



Youth

OBTAINED
& RETAINED

UNIVERSITY OF
CALIFORNIA

By

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Los Angeles, California

Gift of Nature

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by

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LOS ANGELES, CALIFORNIA

Liberian May 18/21
University of California,

Dear Friend:

It is with pleasure
that I am mailing you a
complimentary copy of my
book ~~Youth~~ If you will paste
this to one of the fly leaves
it will make it an
"autograph copy."

Youthfully yours,

Geo. Starr White, M.D.

Author of

Guide Book to Infant Feeding.
Fermented Milk in Health and Disease.
Light and Oxygen in Therapeutics.
Spinal Reflexology.
Lecture Course to Physicians (Seven Editions).
Prostatic Disease and Impotency.
Plain Talks.
The Natural Way or My Work (Seventeen Editions)
Think.

Member State and County Homeopathic Medical Societies.
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Member Los Angeles Chamber of Commerce.

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THIS BOOK
Is Dedicated to those who wish to retain their
YOUTH
and to those who find YOUTH slipping
away but wish to obtain YOUTH
again in *the natural way*.

FOREWORD

This book is a general resumé of the advice given to my patients, being modified by the character of their ailments. It is really a condensation of practical advice contained in my books, particularly in "*The Natural Way or My Work*," Seventeenth Edition.



**Knowledge, given wings,
carries enlightenment to all mankind**



right



Los Angeles is the largest city west of St. Louis. It has a population of about 650,000 and is constantly growing. It is known the world over for its beautiful residences, delightful climate, abundance of flowers and semi-tropical plants. Above all, from the motorist's standpoint, it can boast of having the greatest number of good auto-roads in its environments of any city in the world.

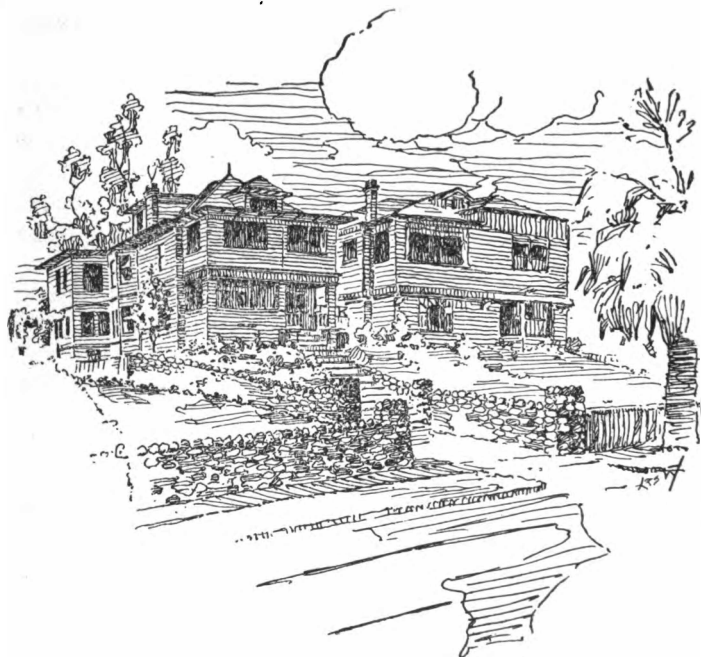
For eastern physicians, the change in coming to this beautiful city is a rare treat; and there is always enough in the city itself, or the surrounding places, to instruct and fascinate one when they are not busy studying.

As a resort for invalids, probably Los Angeles is as good as any other city. The change from the cold eastern winters to the balmy climate of Southern California is in itself a boon to the overtired and health-seeking patient.

These are a few salient facts to be borne in mind when taking a post-graduate course or when referring patients.

Although most of my life has been spent in the East in or about New York City, yet I have adopted Los Angeles, California, as my home, and in so doing I have followed the example of thousands who came, saw and were conquered.

UNIV. OF
CALIFORNIA



327-333 South Alvarado Street
Los Angeles, California

SIMPLIFIED SPELLING

Simplified spelling means progress.

The spelling in this book is made to partially conform with the 1920 Dictionary of the Simplified Spelling Board, 1 Madison Ave., New York City, and with the rulings of the American Filological Society.

The Simplified Spelling movement was begun about thirteen years ago.

English spelling abounds in irregularities, inconsistencies, and absurdities. It is so irrational that we are never sure how to spell a new word when we hear it, nor how to pronounce a new word when we read it.

To learn it is a prodigious feat of memory that should not be demanded of children, and that impairs the development of their reasoning powers.

To impart it exhausts the nervous energy of teachers.

Hundreds of millions of hours of school time are wasted every year in far from successful efforts to learn it and to teach it — the cost of which is borne by the taxpayers.

Millions of dollars in time, money and material are wasted yearly in writing, typewriting and printing that might be saved by dropping silent or misleading letters.

The difficulties of English spelling greatly hinder the Americanization of our foreign-born population, and more than anything else prevent the use of English as an international language.

The Simplified Spelling Board has as its objects:

(1) To awaken the American public to a realization that reform in spelling is not only necessary but possible.

(2) To point the way in which the simplification of English spelling can be best brought about.

(3) To put itself on record as recognizing that the ultimate goal of the Simplified Spelling movement is, and must truly be, a *phonetic alphabet* with enough letters to represent at least approximately each separate sound heard in the standard English speech.

Better spelling, better speech.

TO VIM
AND PUNCH

"PEP"

Vigor, Vitality, Vim and Punch —
With courage to act on a sudden hunch —
The nerv to tackl the hardest thing,
With feet that climb, and hands that cling,
And a hart that never forgets to sing —

That's Pep.

Sand and grit in a concrete base —
A friendly smile on an honest face —
The spirit that helps when another's down,
That knows how to scatter the blackest frown,
That loves its neibor and loves its town —

That's Pep.

To say "I wil" —for yu kno yu can —
To look for the best in every man —
To meet each thundering nock-out blo,
And cum back with a laf, becaus yu kno —
Yu'l get the best of the whole blame sho —

That's Pep.

WHERE EVERYBODY'S HAPPY

There's a town cald Don't-Yu-Worry,
On the banks of the River Smile,
Where the Cheer-Up and Be-Happy
Blossoms sweetly all the while;
Where the Never-Grumbl flower
Blooms beside the fragrant Try,
And the Ne'er-Giv-Up and Patience
Point their faces to the sky.

In the valley of Contentment,
In the province of I-Wil,
Yu wil find this lovely city
At the foot of No-Fret hil;
There ar thorofares deliteful
In this very charming town,
And on every hand ar shade trees
Named the Very-Seldom Frown.

Rustic benches, quite enticing,
Yu'l find scatterd here and there;
And to each a vine is clinging
Cald the Frequent-Ernest-Prayer;
Everybody there is happy
And is singing all the while,
In the town of Don't-Yu-Worry,
On the banks of the River Smile.

—Anon.

THE MAN WHO STICKS

The man who sticks has his lesson lern'd:
Success doesn't cum by chance—its ernd
By pounding away; for good hard nocks
Wil make stepping stones of the stumbling blocks.

He knows in his hart that he cannot fail;
That no il fortune can make him quail
While his wil is strong and his courage high,
For he's always good for another try.

He doesn't expect by a singl stride
To jump to the front; he is satisfied
To do every day his level best,
And let the future take care of the rest.

He doesn't believ he's held down by the "boss"—
It's work, and not favor, that "gets across."
So his motto is this: "What another man
Has been abl to handl, I surely can."

For the man who sticks has the sense to see
He can make himself what he wants to be,
If he'l off with his coat, and pitch right in—
Why, the man who sticks can't help but win.

THE MAN WHO QUILTS

The man who quits has a brain and hand
As good as the next; but he lacks the sand
That would make him stick, with a courage stout,
To whatever he tackles, and fight it out.

He starts with a rush, and a solemn vow
That he'll soon be showing the others how;
Then something new strikes his roving eye,
And his task is left for "the sweet by and by."

It's up to each man what becoms of him;
He must find in himself the grit and vim
That brings success; he can get the skill
If he brings to the task a stedfast wil.

No man is beaten til he givs in;
Hard luck can't stand for a cheerful grin;
The man who fails needs a better excuse
Than the quitter's whining, "What's the use?"

For the man who quits lets his chances slip,
Just becaus he's too lazy to keep his grip.
The man who sticks goes ahd with a shout,
While the man who quits joins the "down and out."

A REASON FOR LIVING

"If I can liv
To make sum pale face brighter, and giv
A second luster to sum tear-dimmd eye,
Or e'en impart
One throb of comfort to an aking hart,
Or cheer sum wayward soul in passing by;
If I can lend
A strong hand to the fallen, or defend
The right against a singl envious strain,
My life tho bare
Perhaps of much that seemeth dear and fair
To us on erth, wil not hav been in vain."

INTRODUCTION

Illness is no longer popular. People are beginning to realize that proper eating, proper exercising and plenty of sunlight give the glow of youth that paints, powder and cosmetics can never rival.

I hope the time is not far distant when our magazines will be filled with articles regarding health and how to obtain it and how to retain it through natural methods rather than being filled with articles regarding diseases, thus creating fear among their readers.

Fear is the most dreadful of all diseases. It is a well known fact that if one person dies of some dreadful disease, at least twenty die from fear of it.

To teach people that they are born and reared in an atmosphere loaded with disease-giving micro-organisms that are liable to attack them at any time no matter how they live, creates fear and apprehension, which is one of the first barriers to health.

Nature never surrounded her children with enemies. It is the persons themselves that make diseases possible in their own bodies. We must all realize that the one invaluable principle in Nature is *cause and effect* (Karma), and every child should be taught that as soon as it is taught anything. Such teaching should be enlarged as the child matures and then the adult would know that if he transgresses Nature's laws, he would have to pay the penalty.

So-called "modern science" appears to be striving to show that Nature is wrong, but Nature is never wrong, and *true science is that which strives to learn where we are wrong rather than where Nature is wrong.*

Filling a healthy body with diseased matter to keep it well is so far from *the natural way* that it should have no place in the minds of intelligent beings.

Serums, vaccines, or any form of inoculation can never prevent nor cure diseases. *Hygiene and proper living* are the natural preventatives of diseases. If perchance some disease

organisms are put into the blood stream of one who is ill and the patient recovers from that illness, an illness of another kind is sure to follow.

Commercialism is back of all propaganda for the spreading of diseases among the people and the encouraging of the use of vaccines, serums and death-producing drugs.

Take all monetary profit out of the manufacture of serums and vaccines and they would soon be lost sight of in the public press and would not be used.

Exercises, hygiene, diet and right thinking are Nature's methods of preventing diseases, but if one has ever and becomes diseased, the only way back to health is by *the natural way*—diet, exercise, hygiene and right thinking.

The only hygienic method of living is in the open and in the sunlight and it is not Nature's fault if we have so perverted our method of living as to keep our bodies from that great health-giving energy — Light.

Right living and right thinking will prevent all diseases.

Right living and right thinking are the antidotes for all diseases.

A body trained to think rightly and live rightly is trained to ward off diseases. The psychology of believing that germs cause diseases is entirely inimical to health. If we were all taught that it is our *method of living* that makes us sick, we would all be more particular about the way we live.

If the sanitary engineers believed that mosquitoes made the water stagnant rather than that the stagnant water attracted the mosquitoes, they would not be draining our miasmatic swamps.

We should all be taught that instead of germs being enemies and causing diseases, they are friends and scavengers, and are attracted by diseases.

If we eat, dress, and conduct ourselves in such a manner as to load our bodies with diseased material, we should be taught that that material will injure the body in some manner, and as the soil is so will be the attraction for any specific micro-organism.

A pupil of Virchow, the German scientist who is credited with being the father of the germ theory, told me that Virchow, not long before his death, told him that were he to live his life over again, he would devote himself to proving that the germ sought its natural soil in disease rather than that it caused disease.

Little by little some of our best scientists are beginning to realize that the germ theory is the product of a diseased mind and superstition.

Were the germ theory of disease eradicated from the minds of the people, all the great industries that are making their millions by the manufacture of "anti-germ weapons" would come to naught.

In some of my larger works I give scores of pages of actual, incontrovertible evidence to prove that vaccines and serums have never prevented nor lessened diseases, but on the contrary that in the same ratio as this disease and filthy matter is injected into the healthy body so is the increase of such diseases as cancer and tuberculosis.

I have also recorded in some of my works statistics that no one can deny to prove that where vaccination against smallpox is not used at all there is less smallpox than in any place where vaccination is used. *Vaccination is a result of superstition.*

Sanitation is the only factor that has brought down the spread of many of the old time scourges. If some insane "scientist" had "discovered" a vaccine for some of these scourges, we would be told in our "orthodox" medical colleges that *they* were the cause of the lessening of such.

The epidemic of the Spanish influenza (flu) has opened the eyes of those who have lived to tell the tale. Among those that were treated along the lines specified in this book less than one-tenth of one per cent. died while *seventeen* per cent. died when treated by "orthodox" methods. It is a pity that a great scourge like this must kill so many thousands of people to make people realize that Nature's

laws are immutable laws and that there is only one way of preventing and curing diseases—the natural way.

DON'T FEAR GERMS

"If I could live my life over again, I would devote it to proving that germs *seek* their natural habitat — diseased tissue — rather than being the *cause* of the diseased tissue; e. g., mosquitos *seek* the stagnant water, but do not *cause* the pool to become stagnant."

—Rudolf Virchow (father of the germ theory).

If the germ theory were founded on facts, there would be no living being to read what's right.

Fear is the most deadly of all diseases. If a disease kills *one* person, the *Fear* of that disease will kill *twenty* persons.

Youth

Longfellow says: "In *youth* the hart exults and sings," thus carrying the idea that beyond certain prescribed years the hart does not exult and sing. YOUTH in its broad sense should not refer to years but to a state of being. It really is a matter of one's own selection, if one be born normal, when *youth* shall end and "middle age" begin. Some people can be truly referred to as *youthful* tho they have seen four-score-years-and-ten.

Every normal person really *desires* to remain youthful, but all do not want to pay the price. The price of a prolonged youthfulness is *acts*.

These acts are proper breathing, exercise, hygiene, diet, and the proper manner of *thinking*. Without a proper body one cannot do proper thinking.

The parents are responsible for the child's body before it is able to think. Thus it can be seen how important it is to have the child begun rightly. Unless the child's parents have lived rightly, the child's body has not what is due it from Nature. Hence one's responsibility harks back, that its end may be correct.

DEEP BREATHING AND EXERCIZES

The first requisit in all animal life is breathing. A strong adult can liv several days without food or drink, but he cannot liv five minits without breathing.

To breathe polluted air can be likend to eating poisonsd food. The sistem wil try to take up what is good, but what is bad wil infect it. Therefore it is absolutely necessary for one to breathe fresh pure air, and breathe it thru the nose, in order to maintain helth.

Forst breathing is in many ways detrimental in the same manner as lifting a weight much in excess of one's strength is detrimental to the musls. In other words, the cultivation of correct breathing should be gradual and sistematic.

A natural child breathes naturally thru the nose and needs no tutoring, becaus as it requires air, Nature wil teach it how to get air. This aplies to a *natural* child reard in a *natural* manner, but unfortunately so-cald "civilization" denatures humans by dres and conventional habits to such an extent that the child soon is an unnatural animal, unless the parents ar educated along *natural* lines of living and rear the child with helth and *natural* development as their chief aim.

Inasmuch as persons seeking helth hav in sum manner livd unnaturally, they must lern to liv naturally.

One must breathe fresh air day and nite, and be out of doors as much as possibl. Fresh air means unpolluted air, and there is nothing that pollutes air more than tobacco smoke or cigaret smoke. I make a distinction between tobacco and cigarets, because cigarets would never be popular if they wer made of tobacco alone. As a rule, they ar composed of habit-forming drugs — dopes.

Fathers and mothers ar slowly poisoning their children if thru ignorance or thotlessness they allow their children to occupy rooms laden with the fumes of cigarets or tobacco.

Fresh air cannot be long maintained in a closed room because the exhaled air from the lungs will pollute it. Therefore one must cultivate the habit of having windows open both night and day, and have their rooms arranged so that they can have fresh air at night without its blowing directly across the bed. If everyone were taught the importance of fresh air from childhood, the architects would be more particular in designing houses and buildings, and would look more to *ventilation* than they would to decoration.

Never be afraid of "night air". "Night air" is just as good as "day air". Do not think that air on the ground floor of a house is any worse than it is on the upper floor, if ventilation is the same. Cover the body well at night and breathe through the nose outdoor air, no matter how cold it is.

In the morning, as soon as one wakes, they should make it a point to give many deep exhalations — *force the air out of the lungs*. The act of forcing the air out of the lungs will bring about a corresponding reflex that will make one inhale more deeply.

Exercizing in bed before arising is of great importance because exercising calls for air, the blood requiring more oxygen to feed the muscles, and deep breathing follows the call for more air.

There are hundreds of exercises that one can take before arising, many very complicated and many very simple, but if one has too many exercises to do they will soon do none. Therefore I have made it a rule to select the fundamental exercises for accomplishing the most good, and instruct my patients to religiously adhere to them seven days of the week — not to take them spasmodically.

Fig. 1, *A*, shows a person lying on the back with the thighs flexed on the abdomen ready to kick out at *B* against a suspended punching bag. This "punching bag" can be imaginary, and the patient can kick out as if to hit the bag, being careful not to let the heels hit the bed.

These exercises should be done regularly every morning with the hands behind the head as illustrated. Begin with kicking out in this manner one to five times, and



Figure 1

increases one time every day until the "kicking-out exercise" can be done from 25 to 100 times without letting the heels strike the bed. At first the abdominal muscles will be sore, but do not stop for that. *Work* the soreness off. Do not rest it off.

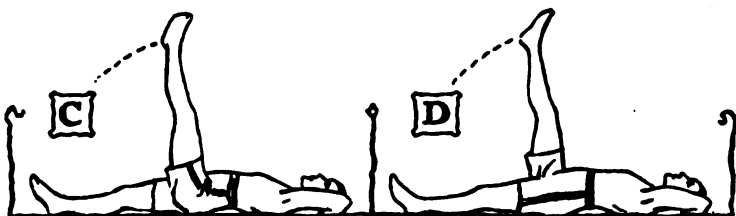


Figure 2

Fig. 2. C shows the flexing of the left limb on the abdomen.

D shows the flexing of the right limb on the abdomen.

This exercise, C and D, is known as the *shear exercise* because as one limb rises the other descends. In doing this exercise the heels should not come in contact with the bed, but should come as near to it as possible. In other words, *muscular effort* should hold the limbs up all the time. This shear exercise should be repeated from 5 to 25 or 50 times every morning, following the punching-bag kicking exercise.

Fig. 3, at *E* is shown both lower limbs flexed upon the abdomen and then allowing them to slowly come to horizontal, but not allowing the heels to strike the bed. This exercise is known as *flexing the limbs upon the abdomen*, and can be repeated from 5 to 25 times or more after the preceding exercises.

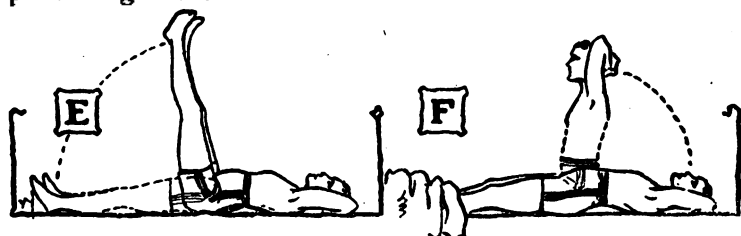


Figure 3

Fig. 3 at *F* shows bed covering or some other weight over the feet, and the trunk being flexed on the thighs with the hands behind the head. At first this exercise will seem to be almost impossible, but if one cannot do it at first with the hands behind the head, they can do it by extending the hands in front of the body. Then before descending put the hands behind the head and go back slowly. This will gradually cultivate the muscles so the trunk can be flexed on the thighs with the hands behind the head, and little by little it can be done without having any weight over the feet. This is one of the best exercises for all stomach diseases.

The exercises from *A* to *F* inclusive constitute the best exercises I know of for constipation, stomach diseases, and all diseases brought about by relaxation of the digestive and pelvic organs. In fact, if anyone were to ask me what exercises were the most important to cultivate deep breathing and a strong and healthy digestive tract, I would give them these exercises.

For reducing fat on the abdomen and the sides of the thighs, and for cultivating a flat, strong abdomen, these exercises are all that are really necessary. They are a gim-

nasium in themselves. They are producers of "a good form."

When doing these exercises, be sure to have plenty of fresh air in the room, and cultivate inhaling during one part of the exercise and exhaling during the other part.

After having done these exercises when lying flat on the back, one can knead the bowels, massage the liver region, slap the abdomen and thighs, flex and extend the arms, and stretch in any way they desire, only they should be *persistent* in what they do. The exercises mentioned should be taken before any auxiliary exercises.

After these exercises have been done, take deep breaths a few times, counting four while inhaling, holding the breath while counting eight, and exhaling while counting eight. This cultivates control of the chest-expanding muscles.

In breathing, cultivate the habit of expanding the chest first and then letting the incoming air force the diaphragm down and lift the abdomen. In that manner one follows out the natural method of breathing the same as will be observed in a natural baby, in the dog, cat, and other animals, namely, the chest and abdomen expand almost simultaneously.

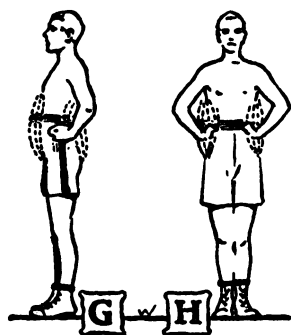


Figure 4

Abdominal breathing alone is wrong and chest breathing alone is wrong. Combining the two is the natural way, and if persisted in, it will prevent constipation as well as cure it. No one can have asthma if they breathe correctly.

After arising, the following exercises are a few that I recommend and no one can afford to omit them.

Fig. 4 at G and H is shown what is known as the *spiral twist*, or *egg-beater twist*. It is the method of rotating the trunk on the thighs, the feet and head being maintained in the same perpendicular plane.

This rotating of the abdomen about the perpendicular axis should be done first five times in one direction and then five times in the other, and increase as one becomes expert.

These exercises will give anybody as well-formed a waist as they may wish. It is a *waist-forming exercise* and one

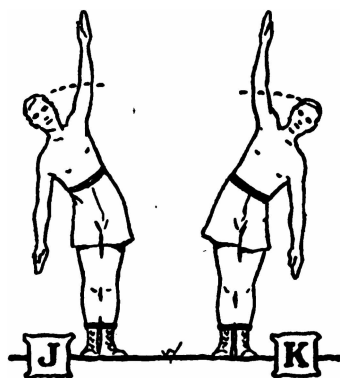


Figure 5

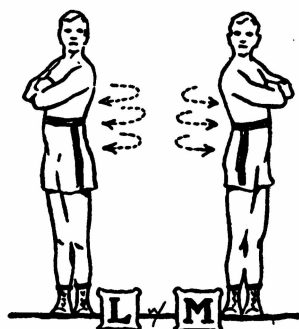


Figure 6

that ladies particularly should carry out diligently if they desire a "beautiful form."

Fig. 5, J and K show the right and left flexing of the trunk on the thighs — a *lateral* flexing of the body, the arms being held as illustrated.

Fig. 6, L and M show the twisting of the body, the feet being maintained in the same position. This exercise is what Professor Warman has so aptly named "*the liver squeezer*."

Fig. 7, N shows the flexing of the trunk on the thighs while in a standing position.

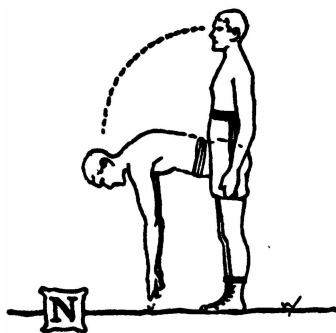


Figure 7

Fig. 8, *P* shows the *squatting exercise*, which is of great importance in cultivating strength in the legs and feet and joints in the trunk. This exercise should be done with the body resting on the toes and the eyes directed toward the ceiling, or in other words, with the chin up.

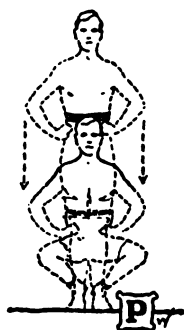


Figure 8

Fig. 9, *Q* shows the "*body dip*." It is executed by lying flat on the abdomen and lifting the body upright on the hands, and then letting the body cum down again so the abdomen and nose hit the floor. This is a very difficult exercise, but it can be acquired by practice, and it is very beneficial in strengthening the abdominal muscles.

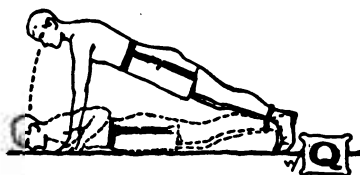


Figure 9

Fig. 10, *R* and *S* illustrate the *stationary-walking exercise*. This is a very wonderful exercise in developing the muscles about the pelvis, and it is a very efficient exercise for remedying constipation or weakness in the pelvic organs. It is executed by holding the

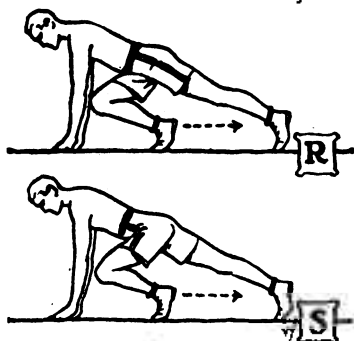


Figure 10

hands as depicted and then stepping forward first one foot and then the other in rapid succession.

Fig. 11 illustrates the method of standing on both feet and rising on the toes. In doing this standing exercise, be sure the thumbs are directed backward and meet over the spinal column.

Fig. 12 illustrates the subject standing on one foot and then rising on the toes of that foot. This

is quite a difficult exercise, but it is well worth practicing.

Fig. 13 shows sum exercises to be done with the eyes closed. These exercises will do much to cultivate poise.

One has no idea how dependent he is upon the eyes for keeping the equilibrium until he tries to do sum of these exercises when blindfolded.

This figure shows the subject with the eyes closed standing first on his left foot with the right foot extended forward and then backward. This is then reverst by standing on the right foot and extending the left foot forward and backward.

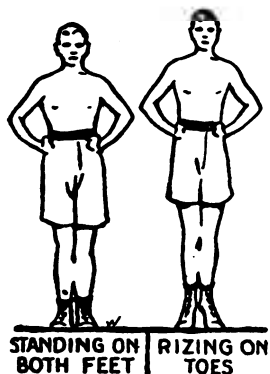


Figure 11

The next is to stand on one foot and extend the free lim laterally as far as possibl. Then cros it over in the opposit direction. Then change to the other foot.

These *closed-eye* exercises ar tests that I often giv to see if the patient hav the faculty of *equilibrium*.

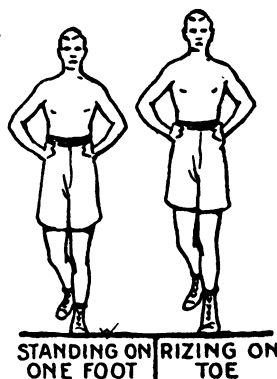


Figure 12

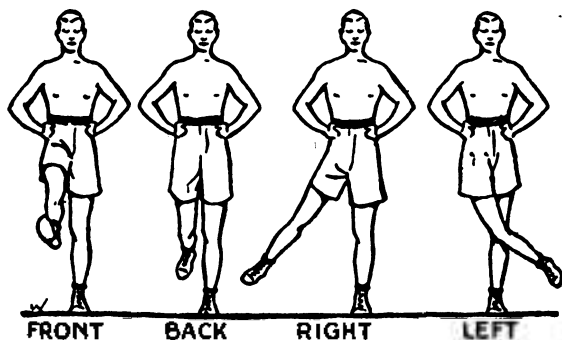


Figure 13

Fig. 14 shows one of the best all-round exercises that I know of, and that is walking on-all-fours. This exercise should be done with the body naked or with nothing on but a pair of trunks. For boys and girls and for men and women this exercise is of inestimable value in lifting the abdominal muscles as well as all the muscles of the body. *For a pregnant woman I know of no exercise that can compare with it.*

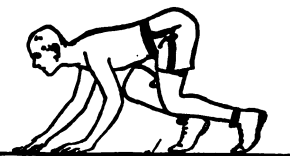


Figure 14

In fact, if from the time she is three months pregnant she will take from 100 to 1,000 steps daily on-all-fours, she can feel sure that her delivery will be quite easy and the child will be well developed, provided there are no abnormalities.

Fig. 15 shows one of the best training exercises that there is, namely, *walking a tight rope*. The method of procedure to fit for this exercise is to first walk on a piece of smooth 2" x 4" with the four inch side of the beam elevated about one foot from the ground. Then practice with the 2-inch edge up. Then practice the same exercise with the timber two, four or six feet from the ground so as to acquire confidence.



Figure 15

After progressing as far as this, practice walking on the edge of a 1½-inch plank, first about one foot from the ground and then two feet and so on until it can be walked on when six feet from the ground. (Fig. 16.)

Then practice walking on the edge of a ¾-inch board in the same manner. When this is accomplished, start walking on a 2-inch rope made as taut as possible and about three feet from the ground.

After one can do this well, then practice walking on a

1 ½ inch rope, then on a 1 inch rope, having the rope very taut all the time. After this has been accomplished one can begin walking on a slack rope about ½ inch to ¾ inch in diameter.



Figure 16

At first this exercise seems very strenuous, but it cultivates equilibrium and poise to a wonderful degree. A person can use a balancing pole or a parasol. Probably the balancing pole is the better. (Figs. 15 and 16.)

Fig. 17 illustrates an exercise or game that I developed many years ago. It is accomplished as follows:

First mark out a circle three feet in diameter in which to stand. Then take a hoop about twelve inches in diameter and throw it up in the air about ten feet. Catch it in the opposite hand. Throw it up with the hand in which it was caught, and catch it with the other hand, and alternate in this manner until one can throw it twenty to fifty feet in the air and catch it without stepping outside of the three-foot circle.

