

THE
WALLACE SYSTEM OF CURE
AND ITS USES IN THE
DISEASES OF CHILDREN,
MORE ESPECIALLY IN
DIPHTHERIA.

BY OSKAR KORSHELT,

*formerly Professor of Chemistry in the University of Tokio, Director of the
Chemical Laboratory of the Geological Club in Japan, and a holder
of the Imperial Japanese "Order of the Rising Sun," 5th Class.*

Translated from the German.

FIFTH THOUSAND.

PRICE THREEPENCE.

LONDON: NICHOLS & CO., 23 OXFORD STREET, W.

1890.

LAND LIBRARY
Digitized by Google

Printed by H. Nisbet & Co., 25 Jamaica Street, Glasgow,

AND

169, Fleet Street, London.

YASSEL JMAJ

4133
K842
1890

TO THE
MILLION
WHO ARE
SUFFERERS FROM MINERAL DRUG MEDICATION
OR
IMPERFECT ALIMENTATION
THIS
PAMPHLET
IS
RESPECTFULLY DEDICATED
BY
THE PUBLISHER.

THE WALLACE SYSTEM OF CURE.



ABOUT the commencement of this year I saw a book advertised, bearing the remarkable title : "Physianthropy ; or, the Home Cure and Eradication of Disease." By Mrs. C. Leigh Hunt Wallace and "Lex et Lux."*

I procured the book, and found it to contain a theory of disease, and instructions for the eradication of disease, which, by closely following, the author firmly asserts, on the ground of a large practice of over twenty years, that any and every disease may be cured with mathematical certainty.

Joseph Wallace claims to be the founder of an absolute system of medicine, which, when put into practice, affords what it ought and what we frequently so painfully feel the absence of in other systems which have until now been, or, perhaps, still are in force, namely, the power to cure our patients surely and quickly, and to completely eradicate disease. His theory deviates very much from the opinions at present current with physiologists, but it appeared to me to be probably correct, for many important physiological facts, until now inexplicable, are thereby rendered intelligible. All further study has only tended to strengthen me in this opinion. However, this new theory of disease will be more closely considered later on ; for the present, let us occupy ourselves solely with Wallace's method of curing disease. His system is divided into two parts :—

1. The art of a natural mode of living.
2. The use of twelve specifics.

* "Lex et Lux" is the *nom de plume* of Mrs. Wallace's husband, Mr. Joseph Wallace.

The regulations which Wallace makes for a natural mode of living, and which relate to food, clothing, dwelling-houses, washing and bathing, go much farther than what is generally deemed necessary by our German friends of Nature and her laws. Wallace insists on entire abstinence from flesh meat, fish, salt, fermented beverages, chemically raised or yeast prepared bread, vinegar and tobacco ; and, moreover, not only are the sick to deny themselves all these things (without which life, deprived of all stimulus, appears worthless to the man of culture of the nineteenth century), but also those who are healthy, or rather those who, by the customary mode of living at present practised in Germany, only *seem healthy*, but are in reality filled with the germs of disease. The remainder of Wallace's regulations, in regard to dress, dwelling places, and washing and bathing, differ but slightly from what is advised by reformers and "natural livers" in Germany, except that he (for good reasons), is an opposer of cold water establishments, which he would be glad to see transformed into warm water establishments. By what experience I have been able to acquire, Joseph Wallace is right in asserting that a natural mode of living, according to his regulations, is in itself sufficient to cure all organic diseases, viz., those diseases by which certain organs are altered and partially destroyed, by restoring or re-forming diseased organs. In severe cases, however, this means of cure is very tedious, and a complete cure is sometimes impossible, although the state of health will be much improved, the patient kept free from pain, and death indefinitely deferred. Now, besides this slower means of cure, Wallace makes use of his twelve specifics in order to effect a rapid cure in all cases where the vitality has not lost its hold over the body, as much in desperately chronic cases as in acute cases. These specifics are all alcoholic tinctures obtained from plants, and do not accumulate in the organism, but are either expelled or consumed soon after being taken, so that a patient may continue taking them regularly for many years without experiencing any secondary and evil effects, as is the

case with all customary drugs. If the latter be continued for any length of time, they accumulate in the body, and the system thus becomes accustomed to them, so that the doses have gradually to be increased. This is not the case with Wallace's twelve specifics, for after a long continued use of them the dose will either remain the same, as at first, or may be decreased with advancing recovery.

In his "Physianthropy," Joseph Wallace gives fixed directions, intelligible to all, concerning the use of his twelve specifics, which he does not designate after the plants from which they are prepared, but has simply provided with the continuous numbers from 1 to 12. The numbers IV. to XII. are specifics for special diseases, and are therefore seldom required, and do not at present come under our notice. On the contrary, Nos. I., II., and III. cure the great mass of diseases which, according to Wallace, are divided into three great classes, each class having its own peculiar curative. The present science of medicine distinguishes many hundreds of diseases, and has for each a great number of cures in reserve or in use. How difficult must it then be to form a correct diagnosis, and how difficult after the proper denomination of the disease has been found, to choose from amongst the many proposed remedies for that disease the most suitable cure for the particular case! This difficulty exists in both schools, in the allopathic and in the homeopathic. Wallace's system is extremely simple in comparison, so that even the uninitiated in the science of medicine may, without any scruples, cure themselves and their families of any illnesses which happen to attack them. In his book Wallace makes statements concerning the wonderful healing properties, and the certainty and reliability of his specifics, which so far exceed all that is now-a-days expected from the best remedies at our command, that none of the doctors to whom I communicated the value of these specifics put any reliance whatever in the truth of the reports, and but few could be induced to make a trial of one or other of Wallace's medicines. As for myself, I felt

convinced on reading Wallace's book that it must contain the truth. I sent for the medicines, and tried them on all the patients who would consent, but above all on myself, by intentionally nurturing certain diseases, in order to cure them again immediately, and always with brilliant success. I was, on the whole, equally successful with my patients, the results were, in many cases, simply miraculous. I was almost always particularly successful in overcoming all pain. Having convinced myself by the many cases in which I was able to make the trial, that the curative results of Wallace's treatment in every way justified all his predictions, and having thus proved his trustworthiness, I felt compelled to look upon his whole system as correct. But in order to make quite sure I left Germany and betook myself to London, where for several months I enjoyed the privilege of constant intercourse with Joseph Wallace, and of being instructed by him in all the particulars of his system. The most satisfactory proofs were given me that, by following his system, all diseases, of whatever denomination, are curable, and after having made a careful trial, I could only declare myself convinced in its favour. I do not hesitate to affirm that, by giving his system to the public, Joseph Wallace has become one of the world's greatest benefactors, who, after an active service of twenty-five years, is now blessed by thousands of people, as he will, perhaps, after a few more years, be blessed by millions to whom his system will have brought health and longevity. With the determination to make his system known in my own fatherland, I returned to Zittau, to find the town in grief and mourning, caused by a diphtheria epidemic, such as is unfortunately only too prevalent with us. Under these circumstances, I hold it to be my duty to make known to my fellow-citizens how, by following Wallace's advice, they may prevent their children taking diphtheria, or, if the disease has already broken out, how it may in almost every case be cured.

The Cause and the Three Conditions of Disease.

In order the better to understand the reasons upon which the following instructions for the prevention and cure of infantine diseases are founded, let us first hear what is to be said of the three conditions into which Wallace brings almost all the diseases of mankind. The few diseases which do not belong to these divisions, and, therefore, require special specifics, are warts, worms, tape-worm, gout, whooping-cough, hemorrhage, bumps and bruises, cholera, and ring-worm. If we attempt to trace any other than the above-mentioned diseases to their origin, it will be found that they all come from one fundamental abnormal condition, which may be designated as the febrile or inflammatory condition, as experienced in colds, simple fever, rheumatic, and other inflammatory fevers. This condition is produced by the use of flesh meat, fermenting or fermented food (bread), or drinks, in all of which are white corpuscles, or yeast animalculæ, as they are called when not within the animal body. Scientific authorities regard white corpuscles, and yeast animalculæ, as completely different things; the former seems to them to be the true basis of all vitality, and of the construction of the body, while Wallace looks upon them simply as yeast animalculæ, which pass from fermented breads, beer, or flesh meat, into the tissues of the body, and at length into the blood, in which they increase, to the detriment of the human body, deprive it of its proper food, and poison it by the matter which they excrete (alcohol, carbonic acid, and fusel oil). The identity of yeast animalculæ and white corpuscles is the important fundamental fact on which Wallace has built up his system. If the animalculæ, *alias* white corpuscles, increase beyond a certain limit in the human body (which limit, of course, varies in each individual, just as the vitality is less or more), the body makes a powerful effort to get rid of these white corpuscles. The person in whom this takes place then says he has a cold, or a fever of a simple inflammatory nature. The white mucus which he expectorates,

or expels through the nose, is nothing but white corpuscles, which have been thrown out of the body by Nature's process of cure, through the means of the mucus membranes. In the fermentation of saccharine liquids, yeast, as is well known, increases the temperature; this is also brought about in the human body by means of yeast (white corpuscles), and from this comes the increased temperature of the blood during fever.* The surplus of yeast in the blood occasions the first condition of disease, which comprehends the apparently entirely different forms under which the body takes up arms against the parasites and forces them to depart. In this struggle against disease, nature is wonderfully assisted by the administration of "No. I." "No. I." has an extraordinary power in checking the activity of the white corpuscle, and in preventing its multiplication. Thus the fever heat of the blood is brought down, which causes the inflammatory symptoms to vanish, and the action of the skin again becomes normal. "No. I." moreover, enables the glands the more easily to pass off and eject the white corpuscles, which, as is well known, do not only settle in the blood, but invade the whole system like a rapacious robber gang.

If the natural process of cure of the first condition be hindered or suppressed by the ineffectual interference of the patient, such as the administration of injurious drugs, the yeast animalculæ, which were on the way of departure, can no longer be got rid of. They are re-absorbed by the organism along with the drugs, for the latter generally accumulate in the body. In this way the symptoms of the first condition of disease disappear, and the patient is apparently cured, but in reality his vitality is weakened, and a chronic, viz., permanent,

* The argument that yeast animalculæ, though increasing and multiplying rapidly, retain an unaltered form under the microscope, while white corpuscles are continually changing their shape by eruptions, and that it is, therefore, impossible for both to be the same, is met and exhausted by Joseph Wallace requesting that yeast animalculæ be examined in a saccharine fluid at blood heat, when they present exactly the same appearance and varying form as white corpuscles.

state of disease brought on, which mostly endangers one or more of the vital organs. This is the second condition of disease. Vaccination, as a preventive against small-pox, directly causes the second condition, even without the existence of the first, for the so-called lymph, which is inoculated into the blood by an incision on the arm, is nothing but pus-matter procured from a cow. This pus-matter, again, is simply white corpuscles which excrete themselves on places where the skin has been taken off, and which degenerate by exposure to the air. Being put back into an organism for the second time, they are, of course, much more injurious than common yeast, as they at once occasion the second condition of disease. Small-pox is, or rather used to be before the institution of vaccination, the great and principal action of nature, through which the body threw off by the skin the accumulated mass of white corpuscles of the first and the second conditions. By vaccination the vitality, if not of the first, at any rate of the second and third generation, is so effectually lessened, and especially when vaccination is repeated every seven or eleven years, that the body is no longer capable of such a salutary exertion as small-pox undoubtedly is, and in this sense the disease of small-pox is indeed eradicated, or at least almost completely exterminated by vaccination. But what must now become of the white corpuscles of the second condition, which have been forced back into the organism by vaccination, or have been produced from those of the first condition through mistaken treatment, and which can no longer be expelled from the system by small-pox? They multiply in the body and engender new and until now unknown diseases, which are much more dreadful and more fatal than small-pox. One of the most common and most terrible of these diseases is

Diphtheria.

