



OUTLINES

— OF —

DR. J. M. PEEBLES'

MEDICAL STANDING

— AND —

MEDICAL PRACTICE



1898:
PEEBLES PUBLISHING HOUSE
SAN DIEGO, CAL.

The Temple of Health.

A monthly journal devoted to Life, Health and How to Live a Century. The *only* journal devoted to the Finer Forces and their application to the restoration and maintenance of Health.

J. M. PEEBLES,

25 Cts. Per Year. Sample Copy Free.

Editor and Publisher.

Address all communications to Temple of Health, San Diego, Cal.

DIAGNOSIS FREE

If you desire a psychic or a psychometrical diagnosis from Dr. Peebles, send full name, address, sex, age and one leading symptom to

J. M. PEEBLES, M. D.

MEDICAL ADVICE FREE!

SAN DIEGO, CAL.



"Know ye not that your body is the temple of the Holy Ghost?"

—I. Cor. vi., 19.

"Beloved, I wish above all things that thou mayst prosper and be in health."

—Third epistle of John 2d verse.

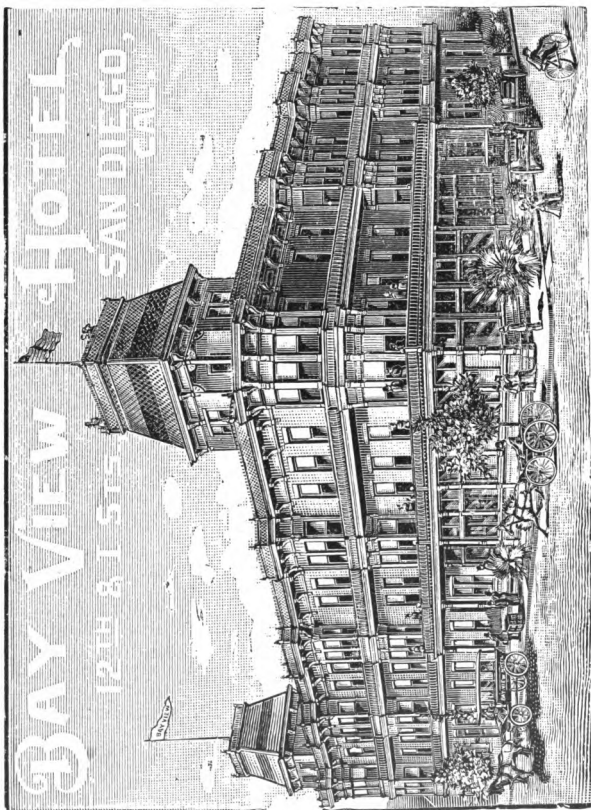
"I beseech you to be well."

—Emerson in a letter to a friend.

* * * *

Tell me, fellow traveler, of life's uneven voyage—its sicknesses, blighted hopes, piercing storms, trials, losses, defeats, struggles and disappointments. Now, toss them all behind you! They were necessary experiences—certainly were. Evil is but the shadow of the good. Despair not. You have a right to be healthy and happy. God is good—and a golden future awaits you—press on. God is good.

J. M. Peebles, M. D.



BAY VIEW HOTEL AND SANITARIUM.

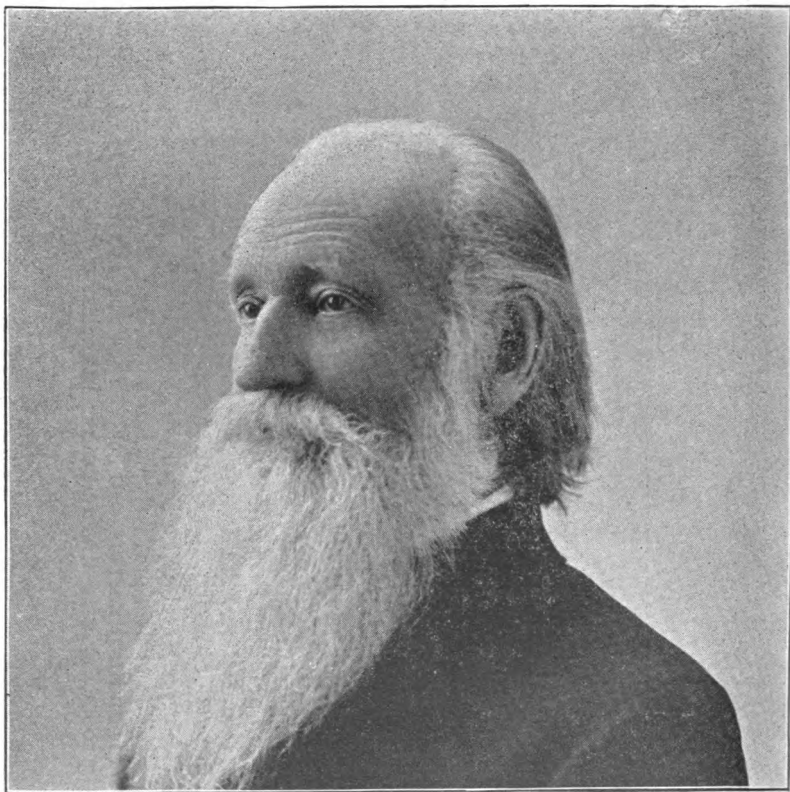
OUR SANITARIUM HOME.

AFTER the burning of Dr. Peebles' Sanitarium in San Antonio, Texas, he located in San Diego, the Italy of America. Free from snow, ice, frosts, it is the land of the lemon and the orange, the pomegranate, pine-apple, palm and all the semi-tropical fruits.

His Health-Home not proving half capacious enough for invalids, he purchased an adjoining cottage, furnishing it in fine style for use. Every room was at once occupied. And, in the line of progress, you now see on the opposite page that magnificent structure, the Bay View Hotel, absolutely the grandest hotel on the Coast, except Hotel del Coronado, and the Palace Hotel, San Francisco. Bay View has 150 rooms with gas fixtures, electric bells, fire places, elegant furnishings, with every possible comfort—and all, giving ample accommodations and facilities for *Dr. Peebles rapidly-increasing Sanitarium business and medical practice.*

Every other room in this Sanitarium-Hotel has a bay window, and they are so arranged that the sun gladdens them all during the day. The broad verandas for walking are glass-enclosed; and they take in the beautiful bay with its shipping, Point Loma, Coronado, Mountains of Mexico, and some of the evergreen isles of the Pacific ocean.

