FOR SINUS TROUBLE

(*Continued from page* 339)

devoted a great deal of thought to the dietary management of sinus affections, regulates the diet as follows: At the outset the restrictions are very drastic. No salt is allowed and the diet consists of fruits and vegetables. Around the fifth to the tenth day there is a marked improvement.

At this time the patient is permitted to return to his natural diet with a limited amount of salt per day. For the following three to five weeks the patient is advised to observe at least two days of restricted diet per week. After this period this is reduced to one day of restricted diet in every seven.

There is nothing complicated in carrying out the details of the diet for sinus patients. There are but a few rules which must be kept in mind. All cooked foods should be freshly prepared for each meal. Warmed-up food and self-cookers are to be avoided. Table salt is banished. Baking powder and soda are not permitted.

FROM the list of permitted foods it is possible to construct a great variety of diets. As an example a sample dietary is the following: 7 a.m. Porridge or gruel (made with liberal quantities of milk, with oats, rice or groats, or tapioca, flavored with one teaspoonful of butter, sugar, cinnamon or vanilla).

9 a.m. Coffee with milk and sugar. There should be as much milk as possible. Cocoa or tea may be used if preferred. Bread, butter, marmalade or honey, raw vegetables, such as carrots, turnips, cabbage, cucumber, cauliflower, sorrel, etc. No salt should be used on any of the vegetables.

12 noon. Soup, salad, jam.

3 p.m. Cheese, fruit cake, biscuits, butter or marmalade, honey or fruit and bread.

6 p.m. Vegetable dinner, fruits, tea or coffee, with liberal quantities of milk.

DR. ULLMANN has devised a variety of meals suitable for sufferers from sinus trouble. Bread should not be taken with any of the meals in which rice or potatoes are part of the meal.

There is a sufficient variety on the meals to satisfy even the most finicky and jaded of appetites. Above all, remember there are six points which must be kept constantly in mind when

(*Continued on next page*)



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Build it up with Nature's help. Drink raw fruit and vegetable juices which are easily assimilated and contain the Vitamins and Minerals so essential to good Health. Raw vegetables are the best sources of Vitamins, but most of them are destroyed through cooking and pasteurizing. Modern engineering has developed a marvelous machine, the

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Send your reservations now to
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From Our Book Shelves

The Chemical Composition of Foods

By R. A. McCance and E. M. Widdowson.

150 pages. Cloth bound. $2.50.

Abnormal diet as a cause of disease and curative diet as a means to remedy same has made a thorough knowledge of the chemical composition of food indispensible for every serious student of dietetics. The book on hand presents the results of studies which have determined all important organic and mineral constituents of foods, with the exception of the vitamins. The foods have been analyzed not only in the raw state, but also as prepared for the table and studies have been made of the losses made by cooking.

The investigators have also examined the question whether all the components of a food are really available for the body's use; whether they are decomposed in the alimentary canal or fail to be absorbed. The book thus contains all the quantitative data likely to be required for practical work involving a thorough knowledge of the chemical composition of foods.

The Soybean Industry

By A. A. Horvath, Chemist.

221 pages. Cloth bound. $4.00.

The rapid rise of the soybean to a place of industrial and dietetic importance in this country has opened an altogether new field for technical research. Dr. Horvath brings together for the first time the more significant of this material and combines it with his own first-hand experience to produce a brief but well done and highly readable account of the various soybean processing methods, and of the properties and industrial uses of the soybean products.

The Hygienic System—

Vol. VII, Orthopathy

By Dr. Herbert M. Shelton.

653 pages. Cloth bound. $3.00.

This is the Seventh Volume of the monumental series of Dr. Shelton, which he calls Orthopathy. According to this theory, disease is not something to be cured, but a process of cure. Accordingly, any tampering with the suppression of symptoms or any treatment by medical means is bound to fail, and if the patient recovers under such treatment it is not because, but in spite of it. This interpretation of health and disease finds an admirable and clearsighted expression in the introduction and the first chapters of Dr. Shelton's new book. The largest part of the book is devoted to specific disorders, each subdivided again into Definition, Symptoms, Etiology, (science of the cause of disease), Prognosis (prediction of course and end of disease) and Care of the Patient. A tremendous amount of study and patient research has gone into the 653 closely printed pages of this volume and the reviewer can recommend the book to all those adherents of Nature Cure and Natural Living who wish to get a more detailed guide for health and disease.

WAKE UP TO YOUR HIGHER POSSIBILITIES

By **ROSE BREITFELD, Ph.D.**

YOUR Psychic Self is a word not always understood by most, yet that part of yourself that rules and guides you throughout life. You are always connected with the invisible within you, that part that tends to rule, to direct your ways through your life time on a physical plane. You should want to know more about it to make yourself appear healthier and more accomplished. We do not live exclusively in a physical body. We live, breathe and think essentially on a higher plane. It behooves each and everyone to devote part of their thinking to fathom what is the higher self and how one can develop it for use that we may be better equipped to handle ourselves in a daily affair where without the higher development we are definitely handicapped. May I say in this connection for you to read how to "Develop Your Psychic Self" is a great means to aid you. The next step you want to know more about is that part of mind that is beyond ordinary conception "Voices from the Greater Beyond." All you have to do is devote a bit of your time to acquaint yourself with a subject that is foreign to most people.

Your Psychic Self — $1.00.

Voices from the Great Beyond — $1.50.

"There are two perfectly good men; one dead and the other unborn."

—Chinese Proverb

THERE IS A DIET FOR SINUS TROUBLE

(*Continued from previous page*)

planning the diet for sinusitis. These are:

1. The use of fresh food only.
2. The preference for alkaline food.
3. The restriction of salt.
4. The reduction of animal proteins.
5. The reduction of carbohydrates.
6. The use of unrefined carbohydrates whenever possible.

THERE are certain rules for preparing food for persons with sinus disease. These are as follows:

Soups: Prepared as usual, but with no salt.