One means which nature frequently takes to free herself, at least comparatively, from the degraded yeast corpuscles which encumber the organism, if she cannot expel them by the skin

in the form of sores and eruptions, is to segregate them in colonies in various non-sensitive parts of the body in the form of tumours, or to eliminate them as pus-matter by one or other of the vital organs (and she always selects the strongest). In this second condition the corpuscles assume a changed appearance under the microscope, they become considerably larger, and there would seem to be no limit to their aggravation. The larger they become, the slower and more difficult to nature will be their expulsion. "No. II." is the specific which most effectually aids Nature in her efforts to excrete any pent-up and morbid corpuscles, especially in allaying and averting the pain caused in open sores and ulcers by offensive matter oozing from the degraded and putrifying corpuscles. "No. II." also removes drugs which have accumulated in the system, more especially those of an inorganic nature. The strenuous exertions made by Nature to expel the virulent yeast corpuscles are followed by seasons of intense depression, and it is during these seasons that patients so often take stimulants on their own authority, or are prescribed them by a medical man. It is true, that they give temporary relief by driving back the mass of moving matter which is on its way to the surface, but while life exists Nature unceasingly perseveres in her efforts to cure, and as often are her efforts foiled by stimulants, until at length the third condition of disease is reached, in which chronic suffering becomes custom at the expense of vitality and longevity. These injurious stimulants need not, of necessity, be of alcoholic nature, they include morphia, chloroform, etc.; indeed the latter are considerably more injurious than alcohol. The third condition is usually designated an affection of the nervous system, and is generally simultaneous with the first condition, which latter seems to be more or less the inheritance of every one born into this world. The second and third conditions may also be transmitted. Those who inherit these diseases, say from a father who has been a drunkard, have but little chance, brought up as they are in the mistaken mode of living prevailing in our 19th

century, of overcoming even the diseases of childhood, so that what has been said of the "visitation of sins upon the third and fourth generation" is truly fulfilled in them, especially when disease is abetted with however little drugging.

"No. III." is the specific by which the third condition of disease is to be overcome. We may form an idea of the power of this specific when we hear that *delirium tremens* have often been cured by it in a single day, and that confirmed drunkards have within a month been brought to feel such a loathing for all alcoholic drinks that the atmosphere of a tap-room alone sufficed to occasion within them intense disgust. If it be comparatively easy to bring a drunkard to abstain from alcohol, yet it is most difficult to repair the harm done to the whole organism by drink. It often takes half a lifetime of natural living and the diligent use of "No. III." to completely restore health.

The Wallace System of Cure.

Joseph Wallace's system of cure has been made clear in the preceding pages. The condition of disease to be overcome must first be determined, or, as all three conditions are generally simultaneous, in what relation they respectively stand to the disease. The patient must then be put on a natural diet, the most suitable bathing, washing, compresses, injections, for the particular case must be ordered, and one or more specifics prescribed. The process of cure is wonderfully accelerated by a correct knowledge of the exact amount of the doses, of the proper time for administering them, of the alternation between "No. I., II., III.," and of their internal and external use. For instance, I was myself witness of a patient who, under the most excruciating suffering, had dragged himself to Wallace's house, where a cancerous tumour in the stomach, which had tortured the wretched man for fifteen years, at last broke, so that he vomited up in large quantities a dark brown sediment like coffee dregs, and was nigh unto death. In little more than a day he was completely free from pain. On the third day the patient left London for

Belfast, where he arrived safe and well. I am convinced that, with the short experience I have had in the use of Wallace's system of cure, I should have taken one or two weeks to so far restore the patient. If the results of Wallace's treatment are less rapid in the hands of the inexperienced, the results are even then extraordinary, and would astonish any allopathic doctor. What is of especial importance is, that Wallace's treatment can hardly be injurious, seeing that his specifics are non-poisonous. Neither can much harm be done by the natural diet and the bathing, because in this one must be entirely guided by the patient's condition and his own inclinations. If Wallace's medicines be administered in over-large doses, an excessive curative effect will be the only result, which, in the case of "No. II.," will exhaust the body, but without doing the slightest permanent injury. "No. III." may, apparently, be taken in very large doses without the patient experiencing anything unusual. The curative properties of "No. I.," on the contrary, are so powerful that a few drops over the exact quantity necessary will produce very peculiar sensations throughout the whole body, which I might call electrical, and which are occasioned by no other medicine that I know of. But, like the others, "No. I." is non-poisonous, for it has been taken several times in strong doses of from 100 to 200 times the proper quantity, which, it is true, placed the respective persons for about half a day in a sad condition, indeed, completely paralysed them without depriving them of consciousness, for which disagreeable effects they were well recompensed by enjoying quite remarkably good health for several months afterwards; for "No. I." is pretty much the same as what the alchemists of the middle ages understood when they spoke of a "Life Elixir."

Those who should make use of Wallace's System.

We have seen from the above that Wallace's specifics may, without any scruple, be trusted in the hands of one and all. That they may become universally popular as home medicines

for the weal of our nation is the desire which inspires me, and the fulfilment of which I hope yet to experience. No better medicines for children could be found than the three specifics, more especially "No. I." I have several times witnessed, to my surprise, how children of from two to three years, who for many days had no inclination for play or for food, but only desired rest and sleep, and who, perhaps, had a slight degree of fever, have in half-an-hour been completely restored by a dose of from one to two drops of "No. I.," while the doctor believed that he might expect an attack of diphtheria or something similar, which, in all probability, would have been the case had it not been for "No. I." Whoever has "No. I." in his house does not require to send for a doctor even to treat a bad case of fever. My nine-year-old daughter was suddenly seized with high fever over 41° , her pulse fully 130, and was delirious. After a few doses of "No. I.," each of from four to five drops, her temperature and pulse were reduced to the normal condition in about sixteen hours, and the inflammation of the lungs, for that was it, was got over in a few days. Had I made use of the hot water compresses which Wallace recommends, but for which my courage at that time failed me, the fever would have been overcome in half the time. When children are exposed to circumstances in which they are liable to catch cold, when they come home with wet feet, or have been exposed for any length of time to a sharp east wind, they should at once take a dose of "No. I.," and the cold, which otherwise would probably have followed, will thus be prevented. There are many families in England in which the mother in this manner wards off sickness from her children. The children themselves feel the beneficial effect, and ask for "No. I." No mother who has once proved the curative effect of the medicine will ever give it up, or cease using it.

If "No. I." is to see a great future as a medicine for children, in no less a measure will all three specifics—"Nos. I., II., and III."—become the household medicines of their elders. Cold, for which hitherto no plant was found to grow,

is cured by "No. I."; and, in like manner, all diseases originating in chill or cold, such as cough, catarrh, asthma, bronchitis, rheumatism, pleurisy, inflammation of the lungs, all simple fevers, neuralgic pains (the latter in the shortest possible time), measles, dysentery, all internal inflammatory diseases, and poisoning from tobacco. "No. II." is the specific for all skin diseases—eczema, cancer, tubercle, ulcers, and suppurations, either internal or external. "No. III." is all powerful against all nervous affections and all results from indulgence in alcoholic drinks—from the ordinary bilious attack up to *delirium tremens*.

Since Gleize's (that is for over fifty years) the theory has been promulgated that vegetable food and entire abstinence from all stimulants is a guarantee for good health, and the lives of thousands have testified to the truth of this theory. Nevertheless, very few, and especially in Germany, have felt inclined to give up their customary way of living. Although organic diseases may be allayed by Wallace's specifics, they cannot be eradicated except by natural living. All less serious diseases may, however, be cured by these medicines if combined with a natural way of living during the period of treatment, and they are therefore fully calculated, as has before been said, to play a great part as household medicines, and not only this, but to be employed by our doctors, even although most of them prescribe flesh food for their patients. We have already seen that Wallace's specifics are tinctures obtained from vegetable substances. Further information concerning the method of their preparation, at least of "Nos. I., II., and III.," will, for the present, not be made public. I am aware that it is a general rule of our doctors to prescribe no ready-made medicine without giving its component parts, and almost all doctors, as I have only too often experienced, shrug their shoulders when I declare that "No. I." will cure rheumatism at the same time as dysentery, or that "No. II." will cure *all* skin diseases, even the so-called "incurable" cancer; and because, according to their idea, this is (of

course) completely impossible, they will give no heed to Wallace's system until the curative results effected by its means in the hands of the people will oblige them to consider it. Nevertheless, I would beg all doctors who may chance to read these pages to give Wallace's specifics a fair trial, and I shall be glad, on application, to provide samples of the medicines at cost price, along with whatever further information may be desired. *The use of Wallace's medicines, and still more, if at all practicable, of his complete system, is specially recommended to young doctors, who, by their successful cures, are anxious to attain to a large practice in a short time.*

Perhaps those who believe in a natural system of cure and their adherents, who are *each year increasing* in Germany, may be persuaded to consider for a moment Wallace's specifics, and in all good faith to their principles, to put to themselves the question—"Must everything which is not either water or food indeed be poisonous to the human organisation?" Wallace is himself an upholder of the natural mode of living, and only differs from the German hydropathists in so far as that they use for baths lotions and injections, water at from 32° to at most 95° Fahrenheit, while Wallace would employ water for curative purposes a few degrees above, but not below blood heat. The number of people in the world who bathe in water this temperature is considerably greater than that of those who torture themselves with cold water, which fact in itself sufficiently determines who is in the right.* After a closer examination of Wallace's hot water system, if it may be so called, our own hydropathic doctors will surely decide to accept it; for it possesses such unmistakeable advantages in comparison to theirs, and they may perhaps at the same time be induced to make a trial of Wallace's specifics. What is in reality poison? I would define poison as everything which the body does not require for its sustenance, that is for its nourishment and health. And the characteristic symptoms

* Just as the majority of mankind has decided in favour of a vegetable diet by eating either no flesh meat at all or very little.

of poison? What is beneficial to the human organism will produce in it, even after prolonged use, exactly the same effects as at first; whereas to produce the same effects with poison, it must be taken in ever increasing quantities, because the organisation gets "accustomed" to it in the attempt to overcome it, and by degrees it accumulates in the system. If we consider further that *man and beast can only assimilate organic substances*, it is clear that all inorganic substances, viz., all substances originating in the mineral kingdom, and all organic substances which are artificially produced by chemists, are poisons, and should neither be taken as food nor as medicine. Salt is therefore a poison, and mercury, iodine, chloral, etc.; in short, the greater part of the customary medicines should never be given. Only plants now remain for our nourishment and for our cure, and many even of them are injurious. Such vegetable substances as are suitable for our food are well known, but vegetable substances containing such healing properties as Wallace offers us have hitherto been completely unknown. The common intellect was insufficient for their discovery, and a spiritual state, such as is described in St. Matthew v. and 8,* was essential.