Bay View is both a Hotel and a Sanitarium and is conducted on both European and American plans. The tables, profusely laden with hygienic foods, are adapted to meat-eaters, vegetarians and fruitarians. The charges are moderate, \$10 and upwards per week, including room, board, baths and other luxuries.



J. M. PEEBLES, A. M., M. D.

DR. PEEBLES



This is an age of thought—an age of study—an age of inquiry.

WHO IS HE?

So well known in this country, England and the Orient, as author, lecturer, traveler and physician, few would presume to ask the question, who is he? What have been his life-long studies? What is his moral status? And what are his qualifications and triumphs as a physician?

Peebles is a Scotch name tracable back to the seventh century. In the eleventh century the name was one of the most distinguished in the north of Europe. Scotch blood and Scotch energy tell in history. Dr. R. R. Peebles, of Hempstead, Texas, a relative of ours, was one of the first settlers in the State; and was also, till old age interfered, one of its most distinguished surgeons and physicians. In writing us a while since he said that, "The Peebles clan, Scotch to the core, all run to doctors or preachers." Peebles, the ancestral family home, is at present the county town of Peebleshire, situated upon the river Tweed, twenty-two miles south of Edinburgh. The Peebles family—neither the better nor the worse for it—was at one time connected with Royalty. The Encyclopedia Britannica, vol. xviii, page 452, says: "Peebles was, at a very early period, a favorite residence of Scottish kings, who came to hunt in the neighboring Ettrick forest." Walter Scott frequently mentions Peebles in his works, and especially describes the "energy and impetuosity of John Peebles, the Earl." The Britannica further says: "The castle of Peebles

had disappeared about the beginning of the eighteenth century, and its site is now occupied by the parish church. The ancient cross of Peebles now occupies the center of the courtyard of the institution, Queensbury Lodge," made famous by the late Dr. Robert Chambers.

Dr. Peebles was born in Whitingham, Vt., in 1822, his father being of Scotch and his mother of English descent. While teaching school at the age of 18 in New Braintree, Mass., he commenced the reading and study of medicine with Dr. O. Martin, one of the most distinguished physicians and surgeons in the New England States, and who, until recently, though 80 years of age, practiced medicine in Worcester, Mass. He was rigidly "regular," and my early medical education was "regular" or "allopathic." After attending the prescribed course of medical lectures he graduated from the Philadelphia, (Pa.) University of Medicine and Surgery, and registered at once in Philadelphia as a practicing physician. He also received a certificate of practice from the University Hospital of Philadelphia, and a number of years later a diploma from the Philadelphia Polyclinic, a college for graduates only. He has several honorary diplomas and is a member of State and National Medical Associations.

Dr. Peebles is the author of nine volumes published in this country, or in England and Australia; and many times that number of pamphlets, the last being a medical brochure of one hundred pages, entitled "How to Live a Century, and Grow Old Gracefully."

He has owned, edited, or been connected editorially with several newspapers and journals, the last being the San Antonio Daily News.

He is at present editor and proprietor of THE TEMPLE OF HEALTH, a hygienic monthly, which in circulation meets with marvellous success.

The doctor has twice circumnavigated the globe, and has been two-thirds of the way around the world

the third time. On the first voyage Dr. E. C. Dunn, a wealthy physician of Rockford, Ill., accompanied him. In speaking of this year and a half's journey around the world, Dr. Dunn wrote: "At the age of 17 I became a protege of Dr. Peebles (one of the most famous authors and travelers and physicians of this century), and with this gentleman I remained as student, companion and friend for fifteen years. With him I visited the continent of Europe, and circumnavigated the globe, spending much time in China, India, Egypt, Palestine and the Islands of the Pacific, where together we studied climatic and chronic diseases in all their various forms."

During his second tour around the world he studied the occult forces and chronic diseases in China and Siam; the prevailing fevers in India and Ceylon; leprosy in Madras, Bangalore and Kilpauk, and he further visited the more prominent hospitals in many Oriental countries.

In 1868 he accompanied and participated in the deliberations of the "Northwest Congressional Indian Peace Commission," appointed by Congress, and constituted of Gens. Harney, Sherman, Sheridan, Sanborn, Col. Tappan and others.

In 1869 he was appointed by Gen. Grant (Hamilton Fish being Secretary of State), United States Consul to Trebizonde, Asiatic Turkey, a city on the Black Sea of some 70,000 inhabitants. This position he filled till sick of Turkish indolence and Turkish filth, he resigned, returning home by way of Smyrna, Ephesus, Sicily, Naples and Rome.

In 1881 he was appointed "Representative Abroad" by the National Arbitration League of the United States of America (Hon. E. P. Stanton, Washington, D. C., President), to meet the International Peace Commission of Europe, uniting with these members in putting forward arbitration, rather than war, as the true principle for settling international differences.

He is a fellow of the Academy of Science, New Orleans, La.

A fellow of the Anthropological Society, London.

A honorary member and fellow of the Psychological Association, London.

A fellow of the Academy of Arts and Sciences, Naples, Italy.

A fellow of the American Akedeme, Jacksonville, Illinois.

A member of the International Climatological Association.

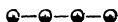
A member of the National Hygiene and Health Association.

A member of the American Institute of Christian Philosophy.

A member of the Victoria Institute and Philosophical Society of Great Britain.

These honors and fellowships in learned societies were conferred upon the doctor without his asking; and hence are the more highly appreciated. To this day he does not know who in London presented his name to the Victoria Institute for election, the members of which are said to constitute the most learned body of men in the world.

Dr. Peebles is Professor of Physiology, Biology, Metaphysics and Oriental Literature in the College of Science, California.



WHY SO MUCH ILL HEALTH?

Although physiology is now taught in the common schools of the country, and though books and pamphlets upon hygiene and the true method of living are extant and for sale in all the book markets—still sickness prevails.

How few can say, "I am perfectly healthy." And

yet good health is indispensable to success. A man may have the eloquence of Demosthenes, and the logic of Bacon, or he may be adapted to farm life, commerce, mechanics, or the highest scientific pursuits, but unless he have a good physical body—unless he is strong, hale and healthy, life will be a failure.