Meat: Broiling is preferred. At first meat is restricted entirely, but when improvement begins it may be permitted in small quantities.

Poultry and fish: Broiling is preferred. The same applies here as to meat. The object is to reduce the intake of animal proteins and avoid acidity.

Vegetables: May be eaten in liberal quantities. They may be steamed, fried, mashed, baked, boiled, etc. Salt should not be used in preparing them.

Salads: May be used liberally, but very little salt is allowed.

Fruits: All kinds, with the exception of the citrus group, such as lime, lemon, orange and grapefruit.

Sweets: Cake, pastry, etc., are allowed, but not in too great quantities.

THE following is a list of foods permitted in the diet of those suffering with sinus trouble:

Meats: At first best restricted entirely, but later may be increased in moderate quantities. The same applies to fish and poultry as well as to game.

Milk: Because it contains calcium is a very desirable food. Buttermilk, salt-free butter, cheeses (also salt free) are very desirable and may be eaten in liberal quantities.

Bread: Should be prepared without the use of salt.

Sugar: Not restricted; brown sugar is especially good.

Cereals: No restrictions. Particularly desirable are hominy, cream of wheat, rice, oatmeal, sago and tapioca.

Honey: Only genuine bees' honey, no artificial preparations.

Jams, marmalade and jelly may be used without restriction.

Sauerkraut: This is very appetizing, but no salt should be used in its preparation.

Nuts: There is no restriction as far as nuts are concerned with the exception that they must not be salted.

There are so many varieties of dishes that you may eat that it would take a great many pages merely to enumerate them all. However, I shall give you an idea as to what you may enjoy in the way of food and still be doing the right thing.

Suggestions for Dinner Dishes

BOILED salmon with mustard sauce, baked potato, tomato salad, baked apple with cream.

String beans with eggplant, sweet potatoes, radish salad, apple and fresh fruit.

Omelet, cauliflower au gratin, tomatoes stuffed with chicken, strawberries, and cream and cookies.

Veal chops and rice en casserole, cole slaw, raspberry foam.

Fresh spinach with poached egg, cucumber salad, apple tarts with whipped cream.

Kohlrabi, cooked salad, fried sweet potatoes, cheese pie, fresh fruit.

Eggplant, parsley sauce, caraway seed, potatoes, lettuce, apple.

Spinach omelet, cucumber salad, strawberry short cake with whipped cream, fresh fruit.

Baked sweet potatoes, raspberry ice cream.

Risotto, squash, tomato souffle, peaches with cream, whole wheat cake.

Whole wheat lettuce sandwich, boiled egg salad, buttermilk, fresh fruit.

Suggestions for Supper Dishes

ARTICHOKES with sauce Hollandaise, vegetable salad, chocolate ice cream, hazelnut drop.

Lamb chops, onions, rice, lettuce salad, fresh fruit jelly with whipped cream.

Potato souffle, lettuce salad, prune whip with whipped cream.

Fresh lima beans, grated carrots on lettuce, stuffed tomatoes and apple pie.

Boiled fish, baked potato, Swiss chard, tomato salad and apple souffle.

Spinach souffle with tomato sauce, baked potato, beet salad, strawberries and cream.

Vegetable soup, hot artichokes with drawn butter, rice souffle with stewed fruit.

Broiled mackerel, horseradish sauce, potato balls, salsify, bananas, nuts, dates.

Sweet corn, boiled arrow bean salad, lettuce with sour cream dressing, caramel custard, almond cookies.

Liver, spinach, sweet potatoes, cranberries.

IT is thus seen that there is no lack in the variety and types of dishes that may be prepared. There is no restriction in the diet for sinus affections to speak of. Almost anything can be eaten with the exception of too much salt, and those foods which tend to produce too much acid.

Dr. Ullmann has found that the diet which is useful in sinus affections may also be used to advantage in cases of those who have a tendency to the common cold. The common cold is a mani-

(*Continued on page* 347)

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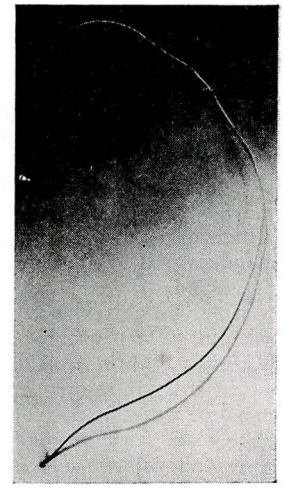
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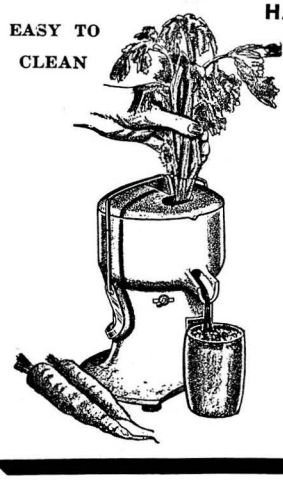
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THE USE OF VITAMIN A FOR COLOR-BLINDNESS AND NIGHT-BLINDNESS

By **DR. MILTON E. HOLMES**

Naturopathic Physician

IF you are one of those persons to whom all the traffic lights look alike, if you cannot tell a blonde from a redhead, if—in other words—you're color-blind, Vitamin A may bring you relief.

Robert D. Loken, teaching assistant at the University of California at Los Angeles, announced recently that regular doses of the vitamin found in cod liver oil, raw vegetables, eggs, butter and other foods—had reduced color-blindness as much as 50 per cent.

Show Improvement

Mr. Loken said his experiments covered two groups of persons with severe color-blindness. One group was given 25,000 unit Vitamin A capsules daily for twelve days. The other group was given nothing more potent than ordinary sugar. The first group, he continued, showed 50 per cent improvement in color vision, the second none at all.