Wallace's twelve specifics offer us a distinct proof of their non-poisonous nature. They may be taken in large doses for many years without weakening their curative effect; the organism does not become "accustomed" to them. That they are indeed curatives, and that their effect on the human system is entirely different from the ordinary medicines, is proved by the impression which they make upon those who have been restored to health by their means. The customary medicines generally occasion an injurious secondary effect as well as that desired by the doctor, and thus the patient is made to feel only too plainly that he has taken something into the system, while the really curative action which overcomes the symptoms works negatively, and therefore remains unnoticed by the patient. The injurious secondary effects

* Blessed are the pure in heart.

disappear entirely with Wallace's specifics, the patient recovers by their use without exactly knowing the reason, because no unpleasant effects have been noticed or experienced.

This is why many, who have for the first time been cured by Wallace's specifics, dispute the fact as to whether it is the medicines which have restored them to health. Their action is almost too uncommonly delicate. In many cases, however, patients are at length convinced by the curative properties of the specifics, which often continue to work for many weeks. In acute cases there is no room for doubt, as the specifics generally act with the rapidity of lightning.

Facts so strongly demonstrate the curative properties of Wallace's specifics that it will be impossible for those who uphold Nature's laws ever to place them in a line with the mostly poisonous medicines of allopathic doctors. It was a healthy and a justifiable movement that impelled the natural enthusiastic to do all in their power to free themselves from the medical treatment, which does not hesitate to employ all kinds of poison, and to determinedly oppose its drugs, whatever names they might bear, and in place of this mistaken system to seek cure alone through reasonable nourishment and care of the body; in fact, through a natural mode of living. No one is a more deeply-convinced or a warmer advocate of this movement than Joseph Wallace. He, however, observed, what no representative of the natural system of cure can dispute, namely, that by this treatment many cures are only effected very slowly and with much difficulty; and further, that chronic diseases which have been put under this treatment at a time when the patient appeared still to possess sufficient vital force for a successful result, unfortunately only too frequently ending in death. These observations impressed him with the conviction that, in our present depraved mode of living, with its consequent horribly diseased conditions, the natural treatment, that is, a return to a natural mode of living, even aided by animal magnetism, is insufficient to cure all diseases with the desirable quickness and

certainly. He who truly understands human life, knows that for every evil, physical and moral, there must exist the cure even this side the grave, for otherwise the world must go to ruin. Every ailment must therefore have its remedy, and Joseph Wallace, after exerting himself to the utmost, was fortunate enough to see his endeavours crowned with success by the discovery of his twelve specifics, which comprehend all diseases. Whether there may not yet be found other medicines of similar properties which would cure some special diseases, comparatively slowly overcome by his treatment, with a swiftness and certainty equal to that already attained in most cases by his specifics, is a question which I cannot decide, but to which I should like to give an affirmative answer. I do see a gap which might be filled up, for instance, in rheumatism. [See p. 16, line 34—Ed.]

My request, not to dismiss Wallace's specifics without any consideration whatever, but to grant them at least a single trial, is directed specially to those who are in advance of their age, and who have given up all medicine, and have turned to a natural treatment as being the only proper cure for disease.

The administration of "Nos. I., II., and III."
(*Quoted from Physianthropy.*)

The plant from which "No. I." is prepared is a poisonous one, but the tincture is not got from that part of the plant which contains the poison, and is, therefore, non-poisonous. The resinous part of the plant is almost, if not wholly, eliminated by the peculiar mode of preparation, in an entirely non-poisonous alcohol, containing neither fusel oil nor any other injurious properties. So much so, that "'No. I.' has, in some cases, actually been taken in quantities equal to two large wine-glassfuls, or more, at one time without any injurious effects beyond frightening the patients very much by the peculiar electrical effects which it produced. The benefit derived afterwards was all the greater for the overdose. In spite of this fact, care must be taken never to give more than is

necessary to produce a beneficial effect, for Nature should never be forced, not even in a curative direction. My experience of this specific is very great, extending over twenty-five years of private practice, which frequently exceeded one thousand cases yearly." In the administering of "No. I." it is always safest to give a small quantity at first (if there is time for this, as in chronic cases) and gradually to increase the dose until a very slight, peculiar sensation is experienced, like the working of an internal battery. If this sensation grows stronger, it draws the fingers gently inwards towards the palms of the hands ("this, however, was never the case with me, even after very strong doses of 'No. I.'; on the contrary, I then experienced a series of electrical shocks which passed alternately up and down my body."—O.K.). When this action is gentle, and lasts for about half-an-hour only, the dose should be diminished by one or two drops, and the correct maximum dose will then have been arrived at, through which the organism gets the full benefit of the specific without being in any way disturbed. (After these remarks one might think that the administration of an overdose of "No. I." would greatly disturb the patient. This is not at all the case. Those who are accustomed to allopathic medicines may unhesitatingly take two or three full doses daily without feeling any the worse, so slight is the disturbance caused by it.—O. K.)

Dose for Adults in Acute Cases (Internal).—Ten to sixteen drops, according to the temperament, should be taken in a wine-glass of water, followed by a little drink of plain water every one, two, three, four, or six hours,* according to the urgency and painfulness of the symptoms, prolonging the intervals between the doses as amelioration takes place, or if

* In extreme and acutely severe painful cases, in which "No. I." is the absolute specific, such as neuralgia and sciatica, the second dose may be repeated in half-an-hour after the first, and the third dose half-an-hour after the second, except when very marked amelioration has taken place. The case that does not rapidly succumb to this treatment, in combination with the external application of the tincture to the part affected, will be found to be very rare indeed, but must get better very soon after.

peculiar electrical sensations are experienced. All functions of the organism will return to their normal condition of action even before absolute recovery takes place. *

Dose for Adults in Chronic Cases (Internal).—From ten to sixteen drops two or three times daily, in subservience to the requirements of the case, and oftener when necessary.

External Administration of "No. I."—The tincture, of the strength supplied, to be applied by placing a piece of saturated linen on the part affected. In neuralgia or sciatica especially this is the most potent destroyer of this excruciating pain, particularly when in combination with internal administration.

Dose for Children in Acute Cases.—One half-drop for each year of age and under, taken in a little water. A little drink of plain water should always be taken afterwards to prevent the burning sensation which would otherwise be produced in the mouth, and which would continue for some time. The dose to be repeated, as above indicated, every one, two, three, or four hours, as the case requires.

Dose for Children in Chronic Cases (Inherited Scrofula, Consumption, etc).—Half-a-drop for each year of age and under.

"No. II."

This specific can be taken in almost any quantity without organic or functional disturbance being created, but when large doses are persisted in for a considerable length of time, its power and purpose become *too* evident by the general disturbance created in the digestive organs, owing to the *extra* wave of pent-up latent matter being poured into the stomach, creating for the time acidity, heartburn, and other fermentations in the stomach and bowels, but which symptoms cease if the medicine is discontinued or lessened in quantity for a few days. Nothing beyond this disturbance is experienced from excessive doses of "No. II." save that sometimes a languor of body is produced as from over-exertion, which results from the extreme labour imposed upon the involuntary muscles and nervous system, through so rapidly calling forth

so much of the old pent-up matter without any corresponding equivalent being appropriated, in the shape of food, to recuperate the otherwise overburdened forces of nature. (During such times of languor "No. I." ought to be taken.—O. K.)

By increasing or lessening the dose, as required, the proper quantity will soon be satisfactorily arrived at, when the curative effect will be distinctly recognised, and the above mentioned disturbances will be either very slight or disappear entirely.

Internal Use of "No. II."—*For Adults.*—The average dose is from ten to twenty drops three times daily, which may be taken in water, or any wholesome beverage, though where the stomach is affected it is more efficacious taken in warm or hot water before meals.

Dose for Children.—One half drop, twice daily for each year of age, up to ten years, *i.e.*, a child of ten years would require five drops twice daily. For every three years after ten years one extra drop; thus to one of thirteen years of age give six drops to a dose.

External Use of "No. II."—As a Lotion, Gargle, Injection, Enema, Bath, and General Local Application.—Twenty drops to one half-pint of water (preferably hot), to be employed as often as the case demands.

In the Form of an Oil.—In cases of burns, scalds, gangrenous, or deep-seated ulcers, with very copious discharge, the use of the medicated oil becomes a necessity, to save an almost constant application of the "lotion" which would be required to keep the parts in absolute comfort and free from pain, which can always be ensured by following the directions here given for its external application, giving careful attention to the bathing and frequency of renewal, according to the requirements of the case.

The oil can be made of various strengths, according to the necessity of the case; say from twenty to fifty drops of the tincture to each fluid ounce of pure Lucca oil. The strength

most generally required is thirty drops to the ounce of oil, which must be thoroughly shaken before applying. In severe cases the alcohol of the tincture frequently occasions a smarting sensation, which is sometimes very painful. To prevent this, place the bottle containing the prepared oil in water, bring it slowly to the boil, and keep it boiling for half-an-hour, by which time the alcohol will have evaporated out of the oil.

Apply to the ulcer a clean piece of linen, well spread with the medicated oil, and renew it three times daily, *i.e.*, night, morning, and in the middle of the day. It must be made a strict rule to wash the sores most carefully with *hot* water (with or without "No. II.") before applying the fresh application.

When "No. II." is to be taken in alternation with "No. I.," or any of the other specifics, "No. II." should be administered in the morning or through the day, "No. I." and "No. III." at night.*

"No. III."

"No. III." is only for internal use, for its action is exclusively on the nervous system.

Dose for Adults in Chronic Cases.—Ten drops three times daily, in water or any wholesome beverage.

Dose for Adults in Acute Cases.—Ten drops in water or coffee, every five or ten minutes, till all painful or acute symptoms are dispelled, after which ten drops, three or four times daily, may be required for a few days.

Administration of "No. III." for Delirium Tremens.—During the attack, from 120-240 drops (about half-an-ounce) must be given every half-hour, either in water or strong pure coffee, until four doses have been administered, or till all acute symptoms are dispelled, and the normal, mental, and physical condition of the patient almost, if not entirely, re-established. A dose of fifty drops should be taken about four times daily for a month following the attack, with the object of creating a

* From my own experience I find that "No. II." may be administered internally in much stronger doses than is above indicated.—O. K.

chronic abhorrence of alcohol, which disgust must be again awakened from time to time in the patient whenever the crave for drink returns. (This is the only reliable treatment which absolutely cures drunkenness.—O. K.)