Our philosopher, Ralph Waldo Emerson, wisely wrote to a friend: "I beseech you to keep well." But if you have a tired feeling, if you are restless and nervous, if you have dizziness of the head or headaches, if you have a pain across the back or between the shoulders; if you have palpitation of the heart, if you have irritation of the throat or lungs, if your urine changes in quantity and color, if you have dyspepsia or indigestion of any kind, if you have cold feet and numbness of the limbs, you are not well, and should at once consult some educated psychic and experienced physician in whom you have perfect confidence as a man.



NATURAL AND NARCOTIC SLEEP.

Natural Sleep strengthens the will.

Narcotic sleep weakens the will.

Natural sleep strengthens the muscles.

Narcotic sleep makes the muscles tremulous.

Natural sleep strengthens the nerves.

Narcotic sleep paralyzes the nerves.

Natural sleep gives a regular beat to the heart.

Narcotic sleep makes the heart beat irregularly.

Natural sleep strengthens the digestive organs.

Narcotic sleep causes dyspepsia, furred tongue, nausea, loss of appetite and jaundice.

Natural sleep rests the whole body.

Narcotic sleep causes dreams, and does not refresh the body.

Natural sleep builds up.

Narcotic sleep tears down, exhausts.

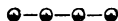
Natural sleep makes one awake cheerful and pleasant.

Narcotic sleep is a cause of melancholy, and frequently leads to suicide.

Never take morphine.

Never take calomel.

Never allow a doctor to put the bloody lancet into your arm.



DRUG POISONS.

Prof. Hulberg has analyzed 10,000 prescriptions, allopathic, ("regular") for the purpose of ascertaining what drugs are oftenest prescribed by the old school doctors. These he published in the Western Druggist. The list is a long one and calomel takes the lead then comes quinine.

Quinine, 800. Bismuth subnit., 465. Opium, 464. Morphine, 400. Sodium Bicarb., 355. Mercury, 350.

Dr. W. H. Daly, in the New York Medical World, thus summarized his treatment for diphtheria;

1. Give calomel in its purity.
2. Give it in large doses.
3. Give it frequently.
4. Give it until you have free and characteristic catharsis.
5. Give light, nutritious diet.
6. Give little or no medicine besides.

Parents—Is it strange that your children die of diphtheria? Is it very strange that their teeth decay? Where there is a just and wise prejudice against calomel, the doctor will often say, "I don't

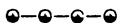
give it, but occasionally I administer a little "Hydragryrum et creta," which, by the way, in plain English is calomel and chalk, and so the people are deceived.



ADULTERATED DRUGS.

Dr. Tucker of the New York Health Board, gives an alarming picture of the adulteration of many of the drugs in common use. From 1891 to 1894 inclusive 8305 samples were examined, and not one-half were of good quality. Among the drugs mentioned as of inferior quality were the bromides and the iodides and especially precipitated sulphur, which was found to be impure in three-quarters of the 248 samples tested.

For this reason good physicians do not give prescriptions, but put up their own medicines using what they know to be pure. Dr. Peebles uses only the purest medicines, and these are vitalized and magnetized before leaving his office.



DR. PEEBLES' BIRTHDAY ANNIVERSARY.

On my 75th birthday, March 23rd, there gathered at my residence over forty of my San Diego friends; and among them were clergymen, judges, physicians, poets, authors and editors. My residence, under the supervision of Mrs. Christianson, was magnificently decorated by the ladies with smilax, roses, lillies, heliotropes, and hanging baskets of flowers—a very Eden of fragrance and flowers. Rev. Mr. Lauer was chosen chairman. Papers and poems were read, impromptu speeches were made, and the late Prof. S. B. Brittan, entrancing

Mrs. Emma J. Bullene, delivered not only an appropriate, but a magnificent address refering to my successful life-work as writer, traveler, physician, reformer—and to the joyous welcome that awaits me when this mortal pilgrimage ends. We have room for but one of the poems—James G. Clark's. The others, with full proceedings, will be published in pamphlet form.

ETERNAL YOUTH.

[To my friend, Dr. J. M. Peebles, on the 75th anniversary of his birthday, March 23rd, 1896.]

On the camping ground of Life,
Kind Pilgrim, Sage and friend!
You stand with strong and youthful face
Where two worlds meet and blend,
Defying Time's rude hand to trace—
On brow or cheek—a line
That angel hands may not efface,
Or touch with light divine.

On the battlefield of Life,
Bold hero of the Right!
There are conflicts to be fought and won
Against the foes of Light:
Wherever work pleads to be done,
In every phase of Truth,
We see you face the rising sun
With all the zeal of youth.

From the signal heights of Life,
Brave Traveler, friend and Seer!
We hail you from a hundred lands
And nations far and near—
From India's shrines, and Jordan's strands,
From Islands far away,
We lift our hearts, we lift our hands
And greet our friend today.

Pasadena, Cal.

Always your friend,
JAMES G. CLARK.

SCHLATTER AND PEEBLES.

The following is copied from the Banner of Light, Boston, Mass.:

While Schlatter, the wonderful healer, was making his way from Denver southward to Arizona, Dr. Peebles was telegraphed to hurry northward across the continent to see a patient. Hence the Banner of December 7th says:

"If trite and true that 'blood tells,' it is infinitely more true that education, pathological study, long experience and psychic gifts also tell in healing the sick.

"We have just been shown the telegram that summoned Dr. J. M. Peebles across the continent, almost, to the suffering invalid, Mr. Joseph Loibl, Pittsburg, Pa. The gifted doctor was recently in our office, looking as hale and hearty as he did nearly forty years ago, when beginning to write for the Banner of Light. He left his medical office for two or three weeks in care of his three assistants and a doctor whom he considers the best clairvoyant and slatewriting psychic he has ever met. San Diego, Cal., is, by the 'Southern Pacific flyer,' but two days, eighteen hours and forty minutes from Chicago.

"The doctor spent a night in Chicago, the guest of Mr. Francis of the Progressive Thinker, whom he has personally known for fully fifty years. He left for Philadelphia and Hammonton, returning direct to California, stopping over a day in Michigan, where he formerly lived. The editor of the Battle Creek Daily Journal says:

"'Dr. J. M. Peebles, ex-Consul at Trebizonde, Asia Minor, near the seat of the present Armenian troubles, a former well-known and highly-esteemed resident, writer, lecturer and physician of this city, now residing at San Diego, Cal., is in the city on a day's visit to his sister, Mrs. C. C. Beach. He re-

ceives a most cordial greeting from his many old acquaintances.'