"What longer treatment will accomplish and what additional vitamins are needed are questions which must be answered by further investigation," he added.

Color-blindness, Mr. Loken explained, long has puzzled psychologists. Actually it is not color-blindness, but a difficulty in separating certain hues, most of the confusion occurring in the range of red, orange, yellow and greenish yellow.

"Greatest discrepancy between color-blindness and physical diseases," he said, "is that none of the color-blind seems to recover. However, cases in which the patient varied in color vision from time to time, and cases in which the color-blindness appeared to be produced by a toxic condition, have kept alive the hope that sometime means might be found that would alleviate the defect."

If you are one of those persons who suffers from color-blindness, it would certainly be well worth while for you to give Vitamin A capsules a fair trial. The writer recommends that you purchase Vitamin A Concentrate Capsules at your nearest Health Food Store and that you take at least 25,000 units daily for a period of at least twelve days.

It is entirely possible that your case may come within that 50 per cent group benefited by the administration of Vitamin A capsules, as mentioned in the recent report by Mr. Loken. At any rate, Vitamin A can do you no possible harm and the experiment will, therefore, be a perfectly safe one.

Vitamin A Gives Good Results In Night-Blindness

NUMEROUS investigators have reported excellent results from the administration of Vitamin A capsules in a great many cases of night-blindness. The experience of this writer in giving Vitamin A capsules, in treating cases of night-blindness, has proven beyond doubt that the vitamin is effectual in a fairly large number of cases of patients suffering from night-blindness. Probably somewhere about 50 per cent of cases of night-blindness can be corrected by the administration of Vitamin A capsules. The dosage recommended is usually about 25,000 units daily and continuing for a considerable period of time.

In addition to the Vitamin A capsules those foods known to be fairly rich in Vitamin A should be eaten, such foods for example, as eggs, cod liver oil, raw vegetables, butter, etc.

Vitamin A May Help To Prevent Recurrent Colds, Sinus Trouble, etc.

A NUMBER of investigators have reported that Vitamin A has proven useful in helping to prevent recurrent colds, bronchial troubles, sinus trouble, etc. It is probable that the administration of Vitamin A capsules and the eating of those foods known to be fairly rich in this same vitamin tend to help Nature to build up a much better resistance to recurrent colds, bronchial troubles, sinus trouble, etc. as Vitamin A is known to be a reliable tonic which helps to strengthen the mucous membranes thus tending to produce a better state of resistance of these membranes against these diseases.

In the experience of this writer, the simple administration of two teaspoonfuls of pure Extracted Honey and about 25,000 units of Vitamin A daily, for some weeks prior to the expected troublesome period, for patients suffering from Hay Fever, this simple course of treatment has proven successful in preventing the usual attacks of Hay Fever. This writer recommends that the Hay Fever patient take two teaspoonfuls of pure Extracted Honey before meals and on retiring at night, plus about 25,000 units of Vitamin A daily for some weeks prior to the expected troublesome period, and in fact, continue the treatment throughout the socalled "Hay Fever season." In a fairly respectable number of cases this simple course of treatment will be found effectual in preventing or at least in alleviating those distressing conditions caused by Hay Fever.

VIOLET RAYS ARE NOT ULTRA VIOLET

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

ONE of the rays of light given out by the sun is a cold ray which has been found to be very important to the maintenance of all animal life. It is supposed that the larger animals of the Mesozoic age, such as the brontosaurus and dinosaurus were destroyed because this ray was prevented from reaching the earth by heavy clouds of vapor and volcanic ashes. The latest researches of science suggest that these animals probably died from stavartion because disease similar to rickets so weakened them that they were unable to walk in search of food.

This ray has been termed the actinic ray as well as the ultra-violet ray, but it is not the product of the so-called violet ray machines that may be purchased for a few dollars. The apparatus for providing the real ultra violet light costs several hundred dollars.

This type of light applied to the skin increases the body's ability to absorb calcium and to metabolize fats, hence its value in bone diseases and wasting disorders, such as anemia and tuberculosis.

Used in a very concentrated form, this ray will destroy tissues, and for this reason it is frequently used to remove skin blemishes and infections of the throat.

ALTHOUGH this ray is present in sunlight, curiously enough it will not penetrate through glass. It may produce blindness if allowed to shine too intensely directly into the eyes, and for this reason both doctor and patient use special glasses for treating with this ray. It has been manufactured artificially in some types of carbon arc lamps and in mercury quartz lenses.

The actinic ray does not penetrate deeply into the body, its action being principally on the blood passing through the surface capillaries of the skin. Through the use of machines generating this type of ray, doctors are able to administer the exact quantities that they desire the patient to have. By the use of sun bathing this ray will act beneficially upon the body, but one must be careful not to become over-heated or burnt. There is a danger of sunburn from this ray,

even though the skin does not become warm, and one should carefully regulate the time of exposure.

Ultra violet light has been found an aid in diagnosing measles, since after its use the rash can be discovered from two to three days before the usual time.

Vitamin D, which is now recognized as being of the utmost importance for producing growth in animals, is found only in foods that have been grown in or exposed to sunlight. This vitamin has been produced in larger quantities than normal in the following foods by exposing them to the action of the ultra violet ray: Cream, olive oil, linseed oil, cotton seed oil, corn oil, whole wheat flour, milk and dried milk, orange juice, yeast, lettuce, spinach and cod liver oil.

Treatments of the skin with this ultra violet light, which may be very destructive if improperly given, should only be under the supervision of your doctor.

THE JOY OF LIVING

(*Continued from page* 341)

A Challenge

TO build a better all-round personality radiant with health and possessed with a clear well balanced mind is the challenge of life and carries with it an opportunity to accomplish a work that is acceptable in the eyes of men and in the eyes of God. Could a greater challenege or responsibility be given to mortal man?