Dose for Children in Chronic Cases.—The same as “No. I.”

Dose for Children in Acute Cases such as Colic, etc.—One half-drop to every year of age, to be administered every five minutes till all acute or painful symptoms are abated, which they always are in cases where this specific is rightly selected. (Otherwise use “No. I.”—O. K.) This “No. III.” specific may be taken at any time of the day, and before or after meals, with equal benefit. When for mental restlessness at night, it is, of course, better taken at bedtime, but when in alternation with “No. I.,” with symptoms of physical restlessness at night, bedtime must be reserved for “No. I.,” and when in alternation with “No. II.,” the predominating symptoms indicating, “No. II.” or “No. III.” may be the ruling guide for the morning dose.

The Prevention of the Diseases of Childhood.

If we wish to have healthy children our first duty ought to be to keep ourselves in good health, for our diseased conditions will be transmitted to our children. People talk of inherited disease when the same abnormal and diseased symptoms of the parent exist also in the child, but even when children have diseases which the parents have not, they may still be transmitted, for the children inherit the diseased *condition*, which, according to Wallace's theory, we have seen may find expression in the most varied forms of disease. Our duty to live naturally for the sake of our children becomes all the greater when we remember that transmitted diseases are so much more difficult to eradicate, and, on account of their chronic nature, cause far more suffering than merely acquired diseases, which fact may easily be seen proved when we look at the children of wealthy, pleasure-seeking parents. Most

deeply to be pitied are the children of tipplers, under which term all are included who habitually indulge in alcoholic drinks, whether they may happen to take much or little.

The Prevention of the Dangers caused by Vaccination.

If yeast, white blood-corpuscles, and pus-matter are simply different terms for one and the same thing, *i.e.*, for minute animalculæ which obtain nourishment in the body, multiply therein, and poison us by the virulent matter which they expel, and are in this way the cause of disease and death, then vaccine lymph is certainly matter which poisons the blood by producing in it the second condition of disease, or, if this condition already exist, of greatly aggravating it. In any case, vaccination must tend to lessen the vital force by so weakening the system that it is no longer capable of the natural mode of cleansing the body by small-pox from an overplus of white corpuscles, and is forced to accomplish this act of purification under much less favourable circumstances, under the form of lingering and dangerous diseases (such as diphtheria, etc.) This is made very plain by Wallace's views, as also the fundamental error of medical science, of which vaccination is a natural result, of regarding small-pox as something injurious, and speaking of cure when, by the administration of drugs (if poisonous, which is generally the case), the process of expulsion of white corpuscles, or other virulent matter, is in reality simply interrupted, because Nature, who always first attacks the most dangerous influences, is made to operate on the more injurious poisons which have just entered the system, and is striving to expel them or to render them harmless.

Medical men have frequently not really cured the disease, even if it seem to have yielded to their efforts; they have only succeeded in suppressing it. *Wallace's specifics, on the contrary, do not interrupt the process of expulsion, but assist it by removing the symptoms, which, like the pangs of child-birth, show the great exertions made by the vital force in the process of cure, and by restoring the organs to their natural functions, after which the*

process of cure may naturally continue very much more quickly and more thoroughly.

A man who is living naturally need never fear small-pox, and even he who indulges in many vices will not die of small-pox if he is provided with "No. I." and "No. II." during the illness, unless, of course, he has carried his indulgence too far. Whoever possesses "No. I." and "No. II." specifics, and has still a certain degree of vital force, may boldly face any dangerous illness, confident of overcoming it. Death will no longer find victory such an easy matter if man have "No. I." and "No. II." specifics to aid him against the enemy's attacks. Should he, indeed, chance to take small-pox, he ought actually to congratulate himself. "No. I." and "No. II." ward off death, and "No. II." prevents the pox-marks, and, after recovery, the system is so free from white corpuscles that he finds himself in better health than he ever was before, and will for a long time be free from all ailments.

It is, of course, best never to have your children vaccinated, and rather to suffer the penalty of fine or imprisonment. How far this may be done in Germany I am not aware, but in England there are already towns and districts where a doctor no longer dares to vaccinate, and where the authorities no longer enforce the penalties imposed by law for laxity in vaccination.

If unavoidably your child has been vaccinated, you can at least go energetically to work to overcome the vaccine poison, and to try to prevent its settling in the organism. For this purpose "No. II." must be given two or three times a-day for one or two months after vaccination, the last dose being administered about an hour before bed time. Immediately after vaccination the incision should be carefully washed out with hot water and "No. II." (for the preparaion of lotion see page 34), a piece of clean linen saturated with "No. II." and oil laid on the place, and "No. II." continued internally and externally for several days, or until the wound is perfectly healed, which it will do without

leaving a scar. It will be found beneficial to give a hot bath daily before going to bed.

Children are pretty certain to be healthy if they are properly fed and clothed, and get a daily bath. Then, at least, it is only inherited diseases which will exist, and the ordinary children's ailments — particularly infectious diseases — are avoided, and the children grow up strong and happy. The more vegetarian families one gets to know, the more apparent are the proofs of this fact. It cannot be denied that many adults whose organism is overcharged with much pent-up disease — matter which must be expelled — may, after the change to a vegetable diet, look unhealthy for many years, and may even be actually ailing, but this is because the process by which the system is purifying itself is so lengthy. Children who have been properly fed from the first will thrive remarkably well.

According to Wallace the following are unsuitable as food for man :—

1. All inorganic substances, for they cannot be assimilated as food, and are only expelled by a great effort on the part of the organism; for instance, salt, which is strictly to be avoided.

2. All organic substances, evidently containing yeast animalculæ (for yeast is the cause of all the diseases of mankind). Such organic substances are flesh-meat, fish, bread prepared with yeast.

3. All substances or liquids produced from the fermentation and decomposition of vegetable matter, such as alcohol and vinegar, which, being the rejected matter of yeast animalculæ and penicillium glaucum fungus, are poisonous.

Besides the above, all spices generally are to be avoided as far as is practicable.

There still remain as articles of food the following :—

Milk, eggs, butter, fresh cream (the latter only for those in the transition stage), all starch-containing products of the vegetable kingdom (flour, rice, etc.), fruits, roots, leaves (the

latter it is perhaps better to avoid as not so congenial to the human stomach as for ruminating animals), honey, maple and unbleached pure cane sugar.

Fruits and farinacea are the food best suited for our nourishment.

The ordinary whole wheatmeal of vegetarians is usually prepared with yeast, and is, therefore, not entirely uninjurious. Exact directions will therefore be given here for the preparation of the

Wallace Ideal Bread.

Knead 15 pounds of whole wheat-meal and 1 pound pure fresh butter well together, and spread out on the baking board, making a hollow in the centre. Pour into the hollow 11 pints of pretty hot water, which has been previously boiled, and mix quickly with the meal into a soft dough. Divide the dough into two parts; take the one half in both hands, lift it up high and then throw it down upon the other half. Continue doing this for ten minutes. By this means so much air is forced into the dough that it becomes tough and elastic like bread mixed with yeast when ready to be put in the oven. Divide the dough into pieces of about two pounds each, rub these over with a little dry meal, and place in rows on a strong flat sheet of iron; cover with moulds, leaving plenty of room. Bake an hour and a-half in an oven at from 400 to 500 degrees Fah. Each mould should have a little air-hole through which the steam may escape. The bread can be made at home without any difficulty. It is very troublesome to induce bakers to make it properly.

Meat eaters who use the ordinary rye bread, containing a great deal of yeast, as well as vegetarians, who are accustomed to wheaten meal bread made with only a small quantity of yeast, always find that a decided improvement has taken place in their condition after having eaten Wallace bread for a few weeks, even without having otherwise changed their mode of living.

Wallace bread and fresh butter, with raw or prepared fruit,

boiled milk and farinacea, should be the food of children above two or three years of age. Oatmeal, boiled to a pulp, more or less thick as desired (Scotch porridge), taken instead of Wallace bread, or along with it, and, of course, without salt, will keep children in splendid health and strength. Young children should be fed on boiled milk, well boiled oatmeal, stewed apples, and fruit juice, on which food they will thrive wonderfully. Hot water (boiled) may be taken as a beverage as well as milk and fruit juice, but those who are living on a natural diet have scarcely any desire for drink. Infants have their mother's milk, and where this cannot be got they should for the first few days get fruit juice, and later on as has already been indicated. Mothers who regulate their diet according to Wallace's *regimen* for the six months previous to the birth of their child, and as long as they are nursing, will find that their confinement will be made very much easier, that they will recover much more quickly, and that, in consequence of the healthy milk it is getting, the child will thrive wonderfully, and will give little cause for anxiety.

Even when parents have lived in a natural way for many years, they by no means have become completely healthy, and therefore they must transmit to their children the conditions of disease still existing in their organism. In this case a long-continued administration of "No. I." and "No. II." is of the greatest benefit to the children, by expelling from the organism, or by neutralising the last traces of hereditary syphilitic, scrofulous, or other poisons. Half or two-thirds of a dose should be taken at night, either daily, or every second or third day. The organism, strengthened by a natural mode of living, is constantly at work in completely purifying itself and expelling the last remains of injurious matter. Sometimes such remains are expelled in larger masses, which is cognisable by occasional slight ailments. The doses must then be taken more frequently, or be increased in strength until the wave is over. I know cases in which a constant use of "No. I.," continued for several years, had a most beneficial result,

although even before commencing the cure the children, judged by the present standard of health, were already considered remarkably strong and healthy.

If it is possible for children, whose parents have reformed their mode of living ten or fifteen years before their birth, to inherit the parental conditions of disease which still exist, how much more must the children whose parents still live in error be filled with the germs of disease. For such children a continued use of "No. I." and "No. II.," but more especially of "No. II.," will, of course, be all the more beneficial.

Children subject to nervous excitement, or difficult to be got to sleep, and who awaken frequently, should take "No. III." daily in small quantities, and continue taking it for several weeks, or until the nervous symptoms have entirely ceased. If restless at night give "No. I."

The vice by which the German people do themselves the greatest injury is the indulgence in alcoholic drinks, and, unfortunately, there is at present no promise of improvement. The larger half of the inhabitants in many of the United States, and a considerable fraction of the population of England, are strict teetotalers. In Germany there does not even exist an association which is absolutely temperate; probably no members would be found to join such an association. In its place we much rejoice in a society against the abuse of alcoholic beverages, as if it made much difference whether we hasten to our doom or approach it leisurely. Even the moderate beer-drinker shortens his life and transmits diseases to his children which are terribly difficult to eradicate. Proper food alone is seldom effectual, and a continued use of "No. III." for years and years is, in such cases, absolutely necessary. This is, indeed, an instance where it is impossible to restore health without the assistance of a medicine.