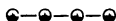
"The doctor, owing to his literary and medical standing, his authorship, his experience in sanitariums and infirmaries, and almost miraculous success in healing, has a very extensive practice. He deals candidly and honestly with his patients, sympathizing with and removing their sufferings. He treats only such cases as he is certain of curing and where the lesion is paralytic, or nerve exhaustion, he frequently cures instantaneously. He uses only the choicest drugs, formulating, compounding and vitalizing his own medicines; and every letter sent to a patient receives the touch of his magnetic hand. He is treating at present between three and four hundred patients.

"The doctor handed us a long list of testimonials, which may be found in part on another page. Such testimonials are telling because verifiable; because of the doctor's standing as a physician of integrity, and because showing what astonishing cures can be wrought by an educated physician endowed with the wonderful gift of healing. The doctor is nearly seventy-five. Upon whom will his mantle fall?

"Dr. Peebles, during his brief visit in our city, said the Banner of Light editorially, found time for an editorial call during which he showed that the years that have accumulated have failed to bend his cheerful spirit as well as his sturdy frame. He was sunny and heartfelt as ever. He is a man of immense vitality and tireless energy. In addition to his trans-continental tour, etc., he is now busy writing two books, besides attending a very large medical practice. His brief trip included, besides time of traveling, one day in Chicago, one in Philadelphia and one in Boston. His Health-Home in San Diego, he informed us, was filled (as also the adjoining cottage—with the exception of one room.) He was very enthusiastic over the beautiful climate of Southern California.

"He expressed himself as very anxious to meet his old friends, A. E. Giles, A. J. Davis, John Wetherbee, Dr. Storer, Dr. Richardson, B. O. Flower of the Arena, and many others—as well as several patients whom he is treating in Boston—but time would not permit. This old veteran will doubtless 'die with the harness on.'"

Dr. Peebles' diagnoses are free—those wishing them should send full name, age, sex, one leading symptom, postoffice address and a two cent stamp. Address J. M. Peebles, M. D., San Diego, Cal.



RULES FOR EVERY-DAY LIFE.

1. Have some purpose in view, some noble end in life to achieve—and work to attain it. Do not worry over what you cannot help. Do not look back mournfully over "what might have been." You can. not recall nor relieve the past, let it sink away into the valley of forgetfulness.

2. Worry is a most worthless employment. Certainly you should not worry over what you can help; because, if you can help it, you should, and that would end the trouble.

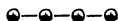
3. You should cultivate self-discipline. Be resolved in your determination to get well. Exercise faith and will-power. Be cheerful and try to make the best of everything. Co-operate with your physician.

4. Ever consider that whatever occurs is for the best, or will be over-ruled in the end for the highest good. Remember that very much that seems wrong to us is either misunderstood, or, as discipline, may ultimate in the good and the true. Each and all should do what they conscientiously believe to be right and there let it rest.

5. Shun shallow, frivolous society, novel-reading circuses, late hour theaters, night skating rinks and emotional excitement of all sorts. Nothing will more surely retard progress of health than uncontrolled passions, anger, jealousy, fault-finding, fretting, suspicion, careless tears, harsh unfriendly criticisms, and sour, disheartening feelings. Do not peddle slanders, speak good of others or keep your mouth shut.

6. Do not for one moment cherish evil of another—get rid of all evil suspicions, all jealous thoughts, and all lurking revenge; for such thoughts injure the disposition and disease the body. It is as true now as of old that “the wicked do not live out half their days.” Passional indulgence has sent thousands and hundreds of thousands to untimely graves. All sensuous sexual gratification other than for the legitimate purpose of pro-creation is not only exhaustive and injurious, but abnormal on the plane of cultured and exalted natures. Flesh begets flesh, and the end thereof is death. Paul pointedly condemned the “unfruitful works of darkness.” Oh, mortals! There is a higher, better way. There is a resurrection in this life; and with those of the resurrection order, walking in newness of life, lust is buried and life immortal blooms upon its tomb.

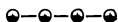
I may have enemies—Jesus had his; and good John Wesley had his; General Grant had his. What stirring, sterling character has not had enemies? But I am the enemy of no one. I cherish not the least malice, nor envy, nor hate, nor ill-will towards a human being. There’s good in every one. Find it.



PIMPLES AND BLACK-HEADS.

Of course it is unpleasant, a pimpled face! “What shall I do?” Eat hygienic food, wash the face always

in warm water—and put a couple of table-spoonfuls of oat meal into a bowl, pour on cold water and let stand half an hour, press out through a cloth and rub the face with it twice a day. After trying it a few weeks you will thank Dr. Peebles.



DR. PEEBLES' IDEAS OF MEDICINE.

Disease is inharmony between the mental, vital and chemical forces, and may be considered as a painful entity, a disturbed condition, or an imagination. The soul forces, mental and vital, are the body's builders. Disease is not as catching as health. Physicians and nurses should be healthy. They should also be clean, pleasant and pure-minded to skilfully heal the sick. Drugs *per se* never cure disease. They are but helps—necessary helps—when carefully and wisely administered. The most of sickness is self-caused. Carelessness is no excuse. Ignorance is an expensive master. To know thyself is well; to take care of thyself is better. Dyspeptics generally eat too fast and too much. They will spread mustard onto their beef and bacon, and then put this mustard—really a mustard plaster—straight down into their stomachs, to soon complain of heart-burn, indigestion and distressing headaches! Such aches and pains are the direct result of physical sin for which in Nature's realm there is no atonement.

Many diseases come from ill-timed thoughts and erroneous beliefs. Calvinism produces billiousness, worrying, anxiety, envies, jealousies; suspicions and fears wrinkle the face and reveal themselves in bodily diseases. The mental picture in the mind affects the body. The person who fears cancer is apt to have one. Thoughts are substances, and though more subtle than blows, they are also more dangerous.