With a well adjusted body, a good diet and the abundant supply of nerve energy that comes from a normal nerve system, you live on and on until living wears away the cells of the body and you gently, fearlessly, and painlessly pass hopefully on to another experience in a world unknown.

These truths are taught in their fulness by the science of chiropractic. A science and profession which has accepted the challenge of making the world in which we live better in its threefold nature, spirit, body and mind.

YOUTH

Youth is not a time of life, it is a state of mind. It is a temper of the will, a quality of the imagination, a vigor of the emotions; a freshness of the springs of life.

No one grows old by merely living a number of years; people grow old by deserting their ideals.

You are as young as your faith, as young as your self confidence, as old as your despair!

So long as you can accept messages of beauty, hope, courage, grandeur and power from the earth, from men and from the Infinite, so long are you young.

Thousands Avoid CONSTIPATION Misery

by using remarkable new compound of Mother Nature's herbs, roots, barks and seeds—pleasant tasting, fragrant. Feel the joy of relief *OVERNIGHT*, or get your money back.

It is rightfully said that a curse of modern civilization with its many wretched complications is constipation of the lower bowel. Here are some common symptoms of this pesky, nagging misery. Are you a victim? Do you suffer? Check here:

- ☐ Headaches
- ☐ Foul Breath
- ☐ Intestinal Gas
- ☐ Restless Nights
- ☐ General Irritability
- ☐ Bloating
- ☐ Coated Tongue
- ☐ Bilious Symptoms

Thousands who suffer miserable restless nights or nervous blue-tinged days, when entirely due to constipation of that lower bowel, may now look forward to joyous relief, and thereby a wonderful new feeling of physical contentment.

For now they can find grateful comfort with the help of a new herbal compound—Laxonite Crushed Herbs. As Thomas C. Martindale, diet authority of Philadelphia, puts it: "Kindly Nature has joined science to create a wonderful formula."

Laxonite's various herbs, leaves, seeds and barks are delightfully fragrant and pleasant tasting. They act on the large bowel, gently cleaning out obnoxious, filthy wastes. Costs less than a penny a day to use, and you often feel better *overnight*. Note the money back guarantee, then get Laxonite Crushed Herbs today. JUST FOLLOW DIRECTIONS ON THE CARTON CAREFULLY and enjoy first results tomorrow. Use cash coupon making real worth-while saving on first box.

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Bring (or send) this coupon and only 39c for regular 45c—60 supply of LAXONITE under money-back guarantee. At your own dealer who can get you Laxonite or

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THERE IS A DIET FOR SINUS TROUBLE

(*Continued from page* 345)

festation of inflammation of the mucous membrane lining of the nose and throat, and with the proper articles of food the tendency to the common cold may be lessoned.

The reduction of salt intake reduces the tendency to water-logging of the inflamed tissues of the nose and throat, and this, of course, reduces the discharge from the nose and helps to allay the inflammation. Also, the element calcium is of service in all inflammatory diseases and the condition is further helped by its presence.

PREVENTING STATE MEDICINE

(*Continued from page* 341)

deaths that are certain to follow. It is proposed to demand that Congress immediately give children and soldiers the freedom of choice that exists in democratic England, also that all vaccinations be prohibited if medical scientists and prove, as they claim, that vaccines and serums are dangerous and also completely useless for preventive purposes. Winning this battle in the National Capital would give a tremendous impulse toward medical freedom everywhere and greatly increase the use of natural methods of healing.

A Plea for Help

The Infantile Paralysis Association collects millions of dollars annually. Some of this money has been spent to help living paralytics but only a few are cured, none of the dead are revived, and no paralysis has been prevented since it is probably caused primarily by vaccinations. Let's collect DIMES and DOLLARS to EDUCATE public officials and people to the DANGERS OF VACCINATION and thus effectively stop paralysis at its source, as well as to maintain medical freedom. We need $500. to start after which new recruits should keep the campaign going and spread it to all states and cities. Send your contributions and your requests for information to the

American Medical Liberty League, Inc.
404 S. Wabash Ave., Chicago, Ill.

SERUM OF NO USE SAYS M. D.

Cleveland, Ohio, June 3—Dr. Harold K. Faber declared at the convention of the American Medical Association that "there is little to support the popular belief that serum is actually curative in the treatment of poliomyelitis (Infantile Paralysis) and there is a good deal of evidence to deny the belief." He expressed doubt that one attack of the disease produced immunity in a patient, and that vaccination was a valuable preventive. Apparently the evidence **against** the effectiveness of the serum was too much for the doctor to deny. But we wonder where he got the notion that the belief in that special serum was a "popular" one.

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Folks over 40 often need extra Vitamin B. We supply AMPLEX Vitamin B Complex Tablets, 100 for $1.25. We also suggest Double B Wheat Germ with Fruits—49c.

FOR LOW SALT DIETS—



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Many Lose 3 to 5 Pounds A Week Yet EAT Plenty

No Drugs — No Exercises

MEN and women all over the United States are reporting remarkable results in losing weight. Many tell of reducing 3 to 5 pounds a week — and more. These people are following the Plan of Dr. Edward Parish, noted physician, former Health Officer, State of New York, Surgeon-in-Chief, Medical Staff, U. S. Army, Editor, Lecturer.

Dr. Parrish's Reducing Plan makes reducing a pleasure. A pleasure because it allows you to **eat plenty,** requires no exercises. Absolutely safe too, because it calls for no reducing drugs, no loss of vitality.

Here is Dr. Parrish's Plan: For lunch take 2 teaspoonfuls of Cal-Par in any fruit juice or other favorite beverage. Nothing else, except a cup of coffee if desired. For dinner and breakfast EAT AS YOU USUALLY DO. DON'T CUT OUT fatty, starchy foods, merely CUT DOWN on them. That's all there is to it.

Try Dr. Parrish's Reducing Plan for one week. See if you too aren't delighted with the way ugly fat seems to melt away as hips, bust, waist assume more fashionable proportions. More overweight cases should be helped by Dr. Parrish's Reducing Plan. Try it today.