When the parents themselves do not live naturally, and when they even believe that by giving their children flesh meat, beef tea, and alcoholic drinks, they are offering them specially strengthening and beneficial nourishment, the chil-

dren are, of course, exposed to proportionally severe illnesses. Wallace's specifics alone, as has already been said, when combined with erroneous diet, are inadequate to effect a complete cure, that is, the eradication of disease, but they are perfectly adequate to effect a complete cure in the sense in which the word is now-a-days understood both by doctors and by the laity, *i.e.*, the mere suppression of the symptoms. Give children who have been unwisely nourished, and who are constantly exposed to injurious influences, regular and continued doses of these specifics, and you will shield them against a considerable number of those influences, and thus strangle in the bud the diseases which would otherwise have attacked them. It is, of course, impossible to prevent all disease; a continued administration of Wallace's specifics will, under certain circumstances, actually produce many diseases which would otherwise have broken out at some future time and in a more serious form, in the same way as the critical eruptions which so frequently attack patients in hydropathic establishments.

For this preventive treatment, "No. I." and "No. II." are the specifics which are generally required, and they are to be administered daily, or at intervals of several days, even when the children appear to be in good health. It will be noticed that by this treatment the children will be mentally and physically brighter, will look healthier, become stronger, be less easily tired, and complain less of headache and of other troubles. As the curative effect of the specifics is very prolonged, they may be discontinued for several months without weakening the condition of health previously arrived at. In respect to the size and frequency of the doses, it is advisable to be guided more by the desire of the children than to follow any fixed regulations, for the children will be best able to feel how much and how often they require the medicine. If such a continuous preventive treatment is not deemed necessary, you should, at least, not fail to intervene at the first symptoms of indisposition with the proper specific for the respective case, usually with "No. I.," for you can never tell what disease may

develop itself from an ordinary indisposition. Every mother should be ready to meet the slightest languidness, want of appetite, diarrhœa, headache, vomiting, feverishness, hoarseness, cold, etc., with a few drops of "No. I." or "No. III." ("No. III. for diarrhœa and headache.") Even when all these minor ailments succumb again and again to the first, or, at any rate, to the second dose, one must not be tempted to become negligent, for the very next cold may be the commencement of a long and serious illness, which could have been prevented by the timely administration of "No. I." At times, when infectious diseases are raging, or during certain seasons when disease is prevalent, you should be specially careful of the health of your little ones, if you do not rather at once decide to give them a dose of "No. I." daily as an antidote for diphtheria, measles, scarlet fever, etc., or of "No. III." for biliousness or diarrhœa. At such critical times, many mothers may, perhaps, go the length of admitting their true opinions concerning food by feeding their children according to Wallace's regimen. Perhaps, too, those mothers who have proved the beneficial properties of the specifics, but whom no reasoning could previously induce to give up a flesh diet, will now at length be persuaded by the reflection that a man capable of discovering such wonderful specifics must surely be correct in his views respecting the proper food for man.

The remarks which I have to make in the following paragraphs on the cure of children's diseases are no longer founded, or only in few cases, on my own experience, as is unexceptionally the case with all that I have hitherto said. The reason for this is, that having checked the symptoms of disease at the proper time by the use of Wallace's specifics, no case which came under my treatment ever developed into what could really be called an illness. I wish, however, once more emphatically to assert that what has hitherto been said of Wallace's system, however romantic and incredible it may sound, rests almost, if not entirely, on investigations which I have myself been able to make. As to my authenticity and

my abilities to make such investigations, you will see by the title page that I have studied chemistry, and I have been actively engaged in prominent positions for a period of eight years, so that I feel myself justified in hoping that you will believe me competent to make a thorough and impartial trial, as I trust I have proved myself to be by a goodly number of scientific works. I would, therefore, sincerely beg you, and it is of great moment to me, that you should not take me for a philanthropic fanatic, who, in a fit of amiable enthusiasm, extols some not exactly *bad* medicines with which he has somewhere become acquainted, as being the only and the infallible cures for all the ailments of suffering humanity, but to look upon me rather as a sober searcher for truth (such as every one should be at the end of the 19th century), who, it is true, is a warm advocate of Wallace's specifics, but who has been forced to this enthusiasm by many and almost incredibly successful experiences.

The Cure of Children's Diseases.

It would be perfectly useless to discuss children's diseases singly, one after the other, according to the many different names by which they have been designated. Wallace's system does not recognise the many hundred diseases theoretically now in vogue, which assumes a special cause for each disease, and attributes the cause of many to one or more bacillus, but it recognises three conditions of disease, which appear either singly, or in varying relation to one another, and attack one or more organs. Whenever it has been decided in which condition or conditions of disease the symptoms originate, the proper specific or specifics to be employed for the particular case are at once recognised. The frequency of administration depends upon the severity of the symptoms. Most diseases begin with the first condition and afterwards develop the second, when the first condition either wholly or partly disappears. "No. I." is consequently to be given first, then "No. II." alone, or alternately with "No. I." In order to decide upon the right specifics and the proper time for their

alternation, sharp observation and some practice are requisite, so that it is most desirable that doctors should become familiar with Wallace's system of cure, in order to be able to prescribe the specifics when the patient is desirous to be cured by them.

The system is, nevertheless, easy enough to be understood and to be put into practice, so that a mother who has once or twice cured a cold or a catarrh with "No. I.," and an ulcer or a skin disease with "No. II.," may, unhesitatingly, venture to treat more serious cases, such as scarlet fever, whooping cough, etc. She will then find that the child will recover health in a considerably shorter time under her treatment than could have been expected from the ordinary mode of treatment.

1. Diseases which are to be cured by "No. I."—*Chills, cold, cough, and hoarseness.* When a sudden and severe cold has been so far alleviated by the use of "No. I." that the symptoms cause no further anxiety, the administration of "No. I." must, nevertheless, be continued until the symptoms are entirely destroyed, and the child seems brighter and more cheerful than before the chill was taken. The cold may have been the commencement of a dangerous illness; if the administration of "No. I." be interrupted when the symptoms are only partially destroyed, a relapse may take place, which it would be a much more serious and lengthy matter to overcome. No cough or cold should be suffered to remain amongst children; root it out thoroughly as soon as it becomes visible. Children who are kept completely free from colds and the ailments originating in cold (those little ills which mothers now-a-days look upon as unavoidable, but which are, in reality, great evils), are wonderfully good-natured, and are considerably more active mentally than other children.

Example of the Efficacy of Wallace's Specifics.

On the 28th November, at two o'clock in the morning, we were awakened by the rough hard cough of our youngest child,

aged two years. The child was much troubled, was sitting up in bed, refused to lie down, and was hoarse and feverish, its throat inflamed and sore. The symptoms predicted a severe illness, and we were very anxious. We gave the child two drops of "No. I." Two minutes after it lay down, and immediately went to sleep. The cough troubled it no more that night, and it enjoyed undisturbed repose. On the morning of the 29th the child again began to cough at intervals of about half-an-hour, and also had a considerable degree of fever. About noon (five drops of "No. I."), a very strong dose, were given, which relieved the child till night came on. In the evening two drops were again given. During the night an alarming fit of coughing came on about every two hours, but they were immediately checked by two drops of "No. I." given on a lump of sugar, which at once brought on a quiet sleep. On the 30th November the patient had no appetite, was cross and feverish; "No. I." was frequently administered. The excretion of white corpuscles began in great quantities, and showed itself by the mucus in the throat and the colour of the stools. On the 1st December the condition of the patient was much improved, and during the nights of 1st and 2nd December the child enjoyed unbroken slumber. On the morning of the 2nd December the child could be pronounced as cured, slept a great deal from the 2nd to the 4th, and now shows greater cheerfulness than before the illness. On the 2nd we discontinued "No. I." At the most serious times we relieved the child with hot fomentations.

In like manner would all children's colds run their course if preventive measures were taken in good time, and if one did not let one's self be tempted to cease the treatment by the apparent insignificance of the symptoms. Under the usual treatment the above case would have developed into an illness lasting at least several weeks if it had not, indeed, turned to diphtheria or to something of like nature.

Inflammation of the throat, simple inflammation of the glands, with or without fever but without suppuration.

Inflammation of the lungs, inflammation of the larynx, and rheumatic fever are to be treated by "No. I."

Measles.—Besides giving "No I." to the sick child, it will be salutary to give it to his brothers and sisters as a preventive against infection. "No I." should be administered in strong doses until the temperature has again become normal; it should then be given less frequently and in smaller quantities, that the normal temperature (98° Fah.) may be maintained. Dangerous after-effects will never occur when "No I." has been administered at the right time; they should, however, generally be treated in like manner with "No I."; with the exception of whooping cough ("No VIII.") and suppurations of the eye and ear ("No. II.") externally, "No. I." and "No. II." internally. Diarrhoea, which sometimes occurs, also requires "No. I.," because it generally partakes of the nature of dysentery. *Weakness, loss of appetite, lassitude or languor, emaciation, atrophy, rickets.* Daily administration of "No. I."

Painful teething, cramp, night sweats, tooth, jaw, and face-ache, pimples on the face, erysipelas.

Indigestion, hic-cough, and flatulence.

Nettle-rash, worm fever, chicken-pox, measles, epilepsy.

DISEASES WHICH REQUIRE FIRST "No. I.," AND AFTERWARDS "No. II."

Croup, *diphtheria*, and *scarlet fever* should be treated in exactly the same way, and may therefore be discussed together.

The symptoms of the first condition—fever and inflammation—are the first to show themselves, and they are followed later on in a proportionately severe degree by the symptoms of the second condition—ulceration, rawness of the mucus membrane in mouth and throat—and lastly, the most serious of all, the cutaneous formations on the mucus membranes, which spongy growths can only exist when the vital force is very low. In scarlet fever these symptoms are accompanied by a skin eruption. These symptoms should be treated first by "No. I.,

at intervals which must be guided by the severity of the fever. As soon as the skin of the mouth and throat becomes raw or ulcerated, "No. I." should immediately be discontinued, and "No. II." must be internally administered, and used externally as a gargle. The patient will himself know the exact time to change the specific, by the burning pain which "No. I." will cause in the throat. This does not only occur in croup, diphtheria, and scarlet fever, but it frequently happens that, in severe cases of catarrh and inflammation of the throat, the administration of "No. I." must be discontinued. In such cases, "No. II." must be administered, as will now be indicated.