When one has cultivated the knack of throwing the hoop upward, they can make a little twist to the hand as the hoop is thrown so it will come down in a horizontal manner, as illustrated in the Figure. Although this comes under the head of juggling, it is an exercise or game that has no peer. It is an exercise far better than golf. It puts every muscle of the body into action and cultivates alertness in a manner that nothing except ball juggling can excel.



Figure 17

After one has thoroly masterd throing up one hoop at a time, they can then begin with two, but this cums under expert work and not many wil carry the exercize that far. The throing of one hoop in the manner depicted and keeping track of how many times it can be thrown without missing it, or without stepping outside of a three-foot circl, is where the *game* cums in. One tries to excel another in seeing how many times the hoop can be thrown without letting it reach the ground and without stepping outside the circl.

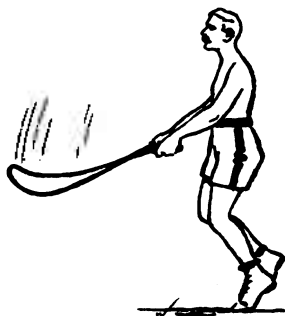


Figure 18

Fig. 18 illustrates the old familiar exercize of *jumping the rope*. Altho this is supposed to be a child's exercize, I can say that it is a good exercize for all. Anyone can easily do it, and it is contra-



Figure 19

indicated only for those who hav hart diseases. Altho at first one may be a litt clumsy, it takes only a short while to acquire the agility required. It is one of the best exercizes to keep a person yung that I kno of.

Fig. 19 illustrates *bag punching*. A traind athlete wil notis sumthing peculiar about this illustration. That is, the punching bag is lifted so high that one has to punch *upward* as wel as forward to exercize with it. I hav found that this method of suspending a punching bag is of great benefit in making a person lift his chest.

It is an admirabl exercize for chest development and I recommend it for those suffering with asthma or any bronchial trubl. I believ the old-fashiond platform is better than the new fashiond ring for the bag to strike against.

Fig. 20 illustrates an exercise that most yung peopl ar familiar with, especially if they hav been in any kind of fysical training, that is, *rope climbing*. For this purpose a soft rope is preferabl to the hard hemp rope, but any kind of rope wil do after a person becums accustomd to it. If a person wil practis climbing a rope a few feet every day, he wil be surprized to see what it wil do toward muscular development and waist shaping. I recommend rope climbing for girls as wel as boys, for yung women as wel as yung men, for older women as wel as for older men.

All these exercizes should be done where there is plenty of fresh air and with as littl clothing as possibl on the body. The more the body can be exposed to the air during all these exercizes, the better.

It is very wel for one to exercise and thus cultivate deep breathing, but it is advizabl to kno just how *much* they hav cultivated the *art of breathing*. For that purpose I kno of nothing that can compare with the *Spirometer*. There ar several styles of spirometers on the market, the large, cumbersum instrument that is attacht to the wall and the large instruments on pedestals, but the best of all, and the most up-to-date, is the littl instrument that is "bilt like a watch to watch your lungs" and is illustrated in Figs. 21 and 22.

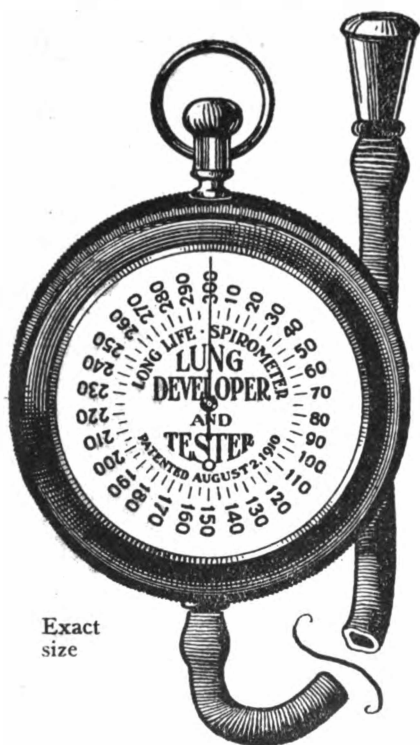
This littl instrument is "a western product," devized by a westerner seeking for helth, which he found, and is manufactured by the Spiro-Meter Co. (Inc.) of Pomona, California. These peopl ar wel named "*helth promoters*." Probably their littl "*lung watcher*" is doing more to interest peopl in the development of their breathing than any other instrument. This littl instrument is only the size of a watch and can be carrid like a watch, attacht to a chain or cord like a watch. One can set the



Figure 20

hand by the stem setter, and many times a day watch just how much air he can expel from his lungs. Then as I hav said before, the reflex causes a greater amount of air to be drawn back into the lungs.

An instrument like this creates rivalry with one's own self, and a person will try day after day to see how much he can improve upon the day before. In this manner one becums interested in his chest development. When several in the family each hav one of these instruments, there is a happy rivalry to see how much one can gain in lung expansion over the other. With such an instrument as this in the pocket, one wil cultivate deep breathing before he realizes it, and by carrying out the exercizes as herein depicted and described, the deep breathing wil be an index to the general muscular development. Hence the littl watch-like instrument wil indi-



Exact
size

Figure 21

cate more than just the exhaled air. *It wil indicate the general helth and development of the body.*

I cannot say enuf in favor of this wonderful littl instrument. I fel in love with it at first sight becaus I hav been using spirometers in my treatment rooms for years and hav advized patients



Figure 22

to hav them in their own rooms. This wonderful littl instrument captivated me becaus of its simplicity, its practicability and its far-reaching beneficial effects.

MIS SOPHRONIA'S CURE

He treated me for mumps, did the blessed Dr. Stumps;
He treated me for measls when my soul was in the dumps;
And without a shade of question he improved my indigestion
Oh! a therapeutic wonder was the blessed Dr. Stumps!

But when my mumps had fled, then I had an aking hed,
And when my hed was cured I had lung-complaint insted,
Then he clincht with my bronchitis, then he treated my gastritis—
And now that blessed doctor—he has left me—he is ded!

When he used to cum and say, "Ah, yu hav the chils today!"
Or, "Yu hav a tuch of fever," I was frolicsum and gay;
When he told me, "Mis Sophronia, yu ar suffering from neumonia,"
I rejoist with great rejoicing at the words he used to say.

For he'd sit and simpathize with compassion in his eyes,
And he'd talk about my simptoms and he'd look superbly wize;
Then he'd giv me lerned theses on the treatment of diseases,
And number all the catalogs of all my agonies.

Now I get no blessed ease that accompanies diseases—
What is there in life to cheer me? What is there in life to pleas?
Now I hav no blessed theses on my simptoms and diseases;
If I must continue helthy, let me die and find releas.

—*Sam. Walter Foss.*

GENERAL HYGIEN

Hygien is a helth subject. It sounds helthy and it makes one feel helthy to talk about it. The mental picture is of Hygeia, the goddess of helth, or sum other refreshing vizion. On the other hand, diseas is an unhelthy subject and the mental picture is of sum sickly cripl, sum person sick in bed, or sum other vizion of distress. It is not conduciv to helth to hav sum one about who talks continually of diseas.

PERSONAL HYGIEN

The Hair.

Whether the hair should be soakt, scrubd, dried and combd every day is a question. Many peopl with hevvy hair comb it daily but do not wet it much. It seems the natural way would be to wash it only when necessary to clean it and not as a daily practis.

Natural man, like other animals, had hair all over the body. It was not only for a covering, but was an aid in skin respiration in the broad sense of the term, and a conserver of energy.

It is a wel-known fact among breeders of horses that if a horse is intended for hevvy work, it should never hav its hair clipt.

Mental workers ar more often bald than manual workers. Sum wil say it is becaus they wear a different kind of hat or work under artificial conditions, etc. However, I hav seen workmen in factories who had worn hats all their life while at work, and a good share of the time when in the house, and they had hevvy hair. On the other hand, I hav seen other classes of workmen who had their hats off from the time they enterd the factory until they left, and they wer bald.

Women, as a rule, hav hevvy hair. No dout it is hereditary, and a result of *desire*. (See *Vibratology*.) They see their mothers and grandmothers with long, hevvy

hair and they *desire* it, and that desire brings about action. The act of combing the hair is conducive to its growth. It brings blood and life to the hair roots. It directs the mind to the hair.

Foren women who greas their hair wear wigs. They go bareheaded nearly all the time, so it is not because of hat constriction that their hair curls out. It is the fashion of greasing the hair to make it shine.

Women do not wet their hair every day as men do. They comb it while dry and do not wash it so often because of the trouble and annoyance.

Men who are temperamental, or whose vocation is of a temperamental variety, usually have thick hair, and it is very common for them to allow their hair to grow long. They think it goes with their profession. Some say it is because these people do not wear hats, but I have seen many of them who wore hats and their hair was long.

I believe the hair should be combed and brushed daily, but frequently wetting it is injurious. Using soap on the hair to "wash out the oil" only makes more oil cur.

If the hair is dry, oiling it with a *mineral* oil is often very beneficial. *Mineral oil on the body conserves energy in the body.* (Oiling the skin from head to foot with mineral oil is of great advantage in case of sickness or high fevers. Sometimes a dying person can be brought back to life by oiling the body with mineral oil. Vegetable oils would have no such effect, and it is not the massage that does the work. It is because mineral oil, such as paraffin oil, prevents much energy from leaving the body. That is why mineral oils are of so much benefit for burns and raw surfaces.)

I believe hats are a detriment to the hair and to the head and brain. The head needs air about it just as much as the face. In tropical climates some wear hats and some do not. I believe the natural covering of the head will protect it, and the hair was so intended. Had Nature intended us to wear a hat, we would have been born with one. Fresh air

on the hed is a tonic. If a hat is worn, it should be wel ventilated.

The fashion among scool boys of having the hair gro long and hang over the forehed so they hav to keep shaking the hed to keep the hair out of the eyes, is abominabl. Many a boy has acquired a *habit tic* (involuntary motion) in this way. It also makes boys nearsighted, as it changes the whole muscular action of the eyes.

The Ears.

The outside of the ears should be washt daily with a ruf cloth, but water should not be put into the ears. The ears should be thoroly dried after being washt. To clean out the external canal of the ear, a littl piece of cotton twisted on the end of a toothpick or match is best.

If a person's ears itch inside the canal and they need to use a hairpin every few minits, it shows that there is sumthing rong with the skin. One of the best treatments for that is mineral oil (paraffin oil, vaselin) aplied locally.

If wax accumulate in the ear, mineral oil or vegetabl oil wil soften it. Mineral oil is preferabl as it wil not becum rancid.

Never allow a child to poke things into its ears nor to dig at the ears.

Parents should be particular to see that children do not wear caps that push the ears forward. It is easy to distort the ears but not easy to put them back.

If a child is born with the ears protruding too much they should be held back close to the hed by means of adhesiv tape or isinglas plaster for a year or two til they remain in the proper position.

Covering the ears with the hair, as is the abominabl fashion at present, is injurius in many ways. If it wer continued for a few generations, we would be earless and "hearless."

The Nose.

The nose is an organ of respiration as well as an organ for smelling. It strains the air as well as warms it when one inhales in the act of breathing.

Picking the nose with the fingers is very bad. It spreads the nostrils. Teach the children not to pick the nose nor put their fingers into it. Let them put a cloth over the finger and rub the inside of the nostril, if necessary, but it is better to *pinch* the nose from the outside. The mucus membrane of the nose is very sensitive and easily abraded and many chronic sore noses are caused by putting foreign bodies into the nose to clean it.

If people lived more in the open, they would have very little trouble with the erectile tissue in the nose, but because they live part of the time in heated rooms, or in close air, or in crowded streets — in an unnatural manner — the mucus membrane of the nose becomes irritated and congested and inflamed. This inflammation goes on until the slow chronic inflammatory process known as catarrh is set up.

A cleansing solution to be used warm in a nasal cup can be made in the following proportions:

- 1 teaspoonful magnesium sulfate (Epsom salts)
- 1 teaspoonful borax
- 5 drops oil of eucalyptus
- 5 drops thymol-menthol solution
- 1 pint water

A solution of a teaspoonful of common salt to a pint of warm water can also be used, or a teaspoonful of Epsom salts to a pint of water in a douche bag as illustrated.



Figure 23

Fig. 23 illustrates the use of a nasal cup. Fig. 24 illustrates the suction method of cleaning the nose and

sinuses. The fountain should be about on a level with the nose. The outlet tube *draws* the mucus out.

The water for all nasal douches or washes should always be lukewarm when used.

A nebulizer (Fig. 25) is often used to coat the membrane of the nose with oil.

For a cold in the head, inhaling medicated steam thru a vaporizer is beneficial. (A steam vaporizer, Fig. 26, can be bot at any large drug store.)

The Eye.

Altho the eye is one of the most important members of the body. it is very much neglected. Not every one needs glasses, but if anyone hav trubl with the eyes, he should consult a good refractionist.

The stomach has more to do with the condition of the eyes than most refractionists think.

The eyes of many children ar ruind by the light in which they study at scool and the position of the desk. A side light should be employd as a light from the rear causes a shado.

One should lern to exercise their eyes just as much as their arms, legs, back, neck, etc. In Fig. 27 is shown a method for training the eyes, which often makes it unnecessary for patients to wear glasses. In every exercise the eyes cum back to rest.

Neither diet nor exercise wil hav any effect upon *astigmatism*, but they greatly affect the muscular balance.

Each of these exercises should be done very sloly and repeated at least ten times nite and morning.



Figure 24



Figure 26



Figure 25

At the lower part of the figure, at X, is shown a method of training the muscles of the eyes. Hold a pencil at arm's length, focus the eyes on it and bring the pencil close to the nose until it looks doubl. Then immediately repeat the maneuver. If one does this regularly, it will not be long before the eyes can be focust at any point and held there after the object is removed. This eye exercize is of great importance in cultivating sum of the eye musls.

The musls of the eye can be greatly strengthend by looking at pictures thru a stereoscope. It is the best way of looking at a picture.

Stereoscopic pictures, specially made for training the eye musls, can be obtained from any good optician.

Prism exercizes, under the care of a competent instructor, ar of inestimabl value for cultivating *all* the musls of the eye.

For washing out the eyes whenever they hav dust in them, or when they ar inflamed, a saturated watery solution of boracic acid is the best. Avoid the varius "drops" that ar advertized in the newspapers.

The wearing of veils is ruinus to the eyesight.

Mouth.

The lips should not be pickt nor bitten as sores ar causd thereby. For "coldsore", use spirits of camfor. Such sores ar causd by a reflex action from another part of the body. Where there ar cracks, use tincture of myrrh or tincture of benzoin. For chapt lips camfor ice is very good, or plain vaselin. Vaseline is a mineral oil and is infinitely better than mutton tallo.

An antiseptic wash for the mouth and throat is made by putting about a teaspoonful of good hydrogen peroxid

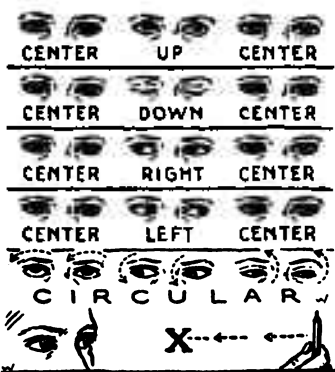


Figure 27

in a half glas of water. This should be follod by a saline wash of one-quarter teaspoonful salt to a half glas of water, or one-quarter teaspoonful sodium bicarbonate to a glas of water.

Chinosol makes one of the very best mouth and cavity washes.

A saturated solution of boracic acid is also very efficient as a mouth wash and gargl.

In fever conditions, or where the mouth is in bad condition from diseases of the digestiv tract, unsweetend juice from lemons, limes, grapefruit or pineappl is often very efficient as a gargl or mouth wash.

Diseasd crypts in the tonsils, should be opend by a physician with a suitabl nife and painted over with a 25% solution of silver nitrate, after they hav been thoroly cleand with alcohol locally aplied. In using hydrogen peroxid for a gargl, the pus pockets in the tonsils must be opend first, as the distension of the pocket by the gas is liabl to make the condition worse.

A diseasd crypt in the tonsils does not call for the removal of the gland any more than a sore toe calls for the removal of the leg.

The Teeth.

The teeth ar of the utmost importance in digestion and it is a pernicious practis to hav the teeth extracted for all sorts of ils. If the teeth ar in good condition, there is no more need of having them overhauled than to hav any other part of the body overhauled. Many times the scraping of the teeth with sharp instruments is the caus of tooth trubl.

The' teeth should be cleand at least twice every day (after each meal is better) with a brush that has been dried since the previus use, so the bristls wil be stif and firm when they ar put into the cleaning solution.

Rubbing the teeth with the inside of a lemon peel or with diluted lemon juice is very beneficial. The acid rubd

on the gums and teeth will remove more of the adhering film than anything else. Sum think that fruit-acid will ruin the teeth, but it is an acid condition in the sistern, resulting from the fermentation of sugars and starches, that causes trubl, and not fruit-acid. Fruit acids ar natural for the teeth and ar beneficial to them.

Brush the teeth with a stif brush that has been dried since previus use. Thro the hed slightly backward and brush briskly all the surfaces of the teeth. In brushing from the gums toward the crowns of the teeth, use a rotary motion to clean the spaces between the teeth. Also brush gently the gums and roof of the mouth.

The *diet* has everything to do with the teeth. If a person eats unbalanst rations, the elements that make up the teeth ar not right, and the consequence is chalky teeth or sensitiv teeth, or *pyorrea alveolaris*.

The eating of raw food that has to be chewd has a very beneficial effect upon the teeth.

Pyorrea Alveolaris is more prevalent than anyone has any idea. When this condition is suspected, a dentist should not only clean tartar off the vizibl portion of the tooth, but he should go belo the surface of the gum. As a rule, there ar alveolar pus pockets causing this condition.

Cleaning the teeth with an iodin preparation is very efficient in this trubl. As a tooth cleaner, the folloing is good.

Iodin crystals	1 gram
Potassium Iodid	3 grams
Glycerin	30 grams

This solution can be used once or twice a day on a stick and workt in under the gums. One of the best remedies for *pyorrea alveolaris* is iodin in some form. Painting the affected area, after it has been thoroly cleand, with a tincture of iodin (keeping it away from any other part of the mouth by cotton pledgets) is very efficient, but it should not be used oftener than twice a week.

Another simple and effective means of treating pyorrhea alveolaris is by means of kerosene oil (coal oil). The formula is 20 drops oil of verbena to one ounce kerosene. This should be painted with a swab over the tooth and worked well around the roots of the tooth with a toothpick. This will kill the bacteria as well as act as a stimulant to the affected area. The oil of verbena disguises the taste of the kerosene. One or two drops of oil of cloves to the ounce of kerosene disguises the taste sufficiently. This kerosene preparation can be used through an atomizer so arranged as to drive the oil well down around the gums. Pyorrhea alveolaris will return unless the diet be regulated. *Lemons are the best preventative and cure for pyorrhea alveolaris.*

Lemon-Juice Hygien for Mouth and Teeth.

In the morning on arising, take a fresh lemon and cut in two (Fig. 28). Squeeze the juice of half of the lemon into a four to six-ounce glass of water, Fig. 29 (never ice water). Drink and gargle the throat so as to get the



Figure 28



Figure 29

solution on all parts of the mouth and throat. Squeeze the other half into another glass of water and drink it.

Take one of the half lemon peels and place in it a teaspoonful of cool or warm water. Take a toothbrush and work it up well in the *pulp* of the lemon

peel (Fig. 28). Use this to brush the teeth with. Brush them well, moving the brush upward and downward as well as crosswise. Be thoro with this cleansing and do not be afraid to get a littl lemon juice on the teeth.

Then take hold of the tung with a cloth in the fingers, and with the other hand rub the pulp side of the lemon peel on the upper side of the tung, reaching back as far as possibl. Rub or scrape the tung vigorously, pulling it out as far as possibl (Fig. 30).

The lemon juice in the water has a very beneficial effect upon the stomach and bowels if taken immediately upon arising. It is one of the greatest aids for overcumming constipation.

Brushing the teeth with water workt up in the pulp of the lemon peel is the remedy par excellence for *preventing* and *curing* all forms of pyorrea alveolaris. Loose teeth wil begin to tighten, the slippery or scummy feeling on the teeth wil soon disappear, and the teeth wil becum whiter.

Drawing the tung out as far as possibl is one of the best remedies for constipation, and wil often stop pains in the stomach, bowels, or pelvis.

Thoroly scraping the tung with freshly cut lemon peel removes the "fur" that often collects on the tung of a catarral person, and enuf of the elements from the pulp ar carrid back into the mouth to hav a very plesant effect upon it. If one has a bad taste in the mouth, this procedure wil rectify the condition.

After using a lemon as above described for two or three weeks, a person wil begin to see a decided change for the better in his mouth, stomach and bowels.

For brushing the teeth after meals, any good tooth powder, tooth paste, or plain water wil do. The object is to remove the particl of food. Many use the pulp



Figure 30

of a lemon several times a day after they have become accustomed to it, because of the pleasant feeling and taste.

For cleaning between the teeth, probably dental floss is the best.

In having teeth filled, try to avoid mercury because it often has a deleterious effect upon the system. Some cases of salivation have been caused by mercury fillings.

Do not have different kinds of metal in contact in the teeth. Some often complain of a peculiar taste in the mouth that can be traced to a galvanic action of two different kinds of metal in the filling of the teeth. Some cases of "facial neuralgia" are caused by this galvanic action.

Keep your own teeth as long as possible. They are superior to artificial ones. Don't trust x-ray pictures of the teeth and gums too much. They are more often wrong than right.

The Tonsils.

The hygiene for the tonsils is good, commonsense diet. The excessive eating of sugar and starches is without doubt the cause of enlarged tonsils and adenoids. I have never seen persons with enlarged or diseased tonsils or with adenoids if they breathe through the nose and ate proper food in a proper manner.

Gargling the throat every morning with lemon-juice water helps to keep the throat in good condition. If one has a sore throat, a gargle to be recommended is a teaspoonful of hydrogen peroxide to two teaspoonfuls of water. A better one is pineapple juice clear or diluted. Pineapple juice has a very beneficial effect upon the teeth, tongue and mouth.

Occasionally tonsils are so diseased that they are a menace to their owner, but these conditions are very rare in comparison to the tonsils that are good. During over thirty years' observation, I have had to advise only three pairs of tonsils removed.

The Face.

Using soap on the face is to be condemned. Washing the oil out of the pores of the skin by means of soap makes them all the more active. For keeping the pores of the skin well cleansed, use a rough washcloth and warm water and finish with cool water. Then the pulp of a lemon, after the juice has been extracted, can be rubbed on the face, and after that the outside or yellow part of the peel can be used to massage the face. This is better than any cosmetic. Corn meal wet with water and lemon juice is excellent for the face.

Using powder or paint on the face belongs to the savages. Massaging the face in such a manner as to lift the muscles will help to take out "the lines" and prevent their forming.

No one would have "pimples" if they ate and lived correctly. Therefore the remedy is to live and eat rightly.

A person with a bad stomach will have certain lines on his face that no massaging can remove. The stomach condition must be remedied before the lines disappear.

A happy disposition creates sunny lines on the face. A sunny face is captivating but a gloomy face is repelling.

The Neck.

Women should be complimented for the sensible way in which they undress their necks. If men were as sensible, they would be more healthy.

Some cases of heart trouble are caused by high, stiff collars — "fences." Soft collars are the only collars to be recommended. The sport-shirt collar is the best, as it gives plenty of ventilation to the neck and throat and allows free movement to the neck. A necktie is no more needed than a bracelet (Fig. 31)

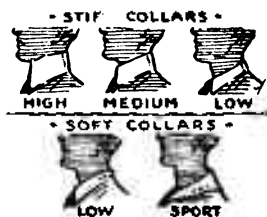


Figure 31

Fig. 32 illustrates a method of cultivating the throat. A shows the relaxed condition, the subject standing with

the thumbs meeting each other at the back. This throws the shoulders backward. The mouth is closed and the muscles relax.

At B is shown the mouth open *under stress*, that is, with power exerted as if the chin were displacing a heavy weight.

These exercises should be repeated at least twenty times every night and morning, but always when the person is alone.

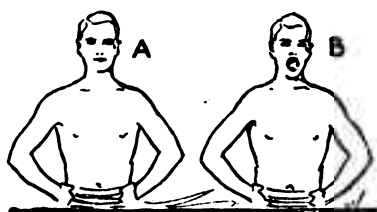


Figure 32

Never do any neck, face, or eye exercises in the presence of others, or in a careless manner. One can very readily acquire a habit tic by not observing this rule.



This exercise of forcibly opening the jaw by tensing throat muscles not only develops the throat for singing, speaking, or enunciation, but has a very marked effect upon the external development of the throat. It is the exercise par excellence for reducing the prominence of the "Adam's apple," or a double chin.



Many cases of "sore throat" or inactive tonsils, deranged salivary glands, or inactive or diseased lymphatic glands about the neck and throat, can be greatly improved, if not cured, by following out these exercises diligently, especially if they be used in connection with the exercises illustrated in Fig. 33.

These exercises in Fig. 33 I consider of more importance than any other exercise that I can outline. There would be no necessity of this or that "adjusting of the neck" if people carried out the exercises illustrated in Figs. 32 and 33, every night and morning. For all manner of



Figure 33

heart troubles, both functional and organic, as well as for

goiter, I can say without hesitation that these neck exercises will do more for a permanent cure than all the drugs or remedies known.

Because of the importance of these exercises, examine Fig. 33 carefully. At the top is shown a person standing with the heels together and the thumbs meeting each other in the center of the back. This causes the shoulders to be in good form. With the head at rest (looking straight ahead), begin a slow movement of the head backward, that is, extend it. Let this extension be a first extension, that is, an *extension under stress*, bending the head as far backward as possible — or at least so that the eyes are directed toward the ceiling. Then let the head come forward *relax* until it is again at rest. Repeat these exercises from ten to twenty times.

Never do this neck exercise or any other exercise by jerks. Let every movement be measured, and have in mind the particular exercise and the object of its execution.

The next neck exercise is to begin with the head at rest and *flex it under stress*, that is, bring the head downward until the chin comes well in contact with the breast bone. Do this with the same force as if a band were around the forehead with a rope and pull back of it with a heavy weight on the rope. In other words, do all these neck exercises as if you were trying to displace some heavy weight every time you were putting the muscles under stress.

Repeat this neck-flexing exercise from ten to twenty times, doing the exercise very slowly.

The third neck exercise is to begin with the head at rest and flex the neck to the right under stress as far as you can. Then bring it back relax to a state of rest. Repeat this exercise from ten to twenty times, doing it very slowly.

The fourth in the neck-exercise series is to begin with the head at rest and flex it to the left under stress, bringing the head over as far as possible. Then bring it back relax to the state of rest. Repeat this exercise from ten to twenty times, executing the exercise very slowly.

The fifth or last of the series of neck exercizes is to *rotate* the hed on the neck. This is done as outlined, by blending each of the above exercizes into one. This rotation of the hed on the neck should be executed at least ten times nite and morning.

The Chest can be developot to almost any proportions that a person desires. I hav seen persons with a very flat chest develop it until it was really too large in proportion to the rest of the body.

One of the best methods of developing the chest is *deep breathing*. Very few peopl kno how to breathe. They outgro their natural method of breathing, either on account of the dres or by rong cultivation when they ar children.

The proper method of breathing is to first inflate the chest, and when that is ful the diafram wil be pusht downward, and the abdomen wil rize. This method of breathing, after a littl time, wil becum so natural that the chest and abdomen wil expand at about the same time, altho the first expansion in respiration wil be in the chest.

This diafragmatic method of breathing not only expands the chest, thereby giving the lungs and chest a chance to inflate, but it also exercizes the diafram, which in turn exercizes the liver, stomac, pancreas, spleen, intestins, kidnys and pelvic organs.

Proper deep abdominal breathing as above outlined is

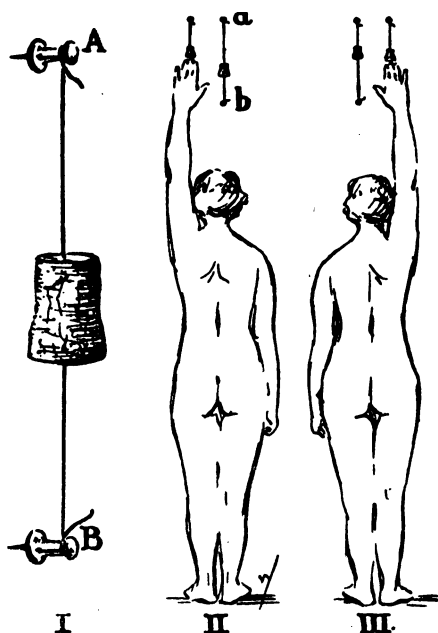


Figure 34

one of the best procedures for reducing surplus fat about the abdomen.

As previously mentioned, the use of the *Pulmo-Spirometer* is of inestimable value in the cultivation of the chest.

Fig. 34 shows a unique method of developing the chest (and back) and lifting the shoulders. Pass a thread through a cork and fasten as illustrated. With toes and nose against the wall, push cork up as far as possible. Use first one arm and then the other. Try to reach farther each day.

Fig. 35 illustrates an admirable method of cultivating the chest so as to lift it as well as the shoulders.

The method of procedure is to stand with the head and heels against the wall and lift the extended arms so the back of the hands strike the same wall that the heels and head are against.

It is well to take a deep breath while raising the arms, and exhale slowly while lowering the arms.

This exercise can be used advantageously several minutes every night and morning.

Fig. 36 shows a pernicious method of holding up the trousers. If a lady girds herself about the waist, the same remarks apply. Rather than wear long suspenders, many men wear a tight belt around the waist just above the pelvic bones. I have seen men with extreme abdominal distension (falling of the abdomen), chronic bladder trouble, prostatic trouble, constipation, etc., as a direct result of wearing a tight belt for holding up the trousers.

If a person does not want to wear outside suspenders, he can become accustomed to wearing inside suspenders. They are worn under

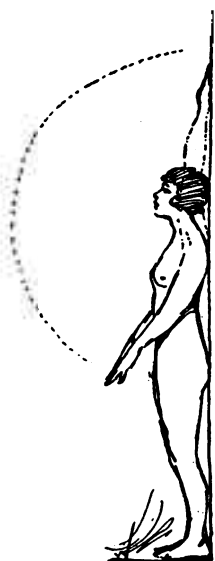


Figure 35



Figure 36

the outer shirt and over the undershirt. Holding the clothes up by a tight belt is a practice that should be abandoned by both men and women.