CAL-PAR is not a reducing drug. Cal-Par is a delicious, cereal-like special purpose food supplying iron, phosphorus, calcium, Vitamin D, also additional quantities of other essential Vitamins so often lacking in sufficient amounts by those reducing. It is this lack that often causes loss of vitality.

Cal-Par comes in plain or chocolate flavor. Get a can today.



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DR. LUST SPEAKING

(*Continued from page* 322)

The institution of monogamy is deeply rooted in Nature. It prevails because the largest majority of men are essentially monogamous. The law protects marriage. This is as it should be and despite all of the jokes and witticisms which are told about this most sacred institution, husband and wife keep faith with each other. For it is still easier to get along with one wife or one husband than with several.

True love outlives passion. It is the foundation on which the family rests and carries the full weight of responsibility. Untrue love, on the other hand, founded as it is on sensual lust and animal appetite, seeks its gratification in passion and has a short life.

Marriage is a compromise. Forbearance and conciliatory spirit make it a success. Selfishness destroys it, and jealousy, stubbornness and all the little weaknesses of the character deal it the last fatal wounds.

So I say, believe and trust you each other. Be as you are and let your partner be as he is, but nevertheless remain true and devoted to each other. But above all hold fast to your belief in the thing called love which is greater than man and has God's blessing.

THE BLITZ THAT AMERICA MUST WAGE

(*Continued from page* 323)

attempt to show how the natural lines of physical defense of our nation could be raised to that high level so that no nation on earth could ever wage any kind of "blitz" of destruction to challenge its world position, for inherent vitality produced through its fully comprehended application would bring physical and mental invincibility.

The American State of Health

HERE are a few statistics in regard to various diseases that are afflicting the American people.

Everyday 2,600,000 Americans are sick. Wage earners lose 250,000,000 days annually from illness. Each man loses six to seven, and each woman 10 or 11 days. Seventeen million Americans suffer from chronic diseases.

According to Dr. M. R. Reed, of the University of Cincinnati, we have the highest death rate from *appendicitis* of any civilized country in the world. Twenty-five thousand to thirty thousand, mostly young, people, die annually. This is close to the number dying on city streets from auto fatalities.

According to scientists of the Uni-

(*Continued on page* 350)

MINERALS — AND WHERE TO FIND THEM

THOUSANDS suffer from Mineral starvation and do not know it. Many bodily ailments may develop from lack of FOOD MINERAL ELEMENTS—such as, Anemia, Acne, Blood Pressure, Colitis, Catarrh, Constipation, Headache, Kidney Trouble, Nervousness, Rheumatism, Obesity, Skin Eruptions. Many other bodily disorders, are often caused by a wrong diet—a deficiency DIET—lacking the proper Food Mineral Elements, which must be raised through plant life (Vegetables)—not drugs—to become yours.

Life in the human body, is supported, and health sustained by the orderly process of digestion, circulation and deposition of organized substances composed of Carbon, Oxygen, Hydrogen and Nitrogen—the four Nature given elements, that occur in various inseparable combinations, and must be taken as they occur. In addition, TWELVE different MINERAL food elements, need mostly be concerned in building up plant structure (vegetables)—these are—Calcium, Chlorin, Fluorin, Iron, Iodine, Manganese, Magnesium, Potassium, Phosphorus, Sodium, Silicon and Sulphur. These twelve generally recognized mineral elements, are found in the vegetable kingdom, and healthy blood streams. All are essential to health and well-being.

Although your food is your main source of these MINERALS many foods often lack in sufficient QUANTITY of these MINERALS. Demineralized land, excessive refining of foods, and improper cooking and processing methods, are the main causes of mineral starvation. Also, often the vegetables required, may be out of season.

Natural Vegetable Compounds, in concentrated or powdered form, and supplied in Capsules contain the Food Minerals, known to be needed, by the human body, in proper proportion and balance, to overcome a deficiency diet, or Mineral Starvation.

Supplement your ordinary diet with nutritional powdered vegetables, with no adulterants or preservatives added.

Anemia

(Nutritional)—A diet, low in starch and high in Mineral food elements is recommended, such as Calcium, Iron, Iodine, Phosphorus and Sodium. Alfalfa, Spinach, Kelp, Watercress and Celery are rich in all of these food elements.

Arthritis

Only distilled water should be used, and a diet rich in Fluorin, Iron, Iodine, Manganese and Sodium, should be followed. Endive, Spinach, Dulse, Lemon and Celery are recommended.

Acne — Skin Eczema

The diet should be low in starch and protein food elements, and high in Minerals—such as Chlorin, Iron, Iodine, Sodium and Sulphur. Carrots, Spinach, Dulse, Celery and Rhubarb are recommended.

Catarrh

Avoid highly seasoned foods—white flour and sugar products—drink plenty of water. Chlorin, Iron, Sodium and Sulphur food elements are recommended to soothe the irritated mucus membrane. Carrots, Parsley, Celery and Horseradish are indicated.

Colitis

A simple non-irritating diet is best—a diet composed of alkaline or non-acid producing types of food, to counteract the catarrhal condition affecting the digestive tracts. Chlorin, Iodine, Magnesium and Sulphur food elements are recommended. Beet Tops, Sea Lettuce, Dandelion, Celery and Rhubarb are indicated.

Constipation

Constipation is, as a rule, due to some disturbance in the digestive tract, hence of great importance is the diet. Avoid refined foods—drink plenty of water. Rhubarb, Slippery Elm supply a soothing effect for intestines and have splendid laxative quality.

Bladder and Kidney Irritation

Avoid highly spiced foods—alcohol in any form. A diet consisting of fresh fruits and green vegetables is best. Drink plenty of water and avoid constipation. Chlorin, Magnesium, Potassium and Sulphur mineral food elements are recommended. Beet Tops, Dandelion, Kale, Swiss Chard and Slippery Elm are indicated to sooth the irritated bladder and kidneys.