Joseph Wallace, writing to me on the treatment of

Diphtheria, Scarlet Fever, and Croup,

after having in a former letter described the treatment in a more general manner (as above), says :—"It is of the greatest importance to discontinue 'No. I.' as soon as the patient complains that it irritates the throat, assuming, of course, that it has been carefully administered, *i.e.*, that a little water has been taken afterwards to rinse out the mouth. The irritation indicates that the mucus membranes have become raw, and that ulceration, and, it may be also, cutaneous growths, have begun. In such cases, 'No. II.' must be administered frequently in a little hot water, say at intervals of from two to three hours. In the meantime, 'No. II.,' diluted with water, should be constantly used as a wash for the mouth or as a gargle for the throat, so as to keep the affected surface always covered with the healing liquid. This relieves the patient from pain, and affords him rest until the injurious matter is expelled, which process is greatly accelerated by the administration of 'No. II.' 'No. II.' should be diluted with sufficient water to prevent its stinging and irritating the raw and sore places, but kept strong enough to relieve the pain and restlessness of the patient. This soothing effect will take place one minute after administration, and will continue to work until all the 'No. II.' has been neutralised or carried away by the excreting

disease-matter. The pain then returns, and the washing or gargling must be again begun. It is best for the external application of 'No. II.' to take place at such intervals as will prevent the recurring irritation of the patient, and will keep him entirely free from pain. The patient will generally know best when it is required, and will himself ask for gargle-water. *But in such cases the patients are usually out of danger in a few days, however serious the case may have been.*

"The bowels must be kept open by the injection of hot water. Lemon juice* is wonderfully conducive to recovery, especially in the first condition. Let boiled milk, the juice of ripe oranges or of well stewed apples be the principal food. Nothing more is required until the throat is healed and the appetite returns. Fresh grapes, of course, are also beneficial. If milk is not liked, oatmeal gruel may be given."

Other diseases which require "No. I." and "No. II.," either consecutively or alternatively, are :—

Small-pox, in which "No. I." is to be given internally, and "No. II." especially for external use.

Scrofula.—Even after the symptoms have been overcome, "No. I." and "No. II." should be taken daily for several months.

Inflammation of the Eyes and of the Eyelids, Water on the Brain and Chilblains should be treated internally with "No. I.," externally with "No. II." and oil. The external treatment alone frequently suffices. In fresh cases, chilblains will be completely and permanently removed by a single application of "No. II." and oil.

Diseases which require "No. II."

Excrescences, tumours, and abscesses of all kinds, internal or external, all malignant ulcers or boils of whatever origin. In these cases "No. II." is to be administered internally and externally. From the first minute of external application all

* Diluted with water.—O. K.

pain will entirely cease, and the expulsion of matter will be copious until the organism has purified itself, when the sores will quickly heal, and when "No. II." has been administered from the first this will occur without leaving any cicatrice. Ulcers of the mouth must be overcome by frequent gargling.

Soreness, Excoriations, and Abrasions of the Skin, either in children or adults, should be treated by the application of "No. II." and water, if necessary of "No. II." and oil.

Care of the Teeth.—The teeth and mouth should be cleansed with warm water, in which there are a few drops of "No. II."

*"No. III." is the Specific for Biliousness and Ordinary
Diarrhœa*

when not dysenteric, in which case "No. I." must be used. Dysentery is diarrhœa accompanied with high fever and pains, which become worse on pressure, while the pains of the third condition are allayed by the pressure of the hand. "No. III." also cures hiccough, headache, exhaustion, and nervousness common to school children, and will be found beneficial if administered along with other specifics in all ailments of children whose parents have been tipplers.

"No. IV." is a Specific for Warts,

and is applied by touching the parts affected several times daily. Where there are interstitial cracks in the warts, "No. IV." must be diluted with three times its quantity of water or oil. In about a week the warts will have been entirely removed.

"No. V." IS THE SPECIFIC FOR ORDINARY WORMS.

"No. VI." for Tape Worms.

Dose for Children.—One drop for every two years of age, three times daily. For an infant of six months, put one drop of the tincture into four teaspoonfuls of water, and give one teaspoonful of the mixture for a dose. Should the patient be

suffering from febrile symptoms, "No. I." must be taken till the fever no longer exists, when the worm specific must be immediately administered. When "No. I." is to be taken in alternation with "No. V." or "No. VI.," the evening must be reserved for the administration of "No. I.;" when "No. II." is to be taken in alternation with "No. V." or "No. VI.," it must be administered in the morning. "No. II." alone suffices to remove worms, but perhaps not so effectually. If, therefore, worms are seen to be removed by the administration of "No. II.," "No. V." should immediately be resorted to.

"No. VIII." is the Specific for Whooping Cough.

Whooping cough has a febrile stage of from eight to ten days, followed by the nervous stage, when the true nature of the cough has developed itself into the distinctive whoop. The febrile stage must be subdued in the usual way by "No. I.," but if the cough develops into the whoop in spite of this treatment, then half a drop of the tincture for each year of age is to be administered in a little water. The dose is to be repeated every three hours until the cough becomes ameliorated and begins to lose the distinctive whoop, when "No. VIII." may be repeated less frequently, say, three or four times a day.

"No. IX." is the Specific for Hemorrhage,

and is administered internally and externally. Dose—internally for children—half a drop in a little water for each year of age, to be repeated if necessary. For external application—a piece of linen well saturated with the tincture should be laid upon the cut or wound. "No. IX." far excels all other means for restraining the flow of blood, and is more especially invaluable in cases of internal rupture, as in the flooding of womb at a birth, when it must be taken internally, and twenty drops of the tincture to a pint of hot water from 102° to 105° Fah. must be injected into the womb. I have hitherto been unable to prove by personal experience the efficacy of "No IX."

"No. X." is the Specific for Bruises,

and will remove all trace of an ordinary bump or blow in a wonderfully short space of time. A piece of linen must be saturated with the tincture and applied to the bruise. If this is done immediately after the child has been hurt, the bruise will have entirely disappeared in about a quarter of an hour. If only applied some hours after the accident, it will require an equally long time to remove the bruise. A discoloured mark is never left.

It is advisable to put some "No. X." into the first bath of a newly-born infant. Any injurious effects of bruises caused at birth will thus be at once removed. The proper strength for the bath is four drops of the tincture to each pint of water, or thirty drops to the gallon. The injection of twenty drops of "No. X." to half a pint of warm water (at blood-heat), into the strained vagina after birth will also be found beneficial.

"No. XI." is the Specific for Cholera.

According to the experience gained during the treatment of more than 2000 cases, "No. XI." is the only infallible cure for cholera. The dose for adults is from three to ten drops in a tablespoonful of water every five minutes until the attack becomes ameliorated, which will occur immediately, or, at the longest, in half-an-hour after the dose, when the doses may be administered less and less frequently. The dose for children is proportionately less.

"No. XII." is the Specific for Ringworm.

The dose is one to ten drops, to be taken every three to eight hours.

THE END

A PERSONAL EXPERIENCE

OF THE

WALLACE TREATMENT

BY THE

PUBLISHER OF THIS TRANSLATION.

As a testimony to the Wallace system, I herewith append a short account of my own case for the benefit of those who may be suffering from mercurial or other mineral drug poisoning :—

CANCEROUS ulceration of the right lung, with NECROSIS of the upper ribs. I had blood-poisoning when young, about fifty-five years ago (am now seventy-seven), for which our family physician administered mercury in considerable quantity, from the effects of which I apparently recovered, although from certain unpleasant nervous and hypochondriacal symptoms, which occasionally exhibited themselves, I was far from being in a perfect state of health. I think it was about 1846 that I began the reform in diet, in connection with the water cure treatment, and I have held my own fairly well during that period till Easter of 1888, when a swelling with severe stabbing pains started on the surface of the right lung, and a lump formed near the breast bone, which gradually increased in size, accompanied with much throbbing pain. I then consulted my friend Mr. Wallace, who put me under a very strict regimen, together with his specific treatment for the elimination of the cursed mercury, which he alleges has been the chief cause of the Necrosis of the ribs, which has kept the original blood poison locked up so long in the system, where otherwise Nature should

have been encouraged to throw out the poison many years ago. Under his treatment (in which only two medicines were used), a second lump formed near the other, both becoming red and painful in the centre. At the end of two months one of these burst, in two weeks more the second and larger one burst, forming a large abscess, and threw off a quantity of offensive matter. In course of time the discharge became less and less offensive, and now the wounds are still open, the discharge has a healthy pus-like appearance. In the meantime, some small pieces of bone have been thrown out. I may here remark that during the whole time of treatment *all pains and discomfort were quickly relieved by the means and guidance placed in my hands by Mr. Wallace.* I am now daily getting relief, my general health is improving—my skin becoming clearer, so that I am yet hopeful (I am in my seventy-eighth year), of regaining some portion of my wonted health. Faithfully yours,

JAMES SALSURY.

23 Oxford Street, W., May 20, 1890.

HOW TO LIVE.

(FROM "LIFE.")

*Thou shalt not destroy thyself with Poisons, Tonics, Stimulants,
or Sedatives.*

It is scarcely possible to over-estimate the harm done by the modern medical practice of giving small doses of strong poisons. The infinitesimal quantity of the dose may prolong the process, but health is not to be won by slow poisoning; and strychnine, aconite, mercury, arsenic, opium, etc., must be given up. The natural presumption is against all medicines; the true secret of health lies in a lawful method of life, and is not to be won by all the drugs in the pharmacopœia.

The virus of all disease is a low ferment; its prophylactic value in inoculation or vaccination is a terrible delusion. True health is never dependent upon the artful manipulation of disease. Under abnormal conditions the human system is constantly accumulating morbid matter; the function of zymotic diseases is to set up a process of fermentation, which shall destroy and discharge this accumulated evil.

In the debilitated body Death holds the balances. The disease either passes its period, and leaves the sufferer to convalescence and restoration, or strikes its victim into an untimely grave. Where vitality is high, disease comes in the shape of a blessing rather than a curse. In a system swept clean and garnished there is no place for disease. The soil is sterile; the specific nidus is wanting, and for the moment the condition of perfect health is attained; disease has become impossible.

But if the old unlawful method of Life remains unchanged —if the first warnings of sickness and suffering are unaccepted —then the evil tendencies again assert their power; more and

more will the power of Death beat down the energy of Life. The last state of that man is worse than the first.

Tonics, like other stimulants, make a violent drain upon the reserves of vitality, but in no way increase its sum. The reason is simple and scientific. Throughout nature, the perfection, whether of plant or animal, is concentrated in the seed. All that is best, even if the parent stock be weakened by disease, is focussed there. This beautiful arrangement secures the best possible chance for the succeeding race; and the inference is clear that the seed, not the leaves or the bark, is the best source of food. Therefore it may be assumed that tea, quinine, etc., are not food, but nerve stimulants; not health giving, but vitality exhausting; and this probability is the conclusion of experience and facts. Coffee as roasted loses its original virtue, and undergoes a chemical change in the process, which, like the roasting of any other seed or nut, renders it comparatively valueless for food, while increasing largely its stimulative properties.