Fig. 37 shows the proper method of supporting the socks. To the left of the figure is shown a small safety pin fastening the top of the socks to the bottom of the long drawer leg. When a person wears the short drawers,



Figure 37

a tape can be attached to the bottom of the drawer leg and pinned with a safety pin to the top of the socks. This method of holding the socks up is hygienic and comfortable. There is no garter made to go around the leg to hold the sock up but that will constrict the blood supply. I have often treated men for varicose veins about the ankles and lower leg that were caused by wearing garters.

There are many garters advertised for supporting the socks guaranteed to "not restrict the leg." Such a hose supporter has never been made and never can be made, because if it does not constrict the leg it cannot support.

Ladies should not wear garters that constrict the leg as they cause varicose veins. Any ingenious lady can find a way of holding her hose up without constricting the limb.

Men's drawers which are only knee length are only that much sanitary. Abbreviate the drawer legs and you abbreviate the cleanliness of the dress. The manufacturers made the legs short to save material, and men "fell for it." Pant legs are seldom washed, but drawers are more liable to be kept clean.

The Feet.

It is just as important that socks and stockings be made with a wide toe, as for a shoe to be made with a wide toe. A firmly made sock that constricts the foot, especially the toes, will cause the toes to become misshapen. I

hav often seen children whose feet had been "Chinesed" in tight socks.

The proper *shoe* to wear is one that is strait inside and has no heel, or else has a heel that does not elevate the foot any higher than the sole of the shoe. The wearing of high heels can be clast in the practis of self-mutilation. Running ornaments thru the nose, ears, lips, or distorting the face by branding it, is no worse than ruining the body by wearing the abominabl, heathenish shoes that sum women wear.

In the first place the high heel makes persons walk on their toes and causes them to keep tense many of the musls of their hips that should be relaxt. Littl by littl the pelvic bones ar thrown out of alinement, and the pelvic organs ar misplaced, and invalidism is sooner or later the result of wearing high, pointed heels.

Nature strives to take up the slack, and if a person walks on their toes by elevating the heels, the gastrocnemius and other musls at the back of the leg slowly atrofy, and there is a shortening of the calf musls. This is a deformity that causes no end of trubl. A person thus afflicted cannot walk comfortably barefoot or with lo-heeld shoes becaus it makes the legs ake so. The reason for the aking is that the shortened calf musls ar put under tension to cure this condition, one must wear sandals or go barefoot, or wear gradually lowerd heels until they wear none at all.

If Nature had intended man or woman to hav high heels, we would hav been born that way, but imagin how sad a mother would be to see her baby cum into the world with heels projecting two or three inches belo the sole of the foot. She would say that Nature had been unkind to her and the child. Yet that same mother wil wear shoes that ar distorting her anatomy, and she wil allow her littl girl to wear shoes that distort the feet and make a cripl of her.

If women would think and be independent, there would be no cause for such a state of affairs. The manufacturers of shoes will make any kind of shoes that there is a demand for. If there were no demand for these heathenish shoes, they would not be made. One of the largest shoe dealers in the world has built up his reputation by selling nothing but commonsense shoes. He will not handle what he calls a tooth-pick-heel shoe. He sends shoes all over the United States and to foreign countries because sensible people want to wear a sensible shoe. Sum of the most sensible women I have met — women with brains — wore sandals. They give ventilation to the foot and allow the sole of the foot to be on a level with the heel.

Fig. 38 shows the footprints of a person who walks naturally.

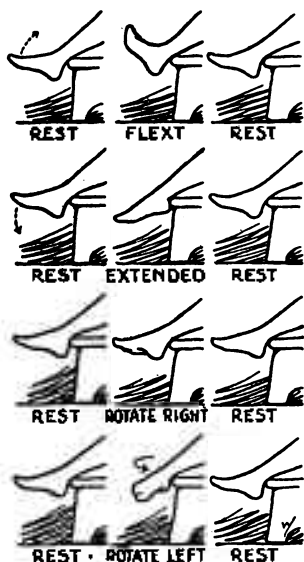


Figure 39

When I was a boy I was taught that the proper way to walk was to turn the toes out. My parents had not been observers of Nature and did not know that a natural baby walks with the toes pointed straight ahead. I would much rather a child walk pigeon-toed than walk with the toes turned outward. When the toes are turned outward, the weight of the body is thrown inward and makes the foot rotate inward. This is the cause of falling arches, known as "flat foot."

A person who walks with his toes pointed straight ahead or pointing a little inward cannot become flatfooted. The arch will not fall. So teach the children and everyone else to cultivate the habit of walking with the toes pointing straight ahead, which is the natural way.

Fig. 39 illustrates some foot and ankle exercises that are of the utmost importance to everyone. These exercises

will do more to keep a person's ankles and feet fit than any others.

The same plan is carried out as for the eye and neck exercises. To begin with, the foot is at rest as shown in Fig. 39. It is then flexed under stress and brought back to rest relaxed. This flexion of the foot is repeated from ten to twenty times, each motion being carried out slowly.

The next is to extend the foot, beginning first at rest and then extending it under stress, then allowing it to come back to rest.

The next is to rotate the foot to the right, beginning at rest and rotating it under stress, and bringing it back to rest.

The next is to rotate the foot to the left, beginning at rest, rotating it under stress to the left, and then allowing it to come back to rest.

Each one of these exercises should be executed from ten to twenty times, having the mind well fixed upon just what the exercise is for and just what you want to do.



CIRCULAR

Figure 40

Fig. 40 shows the circular or rotary exercise of the foot. It is a blending of the four exercises given above.

These exercises, if carried out correctly from ten to twenty times every night and morning, will keep the feet and ankles supple and in good condition, provided the foot has the proper kind of covering, and the proper method of walking is maintained.

Sitting Attitude.

The correct manner of sitting is of the utmost importance for everyone. The habit of slumping when sitting is unfortunately very general. This slumping or relaxed condition (Fig. 41) in sitting throws the abdomen downward and outward, and the chest forward, thereby



Figure 41

contracting the chest and producing relaxation of the abdominal muscles with the concomitant toxic (relaxed) condition of the viscera. Many cases of uterine misplacement or prostatic congestion are caused by this incorrect method of sitting.

Fig. 42 shows the correct method of sitting. It will be noticed that the shoulders are thrown backward and the "pelvic bones" are pushed against the back of the chair. Most of the wrong positions in sitting are caused by the wrong construction of chairs. The old-fashioned chair, which is illustrated in Fig. 43, makes it almost imperative for a person to sit correctly.

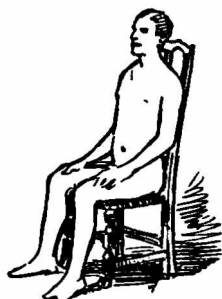


Figure 42

(The chair here depicted is an accurate drawing of one that has been in my family for over a hundred years. Notice how the seat is constructed to force the buttocks backward against the back of the "beautifully straight" back. Fig. 43.)

At first it will tire one to sit in the correct position, but after they become accustomed to it, it will not tire them any more than to sit in a slumping or incorrect position.

Sitting with the legs crossed is another bad habit. It not only impedes the circulation, but changes the position of the pelvic bones in relation to the spinal column.

Sitting on one foot is a very bad practice. It is not only ungainly but it is a very unhealthy position.

Sleeping.

Sleeping is a state of repose or

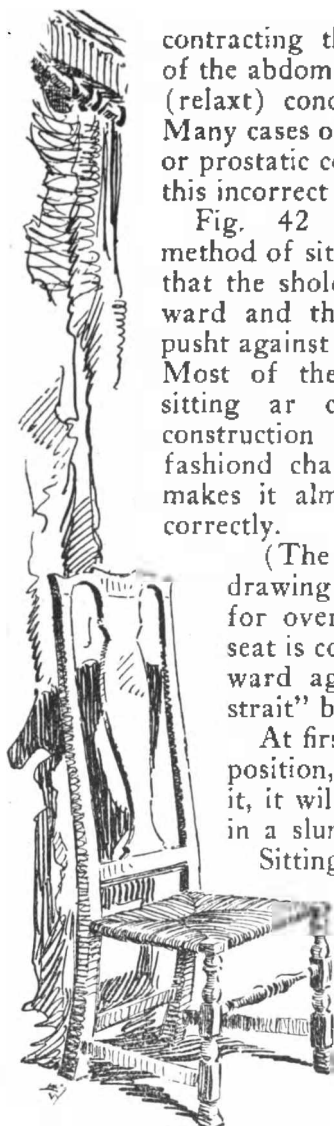


Figure 43

quiescence occurring particularly in man and animals, characterized by complete or partial unconsciousness, relaxed condition of body, and general diminution of vital functions.

All life requires sleep. In humans more or less sleep is required every twenty-four hours.

The more deeply any animal sleeps, the less energy is dissipated.

Light appears to influence rest or sleep to a great extent. Therefore one should sleep in a dark room.

Noise also affects sleep. Therefore one should sleep in as quiet surroundings as possible. No one can rest in the same way, whether accustomed to it or not, where there is violent vibration (noise) about them.

Another condition that influences sleep is the magnetic forces of the earth, whether we see them, hear them, or feel them. Many people can sleep better grounded (passing a wire through the bed either under the sheet, Fig. 44, or in contact with the body. This wire should be attached to some grounded metal such as gas pipe, water pipe or steam pipe). Some hypersensitive people can be cured of sleeplessness by this simple procedure. This is not imagination and in sum of my other works I give proofs to show that it is of great importance with many people.



Figure 44

The *magnetic energies* have other influences upon sleep, as is shown by the effect *direction* has upon some persons while sleeping. As a rule, my advice is to have a person with a low blood pressure sleep with the head to the north or south, while one with a high blood pressure should sleep with the head to the east or west.

It is a very bad habit for a person to sleep lying on the back. For anyone who is liable to sleep on the back I would advise the use of a spool or piece of wood fastened to a band and worn around the waist (Fig. 45). Such a device will either awaken the person or make them turn over unconsciously, and will soon break them of the habit.

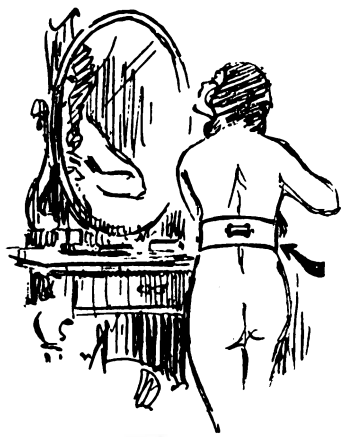


Figure 45

Cultivate the habit of sleeping without a pillow. Many times the pillow is the cause of many functional diseases. The head will often roll to one side of a pillow and thus strain the neck and thereby set up reflex vibrations that will affect the heart, stomach, bowels or any organ of the body. If one really needs a "pillow," the long "pillow," or *bolster*, is the one to use. There is not much danger of rolling off a *bolster*. Probably sleeping on the abdomen is the most natural method, but all cannot do that because of habit or the shape of the body. Lying on the right side is preferable to lying on the left side.

Whether persons should sleep together is a mooted question. No doubt it is better for children to sleep by themselves. As to adults, it depends upon the temperament. Some can sleep better with another while others cannot. This subject is taken up quite extensively in some of my other works.

DIETETICS

A sage once said, in substance, that if he knew what a man ate he could tel what manner of man he was. I would go a littl further and say, tel me what a man eats and *how* he eats it and I wil tel what manner of man he is. It is often not so much *what* a person eats as *how* he eats and his *mental attitude* while he is eating. These ar of great importance.

The tendency to abuse the good things of life seems to be inherent in man. *Often what wil be a blessing when used with discretion becums a menace to helth when used to excess.*

"Every creature that eats raw flesh is on the down grade."

"In Nature's boiling caldron, sheep held their own alone and unassisted amid the turbulence of savage nature."

Dietetics is a subject that everyone should kno. No one livs without eating. The trubl seems to be that the more peopl read regarding dietetics, the les they kno about it.

The subject is so complicated and so drawn out in the majority of textbooks that when a person has finisht reading them he throws up his hands and says: "It is all bosh."

We must forget that there is any such fool notation as the "calorie" for food. Forget about vitamins and everything else along that line, and get right down to ordinary horse sense.

We must forget all about what test tubes sho and what test meals of all kinds indicate, and what experiments upon animals illustrate.

The sooner we realize that we ar dealing with a human individual, the sooner we wil understand natural dietetics as aplyed to *humans*.

The *temperament* of a person has 99 per cent. to do with the action of the stomach.

Stuffing persons to make them fat is ignorance. It has wel been said that more peopl dig their graves with their teeth than die from famin.

In general, my advice to every patient is to lean toward a raw vegetabl diet — raw vegetables, fruits and nuts.

As a rule, an over-nourisht person requires fruits while a nervus person requires vegetables and herbs.

Do not wonder whether this or that wil agree. Forget about that while eating. If in dout, do not eat what yu wonder about.

Do not try to figure out how many calories this or that contains. A hundred calories for one person might not be one caloric for another. Remember that calories mean the amount of heat generated by burning a certain amount of material. Dynamite is very high in calories.

Altho bred is known as the staf of life, it is more often a club (Fig. 46).

If one be grouchy and out of sorts, he should not eat. Food to the angry person is a poison.

Never be afraid to make a clown of yourself at the tabl. Jest and mirth at meal time ar better than the best physicians' prescriptions.

Eat when in a happy mood. If the happy mood cannot be found, do not eat.

Do not try to read the news or anything else and eat. It is a fool's method of "saving time."



Figure 46

Appetite and hunger ar two very different conditions. When one is hungry, he can relish a crust of bred, but if he has simply an appetite he wil refuse it.

I hav no faith in the laboratory findings regarding food. Test-tube digestion is not stomach digestion, and altho the chemist may tel us that such and such foods contain such and such properties, yet these properties may not be developept in your stomach or in mine.

We all kno that food which wil agree with one person suffering with a certain complaint, wil make another suffering with the same complaint il. It is for that reason that dietetics can never be an *exact* sience. We hav to deal with the *person*, and no two persons ar alike.

Mix common sense of a good quality with your diet list.
In most diet lists that is omitted.

Man is the only animal that eats by the clock, eats when he is sick, and drinks when he is not thirsty. Every other animal, on the contrary, eats only when hungry, drinks only when thirsty, and *never* eats when it is sick — that is the way we kno it is sick.

There ar different theories regarding the time of eating. I think each one must arrange this according to his occupation. Personally I think it is better to eat a *littl* several times a day than to eat one or two enornus meals a day.

Sum say we should eat at specified times. Inasmuch as no other animal eats that way, I do not lay much stres upon it.

“Nibbling” all day indicates an inflamed stomach — dispepsia. As a rule, a “nibbler” wil eat two or three *large* meals in addition to the nibbling. Eating a *small* amount several times a day is better than engorging at regular intervals.

In short:

Do not mistake appetite for hunger.

Do not eat unless yu ar hungry.

Do not eat when yu ar il or feeling out of sorts.

Do not eat more than enuf to satisfy your hunger.

Do not eat rapidly or yu cannot tel whether yu hav eaten enuf or too much.

Do not forget that every mouthful of food in excess of your requirements acts as a poison to the sistem.

Do not eat acid fruits with starches nor unnatural sweets.

Do not eat a great variety of foods at one meal — the nearer one can get to one clas of food at a meal, the better.

Do not wash your food down. Eat it as nearly dry as possibl.

Do not forget that the first act of digestion is putting the food into the mouth, and the next is thoroly masticating it.

Do not forget that time spent in chewing food is time wel spent.

Do not eat any food that yu do not like. As yu improve in helth yu wil find that yu wil like any natural food. Disliking certain foods is a sure indication that your digestiv apparatus is out of order.

Do not eat nor drink anything, unless as a remedy, within three hours before retiring.

Do not judge as to whether food has agreed with yu or not until three or four hours after having eaten it.

Do not eat anything that produces a feeling of fulness in the stomac or abdomen. The "ful" feeling is causd by fermentation, which produces alcohol and gas.

Do not eat meat. Boild or baked fish can be tolerated once or twice a week by most adults, but I would not advize it for children.

Do not eat pickld foods of any kind.

Do not eat any kind of vinegar. Lemon juice wil take the place of vinegars on green stuf, but should never be eaten at the same meal as starches or unnatural sweets.

Do not eat any kind of fats as they ar not only unnecessary but hav a great tendency to disturb the functions of the liver.

Do not eat anything that yu fear wil hurt yu. Wait until the fear has gon. Remember *fear* is the worst dis-eas known to humans.

Do not eat salt, pepper or any other condiments.

Do not eat any fried foods.

Do not eat anything made of denatured (white) flour.

Do not eat yeast. It is a raising-mony fad.

Do not eat any refined sugar nor anything in which it is used. Hony is the most natural sweet.

Do not eat any gravies, nor anything thickend with flour.

Do not eat mushes of any kind.

Do not drink tea, coffee, chocolate or cocoa.

Do not eat or drink anything ice cold.

Do not drink anything very hot.

Do not drink any alcoholic liquors.

Do not use tobacco in any form.

Do not use cigarets nor any other dope.

Do not use pepsin digestants.

Do not eat anything that requires an artificial digestant or stimulant.

Generally speaking, eat twice as long as yu ar in the habit of doing, and eat only one-half as much as yu think yu need.

Do not place more food before yu than yu should eat for that meal unless yu can control your appetite regardless of what yu see.

Food is a poison to anyone with a fever. Hence, *never eat anything if suffering with a fever.*

Acid fruit juices ar often tolerated by one having a fever, but nothing else should be taken.

Feeding persons with a fever has kild more peopl than the fevers.

Milk is a solid food and cow's milk is not a natural food for humans. Milk is intended for the yung of the animal that produces it, and only until the yung animal's stomach is so developept as to assimilate other food. After that time the mother naturally ceases secreting milk.

Natural milk never cums in contact with the air. If it cums in contact with the air it is no longer natural.

It is unnatural for the animal to giv milk beyond such a time as the yung is weand. Making a milk factory of a cow is a most unnatural procedure, and the product cannot be recommended as food for the yung of any species. Perhaps older ones can stand it, or liv in spite of it.

The milk of any animal is affected by the mental or nervus condition of the animal. Therefore milk from a nervus or worrid cow wil hav a tendency to make the child that takes it the same. This has been proved to be a fact, and milk from a nervus cow wil make a child sick and wil change its temperament.*(Condensst milk is not fit for a baby or a child.)

The pasteurizing of milk was originated in order that filthy milk could be kept a long time. It was not "discovered" for the good of anyone except the ones commercially interested in it. I kno of what I speak.

The only milk that is fit for an infant is that from its own mother, and that is its natural and best food. If, however, this cannot be obtaind, raw fruit juices and raw vegetabl juices (not given together) ar the best substitutes.

Egs, if correctly prepared, may be good for sum persons, but they ar liabl to do much harm if given to an infant or child.

Raw egs ar very hard to digest, and many cannot

*The Seventeenth edition of "*The Natural Way or My Work*" goes into the biological element in milk quite fully, and cites actual experiments to prove that the temperament of a person partaking of a biological product is influenst by the temperament of the animal producing same.

digest them at all. They ar an antidote for poisons that ar quickly absorbd.

A codld eg is quite easily digested by sum. They ar prepared by putting them unbroken into boiling water, taking the pan off the fire, and allowing them to stand in this water eight to ten minits.

Egs prepared in the folloing manner ar more easily digested than when prepared in any other manner.

Place a quart bowl in a pan of water and let the water cum to a boil. Take away from the fire and into the bowl break two egs. Begin beating them immediately with a Dover eg beater and continue the beating until the egs fil the bowl, which wil take about three minits. If a tablespoonful of water is added to the egs, they wil beat more easily and quickly. A piece of butter the size of an English walnut or a tablespoonful of oliv oil, can be placed in the bowl and melted before the egs ar broken into it. Any flavor such as garlic, onion, or any of the extracts can be added if desired.

Egs so prepared should be eaten immediately after the beating is discontinued.

When prepared in this manner, the albuminus film is mixt with air and thrown up against the hot bowl. In this way the chemical properties, or vitamins, of the egs ar not very much changed.

Cereals ar very hard for the human stomach to digest, and therefore should be eaten sparingly and masticated very thoroly.

Sum advocate the use of raw cereals, but my experience is that it takes a very strong stomach of a very strong person who livs and works in the open to digest raw cereals.

If the cereals ar cookt, their natural salts ar changed, and the cookt cereals hav a tendency to ferment in the bowels and caus gas.

White or denatured flour acts as a poison to the sistern and cannot be condemd enuf.

Toasted bread is a remedy for diarrhea and is therefore constipating.

Bred, if eaten at all, should be made from the *whole* grain and should not be eaten until twenty-four hours

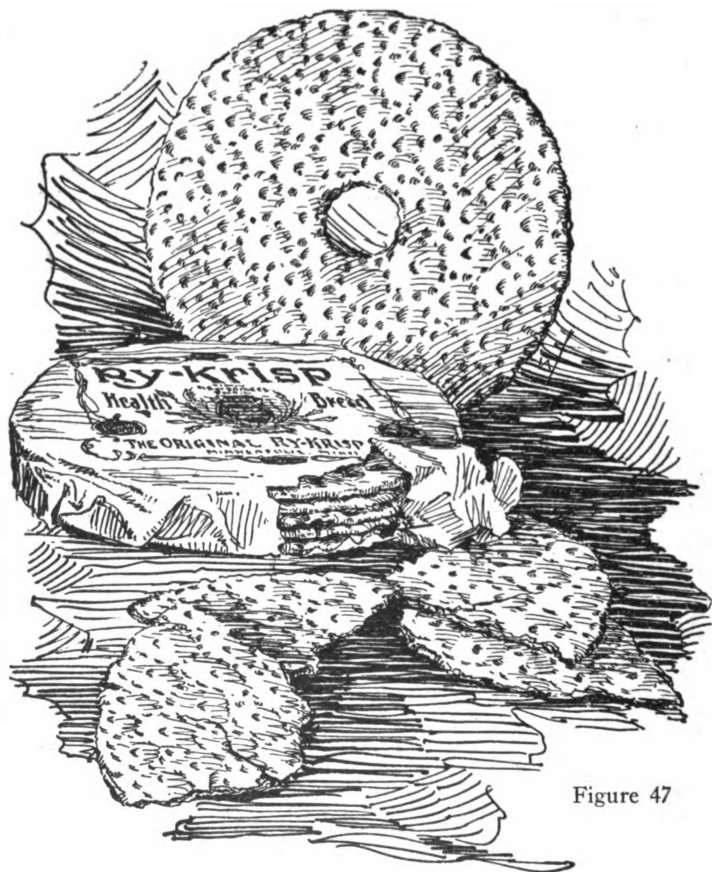


Figure 47

after it has been *slowly* baked. Unleavened bread is preferable to that with yeast in it.

Shredded-wheat biscuit is the best form in which wheat can be eaten.

"*Ry-Krisp*," manufactured by the Original Ry-Krisp Co., Minneapolis, Minn., I believ is the best rye product made for food. In many respects rye so prepared is better than wheat (Fig. 47).

Both of these products ar wel dextrinized and free from yeast. If they ar eaten dry, they must be thoroly masticated before they can be swallowd, and a very littl goes a long ways.

Butter can be added to either of these products, but to ad cream or milk to them injures them, inasmuch as they ar not so wel chewd when soakt in liquids. They should be eaten dry and if one is not hungry enuf to eat wheat or rye prepared in this manner, they should let it alone.

THE LOS ANGELES TIMES has one of the largest circulations of any daily newspaper in the world. It is said that the Sunday edition of *The Los Angeles Times* has the largest circulation of any Sunday paper in the world. Many persons from all parts of the world take the Sunday edition of *The Los Angeles Times* in order that they may get the Magazine Section. They want this magazine section becaus of the department entitld, "THE CARE OF THE BODY." This department is conducted by that frend of humanity and lover of Nature, DR. HARRY ELLINGTON BROOK of Los Angeles.

If the Helth Department in every magazine, or even in half the magazines publisht in the United States wer conducted by a man with the rare insight in matters of helth and dis-eas that Dr. Brook has, there would be no need of helth boards nor one-half the number of physicians there ar at present.

Poisoning of the body by dopes of all kinds, whether thru the skin or by the mouth, would be done away with, and in place of "helth" boards *sanitary engineers* would look after the welfare of the peopl. This would be an

*Taken from the Seventeenth Edition of my book entitld, "*The Natural Way or My Work*"

ideal state of affairs because *sanitary engineers*, as Dr. Brook has so often told his readers, are all the public need to protect them from dis-eases.

I feel that this section on Dietetics would not be complete unless I add a few words from Dr. Brook, whom I esteem very highly, and whose courage in fighting for the good of humanity is reaping such wonderful results. I ask Dr. Brook if he would contribute something to this section, and the following is from his pen.

DIET AND DIS-EAS

While nearly all dis-ease is due to wrong eating, some ailments, more than others, may be traced to dietetic sins.

Cancer and gall stones are due to consumption of more proteid food—meat, fish, fowl, eggs, cheese, beans, etc.—than can be assimilated. Tuberculosis is due largely to the lack of mineral elements in the food, and to over-consumption of starch and meat.

Rheumatism is mainly due to auto-intoxication and uric acid. Catarrh, asthma, adenoids and tonsillitis are mainly due to over-consumption of starch, dairy products and sugar. Indeed, most of the dis-eases of children may be traced to the over-eating of starches and sweets.

Leprosy and beriberi are due to absence of necessary organic salts in the food, as, for instance, the absence of iron in fish and coconuts, and the deficiency of mineral matter in polished rice.

"Colds" (which are fevers) and that more severe form of "cold"—neumonia—are due to over-eating. Other ailments, such as nervous collapse under various popular names—"neurasthenia," "paresis," "locomotor ataxia"—are due to excesses.

Even when right foods are eaten, and in moderate quantity, harm may be done by mixing up at the same time a number of foods antagonistic to each other.

This does not mean a person should never indulge his stomach. It means that if a person habitually and per-

sistently livs to eat, insted of eating to liv, he wil hav to pay.

When yu ar sick, the thing to do is not to "take sum-thing," whether medicin or food, but to cease taking that which has been making yu sick.

Dietists differ greatly in the advice they giv the public, and thus, those who hav made no study of the subject becum confused, and perhaps say: "Oh, what's the use?"

These three simpl facts stand out, like rocks in a turbid stream, to all who hav devoted long and conscientious study to the subject of food:

(1) All unnatural foods harm the sistem, by gradually unbalancing the functions. Unnatural foods ar those that hav been deprived of part of their constituents, as white bred, or refined cane sugar, or vegetabls from which the juice has been discarded.

(2) Yu should eat only when yu ar hungry, not when yu merely "hav a good appetite," which is usually a bad appetite, due to an inflamed condition of the stomac.

(3) Yu should eat only enuf to satisfy real hunger. Every ounce eaten over that amount is a slo poison, upsetting the digestion if it be weak, or storing up waste in the body, if the digestion be strong.

(4) There is no "specific" food that wil "do yu good" any more than there is a "specific" dope, that wil make yu wel, after yu hav becum sick by breaking the laws of Nature.

Harry Ellingtonbrook M.D.

RAW FOOD vs. COOKT FOOD

I would not want my readers to think that I object to my patients eating anything except raw food. However, experience has taut me that the nearer one adheres to a totally raw-food diet, the better his helth will be, and the greater will be his resistance.

If persons hav a mixt diet of raw and cookt food, they should eat their acid fruits for brekfast, and nothing else; the cookt food for another meal; and the uncookt food for another meal. In other words, it is not a good plan to hav a meal consist of raw vegetabls and cookt vegetabls, but one could hav a meal of cookt vegetabls with raw garden herbs such as lettis, celery, spinach, beet tops or parsly.

However, the all-raw-food diet is better, and if one becums accustomd to the raw-food diet, he wil never be satisfied with cookt food. Cookt food wil ferment in the stomach and intestins, while raw food wil not when the stomach and bowels ar gotten in good condition.

While breaking away from the old method of eating, sum wil take their acid fruits for brekfast, cookt vegetabls for the midday meal, and raw garden herbs and non-acid fruits (figs, dates, raisins and prunes) for the evening meal. Or they can change and hav the cookt food for the evening meal and the raw food for the midday meal.

If one eats cookt vegetabls and raw vegetabls at the same meal, they should eat the raw vegetabls first.

Experiments with cookt foods hav been made with animals. Rabbits, guinea pigs and similar animals wil die within a few months if fed only cookt food. Hogs fed on cookt food for a few months wil hav colera. Cows fed on cookt food wil cease giving milk and wil hav lumps under their skin and soon waste away and be useless. Horses fed on cookt food for several months wil lose all their pep and be valueless.

All animals, humans included, wer evolvd with *raw* food as their *natural* food. It is only by perverting our nature that we hav becom accustomed to eating cookt food.

Seasoning food up to make it appetizing creates a false appetite and induces one to eat more than they should. One ounce of raw food givs more nourishment than five times its weight in cookt food. Sum say that one ounce of raw food is more beneficial than sixteen ounces of cookt food. With sum persons, sixteen ounces of cookt food would act as a poison, while one ounce of raw food would all be utilized by the sistem and consequently be of more value.

From an economic standpoint, raw food is in a clas by itself. The amount of waste in cooking food is enor-mus. I hav had patients who wer eating from \$6.00 to \$10.00 worth of food a day who hav livd on raw food for les than thirty cents a day and they had better helth. It is a common experience with my patients to be abl to liv on a raw diet at one-tenth the expense of cookt food. One dollar's worth of food, if judiciously selected and eaten raw, wil keep a person in better condition than ten dollars' worth of cookt food.

After living six months on a raw diet, the craving for fancy dishes ceases as wel as the craving for all food that has been de-natured. The vitamins ar destroyd by cooking and the sistem craves sumthing which is sought for in all kinds of "delicacies" and irritating foods.

Vitamins ar the natural salts in natural combination. Any process of cooking changes the natural combination of the salts, and therefore destroys the vitamins.

Most of the solubl salts in uncookt food ar made insolubl by cooking.