The foods that are eaten, the drinks that are drank, the air that is breathed constitute the blood; the blood makes up, builds up the body, and the body negatively affects the brain. They act and re-act upon each other. There are multitudes of diseased minds. There are as many, if not more, mental than physical diseases—and these mental diseases Dr. Peebles often cures instantaneously. The mind-forces, the power of faith, the power of intuition, the all-penetrating power of the will demonstrate the triumphs of the spirit.



DON'T ALLOW IT.

Allow no surgical operation in appendicitis—that is, inflammation of the appendix—as a very large majority of those operated upon die.

Allow no surgeon to perform ovariectomy—that is, removing the ovaries by excision—thus destroying the reproductive organs of womanhood.

Allow no surgeon to put vaccination virus into your arm. The virus is dead poisonous pus, and often transfers syphilis and eczema into the system, causing skin diseases or death. It does not prevent small pox. "In the Marseilles epidemic in 1804, 2000 had the small pox that had been previously vaccinated."

IS MEDICINE A GUESS ?

"Is Homeopathy a guess or a science?" asks the allopathic Dr. Flint of New York—and then adds—"Dr. Hale, in his 'New Remedies,' gives 70 different remedies for the headache." If any one of these were a sure remedy, why so many?—unless there are 70 different kinds of headaches—and there are not. Dr.

Peebles diagnoses the causes of headache and cures the patient by removing them.

* * * *

The Brain is the seat of life—the Governor-general of the body—the storage battery that supplies every nerve and fibre of the system with electricity and nervo-vitality. The vitality of the body emanates largely from the spinal cord at the base of the brain—and here are the nerve centers that exert a controlling influence over the heart, lungs, stomach, liver, kidneys and alimentary canal. The pneumogastric nerve, especially, controls lungs and stomach. It is to these nerve centers that Dr. Peebles directs his psychic powers, calming the nerve-excited system—and sometimes commanding the bed-ridden to “rise and walk.”

●—●—●—●

CATHARTICS—HALL'S TREATMENT—KIDNEY CURE.

Cathartics, in the long run, are curses.

* * * *

Hall's Treatment in some cases is beneficial, in other cases injurious. Too much hot, or very warm water depletes, paralyzes!

* * * *

Warner's Safe Cure is a magnificent and successful pocket-emptier. I am now treating a case in which the patient had taken eighty-five bottles of the stuff, mostly Nitrate of Potash. How dare invalids dope—dope down these cheap patent medicines?—cheap to the maker, but dear, very dear to those who buy and swallow them.

STANDARD OF HEALTH.

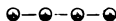
Good health consists in harmony between the vital and chemical forces—between the mental and physical man and is manifest in a clear bright eye, a smooth clear skin, clean tongue, a pure sweet breath, warm extremities, a lithe elastic step, good appetite, freedom from pain, symmetry of form, regularity of the natural functions of the body, normal pulse and temperature, strength, activity, energy, beauty, and happiness. Such is the standard of health. Consider—look yourself over and see if you are in good health. If not, you know to whom to apply.



HOW HE DIAGNOSES.

Dr. Peebles is an inspirational, or impressional psychic. His zoether vibrations are similiar and in sympathy with those of Francis Schlatter, the great healer. Coming into psychic relations with others he feels, the conditions being right, their diseases, their aches and pains, and then goes psychometrically and psychically to the cause of them.

He diagnoses diseases, as thousands will testify, by honestly giving a *leading symptom*. "Give me a tiny bone," said the distinguished Cuvier, "and I will reconstruct the skeleton-anatomy of the whole animal.



FALSIFYING AND SLANDERING.

Lying is a terrible sin. Ruskin says that—"The essence of lying is in deception, not in words; a lie may be told by silence, by equivocation, by the accent

of a syllable, by a glance of the eye attaching a peculiar meaning to a sentence; and all these kinds of lies are worse and baser by many degrees than a lie plainly worded."

Liars and slanderers are twin brothers. Slanderers to conceal their own vile vices and cover their own skinless skeletons trot about hunting for scabs and skeletons in other people's comfortable closets. They delight in dirt. They feast upon social filth. They bed in compost. They are the buzzards of the town—the ill-ordered scavengers of the ages. Decent people seek the good—seek for flowers and find them everywhere.

IMPORTANT ADVICE FOR THOSE IN SEARCH OF HEALTH.

Never consult a traveling quack doctor without medical standing. These unprincipled tramps live by fraud and falsehood. Shun them as you would dens of adders.

Never eat or drink while excited, angry or overheated; and chew your food thoroughly.

Keep your head cool, feet dry and warm, bowels regular and avoid intoxicating drinks.

Eat slowly twice or three times a day, and not between meals.

Never retire at night hungry, but take a few mouthfuls of easily digested food. Rest from half an hour to an hour after dinner.

Attend promptly and punctually to Nature's calls. To put these demands off is to sin against your own bodies.

Retire regularly and take sufficient sleep in a well ventilated room. Never sleep in the clothing you wear during the day, nor with a light burning in your room. Those who do the most brain work

should have the most sleep. The feeble and sick should sleep all they possibly can.

Use straw, wool, or mattresses in preference to feather beds. Retire early and regularly at night, sleeping on the right side and breathing through the nostrils.

If your lungs are weak, practice deep breathing morning and evening while standing erect. Hot new milk and sweet cream and good butter and fresh olive oil are much better for consumptives than cod liver oil—rancid greece called cod-liver oil.

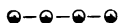
In chronic constipation much benefit is derived from soliciting the action of the bowels at a fixed time each day; also knead and rub them every night and morning with the hands if they do not move otherwise, and always rub up the right side, across the lower part of the stomach and down the left side. Eat freely of figs, stewed prunes and nearly all kinds of fruits; also drink a glass of soft water before retiring for the night, and sip nearly half a pint of hot water before eating. Eat oranges in the morning.

Life out of doors tends to induce sleep. During pleasant weather at all seasons, if not absolutely confined to your room, you should be out in the air and sunshine from three to five hours daily. Uncomfortable and unhealthy dress is one of the most fruitful causes of diseases with women—and with some men also. Tight-fitting corsets are curses, as every honest and well educated physician will tell you.

Do not think about or converse much with others about your diseases. It is a waste of nervous power and force. Forget that you are sick as far as you can. The immortal spirit never is sick. It is divine and imperishable.