Headache

More often the cause is over-acid condition of the system. Avoid all rich food and drink plenty of water. Headache is also frequently associated with constipation. To counteract intestinal auto-intoxication, Chlorin, Potassium, Magnesium and Sulphur food elements are recommended as neutralizing forces to overcome toxic

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THE BLITZ THAT AMERICA MUST WAGE

(*Continued from page* 348)

versity of Illinois, one out of each 260 persons in the United States is *diabetic.*

It is claimed that there are over 200,000,000 colds a year in this country which cost the sufferers $3,000,000,000. *Colds* cause an average absence of 2.2 days per year on the part of the entire population of the United States.

The Journal of the A.M.A. states that 12 out of every 100 have ulcers of the digestive tract.

Death from *heart disease* has increased 61 percent since 1900. There are now 450,000 deaths annually. In the United States, rheumatic heart disease kills an estimated 25,000 to 30,000 persons under 30 and cripples thousands more.

Cancer being second to heart disease as the leading cause of death, takes a toll annually in the United States of a number equal to the combined population of Racine and Kenosha, Wisconsin, and Waukegan, Illinois.

Children's "Health"!

FIFTEEN million children have *physical defects,* 6,000,000 are *improperly nourished,* 1,000,000 have *defective speech,* and 675,000 present *behavior problems.*

There are approximately 7,000,000 sufferers from *rheumatism;* 3,500,000 from *heart disease;* 3,500,000 from *hardening of the arteries* and *high blood pressure;* 3,000,000 from *hay fever* and *asthma;* 10 per cent or about 13,000,000 have some sort of *speech defect.*

Seventy-five per cent of Americans are supposed to have *sinusitis; ear trouble* effects 14,000,000 adults and 3,000,000 school children in the United States.

Tuberculosis still takes 61,184 lives in the United States as in 1939.

And here is one of the most indelible pictures of degeneracy of all. Dr. V. Van Minden, chairman of the Chicago Dental Society, recently announced that a general survey of twelve elementary schools revealed that 92.2 per cent of the children have *defective teeth.* The experience of a dental surgeon in the army was that of finding a single man at the age of 22 who still had a perfect set of teeth in his mouth! He explained it was the first time in 26 years of his practice that this had occurred. Imagine the normal to be the exception!

Are We All To Be Insane?

MOST pathetic of all, of course, is the increasing number of *mental diseases* occurring among the American people. There are 750,000

(*Continued on page* 352)

waste. Carrots, Okra, Water Cress, Celery and Rhubarb are indicated.

Liver and Gall Bladder

The daily use of uncooked vegetable juices should be helpful in liver and gall bladder disorders. To aid metabolism and the glandular system, Chlorin, Iron, Iodine, Potassium, Magnesium and Sodium mineral foods elements are highly recommended. Carrots, Spinach, Dulse, Chicory, Dandelion and Celery are indicated.

Nervousness

Mineral food elements, which affect nerve and glandular system are recommended. Calcium, Iron, Phosphorus and Potassium food elements build up the nerve tissue. Cabbage, Celery, Kelp, Parsley and Spinach are recommended.

Eat Spinach

Pop-Eye was right—he said, "I eats me Spinach." Spinach is highly recommended for bodily weakness, due to dietary deficiency and as a major therapeutic agent in cases of Anemia, Skin Irritation, and Nerve Exhaustion. Spinach rates high in Iron and Sodium mineral food elements.

Goat Milk

A tendency to infection, failure to heal, repeated colds, and slow recovery processes are greatly benefited by Goat Milk. Also highly recommended in cases of stomach and intestinal disorders. There is pep in every drop of Goats' Milk.

Goiter and Iodine Hunger

The Great Lakes and Mountain sections of the United States, are said to be the "Goiter Belt" due to insufficient Iodine in the water and foods—necessary for normal Thyroid Gland functioning and to satisfy Iodine hunger. Organic IODINE-FLUORINE SEA LETTUCE is highly indicated to protect the body and supply greater thyroid energy.

HOW TO AVOID GROWTH OF CALCULUS DEPOSITS

By **DR. MILTON E. HOLMES**

THE cause of the growth of calculus deposits is to be found in dietetic errors producing a tendency to the formation of these abnormalities, and persons thus predisposed should avoid eating any vegetables containing oxalic acid. However, other vegetables should predominate in the diet, and plenty of lettuce, cauliflower, cabbage, brussels sprouts, runner beans, watercress and peas, should be eaten.

There is no reason to force water down in such cases; but when real thirst is experienced, it is best to drink good pure spring water. Milk is a food and should never be regarded as a drink.

Drinking citrus fruit juices often proves helpful in cases of calculus deposits and your naturopathic physician can often advise certain herbal remedies that will prove helpful in aiding Nature to dissolve calculus deposits and eliminate them from the system entirely.

The bowels should be kept regular and if there be any tendency to constipation this should be corrected by Natural Methods and without the use of powerful laxatives or cathartics containing poisonous or harmful habit forming drugs of any kind. Avoid taking salts as these are liable to disturb the chemistry of the blood and may produce anemia. Drug medicines do no good in these cases; far better to practice correct habits of eating and use herbal remedies and citrus fruit juices, such as will be advised by your naturopathic physician. Alcoholic beverages should be strictly avoided in such cases. Also avoid eating fried or greasy foods of any kind.

Foods made from white flour products should not be eaten, eat food products made from whole grain flours instead. Vitamin Concentrate Capsules containing vitamins B1 and B2 may prove helpful.

DEMON NICOTINE

THE Association Press of the National Council of Young Men's Christian Association has published a 48-page pamphlet, *Tobacco and Health* which the tobacco industry isn't going to like. In 1939 this industry spent $33,938,000 to sell cigarets, cigars and tobacco.