A great deal could be ritten on the reasons for omitting common *salt* (sodium clorid) from one's diet. (See page 114.) Peopl crave salt becaus the food is cookt. Within one week's time, a person eating nothing but raw food wil find that salt is unsavory.

Nine-tenths of the animal kingdom live and thrive on raw food without the addition of salt. The salt manufacturers say that animals crave it, but that is not true except in a few sections where pregnant deer will seek the "salt licks" during the winter because the snow has covered certain foods that they crave. These "salt licks" also contain many minerals besides sodium chloride. Animals will also get in the habit of eating salt the same as humans.

Horses and cows fed on natural food without any salt are more healthy and will resist disease better than animals that are given salt. During the great epidemic of epizootic several years ago, horses that had never been fed with artificial salt did not take the disease.

Salt added to the food changes the osmotic pressure (capillary attraction through animal membrane of liquids of different densities) in the body.

Many cases of cataract are entirely cured by omitting salt.

A person who eats a great deal of salt is almost sure to have hardening of the arteries (arterio-sclerosis).

Salt is a slow poison and all the craving for salt would be eliminated if one ate only raw food.

Good illustrations to show why food should not be cooked are the following:

A watch spring is tempered steel and no chemist can tell the difference between a tempered spring and one that has been heated. Heating takes out the spring or temper.

A piece of magnetized steel will attract a needle. Heat it and the magnetism is destroyed. No chemist can tell by analysis the difference between the magnetized steel and the one that is not.

Just so with food. If it be cooked its "spring" or its "magnetic properties" (sunlight and the natural forces of the earth) are destroyed. In other words, we have driven out the life or "pep" and only dead material remains.

Another comparison is seen by putting fresh coal or cinders on the fire. If one wants to make the fire burn

he puts on coal, but if he wants to bank the fire, he puts on cinders. The one givs life while the other smothers the fire.

"IF"

If yu can keep your hed when all about yu
 Ar losing theirs and blaming it on yu;
If yu can trust yourself when all men dout yu,
 But make allowance for their douting too;
If yu can wait and not be tired by waiting,
 Or being lied about, don't deal in lies,
Or being hated, don't giv way to hating,
 And yet don't look too good, nor talk too wize;

If yu can dream—and not make dreams your master;
 If yu can think—and not make thots your aim;
If yu can meet with Triumpf and Disaster
 And treat those two Impostors just the same;
If yu can bear to hear the truth yu've spoken
 Twisted by naves to make a trap for fools,
Or watch the things yu gave your life to, broken,
 And stoop and bild 'em up with worn-out tools;

If yu can make one heap of all your winnings
 And risk it on one turn of pitch-and-tos,
And lose, and start again at your beginnings
 And never breathe a word about your los;
If yu can force your hart and nerv and sinew
 To serv your turn long after they ar gon,
And so hold on when there is nothing in yu
 Except the *Wil* which says to them: "Hold on";

If yu can talk with crowds and keep your virtue
 Or walk with Kings—nor lose the common tuch,
If neither foes nor loving frends can hurt yu,
 If all men count with yu, but not too much;
If yu can fil the unforgiving minit
 With sixty seconds' worth of distance run,
Yours is the Erth and everything that's in it,
 And—which is more—yu'll be a Man, my son.

—Rudyard Kipling.

*Dried, Dessicated, or De-hydrated Foods.**

In sum seasons of the year, and in sum parts of the cuntry, certain vegetabls and fruits cannot be obtaind. In such instances I would suggest the use of dried, dessicated or de-hydrated vegetabls and fruits.

Do not use foods that ar preservd in liquids becaus such hav been de-natured to make them keep. Vegetabls and fruits that ar dried in the open air in a *natural* manner ar better than those dried by a forst process. However, we cannot always obtain at all times of the year just what we would like, and, fruits and vegetabls dried by the natural processes require so much time that it is not practical commercially. There ar artificial methods of drying, dessicating or de-hydrating vegetabls and fruits that preserv nearly all the natural salts in natural combination (vitamins). In California a great industry is being establisht for de-hydrating and dessicating foods.

All vegetabls and the majority of fruits can be de-hydrated in such a manner that they wil keep for years. By this process the water is practically all removed from them. The only water that remains is in the same proportion as it is in the air. Even if all the water is removed and the vegetabls or fruits ar exposed to the air, they wil absorb from the air a certain amount of moisture.

If any process of drying, dessicating or de-hydrating is employd that requires a degree of heat higher than 120°F. sum of the properties in the food ar changed.

*Carcue Pure Food Co., Inc., Los Angeles, Calif., specializes in dried fruits and nuts of all kinds.

General Considerations.

As a rule, when one changes from an unnatural diet to a natural diet, it is best to go on a "water fast" for from one to six days. Break the fast by eating orange juice, six ounces three times a day for three days. Then gradually add such food as garden herbs. Within one week after such a fast one becomes accustomed to the raw food, and as the inflammatory condition of the digestive tract subsides, the raw food will become more and more appetizing.

The preparation of raw foods has a great deal to do with their attractiveness. (See pp. 88-94.) Carrots can be grated or shredded. Green peas can be put thru a shredder and when they are put in the center of a dish of grated carrots it makes a very appetizing and attractive looking dish.

Sliced tomatoes served on a plate with pieces of cauliflower, lettuce, watercress, or parsley, have a very attractive appearance.

Nasturtiums, pansies, marigolds, calendulas, chrysanthemums, violets, sweet peas, etc., are good to eat and can be used as dressings for raw foods.

If a person's stomach cannot tolerate the raw food at first, a "juicer" can be employed. This grinds the vegetables and squeezes the juice out. In this manner the juice can be extracted from rhubarb and diluted one-half to two-thirds with water, and a teaspoonful of honey added to each six-ounce glass of liquid. This makes a fine drink.

If one desires a hot drink or bouillon, there is nothing better than *Vegex* or *Herb-Ex*.^{*} The former is a paste, the latter a liquid. These are made from vegetables and herbs without applying heat. A quarter teaspoonful of the paste, or a teaspoonful of the liquid, added to a cup of water of the right temperature to drink, makes a most

^{*}*Vegex* (Marmite) is distributed by Marmite Incorporated of America, Boston, Mass. *Herb-Ex* is distributed by Pure Food Factory, "Hansa," Mamaroneck, N. Y.

delicious substitute for "beef extract" or any other meat bouillon. To these can be added raw carrots, raw beets or juices from any vegetables, making a hot, raw vegetable soup. This makes a very good article of diet if eaten in moderation.

Cottage cheese is very good and can be eaten with raisins, dates or prunes, but it should not be eaten in any great quantity.

Nuts, cottage cheese and regular cheese take the place of meat, but because of their high proteid contents should be eaten sparingly. Two tablespoonfuls of hickory-nut meats, English walnut meats, or pecan meats, or almonds, are enough at any one meal.

Nuts can be eaten with any kind of fruit, but acid fruits should never be eaten with vegetables nor with peanuts. (Peanuts are not nuts, but belong to the legume family—peas, beans and lentils.)

Peanuts make one of the best foods if eaten in moderation, but they should not be roasted. The best way to prepare them is to steam them enough to soften the shells and shucks so they will come off easily. Then dry them in a slow oven or in the sun, and eat without salt. These are known as *unsalted, blanched peanuts*.

A good concentrated food is the following *fruit and nut paste*. Take one pound or fraction thereof of:

Dried Prunes

Dried Dates without sirup

Seedless Raisins

English walnut meats or other nut meats

Peanuts — not roasted

(With the walnuts can be added one-half pound of pecans, filberts, or pistachio nuts.)

Stone the prunes, mix all together, and put them through a meat chopper two or three times. This makes a balanced ration and can be eaten daily with raw vegetables and herbs such as raw alfalfa, lettuce, spinach, dandelions, cauliflower, cabbage, celery, tomatoes, etc.

If peanuts ar added, it should not be eaten with acid fruits nor tomatoes.

If anyone is constipated "senna prunes" can be added in place of the dried prunes.

Senna prunes ar prepared as follos:

Over one ounce of senna leavs pour one quart of boiling water. Let stand two hours and strain, throwing away the leavs. To the clear part ad one pound of wel-washt prunes. Let them soak over nite.

Cook them in the same water over a very slo fire for about twenty minits. Ad water to make up for what evaporates. (Or it can be simmerd down to make a sirup.)

If water has not been simmerd to a sirup, ad two tablespoonfuls of hony after water is lukewarm.

Eat one prune and a littl of the juice after each meal, or eat one, two or three after the evening meal. Graduate the amount of prunes and juice according to looseness of bowels.

For a *tonic* no food is better than the blossoms and small leavs of *alfalfa* or *red clover*. A small quantity of these eaten every day is better than any other tonic that I kno of. Every debilitated person can derive great benefit from eating them. If one objects to the taste of alfalfa or clover, they can mix it with cottage cheese or garden mint or tomatoes.

Raw spinach cums next in mineral and tonic properties. Next cum water cres, lettis, celery, beet tops, Swiss chard, raw cabbage, dandelions, etc.

A small handful of raw parsly should be eaten every day. It has a most beneficial effect upon the urinary tract.

Bananas I cannot recommend as a food unless they be eaten in the cuntry where they gro. The bananas found at places distant from where they gro ar pickt green and then sloly ripend in the dark. Such bananas ar very hard to digest and ar not assimilated by the average person. They giv a "ful feeling" and "stand by" a long time.

The reason for this is that, like boild cabbage, they ar very indigestibl, and in fact very littl of them is digested.

A baked banana is much more easily digested than a raw one, but during the baking process the natural salts (vitamins) hav been destroyd. Therefore the best part of the food has been lost.

Apls, if ripend on the tree, ar delicious and helthful, but those that ar pickt green and put into cold storage form gas in the stomac and bowels. One must eat ap ls cautiously and if they disagree, let them alone. Sum varieties ar far more digestibl than others.

I am often askt if it is harmful to lie down after eating. To this I anser, "*Go to Nature and ask her.*" Every other animal lies down after eating if it can. Our helth would be much improved if we could lie down and *relax* after eating. The habit of eating and then getting up and going to work (either fisical or mental) is entirely rong. *Relaxation of fifteen minits after a meal is better than all the tonics known.*

If a person feel sleepy after eating, do not be afraid that he wil hav "apoplexy," becaus there is no danger unless he has stufft. Stuffing is not conduciv to helth, and it is bad manners.

HELPFUL HELTH HINTS—Resumé

Use no cigarets, tobacco, alcohol nor other dope.

Use no salt, pepper, vinegar, tea, coffee, chocolate, cocoa, refined sugar nor refined flour.

Never eat acid fruits with starches or sugars.

Never eat nor drink anything ice cold or very hot.

Hony is a natural sweet if not cookt.

One glas of unstrained *orange juice*, if taken alone, givs twice as much real nourishment as the same amount of fresh milk.

As much as possibl eat only one clas of food at each meal — for exampl, citrus fruits for brekfast and nothing else, and raw vegetabl for the midday meal and supper.

Remember one ounce of raw food givs more life and energy to the body than many times the same amount of cookt food. Raw, natural food contains the natural salts in natural combination (vitamins) but if cookt, the solubl salts ar made insolubl and their natural, life-giving combinations ar changed into abnormal combinations, which caus the sistem to crave more and more abnormal foods. Abnormal foods ferment in the stomach or bowels and produce gas. Gas creates distention, leading to catar, gastritis, colitis, proctitis, pelvic inflammation, constipation, diarrhea, auto-intoxication, reumatism, neuritis, palpitation of the hart, nervusness, trembling, etc.

Humans ar the only animals that eat by the clock, eat when sick, or drink becaus they ar told to do so.

Eat only when hungry. Drink only when thirsty.

Never eat when sick, especially when sick with a fever.

Be cheerful.

Do not be afraid. Fear is the worst dis-ease known.

YEAST AS A "FOOD"

At the present time when the breweries ar trying to camouflage the public into using yeastcakes, it is apropos to say a few words regarding them.

Yeast, such as is turned out by the breweries, is not a fit article for food and I cannot condemn it enough. Many persons having the degree of M. D. are being employed by the breweries to write very flattering testimonials regarding the beneficial effects of yeast as a food. This is miserable, commercialized propaganda, and it is a blot upon the medical profession to believe such reports.

Sum of my patients, being influenced by such literature, have eaten two or three compressed yeastcakes a day along with their other food. Within a month or six weeks they broke out with boils about the neck and buttocks.

The only claim that any of this literature has to make in favor of the yeast is that it contains "vitamins." A tablespoonful of raw cabbage contains far more vitamins than a compressed yeast cake and there is no comparison as to the food value of the two.

There are only about 50 pounds of *real food* in 2,000 pounds of brewers' yeast.

Yeast is not fit to eat. The only use for yeast is to ferment sugar, thus producing carbon-dioxide gas for making bread light or carbonating certain liquids containing sugar. Yeast raises bread by fermenting sugar and producing gas. What can one expect yeast will do in the stomach? Yeast fermentation in the stomach is just what we all try to avoid.

Just as I am writing the above my attention is called to a very able article by a competent physician and chemist, setting forth that yeast as it is sent out from the breweries is to be vigorously condemned as a food, but if it be put through a certain process for extracting certain objectionable properties, it can then be made suitable. He states that he has discovered a method for doing this and would advise persons to eat his "scientifically prepared yeast" rather than the commercial yeast. So it goes. Commercialism is back of all the yeast, or denatured yeast, propaganda. My advice is to let *yeast* alone.

UNFIRED AND FIRED FOODS COMPARED*

Advantageous Food

Disadvantageous Food

PROTEIDS

Unfired nuts and legumes neutralize and absorb the acids of the stomach and prevent stomach fermentation. They do not endanger the system with proteid poisoning, since the gastric juices determine the quality of their protein required and to be absorbed. Unfired protein has a wholesome chemical constitution after it is digested and absorbed.

Cooked and baked legumes and nuts have lost their alkaline activity and tend to putrid fermentation in the stomach and are sure to decay in the intestines, and the resulting gases cause auto-intoxication (self poisoning) and constipation. The portion absorbed is chemically so abnormal that it generally breaks down into destructive poisons and uric acid.

STARCHES

Unfired starch as it comes from the hand of Nature in cereals and roots is in the most perfect form for food. Cereals are best eaten dry to insure proper ensalivation to initiate perfect digestion. With unfired starch the saliva and small intestines can regulate the quantity required to be changed into sugar for absorption. The refused portion of unfired starch does not become injurious to the system as it does not readily ferment or decay.

Cooked and predigested starch is changed into soluble starch and glucose. In this unnatural form it is too freely absorbed and thus it oversaturates the blood. This condition compels an overdraft on the oxygen in the blood and then it burdens the organs of respiration. When the stomach and intestines refuse to absorb this unnatural starch it ferments and causes as much trouble in another way. Cooked starch is too much predisposed to ferment and decay.

*Extracts from Dr. Drews' "Unfired Food," published by Dr. George J. Drews, 1910 No. Harding Ave., Chicago, Ill.

Advantageous Food

Disadvantageous Food

SUGAR

Unfired fruit sugar cannot be improved as it is sun-digested and ready for immediate absorption. It is Nature's harmless stimulant and it readily transforms into glycogen (a muscle lubricant). Sweet, fresh and dried fruits, St. John's bread, sweet-root, sugar-cane piths, fresh maple juice and honey are wholesome sweets. Honey is the only harmless concentrated sugar.

Sun-digested sugars are "Sun-Kist" and carry sunlight and joy with them. They produce the "smile that won't cum off."

All cooked sweets are unwholesome because their sugar molecule is rendered inorganic. Cane sugar and candy irritate the walls of the alimentary canal and give rise to a profuse flow of mucus and thus initiate stomach catarrh. Cooked sweets and preserves retard stomach digestion and help to ferment the foods eaten with them. All cooked sugar absorbed into the circulation becomes a burden to the liver before it can be utilized. Cooked sugar is a potent cause for colitis.

OILS

The oils in unfired nuts and cereals are soluble and emulsifiable in the gastric juices.

Baking and roasting fuses the oils and renders them harder to digest and emulsify. Fused oils are hard on the liver.

SALINE MATTER—(Vitamins)

The organic salts in unfired foods are as important as all the other food elements combined. They constitute tissue bases, oxidizing agents, acid binders and eliminating agents. They are Nature's tonic elements. Upon them depends the healthy construction of every tissue and cell in the human body. Salad herbs

Cooking changes the most important organic salts into inorganic forms. The boiling fluids which contain a rich solution of the inorganic salts are generally cast away. Any artificial heat greater than that supplied by the sun tends to change and break up the atomic arrangement of the organic molecules and generally frees and neutralizes the

Advantageous Food
as the richest in organic salts
and next in order come roots
and fruits.

Disadvantageous Food
most important basic atoms.
All unorganized salts become
irritants in the human body.

CELLULOSE

Every natural food has its required proportion of cellulose or indigestible fiber. Cellulose helps to grind and emulsify the food in the intestines. By means of the cellulose the intestines are better able to move and transport the food material. It develops the peristaltic muscles by giving them resistance, and also stimulates the peristaltic activity. Last but not least, it eliminates waste poisons from the intestinal canal by absorbing the poisons and carrying them along. Herbs and roots uncooked contain the most useful cellulose, and that in the outer coating of cereals must not be forgotten.

Cooked cellulose has lost most of its intended usefulness. Cooking renders the cellulose either too soft, slippery, gummy or fused. Such cellulose tends to produce constipation by binding the fecal matter. Cellulose is often so well cooked that it readily undergoes fermentation and decay. Cooked foods generally promote the very unfavorable conditions which are prevented by uncooked foods.

CHLOROPHYLL

Uncooked green herbs are most valuable for their chlorophyll, which is related to the proteids and has similar virtues. It is especially useful in preventing intestinal fermentation.

Cooked chlorophyll has lost its chemical virtues and counts only as bulk.

CONCLUSION

All uncooked fruits, herbs, roots, nuts and cereals that appeal to man's unperverted senses of alimentation are natural and wholesome foods.

All foods that are cooked, baked, roasted, pickled and spiced are certainly not natural and always tend to be unwholesome.

RAW FOODS AND THEIR COMBINATIONS

The folloing is a list of such foods as should be eaten raw. One need not be afraid of the combinations if they wil remember the one great essential, namely, to *eat no acid fruits with starches or unnatural sweets*. (Hony is a natural sweet).

Nuts combine wel with all other foods. (Peanuts ar not nuts but belong to the legume family and ar clast with peas, beans, and lentils.)

The salads such as lettis, Swiss chard, watercres, parsly, etc., combine wel with all other foods.

Figs, dates, prunes, and raisins ar neutral fruits (natural sweets) and can be eaten with any of the other foods.

Oranges, grapefruit, lemons, limes, apls, pineapls, tomatoes, etc., should be eaten by themselvs or combined with the salads and nuts (not peanuts).

Acid drinks such as rubarb juice, berry juice and juice from fresh grapes and acid-fruit juices should not be taken with unnatural sweets or starches.

Proteids such as nuts, cottage cheese, or other cheese, combine wel with any other clas of food if eaten in moderation.

The folloing is a partial list of foods that can be and should be eaten raw, but too great a variety should not be eaten at one meal*

Salad Herbs — can be eaten with acid fruits.

Alfalfa	Cauliflower	Dock
Asparagus	Celery	Eg Plant
Beans (string)	Clover	Endive
Beet tops	Dandelion	Fennel
Cabbage	Dil	Leek

*I would advize all those who wish to further study raw foods to get the matchless book entitld "*Unsfred Food and Trophotherapy*" by Dr. George J. Drews, 1910 No. Harding Ave., Chicago, Ill.

Lettis	Parsly	Sorrel
Mint	Pimpinella	Spinach
Mugwort	Plantain	Sprouts, Brussels
Mustard	Portulaca	Summer Savory
Okra	Rampion	Swiss Chard
Onion (yung)	Rubarb Stalks	Watercres
Onion Tops	(The leavs ar poisonus)	

Salad Roots — not to be eaten with acid fruits.

Artichokes	Dahlia tubers	Potatoes
Beets	Horseradish	Radishes
Carrots	Kohlrabi	Rutabagas
Corn, green	Onion (matured)	Sweet Potatoes
Celeriac	Oyster Plant	Turnips
	Parsnips	

Legumes — not to be eaten with acid fruits.

Lentils	Navy Beans
Lima Beans	Peas
	Peanuts

Cereals — not to be eaten with acid fruits.

Barly	Corn	Rye
Buckwheat	Oats	Wheat
	Rice	

Nuts—can be eaten with any other food, if in moderation.

Almonds	Coconuts	Pine nuts
Brazil Nuts	Filberts or	Pistachio
Butternuts	hazelnuts	Walnuts, Black
Chestnuts	Hickory nuts	Walnuts, English
	Pecans	

Fruits.

Acid Fruits — not to be eaten with unnatural sweets, starches, legumes or roots — can be eaten with nuts and salad herbs.

Apls	Grapes	Pears
Apricots	Grape Fruit	Persimmons
Berries	Lemons	Pineapls
Cherries	Limes	Plums
Cucumbers	Nectarines	Pomegranates
Currants	Oranges	Tomatoes
Gooseberries	Peaches	

Neutral Fruits — can be eaten with any other class of food.

Dates	Melons	Raisins
Figs	Prunes	Squash
	Pumpkins	

Flowers that can be used in salads.

Alfalfa flowers	Marigolds	Stocks
Clover blossoms	Nasturtiums	Sweet Alyssium
Crysanthemums	Oxalis	Sweet Peas
Dandelions	Pansies	Verbena
Forget-me-nots	Roselle buds	Waterlily
Hollyhocks	Rose of Sharon	Zinnia
Ice Plant	Shepherd's Purse	

THE PREPARATION OF RAW FOODS*

The art of preparing raw food so as to make it attractiv and appetizing can be very easily cultivated. One can use a great deal of ingenuity in arranging food so as to pleas the eye. Sum peopl ar so constituted that a raw potato, carrot, turnip, etc. looks inviting, while to others it would be repulsiv unless they wer extremely hungry.

Almost any food can be prepared with a sharp nife, and a chopping bowl and nife, but there ar utensils that wil greatly facilitate this work.

Fig. 48 illustrates a *food chopper* that can be procured from any house-furnishing store. With this chopper there cum varius discs so one can chop the food coarse or fine, or they can flake it. Nuts, for exampl, can be flaked with such a utensil.

Carrots, green peas, green beans, turnips, potatoes, ground artichokes, onions, nuts, dates, figs, dried prunes, etc., can be ground or "chopt" with this instrument.

X in Fig. 48 shows a reversibl disc used for flaking nuts and peanuts. When one side of this disc is used the nuts cum out looking like stript macaroni (A). When the other side is used, the nuts cum out looking like vermicelli (B). This is what is known as a *flaking disc* and cums with this style of food chopper.

For preparing grains or dried legumes, a littl *hand mil* illustrated in Fig. 49 can be used.

Fig. 50 illustrates Dr. Drew's *flaker* or *bromer*. This is used for flaking nuts, peanuts, lentils and grains. It is also used for mixing such articls as grains and hony for making unfired piecrust. There ar many uses to which

*One who prepares *cookt* food is a *cook*, but one who prepares *raw* food is known as a "*trof*" (trof), from the Greek word meaning to feed. "*Brom*" from the Greek word meaning food, means an unfired cake. A "*bromer*" signifies a machine for "*broming*," or shredding. Any of the utensils herein illustrated to be utilized by a *trof* in preparing raw foods can be had from Dr. George J. Drews, 1910 N. Harding Ave., Chicago, Ill., or they can be procured thru your dealer.

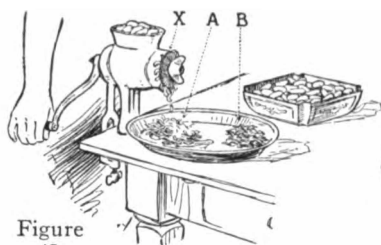


Figure 48

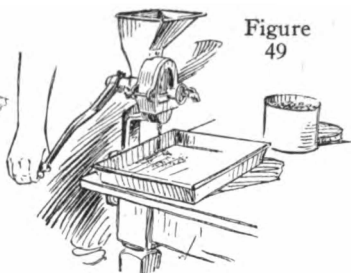


Figure 49

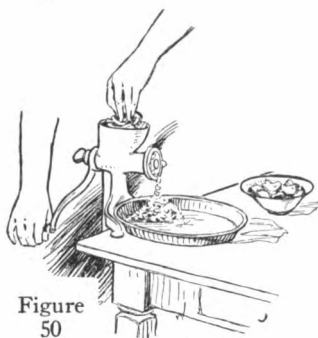


Figure 50

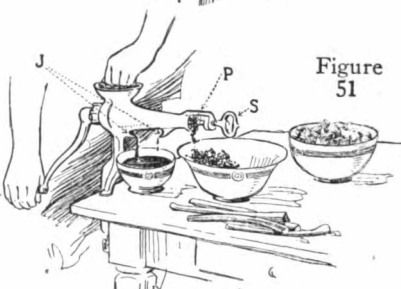


Figure 51

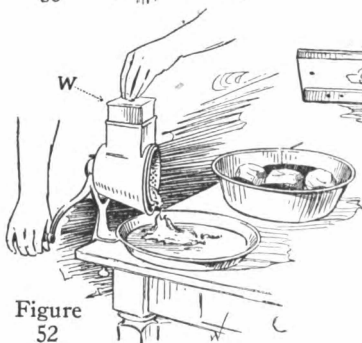


Figure 52



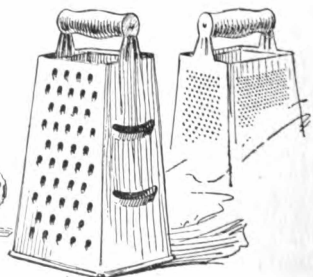
Figure 53



Figure 54



Figure 55



it can be put and I would advise anyone who wishes to prepare raw food in a tasty manner to get one of these utensils.

This Fig. 50 shows the *flaker*, or *bromer*, flaking coconut, which is broken up as illustrated in the sketch.

Fig. 51 illustrates a *fruit juicer*. This is a very simple utensil and of inestimable value for extracting the juices from vegetables and fruits. It grinds or chops the fruit or vegetable and pushes the ground substance into a compartment that is made as tight as one may wish by simply turning the screw *S*.

The juice comes out at the opening at *J* while the pulp comes out of the opening at *P*.

For making health drinks such as *rubarbade*, *apple juice*, *grape juice*, *berry juices*, and *juices from various roots*, this utensil is of great value. This Fig. 51 shows *rubarb* prepared for juicing and shows it going through the juicer.

Fig. 52 shows a *shredder*. This is used for shredding any of the tubers, roots, etc.

At *W* is shown a wooden block that is used for pressing the cut-up material down on to the shredding knives.

This Figure shows *carrots* cut up ready for shredding and going through the shredder.

Fig. 53 shows a *cabbage slicer*. This Figure shows *cabbage* being sliced.

Fig. 54 illustrates a *wooden chopping bowl* with *chopping knife*. This can be used in the ordinary manner for chopping up various salad herbs. Roots can also be chopped up in this manner, but they do not look so attractive as if prepared by the machines illustrated.

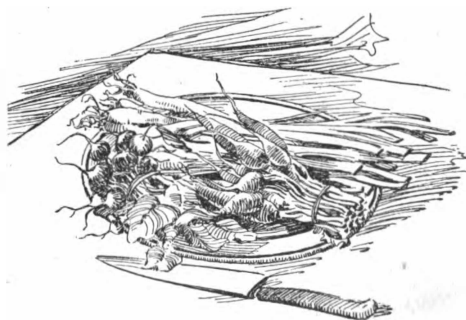


Figure 56

Fig. 55 shows a *food grater* with two carrots ready to be grated, after having their tops trimmed off.

Fig 56 shows new onions with tops and three kinds of radishes. The onion and the long radishes may be sliced, but the small red radishes may be eaten without slicing.

Fig. 57 shows an aluminum colander with spinach leaves washed and draining in it.



Figure 57

Fig. 58 shows the manner of slicing spinach. It will be noticed at S that the leaves that are drained can be piled on each other and then sliced together. This slicing can be carried further by taking the sliced pieces and slicing them diagonally. They should be sliced in strips about one-eighth inch wide.

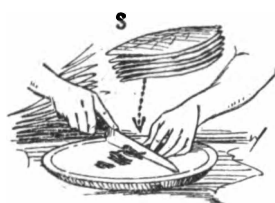


Figure 58

An ingenious housewife will discover many other ways of preparing food, such as cubing or dicing, cutting into spirals; cutting into small balls or marbles, cutting holes

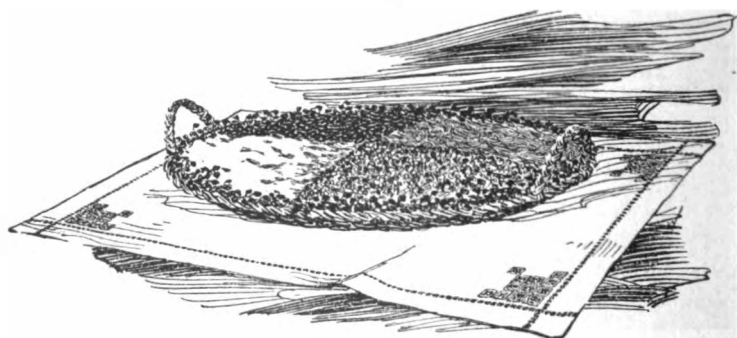


Figure 59

in one kind of vegetable and filling with another vegetable

or nuts, cutting troughs or grooves in sum vegetables and filling with sumthing else, putting small holes in vegetables and "planting" flowers or buds in them, arranging roots and vegetables to look like floral decorations, etc.

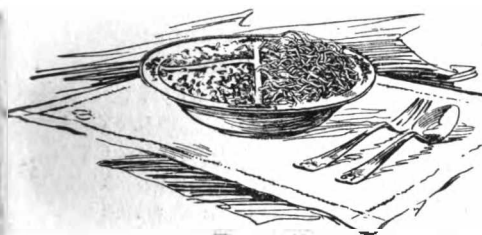


Figure 60

The arrangement of foods on the table is an art by itself and can be acquired by study and practis. To enable those who hav never done anything of this kind to hav a working basis, I am putting in several drawings as sampls.