A pleasant, quiet, purposeful state of mind is very essential to perfect recovery. And further, the spirit of good will, of love for others, as taught by the Great Physician, Christ, which impels one to hearty

self-sacrifice coupled with force of character, is one of the most potent forces in the universe. God is good, God is love.



MINOR RULES FOR HEALTH.

Sleep with the head to the north. The earth is a magnet and so is the human body.

Cultivate music. It is harmonizing and cheering to the sick.

Neither eat nor drink when over-heated.

If you would reduce your fat abstain from drinking water, and wholly from eating carbonaceous foods—rice, Irish potatoes, cornstarch pudding, etc.

For a tonic effect, bathe in a warm room in cold or cool water, rubbing the body immediately with a coarse towel till the skin is warm and red.

If possible clean the nails thoroughly of both hands and feet before retiring at night.

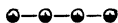
Have regular times for going to bed, for rising, for eating and for attending to the demands of nature.

Don't indulge in nor listen to neighborhood gossip. If you have ill feelings against persons do them kindnesses. The exercise of love and good will conduce to health.

The Great Physician, Jesus, healed both body and mind, and "went about," the scriptures say, "doing good." Imitate Him in doing good.

Patients should have a given hour each day to retire by themselves and think such thoughts as these: I cannot afford to be sick. I will be well. My mind is greater than my body and must absolutely control it. I am entitled to fresh air, to pure water, to good wholesome food and to anything and everything I want, providing it does not injure or infringe upon the rights of others. I have the right to enjoy good

health, sound sleep, peace of mind, and abiding prosperity, and by the help of God, my own Ego and the doctors' skillful treatment I will have them. I carry within myself the seeds of health and happiness or of unhappiness. And yet notwithstanding my physical and social relations with the world I can fundamentally live above and independent of the world. The secret of peace, I have learned, is self-mastery. The secret of health is obedience to law; the higher law of the spirit. "I have bread to eat," said the Master, "that ye know not of."



WHAT NEWSPAPERS SAY.

"Some of the astonishing cures of Dr. J. M. Peebles in some of our prominent Philadelphia families would almost compare with ancient miracles. One of these was the late president of the Pennsylvania railroad." Philadelphia Daily Times.

"If the day of miracles had not past we should write down some of Dr. Peebles' cures in our Quaker city as miracles. In addition to his medical skill he certainly has some method of curing paralysis, nervous and other diseases in an incredible short space of time."—Philadelphia Daily Item.

Prof. E. S. White, so well known in the world of literature, writing in the New York Sun of Dr. Peebles after having met him in Bellevue Hospital and heard him upon the rostrum, says: "The doctor's power, whether by impression, intuition, or from a long medical experience, enabling him to diagnose disease without asking the patient a question, inspires unlimited confidence at once. He does not undertake to cure such chronic diseases as he considers incurable, but his cures of those at the very jaws of death are absolutely marvellous. Hundreds of others will gladly

testify to the same facts."

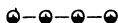
The Rev. Dr. Willis of Philadelphia, writing in the *Christian Review*, states that he "considers Dr. Peebles one of the most remarkable men of the country. His extensive travels in foreign countries, his published works, his gift of diagnosing and curing the most stubborn and supposed fatal diseases, make him in my estimation a phenomenal man. Catarrh, consumption, paralysis, rheumatism, cancer, dyspepsia and nervous troubles he cures in seemingly an incredibly short time."

"My life," says Dr. John W. Wade of Millville, N. J., "has been brighter, happier and better since meeting you and knowing you so thoroughly. The meeting seemed to me like a providence. I needed you just at that time of life. Your medical counsel and assistance have been and ever will be among the sunniest spots in my memory."

This Dr. Wade graduated from the Philadelphia, (Pa.) University and also from the Jefferson Medical College, Philadelphia, and is now the leading practicing physician in the city of Millville, N. J. If you have a lingering doubt of the truthfulness of the above, write him and I'll guarantee you a prompt confirmation.

"Prof William Denton, lecturer, and author of the 'Soul of Things,' told the doctor before going to Australia, and to that fatal isle, New Guinea, that he had strong psychic and psychometric powers, and Prof. J. R. Buchanan assured the doctor many years ago of the same fact and reproved him for not using them in reading character and diagnosing disease. This he is now doing with astonishing success. Psychically the human system becomes to him almost like glass—and under this psychic influence he diagnoses diseases, and treats patients both psychically and with medicines prepared by his own hands."—Banner of Light.

Dr. Peebles practiced medicine a long time in both Philadelphia and Hammonton. Upon leaving these northern cities for the more genial sunny climate of San Antonio, Texas, and later Southern California, he brought letters of recommendation from judges, congressmen, clergymen, editors, physicians—in brief the most distinguished citizens of the above named cities.



CONSECRATED HOUSES AND ROOMS.

Man is a triune being, body, soul, spirit—spirit constitutes the substantial man. The spiritual man sees through the eye, hears through the ear, feels through the nerves, and works through the blood, muscles, sinews and bones; and disease is disturbance in the spiritual forces and atoms—inharmony between the life forces and the chemical.

Man occupying as he does three different planes of existence requires when sick treatment adapted to these varied planes or conditions. Hence Dr. Peebles treats by thought, will, word, as well as by the magnetic touch and mild specific medicines.

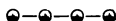
Mind power is almost omnipotent—it is the real vital force—it is that which causes the vibrations of the spiritual substances in the spiritual form, of which the body is an external expression.

Churches are consecrated to worship, libraries to study—each has its own special aura. Dr. Peebles has one room set apart in his house, sacred to soul-cure, the room is flooded with a golden light, and is sweet with the perfume of flowers—into and from this room come and go heavenly angels with the healing powers of life. The doctor is in it at a given time every day.

Another apartment of his Health-Home is set apart

for diagnosing disease phychically and psychometrically, at a certain time daily.

And a third apartment contains his diplomas, surgical instruments, inhalers and medicines, which he ships to every State and territory in the Union.



GUARANTEES TO CURE.

The following complaints if the invalid will follow full directions: Dyspepsia, diarrhoea, dropsy, epilepsy, eczema, erysipelas, falling sickness, rheumatism, scrofula, nervous spasms, gravel, gout, headaches, heart disease, kidney complaint, female weakness, liver difficulty, neuralgia, paralysis, bleeding piles, bronchitis, asthma, bladder affections, cancer, catarrh, pimples upon the face, uterine diseases, seminal weakness, barrenness, insanity, drunkenness, constipation—all chronic diseases Dr. Peebles treats. He cures consumption when not in its very last stages.