Here are some of the things the authors report based on the findings of scientists throughout the world:

Sixty milligrams of nicotine, injected into the bloodstream, will kill a man. Smokers absorb 11.5 mgm. from one cigar, a like amount from five cigarets. The body eliminates nicotine at a rate that prevents the acumulation of a fatal amount, although there have been cases of death by nicotine poisoning.

Non-smokers in a room absorb more nicotine from slow, intermittent smoking by others than does a smoker from his own rapid, continuous smoking.

The smaller the butt, the greater the amount of nicotine.

Smokers suffer from nose and throat irritations, coughs and frequent colds more often than non-smokers.

One doctor found 180 smokers out of 300 suffering from heartburn.

Symptoms of duodenal ulcers disappeared when smoking stopped.

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AT ALL HEALTH FOOD STORES

THE BLITZ THAT AMERICA MUST WAGE

(*Continued from page* 350)

people in our country suffering from *nervous breakdowns* yearly. In 1940 there were 500,000 hospital beds for the *insane*. Out of the 20,000,000 below 20, fully 1,000,000 will be mentally sick to such an extent that they will have to be kept in some hospital for mental diseases. Every year there is an annual increase of 14,000 to 15,000 in the number of persons admitted to the mental disease hospitals for the first time.

Dr. Michael Kaysak, Medical Diretor of the County Hospital for Mental Diseases for the chronic insane in Milwaukee, states, "Population of insane asylums in this country doubles about every 25 years, which is much faster than the general population increases. There were 2,561 insane in the United States in 1840 and there are more than 500,000 now which is an increase of about *20,000 per cent* as compared with the general population increase of approximately *640 per cent* for that period. If the insane rate continues increasing as it has in the past, *we will all be insane by 2140*."

A Pathetic Demonstration

THE pitiful picture revealed by the foregoing statistics only partly demonstrates quite meagerly and in patchy manner. When it is realized that America is the sickest nation and yet has the greatest corps of workers and available equipment trying to solve the problems of disease and treatment thereof, is a richer country, has greater food supplies, with more possibilities of dissemination of knowledge in an educational way than any other country on the face of the globe, but still reveals a pathetic demonstration of ill health throughout the country, certainly it is cause for concern at least, if not definite alarm, to every thinking American individual.

IT is high time that America realizes the facts that a "Blitz" must be waged soon against the scavengers of death through causes analyzed and routed out, if we wish to still have left any kind of individuals worthwhile to defend, and not only physical and mental weaklings. Furthermore, we do not only need defense, we need offense. A counter "Blitz" must be waged.

The chief direction that the vanguard should take in this great battle lies over against the chief bulwark of the present scheme of thinking, namely, the Mechanical Philosophy, for the above statistics are the indel-

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(*Continued on next page*)

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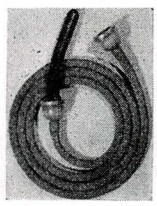
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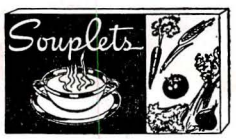
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THE BLITZ THAT AMERICA MUST WAGE

(*Continued from previous page*)

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In 1939, there were a total of 1,619,228,580 gallons of *beer* consumed by the American public. In Washington, D. C., where the height of our intelligentsia is supposed to be housed, we find the greatest amount of distilled spirits consumed of any equal area in the United States. The District of Columbia consumed 2,513,013 wine *gallons of distilled spirits* in 1939.

But Who Gets The Blame?

WE could go on and on, giving you one practice after the other one and all habitually indulged in by American men, women, and children, who go along aimlessly and *mechanically* working out their existence. They perform these habits and in a mechanical way they must ultimately, of course, receive the just reward of such life-discouraging and obstructing conditions imposed upon their bodies. But do they analyze the situation and realize that here may lie the cause that ought really to be considered? Seldom. What do they usually do? Let us read on.

We find first of all that they blame *bacteria* for their troubles, dutiful scavengers everywhere present trying to tear down degenerate structures as part of their daily job. And so they war against them with drugs, serums, and this or that mechanical agent, trying to fight the innumerable host so ever-present all about us. The hopelessness of the situation can very well be realized when one considers the fact that the 30,000,000 bacteria have been counted on the hands and arms of a normal individual during a single inspection. According to Dr. P. B. Price, of Johns Hopkins, even when you washed your hands they usually hold about 8,000,000 germs. Even after ten or 15 minutes of scrubbing and putting the hands then into disinfectant solutions, there are still plenty of germs to be found to infest suitable soil under these supposedly sterile conditions. There are 850,-

(*Continued on next page*)

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THE BLITZ THAT AMERICA MUST WAGE

(Continued from previous page)

000,000 germs on an ordinary postage stamp. This merely gives the picture in its true hopelessness in trying ultimately to fight a war successfully against these minute, universally present scavengers. But why blame them? Are they not but doing the job that they are intended to do, namely, to break down deficient, devitalized tissues when we allow those tissues to get into that state? But it seems most folks can not think that far. No, they go on treating in that way until some more deep-seated condition takes place and then only to find that it becomes necessary actually to go into a body and with a knife cut out the effects of the disease we are unable to cure.

THIS leads us then to the mechanical practice of surgery as it is being so commonly employed in this our modern day. What, however, are the problems here? We find that mechanical procedures working upon delicate tissues require great training and technique which the average surgeon finds apparently unable to master sufficiently. This is not just idle gesture. Allow me to quote Dr. Willard C. Rapley, of New York City, before the Association of American Medical Colleges. He stated that "two-thirds of the physicians who practiced in the United States are inadequately trained. Only 15,000 of the 170,000 are reasonably trained in surgery." When it is considered that 47,000 physicians performed 2,000,000 operations in 1938, it can possibly be well realized what a terrific toll of lives from mistakes, wrong diagnoses, and inexperienced surgical procedure could easily result from inefficient mechanical practice, especially if combined with an all too often unscrupulous commercialized conduct.