Fig. 59 represents a willo-bound platter on a decorated doily. The lightest or "west" quadrant represents shredded turnips; the "south" quadrant represents chopt or shredded peas; the "east" quadrant represents shredded



Figure 61

carrots; while the "north" quadrant represents sliced spinach. Around the whole platter is a border of water-cres as a garnish. This can be further decorated by putting in the center, where the four quadrants meet, a rose or a



Figure 62

few pansies or other flowers, or three or four small tapering radishes.

Fig. 60 represents a three-compartment dish with fork and spoon for individual servis. The "northwest" compartment represents shredded carrots, the "southwest" compartment represents chopt or shredded peas, and the "east" compartment represents sliced spinach.



Figure 63



Figure 64



Figure 65



Figure 66



Figure 67



Figure 68



Figure 69

Fig. 61 represents a fancy three-compartment dish which can be placed on a decorated doily. The "north" compartment represents dates, the "west" compartment represents raisins, and the "south" compartment represents dried figs.

Fig. 62 represents a soup dish and individual servis fork on a fancy doily. In the dish is cottage cheese garnisht with parsly. In this cottage cheese can be mixt raisins and raisins can be placed on top. A few nuts could be placed on the cottage cheese also to make it tasty and attractiv, but as nuts and cottage cheese ar both proteids it is not necessary to hav both for one meal.

Fig. 63 represents a fancy Chinese-ware or Japanese-ware bowl (papier-mâché bowls can be used in the same manner) containing cauliflower flowers. These look very attractiv without anything with them. This bowl can be placed on a fancy doily or decorated plate.

Twelv Dainty Dishes à la Natural Way.

The accompanying *twelv dainty dishes* illustrate a variety that can be servd individually or distributed about a large table to be servd from the dishes. They wil giv sum idea of how beautifully a banquet tabl can be arranged and decorated.

Fig. 64 represents a dish of fennel roots with the green shoots protruding.

Fig. 65 represents a dish of watercres.

Fig. 66 represents a triplex dish of artichokes garnisht with nasturtiums. In such a dish three different artcils can be

placed and then garnisht with edibl flowers or mint leavs.

Fig. 67 represents celery stalks garnisht with their own leavs. These leavs ar really of more food value than the stalks themselves. Garden-mint leavs go beautifully with this and ar very tasty and helthful.

Fig. 68 represents a dish of lettis.

Fig. 69 represents an attractiv dish of parsly.

Fig. 70 represents "a custard cup" of walnut meats.

Fig. 71 represents a fancy plate of sliced tomatoes. Mint leavs go wel with these.

Fig. 72 represents cocoanut in the shel and out of the shel.

Fig. 73 represents a beautiful platter of asparagus tips.

Fig. 74 represents an artistic dish of spinach leavs. In this dish the spinach is placed without being shredded or cut up. It is very attractiv served in this manner. A dressing of rubarb juice and hony can be used.

Fig. 75 represents a bewitching dish of alfalfa blossoms and small leavs. This is a rare and dainty dish that peopl wil more and more becum accustomed to. A dressing of hony and oil or lemon juice or rubarb juice and hony can be used.

A "Put Up" Lunch à la Natural Way.

Fig. 76 represents a substantial lunch for anyone to carry in their pocket to eat at their leisure "midday hour." If peopl would eat such lunches rather than rush-



Figure 70



Figure 71



Figure 72

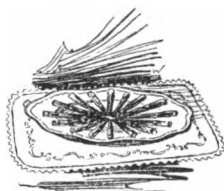


Figure 73



Figure 74



Figure 75

ing "around the corner" to a soda fountain for *pie à la mode* ("mud pies"), ice cream and cake, or sandwiches and coffee, etc., it would be infinitely better for their health and a great saving to their pocketbook.

This Figure represents an ordinary pocket lunch box with waxt paper and a paper napkin. The lunch consists

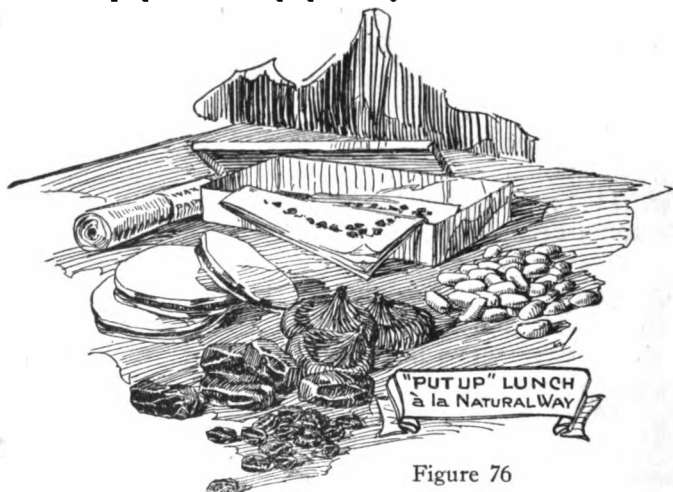


Figure 76

of a few raisins, five dates, three figs, a small handful of raw peanuts and three turnip-and-cheese sandwiches. When these are all rapt in the waxt paper, they fit snugly into the tin box, which in turn will slip into a coat pocket. The paper napkin makes a neat, sanitary lunch cloth.

KUL'LAK
REGISTERED U.S. PAT. OFFICE

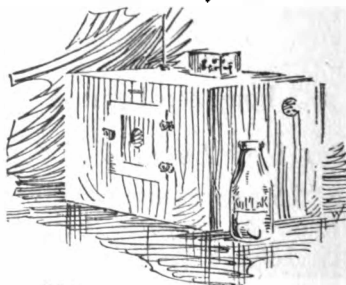


Figure 76A

RECIPES FOR UNFIRED FOODS*

DRINKS

(The amounts here given ar sufficient for one person)

1

Lemonade

Put into a 4-ounce glas

Lemon juice, 2 teaspoonfuls

Hony, 1 teaspoonful.

Fil glas with cool water, stir wel, and serv.

2

Orangeade

Put into a 4-ounce glas

Orange juice, strained or unstrained, one-quarter cup.

Hony, 1 teaspoonful.

Fil glas with cool water, stir, and serv.

3

Herbade

Soak in a cup of water for one or two hours

One-quarter ounce spearmint, mint, fennel, florence, thyme, or
savory leaves.

(Use les if the dried herbs ar strong and fresh.)

Strain the infusion and stir into it hony, 1 teaspoonful.

Herbade promotes elimination from the kidnys while cookt
herbs do not.

4

Rubarbade

Rubarb juice, one-half glas (3 ozs.)

(Extract by cutting in two-inch lengths and putting thru juicer.)

Hony, 1 teaspoonful. Beat into the juice and ad 3 to 5 ozs. cool
water—or warm water if desired.

5

Nut Tea

Place in a cup

Peanuts flaked as fine as possibl, 4 tablespoonfuls.

Fil cup with hot water (not boiling). Stir wel.

Hony, 1 teaspoonful if desired.

6

Tonic Drink

Rubarb juice, 4 tablespoonfuls.

*Many of these recipes ar taken from, or modified from, those
given in Dr. Drew's book "Unfired Food and Trophotherapy."

It wil be notist that no combinations ar given where acid fruits
or tomatoes ar used in conjunction with starches or unnatural sweets.

It wil also be notist that I do not class peanuts with nuts, becaus
they ar not nuts but belong to the legume family just as much as
peas or beans. Consequently, peanuts should not be eaten with or
mixt with acid fruits, rubarb, tomatoes or berries.

Beet juice from grated beets or **Swiss chard** leaf stalks, 2 tablespoonfuls.
Hony, 1 teaspoonful.
Cool or warm water to make a cup ful. Mix wel and serv.
This tonic drink is especially wel borne by convalescents or those having a weak stomac.

7

Nut Emulsion

Mix and rub into a butter
Peanuts or **Pignolias** flaked very fine, 4 tablespoonfuls.
Water, 1 teaspoonful. Mix this water into the butter littl by littl.
Water, 6 oz.
Beat briskly with a Dover eg beater and pour thru large tea strainer.
Hony, 1 teaspoonful if desired.

8

Celery Drink

Fresh, green **celery** leaves and stems chopt fine, 1 tablespoonful.
Put this into a mortar or cup and ad
Water, 1 teaspoonful. Mash the juice out with a pestl. Or it can be put thru a juicer.
Water, 6 oz. Let stand half an hour or more. Just before serving ad
Hony, 1 teaspoonful.

9

Sugarcane Drink

Soak 1 hour, stirring every ten minits
Flax seed, 1 oz. in
Water, three-quarters of a cup.
Meanwhile run sheld sugarcane piths thru a juicer. Strain the clear flaxwater into a glas and ad
Sugarcane juice, 2 ounces (4 tablespoonfuls).
If the glas is not ful, ad water, stir and serv.
This is a delicious, refreshing and tonic drink, especially to be recommended to convalescents who need the valuabl organic elements it contains.

10

Invalid's Tonic Beer

Mix together powderd sweet root, 3 oz.
Powderd Hop or **powderd hop flowers**, 1 oz.
Take a loose, heaping teaspoonful of the mixture to a cup of water, stir, let stand fifteen minits, stir again, strain and serv.
Powderd sassafras bark, 1 oz. may be added to impart the flavor of root beer.

11

"Lemonized" Milk (Lemon Buttermilk)

Into a cup containing
Sweet Milk, 6 oz. pour
Lemon Juice, $\frac{1}{4}$ oz. (or the juice from half a lemon).
Quickly beat briskly with Dover eg beater two minits to prevent its curdling in lumps.

This milk is "acid sterilized." It is more wholesome for weand children or adult convalescents than "warm or sweet milk, which I never prescribe.

Plain milk is not advized in a natural diet, but if one likes sourd milk, this lemonized milk is delicious.

(If one does not hav an eg beater handy, they can fil a quart jar half ful of sweet milk, ad to it the juice of half a lemon, seal it and vigorously shake, keeping it in rapid agitation for at least two minits.)

12

Kul-Lak* or Cultured Milk

Put one quart of skimd milk into a Florence flask or a milk bottle that wil stand heat. Seal with cotton, put in a coverd pail half ful of water, with a board in the bottom. Let the water cum to a boil and let it remain in the boiling water and steam for at least twenty minits. Take the pail from the fire, but let the milk remain in the water until it has coold to about 90° F.

Ad one small bottl Bulgarian Lactic Acid Bacilli† in solution.

Shake this wel and put into a regular milk incubator that wil keep a constant temperature of 90° F. In about twenty-four hours this wil be coagulated to the consistency of custard when it should be thoroly shaken. (See Figure 76A, Page 94.)

To this can be added the amount of cream that was taken off the milk and all shaken together, or the cream can be added just before serving.

One ounce of the above can be used as a "starter" to ad to another quart of skim milk insted of the bottl of bacilli, and the milk treated in the same manner. This process can be carrid on for several weeks if one is very particular to not contaminate the cultured milk that is used as a "starter."

This Kul-Lak or cultured milk is best eaten with a spoon, and is very beneficial in many cases of indigestion, auto-intoxication, diabetes, Bright's diseases, arterio-sclerosis, reumatism, etc.

SOUPS

(The amounts here given ar sufficient for one person)

13

Minst Tomato Soup

Beat wel together

6½ oz. Tomatoes (Peeld with very sharp nife and cut into small bits).

½ oz. Parsly or celery (Mince very fine).

½ oz. Hony (1 teaspoonful), if desired.

*Kul-Lak is my trademarkt name for cultured milk, which I make for my patients. I do not recommend regular milk to anyone because it is not a natural food for infants or adults, but as a remedy for many stomac and intestinal trubis, I hav found cultured milk to be beneficial.

†(Knudsen's Laboratories, Los Angeles, California, prepare such a solution. Abbott Laboratories, Ravenswood Station, Chicago, also prepare it. Knudsen makes and furnishes the incubators.)

Hasty Soup

Put into soup bowl

$\frac{1}{2}$ oz. Chopt onion, minst parsly, grated celery root or parsly root, chopt cabbage.

$\frac{1}{4}$ oz. Grated horseradish.

$\frac{1}{2}$ oz. Grated Carrot, sweet potato, turnip or parsnip.

1 oz. Peanuts or Pignolias flaked.

When all is redy, fil the bowl with hot water (not boiling) and serv immediately.

(A heaping teaspoonful is about $\frac{1}{2}$ oz.)

Cream of Celery Soup

Mix and mash together with wooden potato masher

1 oz. Pecans or Peanuts flaked.

$1\frac{1}{2}$ oz. Celery Stalks or Cabbage chopt up fine.

$1\frac{1}{2}$ oz. Caraway Seed ($\frac{3}{4}$ teaspoonful).

After all hav been ground and allowd to soak for a few minits, put into a bowl and mix into it 5 oz. hot water (not boiling), and if desired ad hony, 1 teaspoonful or oliv oil, 1 teaspoonful. Serv.

SALADS

(The amounts here given ar about correct for one person.)

$\frac{1}{2}$ oz. Asparagus tips, finely sliced.

$\frac{1}{2}$ oz. Dock leavs or dandelion cut into fine shreds or chopt.

$\frac{1}{2}$ oz. Artichokes or Parsnips cubed or chopt.

1 oz. Pignolias, walnuts or other nuts, or peanuts chopt.

Mix all together and ad

Hony, 1 teaspoonful.

Oliv Oil, 1 tablespoonful.

$1\frac{1}{2}$ oz. Dock leavs and tender stems cut into shreds and chopt fine.

1 oz. Pignolias, coconut, or other nuts chopt or flaked, or flaked peanuts.

Hony, 1 teaspoonful or

Oliv Oil, 1 tablespoonful (or both)

Mix all wel together and serv.

Dock is availabl in the East from April 15th to June 15th. If raisd in the garden and not allowd to run to seed, it wil gro tender leavs all summer and fall.

Dock leavs ar a blood tonic, being rich in organic iron and other organic salts.

1 oz. Dock leavs and tender stems cut into shreds and chopt fine.

1 oz. Pignolias flaked or coconut grated or peanuts flaked.

1 oz. Tender asparagus tips sliced as thin as possibl.

$\frac{1}{2}$ oz. Chives, onion tips, or oxalia leavs and stems chopt.

- 1 oz. **Pignolias, walnuts, almonds or other nuts chopt or flaked,**
or peanuts flaked.
Mix into this if desired, 1 **teaspoonful of hony**, or 1 **table-**
spoonful oliv oil, or both may be used.

20

- 1½ oz. **Dandelion leaves and harts cut into shreds and chopt cross-**
wize.
1 oz. **Coconut grated, or pignolias or other nuts flaked or chopt**
or peanuts flaked.
Mix these and beat in just before serving
Hony, 1 teaspoonful. Mix again and serv.

21

- 1 oz. **Lentils soakt over nite, rinsed and dried.**
½ oz. **Pignolias or other nuts flaked.**
2 oz. **Rubarb juice.**
Mix these and beat into a creamy consistency.
If desired, ad **hony, 1 teaspoonful.**

22

- 1 oz. **Dock leaves cut fine.**
1 oz. **Nuts flaked.**
2 oz. **Rubarb juice.**
Mix and beat into a creamy consistency.
Hony, 1 teaspoonful if desired, or
Olive Oil, 1 tablespoonful.

23

- 1½ oz. **Asparagus tips cut fine.**
1 oz. **Nuts flaked or chopt.**
Oliv Oil, 1 tablespoonful.
Hony, 1 teaspoonful.
Mix wel and serv.

24

- 1½ oz. **Artichokes cubed or chopt.**
½ oz. **Onion minst.**
1 oz. **Nuts, flaked or coconuts grated.**
Mix wel together and serv.

25

- 1 oz. **Lettis cut into fine shreds.**
1 oz. **Dandelion leaves cut into shreds crosswise.**
½ oz. **Oxalis leaves and leaf stems chopt.**
1 oz. **Radishes cubed or chopt.**
Mix together and ad
Hony, 1 teaspoonful, or
Oliv Oil, 1 tablespoonful.

26

- 2 oz. **Dandelion flowers cut fine.** (Lay a bunch of the dandelion
flowers on the board and cut fine slices thru the bunch,
cutting each flower thru several times. Use stems also.)
1 oz. **Coconut grated or nuts flaked.**
Mix together and garnish with a few dandelion flowers.

27

- 1½ oz. **Oxalis** leaves and leaf stems cut very fine.
 1 oz. **Coconut** flaked or grated or nuts flaked.
 Mix together and garnish with edibl flowers if desired.

28

- 2½ oz. **Lettis** cut into shreds.
 1 oz. **Coconut** grated or flaked.
 Drip over it coconut milk, 2 oz.
 Serv with teaspoon.

29

- 2 oz. **Lettis** cut into shreds and chopt croswise.
 ¼ oz. **Chives** or onion tops cut fine.
 ½ oz. **Curld cres** cut fine.
 1 oz. **Nuts** flaked or chopt.
 Mix together and pour over it
 2 ozs. **Rubarb** juice.
 (Serv in this manner or beat the rubarb juice and nuts until creamy.)

30

- 2 oz. **Lettis** cut into shreds and chopt croswise.
 ½ oz. **Onion** tops cut fine.
 1 oz. **Coconut** flaked or grated.
 Mix wel together and pour over it
Coconut milk, 2 to 4 tablespoonfuls.
 Serv with teaspoon.

31

- 1½ oz. **Radishes** cubed or chopt.
 ½ oz. **Peanuts** flaked or nuts chopt or flaked.
 Garnish with a few thin slices of radishes.

32

- 3 oz. **Lettis** cut into fine shreds.
Hony, 1 teaspoonful.

33

- ½ oz. **Yung linden** leaves cut into shreds and minst.
 ½ oz. **Peanuts** flaked or nuts chopt or flaked.
 Mix all together.

34

- 2 oz. **Radishes** grated.
 ¼ oz. **Savory** herbs minst.
Caraway seed ground, ½ teaspoonful.
 1 oz. **Peanuts** flaked or nuts flaked or chopt.
 Mix and rub to proper consistency and serv on lettis leaf or garnish with parsly.

35

- 1½ oz. **Lettis** cut into shreds.
 1 oz. **Mustard** leaves shredded and chopt.
 1¼ oz. **Onion** tips cut fine.
Rubarb juice, 4 tablespoonfuls.
Hony, 1 teaspoonful.
Oliv Oil, 1 tablespoonful.
 Mix all together. If too pungent, chopt or flaked nuts may be added.

36

- 1 oz. **Mustard leaves** and tender stalks cut and chopt.
 ½ oz. **Dandelion flowers** or sweet herbs minst.
 1 oz. **Peanuts flaked.**
 Hony, 1 teaspoonful may be added.

37

- 1½ oz. **Plantain** cut into shreds and minst.
 1 oz. **Peanuts flaked** or nuts flaked or chopt.
 Hony, 1 teaspoonful if desired.

38

- 1½ oz. **Cres** chopt fine.
 ½ oz. **Peanuts flaked** or chopt.
 Hony, 1 teaspoonful.
 Olive Oil, 1 teaspoonful.

39

- 2 oz. **Spinach**, plantain, sweet corn, white mustard, watercres,
 nasturtium leaves, parsly, or celery cut into shreds and
 chopt.
 2 oz. **Rubarb juice.**
 1 oz. **Nuts flaked** or chopt.
 Hony, 1 teaspoonful, or oliv oil, 1 tablespoonful, may be
 added if desired.

40

- 1 oz. **Sorrel leaves** and stems cut into shreds and chopt.
 ½ oz. **Onion tops**, parsly or celery minst.
 1 oz. **Nuts flaked.**
 Hony, 1 teaspoonful, or
 Oliv Oil, 1 tablespoonful.

41

- 2 oz. **Lettis**, endive or cabbage cut into fine shreds, or
 1 oz. **Watercres**, nasturtium, or parsly chopt fine.
 1 oz. **Mix with coconut**, peanuts, or nuts flaked.
 1 oz. **Radishes** or carrots.

42

- 1 oz. **Radishes cubed** or chopt to size of corn.
 ½ oz. **Cabbage**, celery or oxalis leaves.
 1 oz. **Nuts flaked** or chopt.

43

- 1 oz. **Yung sweet corn** sliced off cob.
 1 oz. **Crisp cabbage**, lettis, upland cres or sorrel cut into shreds
 and chopt.
 ¼ oz. **Onion**, parsly or other savory herbs minst.
 1 oz. **Coconut grated** or nuts flaked or chopt.
 for 2 oz. **Tomato** or cucumber.
 Drip over it coconut milk, 1 oz.

44

- 1½ oz. **Nasturtium flowers** cut into shreds with the pedicls.
 1 oz. **Coconut grated**, peanuts flaked, or nuts flaked or chopt.
 1 oz. **Coconut milk.**
 (If flowers ar scarce, finely chopt lettis may be added.)

45

- 2½ oz. **Pineapl** sliced.
 2½ oz. **Tomatoes** sliced.
 Over them may be dript hony 1 teaspoonful.

46

- Half a cantaloupe into which may be put
 ½ oz. **Parsly**, **celery** or **oxalis** minst.
 1 oz. **Nuts** flaked or chopt.

47

- 2 oz. **Yung sweet corn** sliced off the cob.
 2 oz. **Wax** or **green bean pods** sliced or chopt or **endive** cut into shreds.
 1 oz. **Coconut** grated or **peanuts** flaked or **nuts** flaked or chopt.
 To this may be added just before serving **oliv oil** 1 tabl-
 spoonful or **hony** 1 teaspoonful.

48

- 1½ oz. **Ripe pineapl** shredded.
 1½ oz. **Celery** chopt.
 1 oz. **Nuts** flaked or chopt.
 Just before serving one may ad **hony** 1 teaspoonful.

49

- ½ oz. **Spinach** or **beet leaves** cut into shreds and chopt.
 ¼ oz. **Savory herbs** minst or **onion** chopt.
 ½ oz. **Peanuts** flaked or **nuts** flaked or chopt.
Oliv Oil 1 teaspoonful or
Hony 1 teaspoonful.

50

- 1½ oz. **Kohlrabi** diced or chopt.
 ½ oz. **Onion tops**, **oxalis** minst, or **lettis** 1 oz.
 1 oz. **Coconut** grated or **peanuts** or **nuts** flaked or chopt.
Oliv oil 1 tablespoonful or
Hony 1 teaspoonful.

51

- 1 oz. **Radishes**, **kohlrabi** or **carrot** diced.
 1 oz. **String beans** sliced as thin as possibl.
 1 oz. **Peanuts** flaked or **nuts** flaked or chopt.

52

- 1½ oz. **Tender Peas** whole.
 ½ oz. **Savory herbs** minst.
 1 oz. **Nuts** flaked or chopt.
 2 oz. **Rubarb juice**.

53

- 1 oz. **Spinach** cut into shreds and chopt.
 ½ oz. **Onion top**, **chives**, **onion** or **leek** chipt or **parsly** or **celery** minst.
 1 oz. **Nuts** flaked or chopt or **coconut** grated.
 Drip over it **rubarb juice** or **coconut milk** 2 oz.

54

- 1 oz. Yung sweet corn sliced off the cob.
- 1 oz. Lettis, endive, nasturtium, sorrel or cabbage cut into shreds and chopt.
- 1 oz. Nuts flaked.
Oliv oil 1 tablespoonful or
Hony 1 teaspoonful
Place over
- 2 oz. Tomatoes finely sliced.

55

- 1 oz. Lettis, endive, nasturtium leavs, chicory leavs or sorrel cut into shreds and chopt crowsize.
- 1 oz. Cucumber or summer squash chipt.
- 1 oz. Tomato or pineapl chipt.
- ½ oz. Parsly, celery, or other savory herbs minst.
- 1 oz. Nuts flaked or chopt.
Oliv oil 1 tablespoonful.
Hony 1 teaspoonful.
Mix all together and serv.

56

- 3 oz. Summer Squash cut into dice.
- 1 oz. Nuts flaked or chopt.
- 2 oz. Rubarb juice.

57

- 2 oz. Tornato chipt.
- ½ oz. Carrot or sweet potato grated.
- ½ oz. Black walnuts or other nuts flaked or chopt.
- ½ oz. Parsly minst.
- 1 oz. Yung sweet corn sliced off cob or yung peas chopt.
Stir these to a pudding and serv.

58

- 3 or 4 ozs. Ice-plant chopt.
- 1 oz. Peanuts flaked or nuts flaked or chopt.
Hony 1 teaspoonful.
- 2½ oz. Green sweet corn sliced off cob.
- 1 oz. Nuts flaked or chopt, or coconut grated.
Mix together and serv on lettis leaf or endive.

60

- 2½ oz. Cucumber chopt or cubed.
- ½ oz. Onion, onion tops, celery, or parsly minst.
- 1 oz. Coconut grated or nuts flaked or chopt.

61

- 2 oz. Potatoes peeld, sliced and chopt.
- 1 oz. Nuts flaked or chopt.
Serv on a lettis leaf over which sprinkl rubarb juice.

62

- ½ oz. Bean pods or yung peas.
- ½ oz. Potato.
- ½ oz. Carrot or beet.

- ½ oz. Onion or celery.
 Chop all up fine and ad nuts flaked or chopt or peanuts
 flaked 1 oz.
 To this may be added just before serving, Oliv oil 1 tabl-
 spoonful.

63

- 1 oz. Cauliflower, kohlrabi or white turnips chopt.
 1 oz. Sweet corn sliced off the cob.
 ½ oz. Celery, parsly, upland cress, nasturtium leaves, or sorrel
 minst.
 1 oz. Nuts flaked or chopt.
 Hony 1 teaspoonful or
 Oliv oil 1 tablespoonful.

64

- ½ oz. Endive, chicory, parsly or celery cut into shreds and chopt.
 ½ oz. Upland cress, watercress, or nasturtium leaves.
 1 oz. Nuts flaked or chopt or peanuts flaked.
 Oliv oil 1 tablespoonful or
 Hony 1 teaspoonful.
 To this may be added tender cauliflower tops 1 oz.

65

- 1 oz. Potato chopt.
 1 oz. Carrot grated.
 ¼ oz. Parsly or celery minst.
 1 oz. Nuts flaked or chopt or peanuts flaked.

66

- 1 oz. Tender beet or turnip.
 1 oz. Crisp cabbage or kohlrabi.
 1 oz. Carrot, celery root, parsnip or salsify (oyster plant).
 Run all thru food chopper and ad
 1 oz. Peanuts flaked or nuts flaked or chopt.
 Ad hony or oil dressing if desired.

67

- 1½ oz. Crispt cabbage sliced.
 ½ oz. Onions sliced.
 Put these into a chopping bowl and chop fine.
 Ad coconut grated 1 oz.
 ½ oz. Caraway seed.
 2 oz. Rubarb juice.
 Mix and let stand about 15 minits.
 Then mix again and ad hony 1 teaspoonful just before
 serving.

68

- 1 oz. Fresh yung peas.
 1 oz. Almonds or other nuts flaked or chopt.
 ½ oz. Parsly or other savory herbs.
 2 oz. Tomato chopt.
 To this may be added Oliv oil 1 tablespoonful or
 Hony 1 teaspoonful

69

- ½ oz. Nasturtium or Hyacinth bean flowers chopt.
 1 oz. Coconut grated.
 3 oz. Cucumber.
 1 oz. Beets finely sliced. 70
 ½ oz. Onion finely sliced.
 Caraway seed 1 teaspoonful.
 2 oz. Rubarb juice.
 Just before serving may be added hony 1 teaspoonful.

71

- 2 oz. Potato peeld, sliced and chopt.
 1 oz. Nuts flaked or chopt.
 ¼ oz. Savory herbs.
 ½ oz. Onion chopt.
 2 oz. Rubarb juice.
 Just before serving may be added hony 1 teaspoonful.

72

- 1 oz. Yung peas, whole or chopt.
 2 oz. Tomato chopt.
 1 oz. Nuts flaked or chopt.
 ½ oz. Parsly or celery minst.

73

- 2 oz. Green celery leaves and stalks.
 1 oz. Nuts flaked or chopt.
 2 oz. Rubarb juice.

74

- 4 oz. Water lilies chopt.
 1 oz. Hollyhocks and other flowers.
 1 oz. Coconut grated or nuts flaked or chopt.

75

- ½ oz. Nasturtium flowers cut into shreds.
 ½ oz. Nasturtium leaves cut into shreds.
 ½ oz. Nuts flaked or chopt.
 2 oz. Tomato.

76

- 1 oz. Potato sliced and chopt or diced.
 1 oz. Nuts flaked or chopt.
 ¼ oz. Parsly or celery leaves minst.
 2 oz. Tomatoes chopt.
 Hony 1 teaspoonful or
 Oliv oil 1 tablespoonful.

77

- 3 oz. Cucumber peeld and sliced.
 3 oz. Tomatoes sliced.
 1 oz. Nuts flaked or chopt.
 (Put a layer of chopt nuts on each slice of cucumber and cover with slices of tomato. Arrange the sandwiches artistically on lettis, endive or parsly and serv.)

78

Tomato cut in two. Cut out part of the central pith and keep for capping.

Scrape out the partition walls, seeds and juice and mix this with

1 oz. **Nuts** flaked or chopt.

½ oz. **Celery** or **parsly** minst.

Refil the halvs with this mixture, cover with the piths and serv.

79

2 oz. **Tomato** chopt.

2 oz. **Radishes**, **kohlrabi**, **carrot** or **eg plant** cut into small pieces or **Sweet corn** sliced off cob.

½ oz. **Parsly** or **celery** minst.

1 oz. **Nuts** flaked or chopt.

80

2 oz. **Yung peas** or **yung lima beans** chopt.

1 oz. **Nuts** flaked or chopt.

1 oz. **Rubarb** juice.

Mix and beat til creamy.

Ad **oliv oil** 1 tablespoonful or

Hony 1 teaspoonful.

81

1½ oz. **Yung peas**.

½ oz. **Oxalis** leaves and stems cut fine or **savory herbs** minst.

Hony 1 teaspoonful or

Oliv Oil 1 teaspoonful.

82

3 oz. **Crisp cabbage** shredded and chopt.

Caraway seed ground, 1 teaspoonful.

2 oz. **Rubarb** juice.

Hony 1 teaspoonful.

83

1½ oz. **Carrot** grated.

1 oz. **Coconut** grated or **peanuts** flaked or **nuts** flaked or chopt.