It is often asked—"What manner of man is this Doctor Peebles?" One lady said—"The very thought of Dr. Peebles gives me strength, and a look at his photograph gives me new life."



SONGS FROM THE SICK.

LAMPOC, CAL., MARCH 16, '96.

"I am feeling quite well at present, I am improving every day."

CLARA LA SALLE.

GRESHAM, OREGON, MARCH 19, '96.

* * "The lump on the side of the nose is much smaller, and my general health is rapidly improving."

FAYETTE RUDD.

GENESEE, ILL., MARCH 18, '96.

"I do not feel nervous any more. Your medicines have made me hungry. I am doing splendidly."

MRS. H. H. DAVIS.

TALAPOOSA, GA., MARCH 23, '96.

"I have no pain now. I have not felt so well in a long time; and I think I will not need any more medicine."

F. M. SPEAR.

SAN FRANCISCO, CAL., 1915 TAYLOR ST.

"I have less and less tendency to rheumatism, and my body is much stronger. I am fast improving every way, my mental condition being in a far more healthy state than it has been in a long time."

CAROLINE E. STEVENS.

LAMBS, MICH., MARCH 16, '96.

"Your medicines have helped me wonderfully. I feel strong. When I go out in company now they all say—'How well you are looking.' I thank God for your skill."

MRS. MARRIOT GREEN.

MARSHALL, ILL., MARCH 16, '96.

"Commenced my treatment of the evening of the 6th inst. I can say I am so much better every way"

NANCY A. MASSEY.

BOISE, IDAHO, MARCH 8, '96.

"I am gaining as fast as could possibly be expected."

MRS. C. A. RICHARDS.

217 W. 9TH ST., MICHIGAN CITY, IND., MARCH 6, '96.

"I wish to tell you I am feeling so much better. The pain and hard feeling has all left the joints" RHODA A. BENHAM.

PLAINVIEW, MINN., FEB. 15, '96.

* * "I have only been taking your treatment two weeks and could hardly look for any change so soon. In two or three days after commencing I could see a little change for the better and have steadily improved all the time since."

MRS. L. A. STICKNEY.

EL PASO, TEXAS.

* * "I certainly should have died had I not come under your treatment. If I get a little pain in my chest now, I use your inhaling fluid, the greatest cure on earth, and I am soon all right. I feel very thankful to you."

REV. A. W. DELLQUEST.

* * "I will not need any more medicines, as I feel well—as well as any one could expect at my age. My cough is all gone. I have no more pain, I sleep well and my appetite is good. I am very thankful that I have taken your treatment."

Los Olives, Cal.

MRS. OLIVE KEENAN.

We have thousands of letters from patients whom we have cured after years of suffering, which would be interesting reading to those similarly suffering, had we the room to print them. They are however subject to any one's examination.

WHAT ARE YOUR COMPLAINTS ?

Why will intelligent people be imposed upon by "traveling tramps," "Indian doctors," "patent medicine venders" and other irresponsibles, masquerading under the name of doctors? Drastic cathartic pills, calomel, morphine, arsenic and other poisonous drugs are killing thousands upon thousands each year. "Why will ye die, O Israel?"

"Know thyself" is a grand maxim. You should know and understand yourselves—know and understand the nature of such diseases as the following:

CATARRH—irritation of the nasal organs, throat, and later on, the lungs. It affects the hearing, the eyesight; and the slimy mucus poisons the blood. Our ozone inhalations and gargles, with constitutional treatment, cure it.

KIDNEY COMPLAINTS—indicated by pains across the back, with highly-colored urine at times, with sometimes a large flow and frequent—then a small flow, accompanied by dull headaches and depressed feelings, and ultimating in either diabetes or Bright's disease.

RHEUMATISM—preceded by indigestion and kidneys too weak to eliminate the urea, uric acid, and other morbid wastes of the system.

HEART DISEASE—weakened valves, degenerate tissue, nervous exhaustion, and sometimes sudden death. Palpitation, fluttering sensations and remitting murmurs, should not be neglected.

DYSPEPSIA—caused by indigestion. The food in the stomach is not properly transformed into chyme. It lies heavily, sours, ferments, producing irritation, or ulceration of the stomach; also constipation, neuralgia, and general debility.

"LIVER COMPLAINT"—means a torpid or abnormal condition of the biliary organs, with a lack of or unhealthy secretions of bile, resulting in congestion or ulceration.

GRAVEL IN BLADDER—These gravelly calculi are crystalline sediments formed by uric acid, oxalate of lime and other stony substances. They are easily dissolved by proper medicines without a surgical operation.

NERVOUS DEBILITY—is another name for vital exhaustion and is induced by sedentary habits, exposures, mental strain, worry of mind, sexual excesses, etc., resulting in seminal wastes, impotency, loss of memory, despondency, and sometimes insanity.

MALARIA—comes from low swampy lands, decomposed vegetable matter, bad drainage, stagnant water, and foggy lakesides; causing impurities of the blood, liver and kidney difficulties.

EPILEPSY—results from a combination of causes, involving digestion, circulation and nervo-exhaustion. Epilepsy is perfectly curable. For instance, Mr. S. A. Kincaid, 450 Irving avenue, San Diego, had epilepsy to the extent of seven fits a day. The doctors could not cure him. He came to my Health-Home, I put my hand on the back of his neck, gave him some medicines and bid him "go his way." He lives near me and has not had an epileptic fit since. "Gratitude," he says, "does not begin to express my feelings."

DROPSY—caused by a sluggish and weakened condition, and by an abnormal condition of liver, kidneys and pancreas, the blood becoming thin and watery, with enfeebled heart action and a general debility of the whole organization.

PROLAPSUS UTERI—caused by over-lifting, relaxation of the ligaments or of the walls of the vagina, by a sudden jar, by tight dressing, by constipation—and everything else that weakens and diminishes vitality in woman. Pessaries and caustics should never be used in these cases.

VULVITIS AND PRURITIS—are closely allied to each other, with such symptoms as nervous irritation, abnormal heat, inflamed redness of mucus membrane, throbbing pains and leucorrhœal discharges.