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(Continued on next page)

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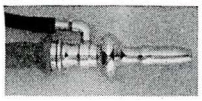
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THE BLITZ THAT AMERICA MUST WAGE

(*Continued from previous page*)

geon receives the blessings of the family and ever-lasting gratitude of the patient. It is the exceptional hospital that does not have one or more men listed on their surgical staff who, in the final analysis, and according to the best scientific and ethical standards, has no right to be there." He charged, furthermore, that "for every well-trained surgeon there are probably 20 who do the incompetent work."

Imagine a patient requiring surgery going to a surgical practitioner who states that he is trained in that field, but only one chance in 21 that he will have an adequately trained man, when mechanically choosing him, into whose hands he can entrust his life with confidence!

(*To be continued*)

THE TRIPLICITY OF HEALTH

(*Continued from page* 325)

to my readers, having appeared in this magazine for many years, although some thoughts on this phase will be mentioned later. It should be remembered, however, that our attention to physical requirements is but one phase of successful living.

As to the mental phase, we know, of course, of the gigantic power of the Mind. But have we learned to harness this power? Have we realized the tremendous influence of the EMOTIONS, things WE may invariably control, that govern our mental status? Most of our actions, and most of the physical manifestations around us, are the fruit of THOUGHT, and thoughts may be both constructive and destructive.

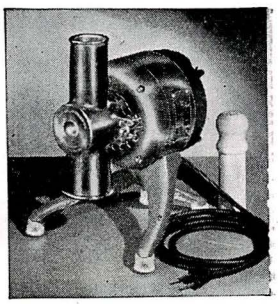
AT this point, let me speak of the interdependency and interrelationship of the physical and mental phases. Good bodily health will influence good mental health and vice versa. There are exceptions, of course, as we have all seen. The individual is the determining factor, and in most persons, the Mind can definitely be the strong director and coordinator of Health, Inc.

THERE are numerous ways in which mental development may be promoted, all of which lead to spiritual serenity and peace of mind. About ten years ago, I wrote an article for the "Boston Health Review" entitled, "Is There A Peace Of Mind?" I stressed at that time the importance of the three-fold development in human attainment, and the following paragraphs are excerpts from my article as it was published in the Review:

"Let us consider first of all and realize that man does not live on a

(*Continued on next page*)

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THE TRIPLICITY OF HEALTH

(*Continued from previous page*)

single plane of existence. He is not constituted that way. There is really a triplicity of planes upon which he progresses, and each of these seems to demand its particular gratification. It appears that the proportional development of all parts of his nature yield to the condition we term peace of mind.

"The three planes are the physical, the mental, and the spiritual, and these seem to be so interrelated that developmental neglect of any of these leaves a void in the unity of a man's life.

"How can we attain to a state of serenity in the midst of our tumultuous age? We could try to learn something of ourselves. Our force of progression would necessarily have to be divided into the three planes mentioned.

"The Physical would demand proper food, fresh air, sunlight, good water, rational exercise, and essential rest.

"Our Mental development would require wholesome study, suitable occupation, good reading, recreational pursuits, and a conscientious training of the will.

"Our Spiritual plane is probably the most neglected. If we could appreciate the depths of its satisfaction, spiritual development would receive its proper place in the curriculum of the School of Life. Just imagine the influence of its broad scope when included in its fold we find the appreciation of Nature, the ideal of helping our fellow-men, the beauty of true charity, the inspiration of hope, courage, and fidelity, the sacredness of the home, the philosophy of cheerfulness, the value of a smile, the necessity of humor, and the fortitude and faith it promotes. It is heartening to know its restorative powers to all the senses.

"The Bible still continues to be the best seller. All we need do now is to read it and practice its teachings. We would learn therein that "a merry heart cheereth up the countenance," that "he is rich who rejoiceth in his portion," that "a good word spoken is like a tree of life," and numerous other "paths to happiness."

I WROTE the above paragraphs about ten years ago, and in quoting them now, I had in the mind the particular significance of the thoughts expressed, to the perilous world conditions of today, especially the sentiments expressed in the paragraphs on spiritual development. The destiny of civilization is to go forward, not backward, and since civilization is but the sum total of all the individuals which comprise it, the emphasis on individual development along the three planes mentioned is opportune and worthy. It will produce better men, and a stronger civilization.



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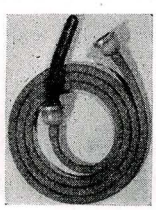
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(*Continued from page* 351)

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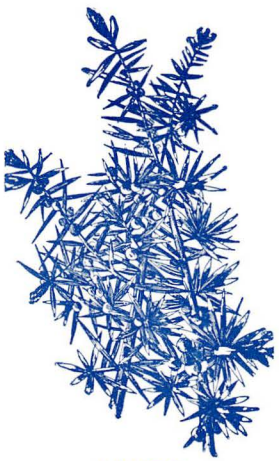
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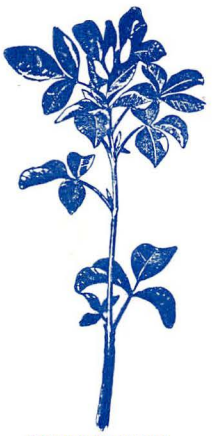
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How To Reach Yungborn:
By Automobile. Go over George Washington Bridge (178 Street and Fort Washington Avenue) and take Route 4 to Paterson, N. J., or go through the Holland or Lincoln Tunnel—or over the 23rd Street, 42nd Street, or 125th Street ferries and on to Paterson. Then on through Pompton Lakes, Bloomingdale and to Butler. Time: approximately 40 to 60 minutes from New York City.

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

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."

Write to

Dr. Benedict Lust
343 Lexington Ave.,
New York City
or
YUNGBORN
Butler,
New Jersey