84

1 oz. **Pineapl** sliced or chopt.

1 oz. **Tomato** sliced or chopt.

1 oz. **Cucumbers** sliced or chopt.

1 oz. **Celery** stalks sliced as thin as possibl.

Serv with **oliv oil** or **hony dressing**.

85

1 oz. **Swiss Chard** leaves.

½ oz. **Onions** sliced or cubed.

1 oz. **Peanuts** flaked or **nuts** flaked or chopt.

Oliv oil 1 tablespoonful.

Hony 1 teaspoonful.

86

- 2 oz. **Dandelion flowers** with their stems, althea flowers (rose of sharon), hollyhock flowers, nasturtium, marigolds, or stock flowers.
1 oz. **Nuts whole, flaked or chopt.**

87

- 3 oz. **Dahlia tubers** peeled and sliced.
1 oz. **Nuts flaked or chopt.**

88

- 3 or 4 oz. **Dates, figs, raisins, pears or prunes.**
1 oz. **Peanuts flaked or Nuts flaked or chopt.**

89

- 2 to 4 ozs. **Strawberries, cherries, blackberries, raspberries, currants, gooseberries, mulberries, blueberries, huckleberries, aples, pears, plums, prunes, peaches, quinces, prickly pears, oranges, grapefruit, and grapes.**
Cut up and mix with
1 oz. **Coconut grated or pignolias, almonds, walnuts flaked or chopt.**
Hony 1 teaspoonful if desired or
Coconut milk 2 teaspoonfuls.

90

- 3 oz. **Plums or prunes** chopt off the stone with or without the peel.
1 oz. **Nuts flaked or chopt.**

91

- 2 oz. **Peaches** chopt off the stone.
1 oz. **Apricots, aples or pears** diced.
1 oz. **Plums or prunes** chopt.
1 oz. **Nuts flaked or chopt.**
3 or 4 ozs. **Pineapl** slices.
1 oz. **Nuts flaked or chopt.**
Spred the nuts on the slices of pineapl.

93

- 2 oz. **Apls cubed.**
1 oz. **Grapes** or berries in season.

94

- 2 oz. **Apl or orange** chopt.
1 oz. **Raisins, figs or dates.**
1 oz. **Nuts flaked or chopt.**

95

- 1 oz. **Figs minst.**
1 oz. **Dates minst.**
1 oz. **Raisins minst.**
1 oz. **Coconut grated or other nuts chopt.**
1 oz. **Coconut milk** if desired.

96

- 1 oz. Cauliflower tops or cabbage chopt.
- 1 oz. Green peas or chick peas soakt til soft and chopt.
- ¼ oz. Celery or parsly minst.
- Hony, 1 teaspoonful or
- Oliv oil, 1 tablespoonful

97

- 1 oz. Green peas.
- 1½ oz. Cabbage cut into shreds and chopt.
- 1 oz. Nuts flaked or chopt.
- Mix and if desired ad
- Hony, 1 teaspoonful or Oliv oil, 1 tablespoonful.

98

- 1 oz. Sweet potato, carrot or paranips grated.
- 1 oz. Beet or turnip.
- ¼ oz. Horseradish grated.
- 1 oz. Celery stalks, parsly, leek or onions minst.
- Caraway seed ground (can be left out), 1 teaspoonful.
- 2 oz. Peanuts flaked or nuts flaked or chopt.
- Mix this together and form into rolls one-half inch thick and two inches long. These may be put in wax paper before serving.

99

- 1 oz. Beet, potato or carrot grated.
- 1 oz. Celery stalks or cabbage chopt.
- Horseradish grated, 1 teaspoonful.
- 1 oz. Peanuts flaked or nuts flaked or chopt.
- Oliv Oil, 1 tablespoonful or
- Hony, 1 teaspoonful.

100

- 2 oz. Squash or pumpkin cut into dice or chopt.
- 1 oz. Nuts flaked or chopt.
- ¾ oz. Celery, leek or parsly minst.
- ½ oz. Hony (1 teaspoonful).

101

- 1½ oz. Artichokes diced or chopt.
- 1 oz. Sweet Pepper.
- 1 oz. Peanuts flaked or nuts flaked or chipt.
- ¼ oz. Parsly, leek or celery minst.

102

- 2 oz. Tomato chipt.
- 1½ oz. Eg-plant chipt or cubed.
- 1 oz. Nuts flaked or chipt.

103

- 2 oz. Eg-plant chipt or chopt.
- 1 oz. Celery or parsly root grated or fennel root chipt.
- 1 oz. Peanuts flaked or nuts flaked or chopt.
- ½ oz. Oliv Oil or Hony (1 teaspoonful).

one hundred eight

104

- ½ oz. Okra pods chipt or chopt.
- ½ oz. Parsly or celery minst.
- 1 oz. Nuts flaked or chopt.
- 2 oz. Tomatoes.

105

- 1 oz. Kale or Chinese cabbage.
- 1 oz. Peanuts flaked or Nuts flaked or chopt.

106

- 2 oz. Sweet Potato.
- 1 oz. Peanuts flaked or Nuts flaked.
Toss together and cover with
- 2 oz. Sweet peppers or cucumbers sliced.

107

- 2 oz. Potato grated.
- 1 oz. Oxalis or sorrel shredded and chopt.
- 1 oz. Nuts flaked or chopt.
After mixing ad
- ½ oz. Hony (1 teaspoonful).

108

- 2 oz. Potato grated.
- 1 oz. Celery, parsly, cabbage minst, sweet pepper, onion or radish
Cubed.
- 1 oz. Nuts flaked or chopt.
Oliv Oil, 1 tablespoonful.

109

- ½ oz. Green lima beans.
- ½ oz. Carrot sliced.
- 1 oz. Squash or Pumpkin sliced.
Put all together into a chopping bowl and chop quite fine.
Then ad
- 1 oz. Peanuts flaked or nuts flaked or chopt.
If nuts ar used insted of peanuts, there may be added
- 2 oz. Rubarb juice and if desired
Hony, 1 teaspoonful.

110

- 1 oz. Eg-plant chipt or chopt.
- ½ oz. Onion, celery or sweet pepper chopt.
- 1 oz. Nuts flaked or chopt.
- ½ oz. Hony (1 teaspoonful) or Oliv Oil (1 tablespoonful).
Cover with
- 1 oz. Cucumber slices and cover these with
- 1 oz. Tomato slices.

111

- 1 oz. Tomato.
- 1 oz. Cucumber chipt.
- 1 oz. Eg-plant chipt or carrot grated.

- ½ oz. **Sweet pepper**, cabbage, celery stalks, parsly, oxalis or sorrel.
 1 oz. **Nuts** flaked or chipt.
 Mix wel.

112

- 1 oz. **Yung white corn** sliced off the cob.
 1 oz. **Carrot** grated.
 ½ oz. **Parsly**.
 1 oz. **Peanuts** flaked.

UNFIRED CAKES AND BRED

113

- Rub and nead together
 1½ lbs. **Rice** ground to a meal.
 12 oz. **Hony**.

Pres the do into a six-inch fruit-cake ring and let it stand six to ten hours to harden. This will serv ten to fifteen persons.

Dubl the above weights and pres into an eight-inch ring with a smooth glas in the middl to produce a hole in the cake. While the hole facilitates slicing, it may be utilized for the insertion of flowers. Place the cake on a cake lace and stud the cake with dried fruits, nuts and flowers.

114

- 20 oz. **Dried Sweet Corn**, hulless barley, rice corn or rice ground to a meal.

- 12 oz. **Dates** or **figs** chopt in part of the above.
 Mix all the meal and chopt fruit, and run thru the flaker twice.

The second time do not let the flakes pile up and becum a mas.

Mix and work into the flakes

- 4 oz. **Prunes** or **dark raisins** chopt.

- 4 oz. **Almonds** or **peanuts** chopt.

Pres and pound this mas hard into a six-inch cake ring or four three-inch muffin rings lined with paper. Set aside to harden and slice with a sharp nife in a sawing motion. This cake improves by age.

115

Rub and nead together

- 6 oz. **Wheat**, rye, Brazilian flour, corn or

- 7 oz. **Rice**, **Rice corn**, sweet corn or hulless barley ground to a meal.

- 3 oz. **Hony**.

Pres the do into a three-inch muffin ring and set aside to harden.

116

- 20 oz. **Wheat**, rye, hulless barley, dried sweet corn, rice corn or rice ground to a meal.

one hundred ten

- 1 lb. **Dates, figs or dried pears** chopt.
 Pres in part of the meal then ad all the meal. Mix wel
 and run thru flaker twice.
 Pres the flakes into a six-inch fruit ring lined with paper
 and set aside to harden.
 If yu want fruit to sho in the slices, work into the flakes.
- 4 oz. **Dark raisins or prunes** chopt.
 Pres all into the ring.

RAW-FOOD PIES

For anyone who craves pies, or wishes a tasty morsel as a dessert, nothing is better than raw-food pies.

The **crust** is made as follows: For an eight or nine-inch pie plate, the crust should weigh about eight or nine ounces.

117

Mix and rub together

7 oz. **Sweet Corn Meal** or other meal

2 oz. **Hony.**

Run thru flaker twice. Spred flakes in a slightly oild pie plate and pres them even and hard with a spoon.

118

Pie Fillings

7 oz. **Apl** grated.

3½ oz. **Nuts** flaked.

Beat and mix these wel and ad

6 oz. **Apl** cubed.

Mix again and spred over the crust.

Garnish with four or five slices apls.

One-quarter of this pie is equivalent to one wholesum meal for one person.

119

Rub to a butter

6 oz. **Hucklberries** or blueberries.

3 oz. **Nuts** flaked.

Ad and mix carefully so as to leav them whole

3 oz. **Hucklberries.**

Fil this into the crust and spred evenly over the surface

4 oz. **Hucklberries.** Pres just enuf to adhere to the filling.

120

6 oz. **Nuts** flaked fine.

10 oz. **Apl** grated. (Tart apls ar preferd.)

Mix and beat to the proper creamy consistency and put into the crust. Garnish with cut sections of apl.

121

Mix and rub together

4 oz. **Nuts** flaked.

one hundred eleven

- 7 oz. **Strawberries** macerated with a fork.
Gently mix into this cream without breaking them
- 5 oz. **Huckleberries** or blueberries whole.
Fil into crust and sprinkl over the surface a few berries
and pres them in just a littl so they cannot roll.

122

- 5 oz. **Nuts** flaked.
- 11 oz. **Fresh Prunes** or plums chopt off the stone with sharp nife.
Mix and rub these to a creamy consistency, leaving as
much of the chips unmasht as possibl, and fil into the
crust.

123

- Chop in a chopping bowl
- 12 oz. **Pineapl** until size of corn. Then beat into it
- 4 oz. **Nuts** flaked until mixture is creamy.
If the pineapl is very tart, ad one oz. oliv oil after the filling
has stood half an hour.
Put the filling into the crust. Garnish with thin slices of
pineapl.

124

- Rub together
- 7 oz. **Muskmelon** pulp.
- 5 oz. **Nuts** flaked.
Fil evenly into crust and spred evenly over the surface.
- 4 oz. **Blueberries** or other small fruit. Pres in enuf to adhere
to the filling.

125

- Put into a chopping bowl
- 5 oz. **Cranberries** and chop as fine as possibl. Ad
- 4 oz. **Nuts** flaked.
With a wooden potato masher rub the juice of the cran-
berries into the nuts.
When the juice is wel extracted, ad
- 6 oz. **Pumpkin**, squash, carrot or parsnip grated.
Rub until wel mixt and ad and mix into it
- 1 oz. **Hony**.
Fil this mixture into the crust.

LIST OF MENUS

126

Sunday Dinner

Rubarb juice, peas, carrots, spinach, celery, ground artichokes,
tomatoes, lettis, watercres, parsly, dates, nuts.

127

Sunday Supper

Cottage cheese, raisins, parsly, lettis, tomatoes.

128

Monday Dinner

Peas, carrots, green onions, parsly, raisins, nuts.

129

Monday Supper

Lettis, raw peanuts, cottage cheese, watercres, parsly, figs.

130

Tuesday Dinner

Fennel roots or celery, dandelion, beets, cucumbers, radishes, parsly, cauliflower or Brussels sprouts, ripe or dry figs, nuts.

131

Tuesday Supper

Lettis, spinach, cottage cheese, parsly, raisins.

132

Wednesday Dinner

Ground artichokes, cucumbers, green onions, parsly, turnips, dates, nuts, garden mint, rubarb juice.

133

Wednesday Supper

Lettis, tomatoes, parsly, alfalfa or red clover, watercres, figs.

134

Thursday Dinner

Beets, potato shredded or grated, parsly, dandelion, green onions, cucumbers, cabbage, appl juice.

135

Thursday Supper

Potcheese, lettis, parsly, raw peanuts, hony.

136

Friday Dinner

Peas, carrots, parsly, celery or fennel root, green onions, radishes, nuts.

137

Friday Supper

Lettis, parsly, watercres, tomatoes, cheese.

138

Saturday Dinner

Endive or chicory, Brussels sprouts, parsly, beets, garden mint, grape juice prest from fresh grapes.

139

Saturday Supper

Lettis, parsly, cottage cheese, raisins or figs, nuts, bean sprouts.

one hundred thirteen

WHY SALT?*

Salt, Sodium Chlorid (NaCl) is a very stable substance, composed of chlorine gas, which is intensely negative, and sodium, an intensely positive, metallic element. The elements, sodium and chlorine, when united to form a molecule, still manifest their individual character by an intense molecular vibration. The molecular vibration of salt blinds the sense of taste in the taste buds just as direct sunlight blinds the sense of sight to everything that is less bright. After a continued use of salt, the sense of taste becomes so blunted to the natural and finer flavors of food that nothing savors or pleases except salt or condiments of equal intensity. For this reason salt has been commonly used to hide flavors objectionable to the abnormal or perverted sense of taste.

Salt is so stable that it cannot be digested or broken up and utilized in the metabolism of the system. It is ingested as salt and excreted unchanged. Every cell in the system that absorbs salt contracts and thereby discharges its albumin and other constructive elements. In this way it hardens the tissues in general and shrivels the corpuscles of the blood. It obstructs absorption of food and disturbs natural osmosis (the filtering through the membrane). It also interferes with secretion and excretion, prevents the formation of fibrin and dissolves the globules. It is a historic and scientific fact that salt, in connection with flesh gives rise to scurvy, salt rheum, kidney trouble and other cutaneous and constitutional disorders. The historic epidemic "Black Death" of Europe, was caused by pickled meat. Salt is one of the causes of the inflammation under the breasts, in the armpits, and under the nose.

Salt causes an irresistible thirst, which has led many a man to inebriety and dipsomania.

*Extracts from "*Unfired Food and Trophotherapy*" by Dr. George J. Drews, 1910 No. Harding Ave., Chicago, Ill.

For further particulars regarding salt refer to "*The Salt-Eating Habit*," by Richard T. Colby, published by Dr. George J. Drews.

Salt has only a few uses in domestic economy. It is indispensable in liquefying ice below the freezing point. It compels ice to absorb positive temperature when used in freezers. It is substituted for sand in salt-rubs. It is a good emergency emetic, and, if need be, an irritant. Lastly, it is a good antiseptic in substances that are not intended for food. English stockbreeders found it detrimental to the highest development of prize stock; hence they have excluded salt from all stockfood. Their stock is known to be the finest. Salt is a poison to fowls, especially to songsters. Don't try it on your pet bird.

In North Siberia salt is unknown as a food condiment.

SUNSHINE OR SHADO

Life is always what we make it,
Ever see its lofty goal,
For the frowning walls of prison,
Never yet enslaved a soul.
Tho the flesh be held in bondage,
Yet the spirit heeds the call
To reach out and find the *Sunshine*,
Or the *Shado*, of the wall.

Are you thinking of the winter,
With its skies of sullen gloom,
Or the golden skies of springtime,
When the roses are in bloom?
Does your mind dwell on the autumn,
When the leaves turn brown and fall;
Are you living in the *Sunshine*,
Or the *Shado*, of the wall?

Are you wasting tears and heartakes
On the failures of the past?
Cheer up now, make resolutions
To be victor at the last.
Do you still possess the manhood
That you had before your fall;
Are you working in the *Sunshine*
Or the *Shado*, of the wall?

—Ollie James Watts,
In "*Higher Humanity*."

THE OLD ABUSED STOMAC

(With Apologies to The Old Oaken Bucket)

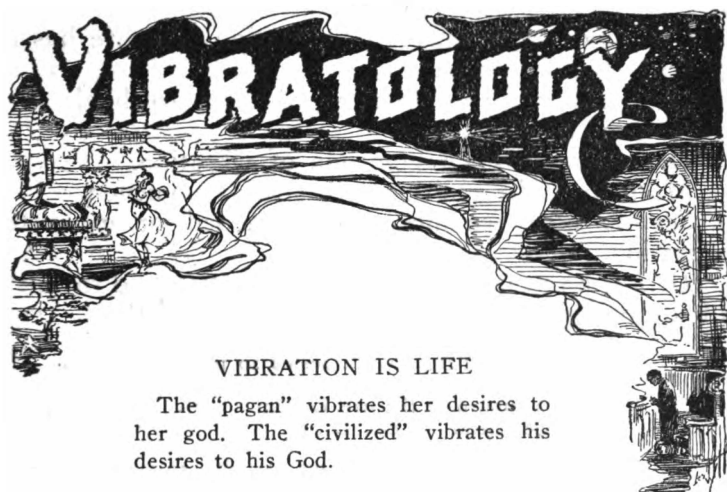
How dear to my hart ar the whims of my stomac
When acute indigestion presents them to view!
Each idiosyncrasy proves entertaining
To me tho they be of no interest to yu.
On things that I can eat,
And things that I can't eat,
The things that I must eat
Alone do I dwel,
And when I hav eaten, I wish that I had not
When frends of the evils of food fondly tel.

How dear to my hart ar the anti-food lectures,
The lectures on "frendly" and "unfrendly" germs;
The poisons of food and the dangers of eating
Ar pictured so strongly in unmesured terms.
The things that I would eat,
The things that I should eat,
The things that I once ate —
Each one they forbid,
And sadly I turn to the nuts and the raw food
In which they say virtues of healing ar hid.
—CLARA COX EPPERSON, in *Life*.

HIS IMAGE

Men speak of God, a Thing so far away
They could not reach Him in a year-long day;
As one apart from them on whom appeal
Might hav effect upon their woe or weal.
God is not "god," unto Himself complete,
A being, man-like, 'dorn'd with hands and feet,
Brooding in state upon sum misty cloud,
Whim-fild and jelus, haughty, vain and proud,
With countenance that only saints may see!
God's everywhere—and best of all in ME!
A million faces mark the face of Him;
Your face and mine; that poor face scard by sin;
A million voices and a million hands,
Each part and parcel of His Image stands,
For God includes each grain of sand or sea.
All things IN Him, He *dwels* in yu and me.

—L. V. Jefferson.



In these days of "Advanst Thot," we hear the term, "Vibration," a great deal. It is being used almost generally among those who teach occult sience becaus there seems to be no other term to express the caus of certain fenomena.

Those who hav red my larger works on this subject wil kno that I believ that all life is merely an interpretation of varius processes of vibration, and that it is only vibration, or a rate and mode of motion, that differentiates one substance from another.

As I could not find a word to cover my interpretation of the word vibration as I understand it, I coind the word, "*Vibratology*." This word cums from the Latin word *vibrare*—to vibrate, and the Greek word *lego*—to speak and in its broad sense means a *treatis on vibration*. *

*My book, "*The Natural Way or My Work, Seventeenth Edition*," goes into this subject quite fully, and I would refer those who wish to go into the subject further to that book.

Under the hed of *Vibratology* all remedial agencies can be clast. All fenomena of Nature can be clast under the same hed.

Creation is a fenomena of vibration. All life has its genesis from vibration.

Evolution of life from germination to birth is a fenomenon of vibration.

Development is a fenomenon of vibration.

Maturity is the zenith of vibratory fenomenon.

Senility is a fenomenon of retarded or exhausted vibration.

Deth is a cessation of mundane vibration and the birth of a more specialized vibration.

"There is no deth! What seems so is transition.

This life of mortal breth

Is but a suburb of the life Elysian

Whose portal we call Deth."

Putting it in another way, we might say that we ar concievd by an act of vibration; we ar born by an act of vibration. Our whole life and all fenomena connected with it ar different forms of vibration; and the cessation of erthly life is merely a change in vibration.

Imagin, if yu can, the time when all space was one great "void," when all the fundamental entities of matter wer as "ethereal" as space itself. These entities, for sum reason that no human has yet been abl to explain, must hav been in constant motion or vibration. Littl by littl they attracted each other until the beginning of a world was in process. This elementary world or planet was no larger than the hed of a pin, but in comparison with its entities it was as great as our telescopic universe. This particl, made up of innumerabl entities, attracted other entities to it until after ages and ages of vibration great powers wer accumulated — powers that ar greater than mortal mind can imagin.

After countless trillions of years, one planet or world after another was formd, each held in its own relation

to the other by the power that it accumulated thru all these endless eons of time.

As ages and ages went by, specialized vibration was evolvd, and in its trail forms of life wer developept. These specialized vibrations in time had an influence upon other forms of vibrations, and so on thru all the ages one vibration has influenst another vibration until we hav "the erth and all that in it is" as sum of the products of specialized vibration.

Vegetation is only another form of vibration which differentiates it from the erth in which it grows.

Animal life is simply another specialization of sum vibratory force.

It can be redily seen that when we ar dealing with vibration, we ar dealing with all that was, is and wil be.

If we could kno how the fundamental entity of matter had its being, we would understand the secret of life.

Everything that has motion is matter, and whether we can weigh it or not, it is matter just the same. We ar educated to think that all matter has weight. Perhaps it has, but not weight in the sense of the term as we understand it.

Thus, for exampl, we cannot weigh thots, but "*thots ar things*." That is, they vibrate, and they hav an appreciabl effect upon all matter. All animal life expresses its joy or sorro by different forms of vibration. The dancing girl of ages gon by exprest her joy in the same manner as the dancing girl of the present time. The worshipper of idols of centuries ago exprest his suplications in the same way as the worshipper of modern times expresses his desires in prayer to the Architect of the Universe.

The birds express their joy in the vibration of song, and the child expresses its joy in like manner. The kitten expresses its joy in the vibration of play and the child does likewise.

The mourners at the bier express their sorro thru vibration. Love is an expression of vibration, while

soror is another expression of vibration, and anger is still another. In other words, all *emotions* as well as all *motions* are simply phenomena of vibration.

It can be seen that in the word, *Vibratology*, we have a term that covers not only all remedial agencies but all destructive agencies. If we could but understand the fundamentals of vibration, we would understand life itself.

When the cells of the body vibrate, they generate a form of vibration or motion. This might be expressed as **DESIRE**.

I believe everything in all life is the product of *Desire*, or the natural product of necessity. For example, the crudest form of vegetation *desired* more breathing capacity, and therefore the leaves were developed.

In animal life, the *desire to taste* or differentiate food must have been present before the evolution of the sense of taste. The *desire to feel* must have been present before the evolution of the sense of feeling was developed. The *desire to smell* must have been expressed before the sense of smell was granted. The *desire to see* must have been present before the development of sight. The *desire to hear* must have been expressed before the organs of hearing were developed.

In other words, *all evolution is the product of Desire*, taken in the broad sense of the word.

Sum will say that *Desire* belongs only to animal life, but I believe that vegetation also possesses that attribute. *Appetite* is one of the meanings given for *Desire*, and we know that plants have an appetite for water or their special food. This is well illustrated by the manner in which the roots reach out for the food the plant *desires*. I once dug up the skeleton of a horse buried years before. While digging it up, I found sum roots, and as no vegetation was anywhere near the spot, I looked around to see from whence the roots came. I finally traced them hundreds of feet away to a grapevine. The "*soul*" of this grapevine must have had a *desire* for sum of the elements in that

skeleton, or it would not hav sent its tentacles that great distance to obtain it.

Recently I had sum excavation done where water had drained for several years. In this excavation I found roots of palm trees that wer nearly two hundred feet distant. The palm trees *desired* water and by sum unexplainabl force they wer abl to push their roots out thru the hard adobe soil until they reacht this place where the ground was wet. Had there been no water pourd there these roots would never hav gon there, becaus where there was no water there wer no roots.

These ar only two illustrations of hundreds that I could giv to make my premises sound when I use the word *desire* for inanimate life as wel as for animate life.

Thot is a specialized vibration which puts into concrete form *Desire*. Therefore I shal briefly discus *Thot Vibrationology* becaus of its importance in one's wel being.

The effect of *mind over matter* is greater than many dream. Therefore anyone who wishes to obtain helth and retain it, or in other words obtain YOUTH and retain YOUTH, must cultivate the right manner of thinking.

LOVE'S AGE

"Love's old as the world," yu say?

Nay, dearest, that is far too yung.

Wer Love no older than this tiny, whirling part —

But lately born — of the great universe,

True wer the pagan ges

That made a thotless boy at play,

Wounding poor mortals with his golden dart,

The type of Love. Aeons ere the erth was flung

Forth from the sun, to be the stage where we rehearse,

Deep in the fathomless

Abiss of primal Space — its living Hart —

Love dwelt alone, older than Nite or Day;

For God is Love, and Love is God.

—Anon.

THINK

"As a man thinketh, so is he."

Just at this time we ar hearing and reading a great deal about "*spiritual healing*," "*mental healing*," "*thot transference*," *thots ar things*" and allied subjects.

For sum reason or other, this subject has been clast under the hed of "*New Thot*." Just why, I cannot understand, becaus in the ritings of the old filosofers, we see every indication of their belief in what we now term, "*New Thot*." So, wer I to hav my choice of terms, I would say "*old thot*," "*original thot*," or "*natural thot*."

Very few peopl *think*. They acquire the habit of reading, but the faculty of thot dies from disuse atrofey. Not long ago when a frend of mine herd that I was riting on sum of these subjects, he askt me if I would not like to borro his library of books on "*New Thot*" and allied subjects. I told him that I did not becaus if I *red* on that subject I might copy the thots of others and forget to think on my own account. It is much easier to ride up hil than it is to walk up hil, and it is much easier to copy than it is to think.

A few months ago I had occasion to look up sum special subject in therapeutics. I lookt thru a large library of books on the subject, and altho I traced it back for about fifty years thru more than that number of authors, I found not one new idea exprest — all was copied from the first riter, who was evidently the only *thinker*.

Thots ar things. I wish I could impress upon every reader of this book the fact that *thots ar things* and can be as dedly as the most poisonus gas, or as life-giving as sunlight. We often hear the expression that there is nothing new under the sun, and in one way that is true, becaus what we call "new" is the product of a specially differentiated *thot*.

I want my readers to be imprest with the fact that there is such a therapeutic agency as *thought* or *desire*.

If the body be made well and the mind remain unchanged, the person will still be sick. In other words, unless the mind work in unison with the body, one cannot expect to receive relief. It is for that reason that I want to impress forcibly the fact that if one wish to obtain health he must *desire it*, putting his mind on it and working with the *faith* that he will get well.

No one should ever go to a physician for treatment unless he have faith that the physician can help him. It is worse than throwing away time and money. A person should believe that he can attain to something, and then work with all his might and energy to reach that goal.

To attempt to recover from an illness and still believe you cannot recover, puts you in a hopeless condition, because "*as a man thinketh, so is he.*"

It matters not under what name a method of healing may travel, if it give aid to the patient either bodily or mentally, it is a good method, and *it is the duty of every physician to employ every means at his disposal for treating the sick and comforting the afflicted.*

The time has come when we must not close our eyes to *facts as they are*, or to conditions as they are today. Do not scoff at any method of healing, but study it and learn what there is of merit in it. By so doing you will be able not only to benefit yourself, but to benefit others.

Often sick persons are kept sick by having a nurse or someone about them that annoys them or has a bad effect upon them in some manner. If aware of this, it is the duty of the physician to remedy it.

If one have sunlight in his soul, that sunlight will be reflected from his face to others and thus lighten the way. If, however, one be pessimistic and have clouds within, those clouds often throw a pall over those with whom they come in contact. Those who are taking care

of the sick or afflicted should be optimistic and cheerful in order that they may shed sunshine upon the patient.

PRAYER

Who pants and struggles to be free,
Who strives for others' liberty,
Who failing, still works patiently,
He truly prays.

Who loving all dare none despize,
But with the worst can sympathize,
Who, for a truth, a martyr dies,
He truly prays.

Who, when a truth to him is known,
Embraces it thru smile and frown,
Who dares to hold it tho alone,
He truly prays.

In musing strength must cum to dare,
Petitions ar but empty air,
Brave action is the truest prayer,
Thus learn to pray.

—A. B., in *Higher Humanity*.

BIO-DYNAMO-CHROMATIC

DIAGNOSIS AND THERAPY

"The B.D.C. System"

Inasmuch as many physicians have adopted my Bio-Dynamo-Chromatic method of diagnosis (B-D-C system), and because many magazines have published accounts of it, it might be of interest to my readers to know just what it means.

The word Bio-Dynamo-Chromatic comes from the Greek words *Bios*, meaning life; *Dynamis*, meaning force; *Chroma*, meaning color. Therefore it signifies the application of physical forces through the living body, as interpreted by colors.

We all know that the magnetic needle is held in its position by means of some unseen force. Years ago I concluded that it was this same force that enabled the carrier pigeon to find its way home. I found if the pigeon had tuberculosis, it could not find its way home. I later found that all birds were affected in the same manner.

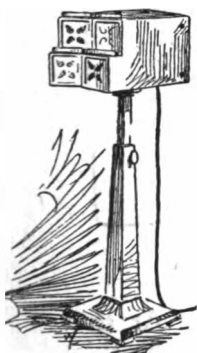


Figure 77

I also discovered that the tension of the blood vessels was different when a person faced east or west in a dark room than when he faced north or south, provided he was not suffering from any disease or toxemia. On the contrary, if he was suffering from any toxemia the magnetic-meridian energy would have no effect upon the blood vessels.