Tobacco in all its forms comes under the same dietetic ban. The almost universal craving for some nerve sedative is the natural result of a long course of nerve stimulation, whether by flesh-eating or alcohol-drinking: but it is not a sign of health. Nicotine, as is well known, is a most powerful poison, and it is only Nature's power of splitting up its essential oils in the lungs which prevents tobacco from mowing down its victims like the plague. The analysed products of tobacco-smoke are Carbolic Acid, Sulphuretted Hydrogen, Prussic Acid, Pyridine and Piccoline; thus covering the whole range of slow to active poisons. But though their most violent effects are staved off at the expense of nerve-vitality, the end of slow poisoning is certain. Loss of health, irritability of our nervous systems and all their attendant evils, are the direct consequences, amongst other causes, of tobacco. All patent medicines—blood purifiers, pills, bitters, and other panacea of the cure-monger, must be finally given up. They cannot create health. Nature knows nothing of sudden conversions; seven years is her ordinary

period of construction, and it is impossible to suppose that the accumulated weakness of years can in a moment be undone by a mysterious draught, or the more fatuous quackery of a galvanic belt. The aim of the true physician is not only to remove specific symptoms, but also to point out the true way of health. All other issues lie within the control of the patient; he has the power to work out his own salvation, but he must also have the will.

Thou shalt not partake of the Inorganic.

It may be laid down as a Physiological Law that the human economy is incapable of assimilating inorganic substances. Every seed contains a proportion of mineral salts, but they are in the organic form, having been transmuted by the natural processes of the plant. Who can contemplate the matter in which the vegetable by its roots sends out ramifications in every direction to collect and feed on earthy matter, and so, by a process of refinement of this earthy substance, builds itself up out of the ground, and then, by a most wonderful process of purification, elaborates its fruit, ripens it, and thus deliciously presents it to the hand of man? We say, who can deliberately contemplate this without being most forcibly struck with the impropriety of the reception of anything taken *directly* from the earth into the human system either as food or medicine?

Common salt is unfit for food; its proper use is on the land. Scurvy, leprosy, and many other forms of cutaneous disease, are the scourges of this violation of God's laws. Banish salt from the kitchen and from the table, and everything will taste flat for a time. The palate is so perverted that it cannot recognise the natural delicate flavours of foods without the palative stimulant of salt. This incapacity in a new and better order of things will soon pass away. Mineral medicines are forbidden by the same law—Mercury, Iodide of Potassium, Nitrate of Potash, and many other constituents of the ordinary prescription—may produce a specific effect upon the constitu-

tion, but have no power of permanent cure. Mineral waters of every kind are abominations which lower the system, alkalize the secretions, and lay the solid foundations of gout and rheumatism.

Exercise every Activity of the Body.

Running, walking, riding, rowing, swimming, cycling, boxing, cricket, football, tennis, every sport and every pastime may form a part of the ideal life. Physical capacity can be developed only by exercise, by the determination of vitality; and that is a true part of life's real work.

The following dietary may be suggested for those who are commencing the experiment of vegetarianism :—

BREAKFAST,... Oatmeal Porridge, Frumenty Bread and Milk.	Vegetables (cooked). Cake.
Whole-meal Bread;	Fruits of all kinds.
Fresh Fruits of all kinds.	DINNER,... Vegetable Soup.
Dried Fruit (uncrystal- lised).	Vegetables (cooked).
Milk and Honey.	Fruit Tart } Cream.
Nuts of all kinds.	Stewed Fruit }
LUNCH,..... Vegetable Soup.	Milk Puddings of all kind.
Whole-meal Bread.	Fresh Fruit.
	Nuts, etc.

To the more advanced searchers after the Ideal—fresh fruit, nuts and grain, the food of the first Paradise, will afford an abundant and delightful dietary.

In cases of deteriorated nerve tissue, by gout, cancer, phthisis, etc., there is an indication of the want of potash and the soluble phosphates. This is the immediate and necessary result of the common practice of throwing away these valuable constituents of the blood, by eating white bread, and potatoes, vegetables, and fruit peeled before cooking. The proper use of vegetables is in soup, where their soluble constituents are not washed out or wasted. Perhaps the easiest way in which this common deficiency can be repaired is by a strong infusion of bran, made like tea, and drunk hot with milk and sugar, or cold with lemon juice. Fresh fruit is Nature's sovereign cure for organic disease, and scarcely too much can be taken.

GENERAL RULES FOR THE MAINTENANCE OF HEALTH.*

Abstain from fish, flesh, fowl, and dishes prepared from them ; alcohol, tobacco, and all intoxicants ; mineral water ; fermented foods ; mineral salt, and salted foods ; any tin-preserved foods that are in the least degree acid ; baking powders, vinegars, and pickles ; sour milk and unripe or decomposing fruits ; uncooked dried fruits (except absolutely fresh and sound), or wormy fruits, and most manufactured foods—unless it is known that they are unadulterated and innocuously prepared ; tea drawn for longer than three minutes ; *boiled* coffee, or chicory used as an adulterant ; unboiled milk, or unboiled water.

“Eat slowly and chew well.” Be moderate in the quantity, and particular in the quality of all food.

Abstain from drugs of every description, whether in the form of sleeping or other draughts ; pills, castor oil, cod-liver oil, pick-me-ups, tonics, jujubes, lozenges, etc. ; or for outward applications, as lard, ointments, vaseline, acetic acid, blisters, arsenic, zinc, or other mineral solutions ; medicated soaps, face powders, hypodermic or other injections ; hair dyes, lotions, etc. ; or, as inhalations—smelling salts, iodine, sulphur, or other corrosive vapours ; or pastilles, or as medicated waters for bathing, etc.

Clothe in undyed all-wool, all over-porous materials, whether for underclothing or linings, using coloured stuffs only for upper or outer garments. Have all underclothing washed at least once weekly, and oftener, if subject to odorous or excessive action of the skin. Do not sleep in any clothing worn during the day. At night hang all day-clothing up (outside the sleeping apartment), where they will get well aired, separately, and turned inside out ; do not wear garters or waist-bands ; have boots made to fit the feet, with wide soles and broad, flat heels ; do not wear mackintoshes ; have

* From the *Herald of Health*, which from July, 1890, has been under the able editorship of Mrs. C. Leigh Hunt Wallace.

waistcoat linings of wool ; wear a combination garment first ; have each petticoat made with bodice and skirt in one ; also the dress foundation as in the princess-robe form.

Furnish the sleeping apartment with single beds, with wire or spring lath frames, upon which place a horsehair or wool mattress. Do not have a feather bed on this. Let all night-clothing and bed covering (except, perhaps, the sheets) be all wool, and light in weight ; do not use close heavy cotton quilts, eider down, or fur rugs ; have windows open night and day, and protect from draughts by screens, and from cold by head-coverings ; do not have gas, lamp, candle, or night-light burning in your sleeping room, nor standing soiled water. Keep drinking-water covered.

Wash or bathe the body at least every twenty-four hours in cold, warm, or hot water, according to your condition of health ; bathe the whole body, including the head, in *hot* water at least once weekly.

Live in the open sunny air as much as possible.

Systematically exercise every muscle of the body daily ; but do not produce a sensation of exhaustion or weakness. Practise deep breathing, and always through the nostrils, with closed mouth.

Employ yourself from six to eight hours daily in some useful and non-injurious occupation.

Take bodily rest for bodily fatigue.

Sleep as many hours as you find necessary to completely recuperate your strength, and take half of these hours before, and half after midnight.

Avoid artificial light as much as possible.

Observe regularity in eating, drinking, and sleeping.

Never get angry or weary ; never worry ; seek rest and amusement in change of occupation ; cultivate a spirit of cheerfulness, thankfulness, and generosity ; and do all you can to help others by word, deed, and example.

PHYSIANTHROPY;

OR,

THE HOME CURE AND ERADICATION OF DISEASE.

BY

*Mrs. Chandos Leigh Hunt Wallace and "Lex et Lux."***SYNOPSIS.**

	PAGE.
Acute and Chronic Diseases	3
Chronic and Organic Diseases pronounced incurable by the Medical Profession	4
Teachings of Professor Huxley examined	6
Unity of Disease scientifically, mathematically, and logically demonstrated, and capable of being experimentally proven by all	7
Disease in the Human Organism, and Disease in certain specified Classes of Food	9
Laws by which health-giving Foods can be systematically selected, and Disease-producing Articles avoided	9
The expression of Disease in the Human Organism, both in the Course of its Accumulation and Eradication	10
The general misunderstanding of the apparent indications of aggravation and suppression of Disease, and of the Ignorance of the Laws which govern its accumulation and expulsion, fatal to the recovery of the Patient	11
Fermented Foods, and their exact Effects upon the Blood described ...	12
Mineral and other Drugs, and their Effects upon the Human Organism	14
The assisting of Nature in the expulsion of Disease by correct selection of Foods	16
Effects of hot and cold bathing, both in Health and Disease	18
Sudden and premature Deaths of the <i>apparently</i> "healthy and strong" ...	20
Long lastingness of the <i>apparently</i> "unhealthy and weak"	21
Philosophy of these seeming Paradoxes	21
Dangers of being led by the <i>apparent</i> Effects of Treatment unguided by a knowledge of Nature's law of cure	22

APPENDICES TO SECOND EDITION BY "LEX ET LUX."

Appendix to Part I.

Answer to Professor Huxley's Theory of "Protoplasm," or the Physical Basis of Life	123
---	-----

Appendix to Part II.

Salt, Digestion, and Decomposition	137
---	-----

Appendix to Part III.

Pathological Index, with Prefatory	143
---	-----

NICHOLS & CO., 23 Oxford Street, London, W.

ANGLO-SCOTCH PORRIDGE MEAL.

(REGISTERED.)

4d. per lb.] INVALUABLE TO ALL. [4d. per lb.

This excellent article of Diet is a model food : it contains all the elements necessary to the perfect nourishment of the body ; as a breakfast, it far surpasses in nutritive matter, and has double the sustaining power of white bread, bacon, or the universal salt herring ; being also much more healthy and economical.

6 lbs., parcel post, 2s. 6d. ; per bushel, 15s.

Directions.—For making porridge, mix into a batter the quantity required, then pour it into boiling water, and keep stirring from 10 to 15 minutes till it well thickens. Pour into plates and eat with either milk, sugar, treacle, or syrup.

DOUBLE PANS FOR COOKING PORRIDGE, MILK, or any other compound without attention ; avoiding constant stirring, no waste, cannot burn. Five sizes—1, 2, 3, and 4 pints ; 3s., 4s., 5s., and 6s. Postage, 6d. extra. Larger sizes to order.

NEW PATENT WHEAT MILLS.

Prices Complete with Bag, No. 2a, 12/ ; No. 4, 20/.

~~at~~ Packed for Rail, 1/ and 1/6 extra.

Specially designed for grinding Wheat for Household use, coarse or fine, to make Brown Bread or Porridge.

Patent Coffee Mills (these are also suitable for grinding Wheat coarsely),	6/6	8/6	10/6
Patent Cocoa Mills,	16/	23/
Patent Potato Masher,	1/6	2/

New Pattern, No. 5. Price 30s.

Packed for Rail 2/6 extra.

This MILL is the smallest size mounted on a stand and supplied with a Canister. It is of similar grinding capacity to the No. 4 described above.