SPERMATORRHŒA—or, involuntary emissions, are never cured by marriage. To extinguish a fire no one would throw oil upon the flames. These seminal wastes may be caused by licentious dreams, by self-abuse or by sexual excesses in marital life. They are depleting and destructive to health and long life.

PROSTATITIS—is an inflammation, and later an enlargement of the prostate gland—a small body about the size of a chestnut, situated before the neck of the bladder, and when diseased causing a frequent desire to urinate, with sometimes scalding sensations. Prostatitis and inflammation of the bladder are attributable to the same causes. * * Other diseases of the re-productive organs, such as impotence, syphilis, gonorrhœa, barrenness, satyriasis, and others still, not necessary to name I treat with unparalleled success.

SCROFULA—A constitutional morbid condition of the system, with a degeneracy of the red blood globules, and tendency to glandular swellings and tumors. It is associated with impure, injurious, elementary constituents of the blood, resulting in impaired nutrition, consumption, ulcerous sores and general debility.

Chronic diseases fade often away before Dr. Peebles' presence as do fogs and mists before the rising sun.

INDIA AND HER MAGIC.

A lecture delivered by Dr. Peebles before the medical students of the College of Science in San Francisco, January, 1895. Astounding wonders he witnessed during his two journeys around the world. Price, ten cents. Sent post paid on receipt of price.

A CRITICAL REVIEW.

By Dr. Peebles of the Rev. Dr. Kipp's five lectures against angel ministries. This crisp and critical reply of the Doctor, while repudiating spiritism—and all frauds connected with the study of the subject—sustains Spiritualism considering it the complement of true Christianity. Price, 25 cents.

HELL REVISED, MODERNIZED,

And made more comfortable. A scathing review of the Rev. Dr. Kipp's sermon delivered in the Presbyterian church, upon "What is Hell?" By Dr. J. M. Peebles, a pamphlet of 25 pages. Price, 10 cts

JESUS, MYTH, MAN OR GOD ?

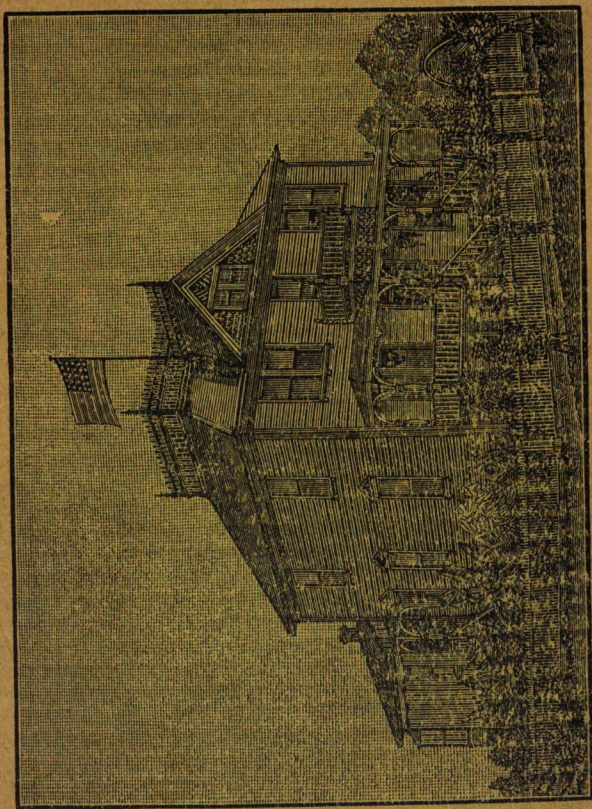
Proofs that Jesus Christ did exist. Was he begotten like other men? What Celsus and Julian said of him. The moral influence of Christianity and Heathenism, compared by J. M. Peebles, M. D. Price, 50 cents.

IMMORTALITY.

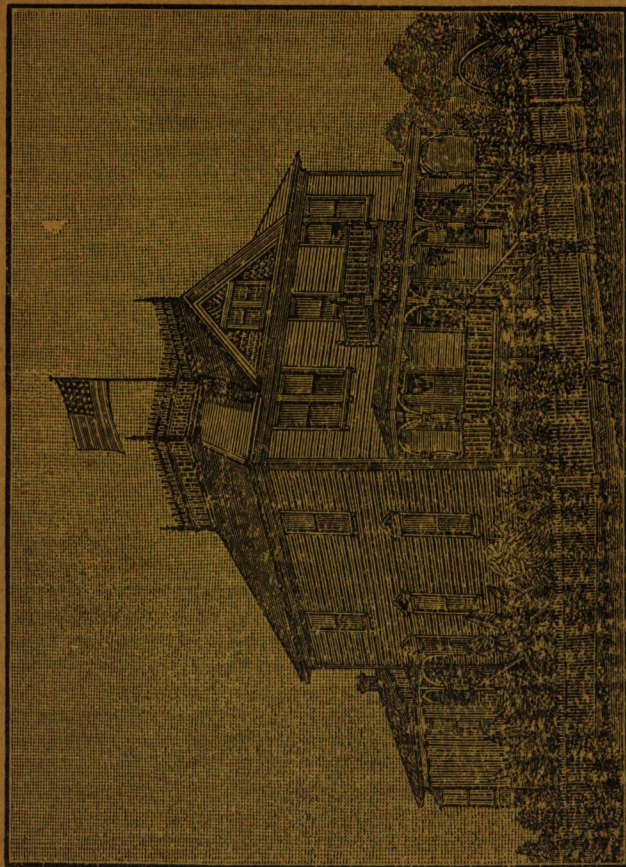
300 pages Showing the proofs of a future existence from consciousness, intuition, reason and the present demonstration from angel spheres, together with what a hundred spirits say about their dwelling places in the world beyond. Price, \$1.50.

HOW TO LIVE A CENTURY AND GROW OLD GRACEFULLY.

P Among the numerous volumes and pamphlets written by Dr. Peebles, this is among the most interesting and instructive. It has had a sale of upwards of 75,000 copies. It is one of the most instructive volumes extant on Hygiene and Health. The price has been reduced from 50 cents to 25 cents per copy. Sent post paid on receipt of price.



DR. PEEBLES' SANITARIUM, SAN DIEGO, CAL.



DR. PEEBLES' SANITARIUM, SAN DIEGO, CAL.