I then learned that radiating light through a certain color would cause the blood vessels to have a "normal" tension

when a person faced from east or west to north or south, if he wer suffering with tuberculosis. I later found another color would produce the same result in a person

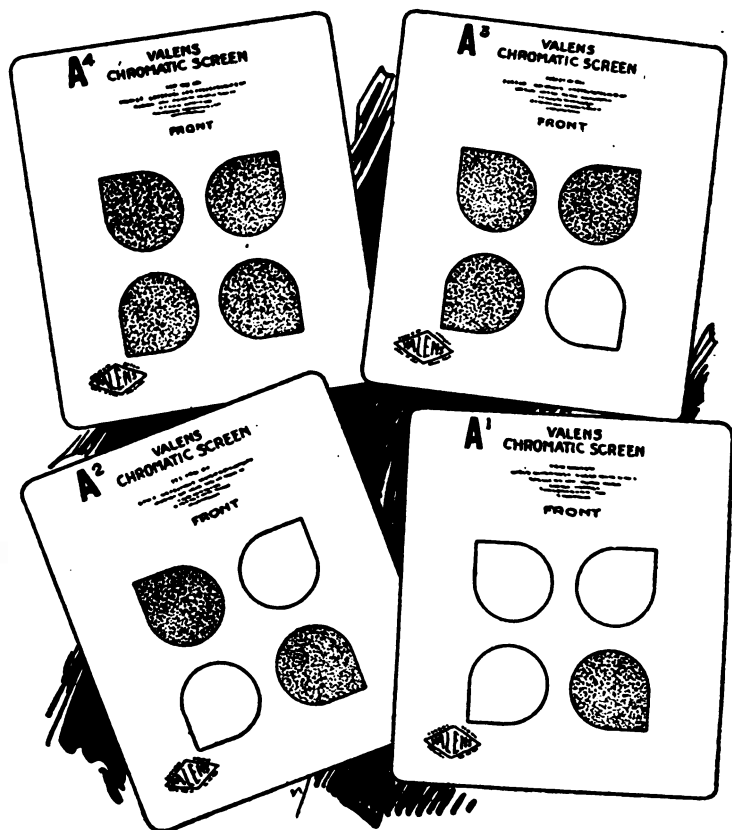


Figure 78

having cancer, another for syphilis, and so on. At the present time I am abl to distinguish *any* toxemia by this method, becaus only one color vibration wil temporarily normalize an abnormal condition in a person, and by kno- ing what color temporarily normalizes any given diseas

one is able to determine just what the disease is by following out a certain technique.

This method can be used not only for *diagnosing* diseases, but it is being used very successfully as an adjunct in *treating* diseases (Bio-Dynamo-Chromatic Therapy).

Fig. 77 shows one of my B-D-C diagnosing outfits and Fig. 78 shows sum of my B-D-C screens.



JAPANESE SUNFLOWERS

327 South Alvarado Street, Los Angeles, Calif., 1920

Blossoms are one solid mass of brilliant yellow.

CONDENST OUT-OF-DOORS TREATMENT

Inasmuch as so many of the leading magazines have spoken of my work under the term of *Condensé Out-of-Doors Treatment*, I have adopted it as a general term covering the methods I use and teach to physicians.

The term includes exercises, hygien and dietetics as outlined in this book. In addition, it includes treatment by powerful incandescent lamps, actinic rays, color, oxygen vapor, spinal manipulation, vibration, etc.

"Business is Business, But Men or Men."

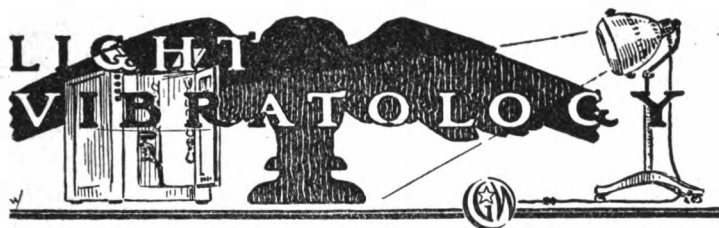
Business is business, but men ar men,
Working and loving and dreaming;
Toiling with hammer, or brush, or pen,
Roistering, planning and scheming.

Business is business, but he's a fool
Whose business has grown to smother
His faith in men and the Golden Rule,
His love for a friend and brother.

Business is business, but life is life,
Tho we'r all in the game to win it.
Let's rest sumtimes from the heat and strife
And try to be friends for a minit.

Let's seek to be comrads now and then
And slip from our golden tether;
Business is business, but men ar men
And we'r all good pals together.

—Berton Braley,
In *"Higher Humanity"*



We all know that sunlight is Nature's remedy, but we cannot all get pure sunlight. It can be had only at high altitudes above the dust that circulates in the air.

Thirty-nine years ago I began developing a system of powerful light therapy and used some of the first filament lamps made by suspending them under a new, bright dishpan. I also built the first electric-light-bath cabinet, constructing it from a barrel. This beginning of electric-light therapy is illustrated in Fig. 79.

Fig. 80 represents the very latest radiant-light-treatment lamp and bath cabinet that I have been interested in developing. They are known as the *Burdick Deep-Therapy Lamp* and the *Burdick Electric-Light-Bath Cabinet*.

Fig. 81 shows three of these wonderful lamps radiating their powerful rays from specially built globes on a patient lying on a tilted table. The table being tilted in this manner allows *gravitation* to aid in reducing congestion in the pelvic organs or in the lower extremities.

In this manner, one not only utilizes the "condens-

one hundred twenty-nine

sunlight," but gravitation in producing relaxation and equalizing pressures within the body.

Fig. 82 shows a patient on a flat tabl with five of the powerful deep-therapy lamps radiating light over him. The bare body exposed to the air can stand an almost unbelievabl amount of light on it and remarkabl results ar obtained therefrom.

The light from these lamps penetrate the whole body and powerful light is the most wonderful agency for rectifying faulty nutrition and overcumming anemia, tuberculosis and all manner of diseases. It is in reality *the natural way*.

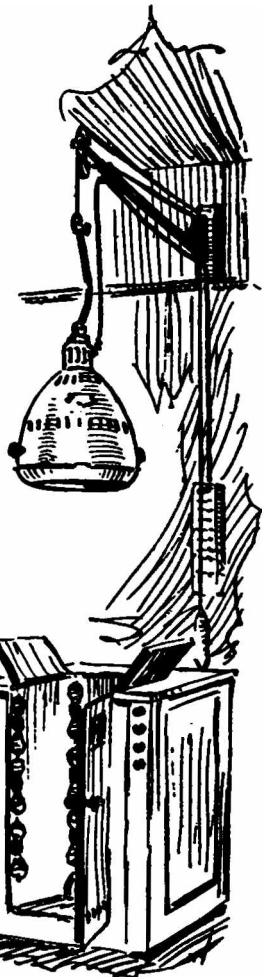
Fig. 83 illustrates a baby being treated by one of these powerful deep therapy lamps.

Actinic rays, or *ultra-violet rays*, from mercury-vapor lamps represent the chemical rays in sunlight that wil not pas thru glas.

These *actinic rays* ar produced by the vapor of boiling mercury inside of quartz tubes. The development and use of such lamps has markt a new era in Light Vibratology.

Fig. 84 represents the Hanovia "Alpine Sun" Lamp (quartz, mercury-vapor lamp), and Fig. 85 represents the latest model of the Burdick Quartz Mercury-Vapor Lamp.

These lamps produce the most powerful rays that



-1920

Figure 80

wil not pas thru glas, but wil pas thru quartz. The rays from these lamps ar the *ultra-violet* rays which ar not to

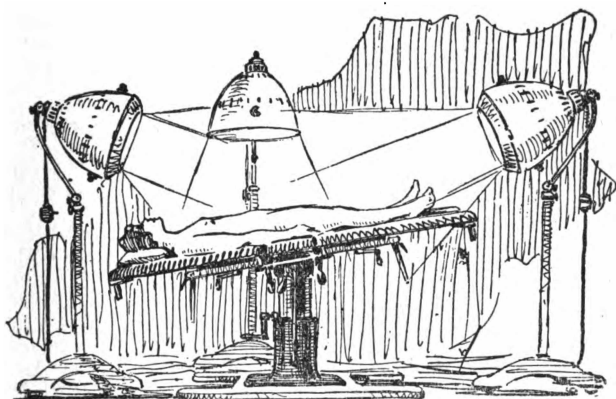


Figure 81

be confounded with the so-cald "violet rays." The latter hav no chemical value. They simply giv a purpl color

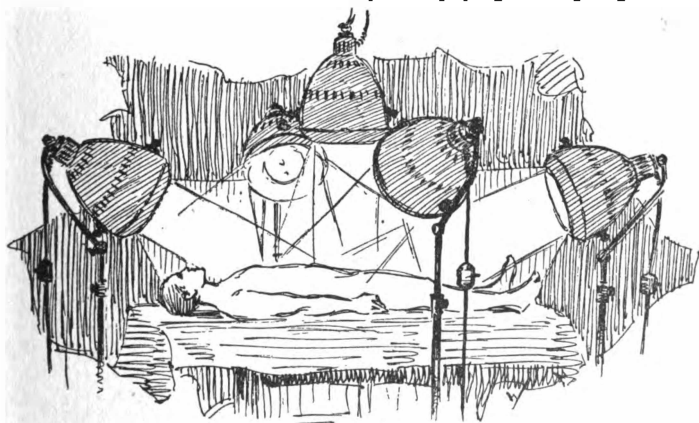


Figure 82

and make the skin tingl. One must remember that the *true ultra-violet* rays wil not pas thru glas to any apreciable extent.

In order that my readers may not be confused about these rays I do not use any of these "violet" terms. In describing my work with these rays I designate them as *actinic rays* or actinic light from quartz, mercury-vapor lamps.



Figure 83

Actinic rays tan the skin as deeply as sunlight and produce wonderful results in nearly all cases of *anemia*, *tuberculosis* and all manner of *skin diseases*.

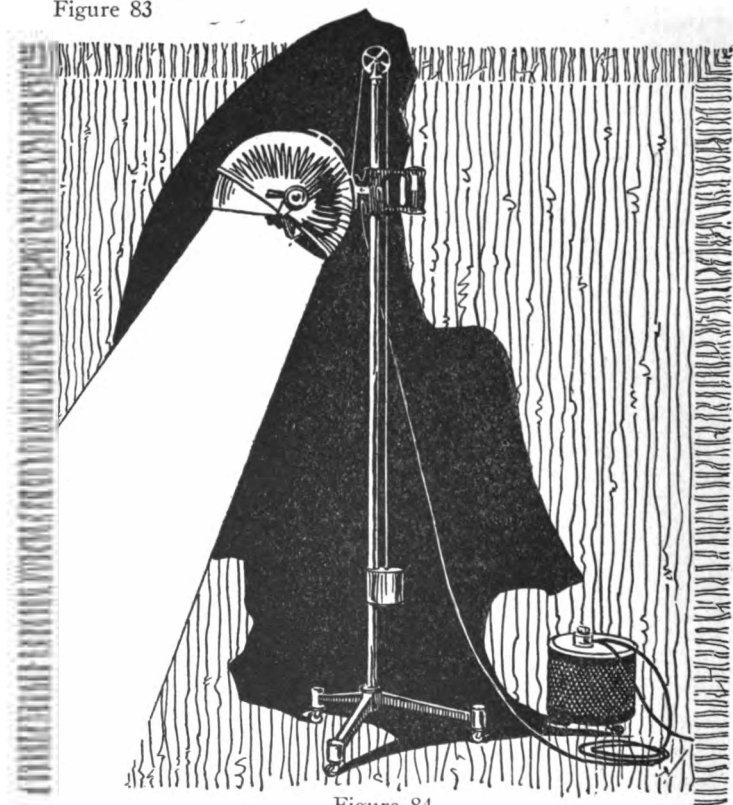


Figure 84

The air in a room where a quartz, mercury-vapor lamp is burning is changed so as to be almost the same as the air on high mountain peaks, and one can "smel" the light from these lamps and can liken it to the air folloing a thunder storm in the mountains.

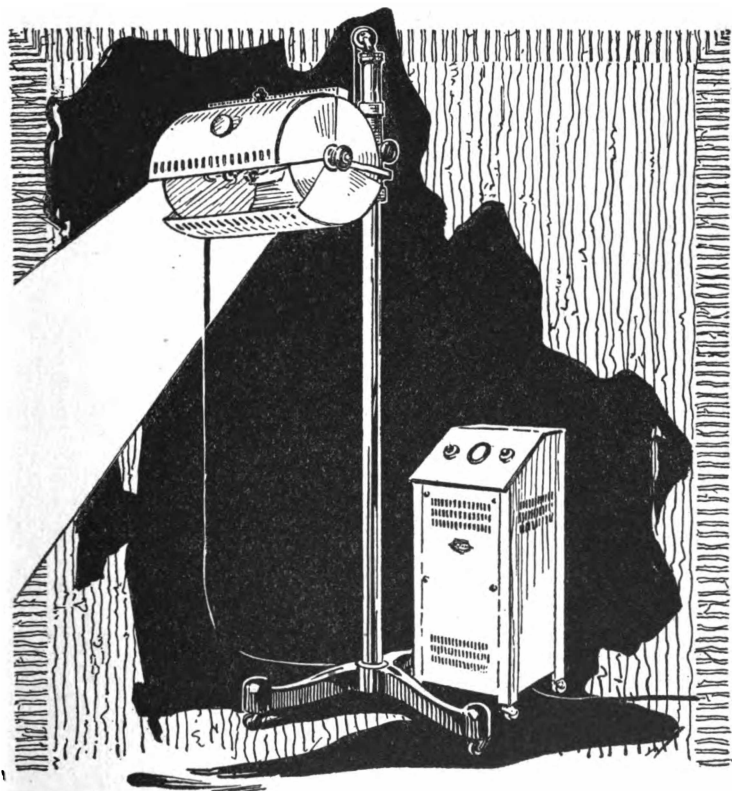


Figure 85

My method of using these quartz, mercury-vapor lamps is to *combine* their rays with the rays from the deep therapy lamps as illustrated in Fig. 86. This Fig. 86 represents the very latest tecnic in utilizing all the rays that one would get from the sun in the open at high

altitudes and gravitation, the patient lying on a tilted table with the head lower than the feet.

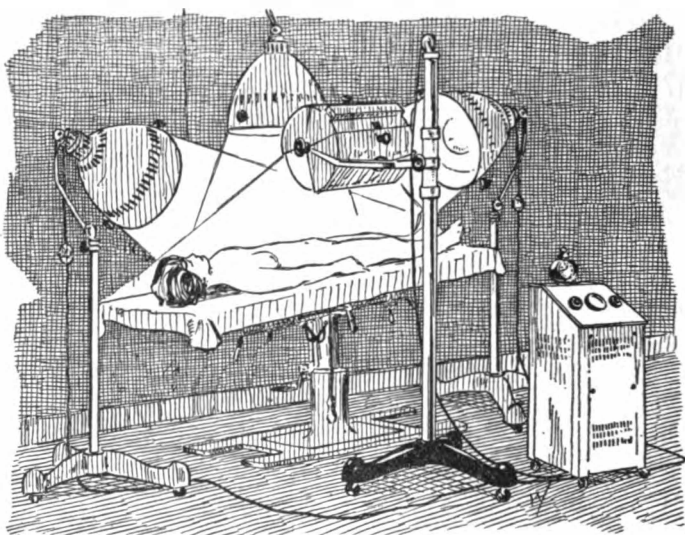


Figure 86

Another type of quartz, mercury-vapor lamps is represented in Figs. 87 and 88. The one is known as the

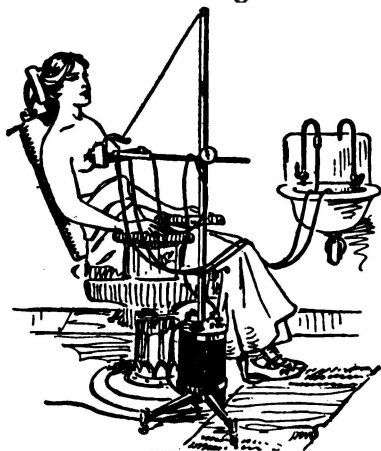


Figure 87

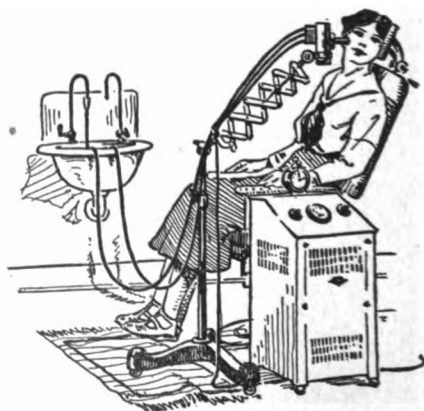


Figure 88

one hundred thirty-four

Kromayer Water-Cooled, Quartz, Mercury-Vapor Lamp, and the other as the Burdick Water-Cooled, Quartz, Mercury-Vapor Lamp.

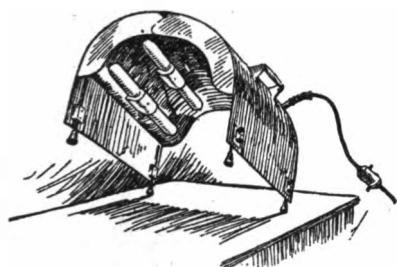


Figure 88a

These lamps produce most powerful actinic rays and are water-cooled so the applicators are cold and can be used in close contact with the skin for treating cancer, lupus, enlarged glands, tuberculous glands, and all kinds of diseases of the nose, throat, urethra, vagina and rectum. Marvelous results

are achieved by the use of such lamps.*

Fig. 88a represents a Burdick Light and Heat applicator. It can be used over a person in bed.

Fig. 89 shows the latest Electric-Light Sitz-bath chair.

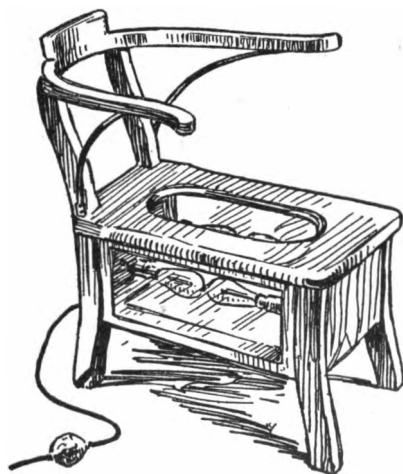


Figure 89

*A complete treatise on Radiant Light and Actinic Light Therapy and Color Therapy, giving the latest technique with the newest lamps, is given in my book, *"The Natural Way or My Work, Seventeenth Edition."*



Color is universal and is the music of the universe. As such, it can bring joy or sadness to those who cum within its vibrations. Without color the monotony in Nature would be unbearabl.

Color is another of Nature's therapeutic agencies, and it can be utilized in a most remarkabl manner in keeping a person wel or in restoring one to helth.

There ar two distinctiv methods of obtaining the effects of color, one by *mobil color*, that is, by radiant light being past thru colord silk, parchment, glas or other media; and the other by colors being *reflected* from draperies, paper, ceilings, etc.

Color Therapy occupies a very important place in modern natural therapy.

OXIGEN VAPOR

Oxygen Vapor

The term, *oxigen vapor*, was first coind by me and used in my lectures and ritings to describe an oily vapor produced from the pinus group of oils carrying availabl oxigen.

Oxigen vapor is in no sense a drug or medicin. It is radically different from drugs in that it strikes to the very root of diseas in a perfectly rational and natural manner.

one hundred thirty-six

Oxygen vapor is a part of my Condensst Out-of-Doors sistem of treatment.

"Go to the mountains" is often the advice given to patients who ar not "up to par," but this is more easily said than done. Not every one can leav business and home. Neither has every one the cash required to meet the expense of such traveling.

"Mountain air" means clear, fresh air laden with oxygen that is easily taken up by the lungs.

Oxygen vapor differs from mountain air mainly in the degree of strength.

Oxygen vapor is generated by means of oxygen - vapor generators, one style of which is represented in Fig.

Figure 90

90, and another style is shown in Fig. 91.

The oxygen vapor is produced by breaking the air up by means of a high-frequency electical current. This air is then drawn by the patient thru certain essential oils which will take out the nitrogen products in the air and let only the oxygen products pas thru. Thus the patient exercizes the lungs in drawing the air thru, and the air so drawn thru is what the blood requires.

I usually giv oxygen-vapor treatments in connection with Intermittent Colord-Light treatment, as shown in the Figs. 90 and 91.



Figure 91

SPINAL REFLEXOLOGY

Or Treatments Thru the Spine

LAW OF JOINTS—*McManis*

In the degree that the flexibility and activity of a joint (including spinal joints) falls below normal, so will the blood supply to that joint and adjacent tissues (including the segments of spinal cord in relation) be impaired.

In addition to powerful Radiant-Light treatment, Color treatment and Oxygen-Vapor treatment, and other physical modalities, I make use of one of the oldest methods of treatment known namely, *Spinal treatment*.

We are more and more becoming aware of the fact that irritation of the nerves about the spine can produce ill effects in all parts of the body. Therefore one should never lose sight of the fact that treating the spine is of inestimable value.

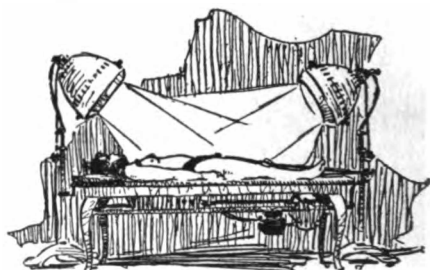


Figure 92

Figs. 92 and 92a illustrate one of the most effective and modern methods of treating not only the spine but the entire body by means of powerful radiant light and *intermittent traction*.

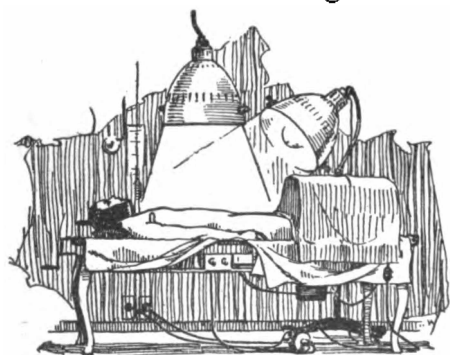


Figure 92a

The table represented in these illustrations is known as the *Reisland Therapeutic Traction Couch*. It is electrically operated and gives rhythmic traction to the spine in such a manner that only good effects can come from it.

Fig. 93 represents the *McManus Traction and Spinal*

Treatment Tabl. It is the most elegant treatment tabl made. I use it in conjunction with powerful light. Fig. 94 represents the *McManus Treatment Stool*.

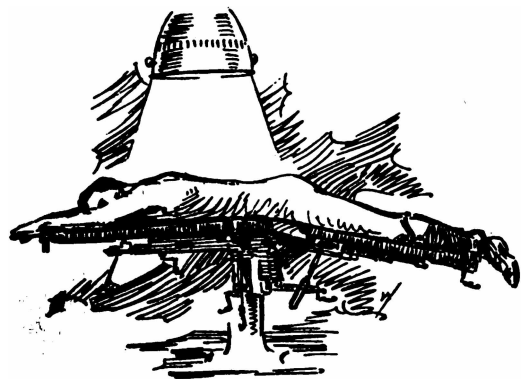


Figure 93

There ar many other tabs, stools, chairs and traction couches for treating the spine, but these represent their respectiv classes.

A treatment device or exercizer that is in a clas entirely by itself is represented in Fig. 95. This is known as the *Mac Kinnon Exercizer*. It can be used by the

physician or by the patient. Many persons now hav these exercizers in their own homes for self treatment.

This exercizer, or therapeutic device, is made to fit the back in a most remarkabl manner and it is so constructed that when the person lies down in it, it wil wobbl in one direction and then immediately right itself and go in the other direction. In so doing it stretches the spine and abdominal musls and exercizes the viscera.

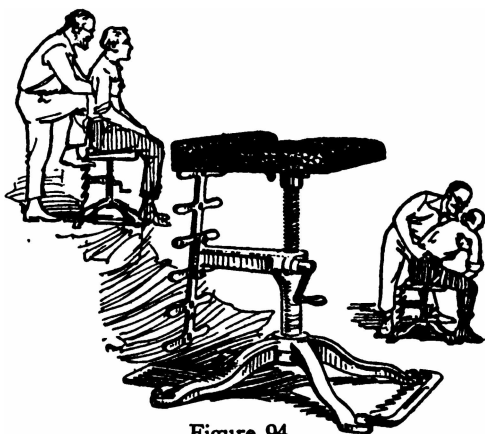


Figure 94

Many other adjuncts, such as sinusoidal therapy, pul-

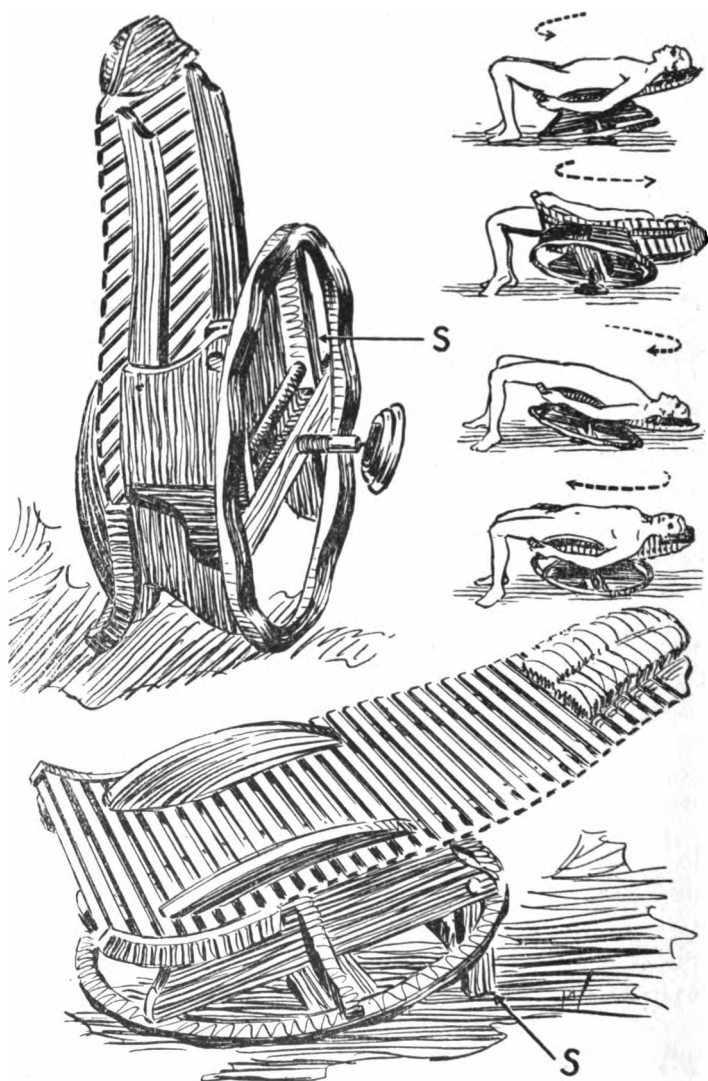


Figure 95

soidal therapy, vibration, magnetic-wave therapy and galvanism are used by the most up-to-date physicians in aiding Nature to relieve suffering. Sum of the devices and machines that I use are shown in Figs. 96 to 103 inclusive.

THERAPEUTIC SPINAL CONCUSSION

Vibracussion.

Fig. 96 illustrates one of the many methods that I employ for treating the spine. This is termed *Therapeutic Spinal Concussion*, and is the most ancient of all methods for treating thru the spine.



Figure 96

Fig. 97 illustrates a powerful vibrator with special spinal vibratode. By employing therapeutic concussion along with vibration, I have a modality (Fig. 97) that I have named *Vibracussion*. The term, *Vibracussion* is employed by musicians to designate the art of playing instruments that require a mallet, such as the xylophone, marimba, chimes, etc. I have used the term *Vibracussion* to describe the technique of using vibration and concussion in unison. This system, along with powerful radiant light, produces beneficial results that are quite phenomenal.

Oscillation is a peculiar form of vibration that treats the whole body and is of great benefit for reducing fat and general

Fig. 97 illustrates a powerful vibrator with special spinal vibratode. By employing therapeutic concussion along with vibration, I have a modality (Fig. 97) that I have named *Vibra-*



Figure 97

stimulation. Fig. 98 represents the *Vibrato-Masseur*, one of the oscillators I use.

PULSOIDAL THERAPY

Years ago I discovered that treating the body with rithmical pulsations—four times the respiration—by means of electricity, would produce marvelous results.

The modality I termed *Pulsoidal Ther-*



Figure 98

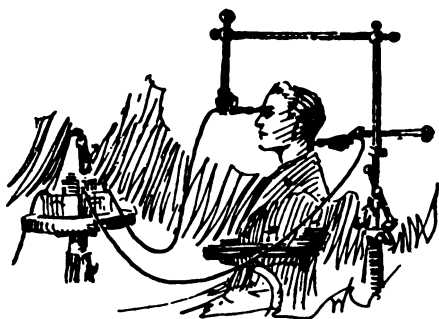


Figure 99

apy because the correct rate of the pulse is four times the respiration.

Fig. 99 shows how I treat the eyes and upper spine by this method.

Fig. 100 shows how I

treat and often cure, infantile paralysis.

Fig. 101 shows how I treat other forms of paralysis by the pulsating waves of the sinusoidal currents adapted to contract the muscles four times during each respiration.

Fig. 102 illustrates the use of the *Pulsoidal Current* and powerful radiant light used together in treating thru the spine.



Figure 100

ARTIFICIAL MAGNETIC VIBRATOLOGY

Artificial Magnetic Vibratology.

I have already mentioned the fact that *natural* magnetism has a decided action upon the human organism. This is shown in the development of my Bio-Dynamo-Chromatic method of diagnosis and therapy, grounding a person while sleeping, and the direction of a person's head when sleeping.

Treating diseases by means of artificial magnetic currents has been used for years with more or less benefit according to the apparatus used and technique employed.

Fig. 103 represents the Bachelet Magnetic Wave Generator. This is a wonderful apparatus and produces wonderful results for high blood pressure, kidney diseases, and generally disturbed metabolism.



Figure 101

CHIROPRACTIC

Chiropractic is a term designating the treatment of the spine by means of the hands. The art has now been developed to such an extent that great good can be accomplished by it.