Weight, 22 lbs. Space occupied on table, 1 foot 9 inches. Height, 1 foot 8 inches.

The Hopper will hold 8 lbs. of Wheat, and will grind about 8 lbs. per hour.

Illustrated Lists on Application.

Post Office Orders—"Great Russell Street." Cheques—"London and Westminster."

NICHOLS & CO., 23 Oxford Street, W.

THE DIET CURE:

An Essay on the "Relations of Food and Drink to Health, Disease, and Cure."

By T. L. NICHOLS, M.D. (Post Free, 1/.)

THE titles of the twenty-one chapters of "The Diet Cure" will give the best idea of its scope and method. They are:—Health—Food—Water—Blood—The Natural Food of Man—Disease—Prevention and Cure—The Question of Quantity—The Question of Quality—Principles of the Diet Cure—Medical Opinions on the Diet Cure—Of Diet in Acute, Scrofulous, and Nervous Diseases—The Diet Cure in Dyspepsia—The Diet Cure in various Diseases—The Population Question—Some Practical Illustrations—Air and Exercise—Personal Advice.

The *Oldham Chronicle*, at the end of a column of review and quotation, says:—"The Diet Cure" (pp. 96) is a bright, cheerful, thoughtful, and useful essay on the relations of food and drink to health, disease, and cure. Fourteen thousand copies have already been sold, and the demand for it is increasing in leaps and bounds. The work is highly important to all who desire to get the most good from their food, and to enjoy the best health at the least expense."

MAN'S BEST FOOD.

By WILLIAM CARPENTER.

By Post 4d.

RHEUMATISM,

ACUTE AND CHRONIC:

Its Cause, Symptoms, Complications, and Cure; also, Its Prevention by Hygienic Means.

By DR. ALLINSON.

POST FREE FOR SIXPENCE.

"**D**YSPEPSIA: (commonly called Indigestion) one of the gravest of human afflictions—its NATURE, CAUSES, PREVENTION, and CURE." Dyspepsia is not only a very common disease, but it is a cause or complication of almost all diseases. It is a central difficulty, and makes the lives of thousands poor and painful, weak and miserable. As we cannot live without food, we cannot live well unless our food is properly digested. Undigested food is a foreign body in the stomach, and a source of irritation and exhaustion. We are better without it.—Post Free for Three Penny Stamps.

NICHOLS & CO., Publishers, 23 Oxford Street, W., and
through all Booksellers.

Just Published, large 8vo., 136 pp., cloth, price 3s. 6d.

THE BIOLOGY OF DAILY LIFE :

BY

JOHN HENRY NAPPER NEVILL, M.A.,

SOMETIME A STUDENT OF MEDICINE IN TRINITY COLLEGE,
THE ROYAL COLLEGE OF SURGEONS, AND THE MEATH HOSPITAL, DUBLIN.

CONTENTS.

PREFACE.

THE SCOPE OF BIOLOGY.

(*From Herbert Spencer's "Synthetic Philosophy."*)

THE BIOLOGY OF DAILY LIFE.

CHAPTER I.—The Law of Interchange.

CHAPTER II.—The Law of Interchange in relation to the Body in health and its aliment.

CHAPTER III.—The Law of Interchange in relation to the Body in disease and the remedies for disease.

CHAPTER IV.—How the Law of Interchange explains the relations between the Body and lower organisms, particularly micro-organisms, in health and natural decay.

CHAPTER V.—How the Law of Interchange explains the relations between the Body and lower organisms, particularly micro-organisms, in disease and non-natural death.

CHAPTER VI.—The Protoplasm theory particularised and tested by facts, and re-stated with the necessary corrections.

APPENDIX TO CHAPTER VI.—Remarks on the general reasoning on which the conclusions of the specific microbe theorists are based, and on some of the methods employed by them for classifying and identifying micro-organisms.

CHAPTER VII.—How the three desiderata of the celebrated physician, Sydenham, have been discovered after two hundred years of waiting.

CHAPTER VIII.—The Banquet of Alma, or Diet of Health, not a meagre fare, but while so cheap as to render starvation almost an impossibility, when once the truth is fully known, can be even luxurious.

CHAPTER IX.—The importance of using no intractable materials for the construction of the Human Body.

NICHOLS & CO., 23 Oxford Street, London, W.

WORKS

BY

MRS. CHANDOS LEIGH HUNT WALLACE.

Practical Instructions in the Science and Art of Organic Magnetism. Third Edition. Paper cover, price One Guinea; bound in a superior manner in half morocco, 4s. extra; in French morocco, with highly finished double lock and key, 6s. extra; in best Persian or best morocco ditto, 8s. extra; in plush 10s. 6d. extra. Post free. Paragraph Index and Press Opinions forwarded upon application.

Physianthropy; or, the Home Cure and Eradication of Disease. Second Edition, enlarged. Paper, 1s., post free 1s. 2d. Tastefully bound in cloth, 2s. 6d.; Practitioner's copy, limp French morocco, gilt edges, 3s. 6d. (Synopsis forwarded upon receipt of stamped directed wrapper.)

366 Menus, each consisting of a Soup, a Savoury Course, a Sweet Course, a Cheese Course, and a Beverage (with all their suitable accompaniments), for every day in the year. No dish or beverage being once repeated, all arranged according to the season, and without the introduction of Fish, Flesh, Fowl, or Intoxicants, with "A Cook's Guide" for the production of the dishes. The Wallace Ideal Bread, How to make it, and where to buy it; and a receipt for unraised, unfermented Griddle Bread, American Gems, Finger Rolls, and Whisks. 180 pages, paper, 1s., post free 1s. 2d.; elegantly bound in cloth, 2s. 6d. (Index of Contents upon application.)

Vaccination Brought Home to the People. A Lecture containing most valuable historical, statistical, and other information upon the subject. 2nd Edition, 1886. 44 pages. Post free, 5d.

Dietetic Advice to the Young and the Old. 12 pages. Price 1d., post free, 1½d.

Flesh Eating a Fashion. A Lecture. Price 1d., post free, 1½d.

NICHOLS & CO., 23 Oxford Street, London, W.

IN THE PRESS.

By Joseph Wallace.

Both the following pamphlets are reprints from the Herald of Health.

CHOLERA:

ITS PREVENTION AND HOME CURE.

Sixteen Pages. Price 2d. By Post 2½d.

FERMENTATION:

The Primary Cause of Disease in Man and Animals.

Eight Pages. By Post 1½d.

HOW TO MAKE THE

Wallace Ideal Bread and Griddle Cake.

A Reprint from August Herald of Health.

Issued as a leaflet for gratuitous circulation. Send Stamped Directed ½d. wrapper for a copy for self or friend (100, post free 1s. 3d. 1000 for 10s.)

Whole Meal Bread without yeast or mineral is the ONLY true STAFF OF LIFE. Any man, woman, or child can make this Griddle Bread-cake over any parlour fire, oil stove, or gas jet. A little practice makes quite perfect. The bread crux is here solved. No excuse for eating bad bread. Make the Wallace Ideal Loaves in Kitchen or Gas Oven, or teach your baker how to do it.

WORKS BY DR. AND MRS. NICHOLS.

	s. d.
Human Physiology, the Basis of Sanitary and Social Science. 496 pp., crown 8vo., 70 illustrations, 5s. 6d. ...	6 0
Forty Years of American Life, 5s. 6d., reduced to ...	2 6
Social Life: Its Principles, Relations, and Obligations. Elegant cloth, gilt, 3s. ...	3 3
Marriage in all Nations, 2s. 6d. ...	2 9
Health Manual and Memorial of Mrs. Mary Gove Nichols, 5s. 6d. ...	6 0
Papers on Sanitary and Social Science, containing important articles on Indigestion and Dyspepsia, Consumption, the Use and Abuse of Curative Agents, the Perils of Tight Lacing, the Education of Women, Parturition without Pain or Danger. Paper covers...	1 3
A Woman's Work in Water Cure and Sanitary Education. By Mrs. Nichols. 140 pp. Paper, 1s.; cloth ...	1 6
The Clothes Question Considered in its Relation to Beauty, Comfort, and Health. By Mrs. Nichols ...	1 0
The Diet Cure: "Eating to Live." The Relation of Food and Drink to Health, Disease, and Cure. 96 pp., crown 8vo., 1s.; in cloth ...	1 6
The Beacon Light, Physiology for the Young: a Revelation of the Hidden Dangers in the Path of Life. Crown 16mo. Paper 6d.; cloth ...	1 0
The Science of a Cheap and Healthy Diet; or, How to Live on 6d. a-Day ...	0 6
A Scamper Across Europe: Malvern to Vienna ...	0 3
Rheumatism: Acute and Chronic. By Dr. Allinson. Its Cause, Symptoms, Complications, and Cure; also, Its Prevention by Hygienic Means. Post free ...	0 6
Forbidden Fruit: or, Revelations of Egyptian Mysteries. Cloth gilt, 4s. By Dr. Howard. People's Edition ...	2 0
Count Rumford: How he banished Beggary from Bavaria ...	0 3
The Gift of Healing, a Letter to Mothers on the Prevention and Cure of the Diseases of Women and Children. By Mrs. Nichols ...	0 3
How to Cook: Theory and Practice. 500 dishes. 7d.; cloth ...	1 0
Dyspepsia (commonly called Indigestion): its Nature, Causes, Prevention, and Cure ...	0 3
The Water Cure at Home: Describing the best Processes of Hydropathy ...	0 1½
Account of an Invention for the Home Treatment of Constipation, Piles, Fistula, Vaginal Weakness, and many Diseases of the Generative Organs of both Sexes ...	0 2
Vegetarian Cookery ...	0 2
Civilized Man, setting forth the Darker Side of the Actual Condition of Humanity ...	0 9
Matter, Force, and Life—Matter a Mystery—What is Life? ...	0 9
The Human Body—its Form our Highest Ideal ...	0 9
The Laws of Generation and Sexual Morality ...	1 0
Health, Disease, and Cure—the Mystery of Pain ...	0 9
Morals and Society—the Principles of true Social progress ...	0 9

The above, 6 Parts for 4s. 6d.

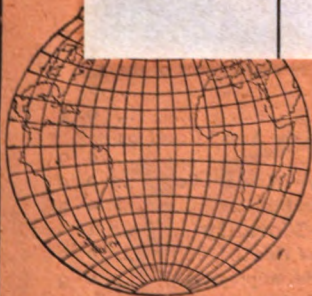
Published by NICHOLS & CO., 23 Oxford Street, W.

LANE MEDICAL LIBRARY

MO

To avoid fine, this book should be returned on
or before the date last stamped below.

OPENC
1. per ann.



PHYSICAL REGENERATION OF MAN by
means of educating its readers
in such ways of living as will
enable them to CURE ERADICATE
and PREVENT disease, and at the
same time MAINTAIN and DEVELOP
the highest possible standard
of Health.

Offices : 23, OXFORD STREET, LONDON, W.