In my book entitled "The Natural Way, Seventeenth Edition," I illustrate the treatment of the spine as I witnessed it when only a child, and as taught by my first preceptor in 1883.

Treatment of the spine is one of the oldest methods of treatment known, and every physician should know sum-

thing about it if he wishes to do all he can for his patients.

OSTEOPATHY

Osteopathy is another sistem for treating the spine and bony joints. There is much good in it and Figs. 93 and 94 sho sum methods of giving osteopathic treatment.

This also is a modality that every physician should kno sumthing about in order to do all that can be done for his patients.

A true physician wil not hesitate to use any method or adjunct that wil be of benefit to his patients.

OBSERVATIONS

My readers wil see that I believ diet, exercizes and hygien as outlined in this book ar of the first importance

in treatment, and in nearly every case they wil prevent diseas as wel as cure it. There ar, however, instances when auxiliary mesures ar needed and I believ the best ar those alredy cited.



Figure 102

There ar sum conditions that I wish to lay special stres on, and first ar *diseases of the digestiv tract*, especially diseases of the stomach and

bowels. My observation as a general diagnostician has taut me that the majority of all diseases outside of veneral diseas ar due to derangements in the digestiv tract. Therefore I want to call attention again to the importance of the exercizes illustrated in Figs. 1 to 10, but especially the exercizes shown in Figs. 1 and 3.

Sum of the worst cases of stomach diseases that I have ever had to treat have been helped more by these two exercises than by any others.

The number of meals a day is a mooted question, but from my experience I believe two tablespoonfuls of food of the right kind, taken every two hours if possible, will rectify sum of the most severe cases of catarrh of the stomach. Eating only one meal a day at night is entirely wrong because the patient is sure to eat too much. Overeating at a single meal is probably one of the primary causes of stomach catarrh as well as catarrh of the intestines.

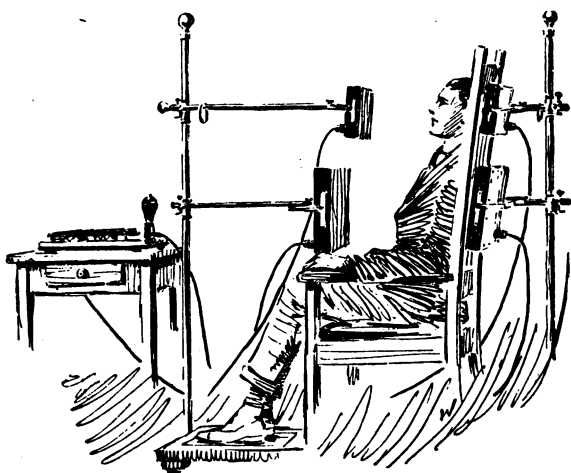


Figure 103

I have had many patients who had followed the "no-breakfast" plan and the "one-meal-a-day" plan, but they got worse all the time. I was able to cure them very soon by having them eat not more than two tablespoonfuls of food every two hours.

If a person will eat only a small amount once or twice a day, that is one thing, but I never have found anyone who will do that. It is alright in theory but not in practice.

I hav not said much about the use of *popcorn* in this book, but fresh popcorn without any dressing, if taken in small amounts (one or two tablespoonfuls every hour), wil often cure cases of nervus dispepsia, burning in the stomach, and bloating caused by gas.

For *seasickness*, or the *nausea of pregnancy*, popcorn used in this manner is almost specific. I hav the patients keep a box right by the side of the bed and take a small handful and chew thoroly and slowly before they attempt to get up.

It is unnatural to eat by the clock, but custom seems to make it imperativ.

Small amounts at a meal is the keynote, and by a small amount I mean two tablespoonfuls of raw food, as outlined in this book. This method is for *remedying* the malcondition.

For those who ar not suffering from any stomach trubl, probably eating three times a day, as outlined in this book, and eating only a *moderate* amount, is the best plan becaus of habit and general conditions—*not* becaus it is natural.

In all the conditions named, I giv one general set of directions which aply to each of the conditions named unless otherwise specified.

Omit all tea, coffee, chocolate and cocoa.

Eat nothing made from white flour.

Eat no unnatural sweets, especially refined sugar.

Do not eat meat—this does not refer to fish.

Do not eat nor drink anything with glucose or sacarin in it.

Do not eat mushes.

Do not take anything made from coal tar. This especially aplyes to *asperin* and all of the drugs of a similar formula under different names.

Do not use tobacco in any form.

Do not use cigarets.

Do not use any narcotics.

Do not use any vaccins, serums nor "intra-venus" medication. None of them ar necessary and none of them do any good in the long run. If they apparently help one condition, they wil create another condition that is worse. They ar entirely unnatural.

Do not be afraid of catching any diseases. Fear is the worst dis-eas of all.

Eat only one-fifth as much as yu think yu need.

Exercise regularly and sistematically.

Be happy that yu don't hav so much trubl as sum other fello.

As much as possibl, adhere to a raw diet.

Do not eat yeastcakes. Yeastcake dispepsia is alredy here.

Under the old sistem of arranged diet, sientists classified food into protein, carbo-hydrates, fats and mineral salts, but they faild to em-fasize the fact that the salts must be in natural combination (vitamins) or the life-sustaining property of the food would be nil.

The value of citrus fruits lies not so much in the amount of proteid, carbo-hydrates, fats and mineral salts containd therein as in the effect they hav upon the general nutrition or metabolism of the person partaking of them.

The value of food cannot be mesured by "calories" but by its general effect upon metabolism. Often food of very lo "calorie value" is most essential and beneficial in sustaining life.

The real life in raw food can never be analyzed becaus the life element is destroyd by analisis or heat.

MEDICINAL REMEDIES

Altho I believ in natural methods in preventing and treating all diseases, I would not clas a naturopath as a "drugless" physician becaus foods ar drugs if used in that manner. The word, "drug," in a broad sense means *remedy*, and a drug does not necessarily hav to be a dope.

Sum medicins I hav used becaus experience has taut me that they helpt in the correcting of injury. Sum remedies act like a crutch in aiding Nature.

Iodin Therapy.

One of the remedies that I hav found very efficient, if taken in the exact manner that I shal outline, is *Iodin*. This remedy I find beneficial in nearly all diseases of the respiratory tract such as catarrhal conditions, bronchitis, laryngitis, neumonia, tuberculosis, and sum forms of anemia.

Iodin as wel as sulfur is very beneficial in nearly all skin diseases. The form of Iodin I use is known as "*solubl iodin*." That prepared by the Keysall Chemical Company, Kansas City, Mo., and that by Burnham Solubl Iodin Co. of Auburndale, Mass., ar two standard preparations, altho there ar many others that ar probably just as good.

I begin with one drop and work up to five for a five-year-old child, and for a fifteen-year-old child I work up to ten drops. For one past twenty years of age I would work up to twenty drops three times a day.

The method is as follos:

Begin with one drop, two drops or three drops, depending upon the age of the patient, giving it in a littl water three times a day two hours before or after any meal in which there is starch.

Increas this dose one drop a day until the maximum amount is reacht. For exampl, three drops three times a day the first day; four drops three times a day the second day; five drops three times a day the third day and so on.

one hundred forty-eight

After the maximum amount is reacht, continue with that maximum dose three weeks, after which skip three days, giving none at all, and begin at the minimum dose and work up again. Repeat this schedule as long as it proves to be beneficial.

Iodin can also be given thru the skin by using what is known as "*Stainless Iodin*," which is iodine sublimed in an oil base. That sold under the trade name of *Iodex*, I hav found to be perfect.

Sulfur Therapy.

I do not hav much faith in giving sulfur internally, but I hav faith in giving it thru the soles of the feet. I use it in many skin diseases, especially those that hav a burning sensation like *eczema*.

My plan of using it is to take the flowers of sulfur or precipitated sulfur, put it into a pepper shaker, and shake it into the bottom of the shoes every morning before putting the shoes on. Within two or three weeks sulfur so used wil saturate the body so that if one wears any gold or silver it wil turn black.

The bowels should be kept wel open with senna prunes or sumthing else while using sulfur in this manner.

Podofillin, Mandrake or May Apl.

This is often very useful for treating *torpidity of the liver*. I find that prepared in one-sixth grain granules by Abbott Alkaloidal Co., of Chicago, Ill., is very effectual.

My plan of using it is to giv one one-sixth grain granule after each meal for two or three days, or to giv two after each meal for a few days until the bowels ar quite loose, and then stop.

In sum cases of habitual torpidity of the liver, it is often wel to take podofillin pils, one or two after each meal, one or two days of each week, until the condition is reliev'd.

CLASSIFIED INFORMATION

Abortion.

The word *abortion* signifies the premature stoppage of a morbid or natural process, but as used here, it refers to the expulsion of the fetus before maturity.

Many women would like to carry the fetus to maturity but because of some weakness in the pelvic organs, they are not able to do so. If, however, they carry out the diet and exercises as outlined in this book, they will hardly ever have any trouble.

Walking on-all-fours is one of the very best procedures for preventing abortion.

Riding horseback or riding in an automobile over rough roads, if the springs are not very easy, jumping, lifting heavy weights, etc., tend toward the premature birth of the fetus if the pelvic organs are not strong.

Treatments that shake the body a great deal, or stretch the spine, or stimulate the lower part of the spine, are all liable to produce abortion and therefore are contraindicated for pregnant women or those who wish to become pregnant.

Acne (Pimples, Blackheads)

Acne is so common among young people that they often neglect it until their face, neck and shoulders are scarred for life.

Acne is not a natural condition of adolescence. It comes entirely from errors in diet and hygiene. No medicine can cure acne. It is not a disease, but a symptom of a disturbed metabolism—that is, for some reason or other the food is not properly assimilated.

Nervous conditions may so derange the digestive apparatus that it does not work properly, or the food may be wrongly prepared and combined.

Eat only a moderate amount of sweet fruits and starch foods. Eat acid fruits for breakfast, green salad herbs for one meal, and a moderate amount of legumes or other starchy foods for the other meal.

Eggs, milk, and fish are contra-indicated.

Scrubbing the skin with soap and water often makes acne worse. It is best to thoroughly wash the skin with hot water and then with cold water.

If the acne be very bad, a good poultice put on every night is beneficial.

Do not use greasy salves or ointments. The best treatment is powerful radiant light, including the actinic rays from a quartz mercury-vapor lamp. (The quartz mercury-vapor lamp gives *ultra-violet* rays. Do not confuse this with "Violet rays." "Violet rays" mean nothing but rays from a high-frequency tube or a colored light. They have no special beneficial effect. *Ultra-violet* rays are produced by boiling mercury and will not pass through glass. Therefore they are generated within quartz tubes. Such lamps are very expensive and can be used only by those who have been trained, so are not suitable for home use. Arc lamps also produce *ultra-violet* rays.)

There are many advertisements of "violet-ray" lamps to be used for acne, but these lamps are only a cheap form of glass vacuum tube which carries a high-frequency current generated in a little coil in a box that goes with the outfit. These rays are of no special therapeutic value.

Very often acne in young girls signifies some trouble with the pelvic organs, either organic or functional. If the menses are irregular or delayed, that condition should be taken care of. (*See Menses.*)

Acne in boys or young men often means a sexual neurosis. This should also be attended to in the proper manner. (*See Sexual Disorders.*)

Adenoids

I do not believe any child or adult would have an excess of adenoid tissue if they breathed through the nose and lived

properly. Surgical removal of the adenoids is very rarely necessary. If parents knew how important it is to have their babies breathe thru the nose, there would probably be no excessive adenoid tissue in their children's breathing passages. In fact, I have never seen excessive adenoids in a child that breathed thru its nose and was fed properly.

Artificial feeding, especially of prepared foods which have been denatured, is very often responsible for adenoids. Sweetened condensed milk is often the cause. Feed the child on fruit juices and vegetable juices instead of cereals and artificial food, including animals' milk, if it cannot have its mother's milk.

Adenoids are often caused by allowing a baby to chew a ring or suck a "comforter" or the thumbs or fingers.

"Adenoids" in an adult usually have to be removed surgically. "Adenoids" will return unless the habits are altered.

Adhesions

Adhesions are usually the results of operations but they might be the result of burns or other injuries.

The best way to stretch them out is by massage, using a paraffin oil to lubricate the parts that are being massaged.

Powerful radiant light also is of great benefit in relieving adhesions, and it is often very advantageous to use massage along with the powerful radiant light.

Often vibration, carefully applied, will relieve adhesions.

If a person has to have an abdominal operation performed, they should insist upon having sterilized olive oil put into the abdomen just before the final closing up is done, and then after the operation is completed the body should be turned every fifteen to thirty minutes for at least forty-eight hours, so as to keep the oil moving about the intestines. This will do more to prevent adhesions after an abdominal operation than any other procedure.

Alcoholism

One would not expect that physicians would be called upon to treat alcoholism in a country that has "gone dry,"

but those who hav the "alcoholic thirst" get sum kind of alcoholic drink that produces alcoholism.

The best way to treat alcoholism is the same as I advize for any drug habit, namely, *abstain from the use of the drug or drink*. Instruct the patient to drink quantities of water whenever they feel the unnatural thirst or the craving for the drug. Chewing dried lemon peel, swallowing the juice and spitting out the residue, is a great aid in curing alcoholism as wel as any drug habit.

If ever a raw diet as outlined in this book is indicated as a curativ mesure, it is indicated in treating alcoholism or any drug habit.

Alopecia (Baldness, Los of Hair)

Probably excessiv wetting of the hair is the caus of its los with the majority of peopl. I hav often notist that peopl who seldom washt their hair had very hevvy hair. Men who continually scrub their hed ar usually bald.

Women who greas their hair continually ar usually bald.

Wearing a tight hat appears to hav a tendency to make a person bald. It would be better to not wear a hat. Peopl wear them becaus of fashion more than for anything else.

To make the hair gro, I believ thoroly massaging the scalp every day is of great benefit.

If a person has a dry scalp, massaging with a small amount of yello vaselin every day is often beneficial.

The use of alcoholic preparations on the scalp, altho they wil sumtimes clean the dandruf off, wil never cure it.

Sumtimes thoroly massaging the scalp with vaselin wil remove all the dandruf, and it can often be kept free from dandruf in this way.

Scrubbing the dandruf off with soap and water wil make all the more cum.

A hard brush or a wire brush is sure to make the hair fall.

The use of powerful radiant light and *actinic rays* along with careful and sistematic massage of the scalp is often very beneficial in making the hair gro.

If yung peopl knew how to liv properly and take proper care of their hair, there would be no bald heds to treat. (*See Personal Hygien, p. 36.*)

Amenorrea (Delay or Cessation of Menses)

There ar many methods of helping this condition, such as exercizes and hygienic and therapeutic procedures.

An over-fat girl wil often be subject to amenorrea, and the first procedure is to reduce the diet and reduce the fat.

An anemic girl is often trubld with amenorrea and in that instance proper eating of raw foods, especially the salad herbs, is of paramount importance.

Hot sitz baths ar of great value if used just about twenty-eight days after the beginning of the last menstrual flo. Electric-light sitz bath is far superior to the wet sitz bath. (*See Fig. 89.*)

Soaking the feet in hot mustard water is also often of great benefit.

Relieving constipation and producing a looseness of the bowels wil often overcum the cessation of the menses.

Stimulating the uterus thru the vagina or thru the rectum is often very beneficial in bringing on the menses. This should be done only by a traindr physician.

Hot vaginal douches of a normal salt solution (teaspoonful of common salt to the pint of water) is often very beneficial in producing the menstrual flo.

Manipulation of the spine, either osteopathically or chiropractically, works wonders, if properly performd.

Powerful radiant light, along with traction (especially if the traction be intermittent) is probably the best procedure of all.

If the cessation of the menses appears to be the beginning of "the change" (menopause or climacteric), or is caused by pregnancy, then traction of the spine is contra-indicated.

Anemia

Raw diet, especially of the green salad herbs, is without doubt the first and best remedy for this condition.

Sunlight, fresh air, and having the whole body bare in the sunlight as much as possible, are of great value in this condition.

Powerful radiant light and actinic rays are the best auxiliary treatments.

There are really no medicines that are of any use for anemia for the reason that the blood will not take up inorganic minerals nor insoluble salts. However, it will take up the organic iron found so plentifully in raw alfalfa and red clover, spinach, watercress, dandelion, plantain, many of the flowers, and lettuce.

Aneurism

Inasmuch as aneurism is a dilation of a blood vessel, the less work the vessel has to do, the better. Consequently the amount of liquids should be immediately cut down to a minimum, and other exertion of the heart should be avoided.

This is another condition in which a raw diet has a very peculiar action, because it helps strengthen the blood vessels.

Appendicitis

What used to be colic is now called appendicitis, and probably the majority of cases of appendicitis are nothing more nor less than gas in the cecum or impaction of fecal matter in the cecum.

Many cases of ordinary colic, or wind in the large intestines, are diagnosed as appendicitis.

The only preventive and cure for such a condition is regulating the diet. Probably a tablespoonful of mineral oil (paraffin oil) two or three times a day is a help until the soreness of the bowel is relieved. Then olive oil along with a raw diet will produce wonderful results.

The treatment for true appendicitis or colic is powerful radiant light. If a person cannot obtain that, hot applications, hot fomentations, or stupes of various kinds are to be recommended. A teaspoonful of turpentine to the quart of hot water makes a turpentine stupe, but I believe the eucalyptus-oil stupe is better. That is made by adding a teaspoonful of oil of eucalyptus to the quart of hot water. Many other oils can be used, such as oil of peppermint, oil of wintergreen, oil of sassafras, etc.

Avoid cold applications in all inflammatory conditions of the abdomen. The only instance in which I would advise cold applications across the abdomen would be where a fever had reached 105° F., or over, and could not be brought down by enemas or other procedures. Then sometimes an ice bag is the only emergency treatment for preventing death.

Arteriosclerosis (Hardening of the Arteries)

This condition can be so permanently relieved by means of the diet outlined in this book that it seems a pity so many persons have to die because of hardening of the arteries.

Until the hardness of the arteries has been overcome to some extent, one must be very careful about taking much liquid into the system, and should avoid violent exercise.

In arteriosclerosis the arteries can be likened to an old rubber tube, and bending them or putting undue stress on them is liable to break them and cause not only apoplexy, but many other conditions such as abscesses within the body.

Powerful radiant light and the magnetic-wave current are of inestimable value in the treatment of this condition.

Arthritis Deformans or Rheumatoid Arthritis

This condition is caused by deposits in the joints and is brought about by errors in diet or a deranged metabolism. Overwork will produce the same condition.

Regulating the diet is the first procedure and then the application of heat in the way of radiant light if possible. If not, hot fomentations are of great benefit.

Do not have the teeth extracted to overcome the condition, and do not have different organs in the body removed to overcome it, because the second condition will be a great deal worse than the first.

A hot, dry climate is often a great aid in remedying this condition.

Asthma

This condition is best handled by diet and breathing exercises. If one will follow out the instructions given in this book for breathing, it will prevent asthma and do more toward curing it than any other procedure. Use the spirometer daily and watch the output of air.

Neck exercises, as outlined, are of great value in this condition.

Oxygen vapor is also of great value.

Powerful radiant light will often do a great deal in relieving this condition.

SUCCESS

Kno this, my friend, that true success means more
Than riches or a wide, impotent store
Of goods laid up. Nay, rather, these are lures
Which dull the *mind*, whose store alone endures.

No worlds have power to either make or mar,
What we have made of Life is what we are.
And true success comes not until the soul
Seeks God and finds in Him its highest goal.

—*Elizabeth Boreno.*



BABY FEEDING AND CARE

As I hav previously mentiond, the statistics sho that over 250,000 babies under one year of age died in this cuntry during 1920. Inasmuch as the majority of babies ar wel born, it shows that there is sumthing radically rong in the way they hav been cared for after birth.

I think the notion that mothers hav of having a *fat* baby is responsibl for much of the baby mortality. *Fat doesn't mean helth*, and the sooner that is imprest upon our minds, the better. Sum of the fattest babies I hav even seen hav died before they wer a year old, while the thin ones that had a good clenck to the fist would liv thru thick and thin and gro to be strong, sturdy children. The fat, flabby babies liv in spite of their condition, not becaus of it.

The over-clothing of infants is another caus for the hevvy mortality. In warm wether it would be better if they had nothing on, and when in a warm room they should hav as littl on as possibl. When they ar taken out of doors in cold wether is time enuf to wrap them up.

one hundred fifty-eight

Laying babies on their backs is an unnatural custom. They should be laid on their face on a hair or hard cushion—never on fethers. There is no danger of their smothering any more than a kitten would smother. If a kitten or puppy or any of the animals wer kept on their backs, they would not long survive. *The natural position for a baby is on its abdomen.* If reard in this manner, before they ar very old they wil begin lifting themselvs on their hands and get into the all-fours position, which is the natural position. They wil cultivate deep breathing and better musls if laid on the abdomen faster than in any other manner.

Children should be kept creeping on-all-fours as long as possibl. Sum unfortunate children hav sagging of the stomach and intestins before they ar ten years old. Such children ar often pot-bellied. Teach the child to walk on-all-fours a great deal even after they begin to walk. Walking on-all-fours is one of the best exercizes for grown-ups as wel.

(As before stated, if the pregnant mother wil walk on-all-fours, she wil hav an easier labor and a helthier child. Another point I wish to mention here is about the position of the mother during delivery. Lying on the back is rong and delivery would be easier and more natural if the woman took the hands-and-nees position.)

A baby wil hardly ever be constipated if taut to be on-all-fours a good deal. The abdominal musls becum stronger.

A baby should be taut to strain at stool insted of sitting the same as on a chair. Having a child assume a squatting position or drawing the nees up close to the abdomen while at stool is another method of keeping them from becumming constipated.

Owing to the way we hav been traind, a child should be put to stool at regular hours every day. If its bowels move two or three times during the day it is not too much. If a child went naked and walkt around on-all-

fours, just the motion alone would caus its bowels to move several times a day.

In this connection, I should like to quote from that widely experienst, progressiv physician, Dr. Charles E. Page of Boston from *Clinical Medicine* of March, 1921.

"1. Place the new-born baby right side up *à la* kittens and puppies.

2. Keep him naked part of the time, and in light drapery all the time in warm rooms and in warm wether so that the skin may hav a chance to breathe.

3. Feed abundantly but not to excess. Never force nor tempt the appetite. Giv the brest or other food only when baby is manifestly hungry.

4. Beware of fattening. Surplus fat is a handicap and a threat for disaster.

5. Keep him creeping as long as possibl and discourage his tendency to walk on his hind legs. The parents may wel set the exampl by crawling with him themselv on hands and toes, to their benefit as advocated by wel-informd biologists and sientists at home and abroad.

In addition to all this, we may wel urge the importance of the right position of the mother at birth, namely, on her nees instead of on her back, a plan that would giv her as fair a chance to empty the uterus as the bladder or bowels. This would tend to make every birth virtually safe and painless; with better results for both mother and child. Thruout the period of pregnancy the prospectiv mother should liv actively and hav regard for the advice above mentiond."

I am often askt just how I would feed an infant that is so unfortunate as to not be abl to nurse. In the first place, I would not feed it nites, but would begin feeding erly in the morning orange juice, about a tablspoonful to a feeding. I would feed every hour if the child showd inclination for it.

About ten o'clock I would giv it juice from dried prunes, dates, figs and raisins, or all mixt, after having

been soakt in water over nite. Alternate with the juice from the green salads such as spinach, lettis, celery, dandelion or any of the garden herbs. The juice from these herbs can be given in amounts of one tablspoonful and can be given at the same feeding as the juice from the sweet fruits.

In the afternoon I would giv the juice from raw carrots, beets, turnips, potatoes, or any of the vegetables. These juices can be given in feedings of one tablspoonful, and if the baby cald for it, feed every hour. These feedings should continue until about seven o'clock when the baby should be put to bed, and if properly traind it wil sleep until morning. Sum who ar folloing out this method of feeding giv the first feeding at four o'clock in the morning.

No salt or anything else is added to the feedings.

Until a mother has brot up one child in this manner, she can hav no idea of how strong and helthy and cold-resisting a baby wil be.

All the vitamins and the strength and bone-giving elements ar in these raw foods.

They should be warmd to the temperature of the body before feeding, especially in cold wether. A child's stomach wil not act naturally if chilld.

As soon as the child has teeth, or even a littl before, it can begin chewing on grated vegetables and such dried fruits as prunes, raisins, dates and figs.

The utensils illustrated in this book can be used for preparing the juices of natural foods. (See page 88.)

Should the baby ever hav *diarrea* (which wil hardly ever happen), the orange juice and prune juice can be omitted for two or three days and water given in which ground roasted grains such as barley, rye, etc. hav been soakt. Roasted grains hav a tendency toward constipation and can be used as a remedy for *diarrea*. For an infant they should be ground, roasted and soakt. The

grinding can be done in a mil like that shown on page 88, and the roasting can be done in a pan in an oven.

When other things cannot be obtained, lemonizd milk can be fed to a baby and their littl stomachs nearly always tolerate it. Sientifically sourd milk we hav used for years as part of an infant's diet when vegetabls and fruit juices could not be redily obtaind.

Never feed a child eggs nor fish. Bring a child up to its teens without any animal food unless it be sourd milk, sourd as above mentiond.

The genitals and the anus in both male and female babies should be carefully inspected and made right, if they ar not right, before the child is a month old.

I always advize physicians to dilate the vagina of every girl baby before it is a year old and often before it is a month old. It can be very redily done by means of a small blunt instrument wel lubricated with oliv oil.

The clitoris should also be wel lookt after to see that it is in normal condition. Many children ar made nervus by abnormalities or congestion about the genitals. Con-vulsions ar often causd by these abnormalities.

Don't frighten the child.

Don't let fear start to gro in the littl ones. Teach them to laf at "germs" and to ignore all germ-scares.



WORDS that carry
light enlighten the
speaker as wel as
the listener.

EXCESSIV FEEDING THE CAUS OF THE HIGH PERCENTAGE OF INFANT MORTALITY*

Statistics sho that nearly one-third of all deths ar of infants under one year. All animals rear their yung with an almost unvarying certainty of their arriving at maturity without sickness of any sort. The yung of man, only, ar doomed to run the gauntlet of cruel and needless suffering of which but few more than half their number escape to reach adult age; while as said above, *nearly one-third* of all infants succumb the first year; and few of the remaining two-thirds escape a severe sickness, and about ten percent. more die before reaching two years of age.

The infant deth rate in New York City, "our great medical center," for the first quarter of this year (1917) was 3117; and in that city about fifty percent. of the total deths occur under the age of five years. Nature did not intend that these littl ones should suffer and die any more than she did the yung of the "brute" creation.

Dr. Charles Gilmore Kerley, Professor of diseases of children in the New York Polyclinic Medical School, recommends for a child under six weeks of age, nine ounces of milk, twenty-seven ounces of barley water, four teaspoonfuls of granulated sugar; given two to three ounces at two and one-quarter hour intervals; nine feedings in twenty-four hours. Consider that Prof. Kerley's six weeks' baby weighs ten pounds, and consider the needs of a working man to be equal in proportion to weight, a man weighing one hundred and fifty pounds should take fifteen times the quantity swallowd by the infant, or twenty-two and one half quarts — a quart for nearly every hour of the day and nite, or allowing nine hours

*This paper I am reprinting in ful. It was ritten and red by J. B. McMahon, M. D. of Louisiana but now of Los Angeles, Calif. It was red before the Beauregard Parish Medical Society June 17, 1917, and printed in the New Orleans Medical and Surgical Journal of Februrary 1918. It coincides almost exactly with my opinion and my findings, altho I hav lernd from experience and observation that *very small* feedings quite often is *the natural way*.

for sleep, then *during each of the fifteen waking hours, he must swallow three pints of milk.* It can readily be seen that the quantity is several times what could properly be taken in either case.

As has been indicated, *the chief caus of infant mortality is excessiv feeding.*

From time immemorial the one great anxiety has been to keep the littl darlings ful of sumthing from the time they cum into the world until their littl bodies ar carrid to the grave; or, by strange good luck, they survive until they reach the age of five years, when they ar fed on sumthing like the "three-meal sistem," and as a result comparativly few die between five and twenty years of age.

In spite of these figures, or becaus their significance has not been noted, it has not occurd to the peopl and to but few doctors to begin with les meals.

Dr. Page of Boston, in 1879 adopted the "three-meal sistem" of feeding his own child from the date of its birth, and she grew to be a helthy, wel-developpt child; and at four months sat up erect on the floor without support.

A wel-fed babe should be comfortabl, happy, thriving, with wel-rounded body and lims, as they usually ar when they ar born, and not gross with fat; wheezing, stuff with so-cald colds, with sneezing and nose running, which is only an effort of Nature to reliev the clogd condition of the sistem produced by excessiv feeding.

My observation has led me to believ that too much and too frequent feeding is the caus of a vast majority of gastro-intestinal diseases, insted of the "quality of the milk" as is usually held to be the caus. One caus of excessiv feeding is the desire of the parents to hav a fat baby, and to be abl to say that he gains a pound a week, entirely ignorant of the normal growth of an infant from birth.

During the nine months of fetal growth, the increas, except in monstrosities, is about one-third of an ounce a

day, or two and one-half ounces a week. Why should it be rational for this natural ratio to be increast six or seven hundred percent. directly after birth?

Beacaus of the irrational, forst feeding during the first few months, the usual weight of the shockingly lo percent. of the littl ones, who hav survived this unnatural dietary, is much les at five years than if the age of prenatal growth had been continued thruout these years.

Nature did not intend that a baby's stomach should be treated like a toy baloon, nor that a baby should suffer any more inconvenience from cutting teeth than the puppy, calf, or colt, but it is the popular idea that when an infant begins to teeth it is peculiarly liabl to intestinal trubl. In no sense is sickness an incident of the natural process of teething.

It is simply coincident and arizes from the fact that it is at this age that the sistem begins to break down under the excessiv labor imposed upon the organs of digestion, assimilation, and excretion.

When I am cald to a case of summer diarrhea, I stop all feeding for twenty-four hours or longer, with the exception of a littl fruit juice occasionally, thereby giving the stomach a rest and Nature a chance to eliminate the pathological condition, and then, if I can succede in having the littl patient properly nourisht, it soon recovers with very littl, if any, medication.

Bed-wetting (Enuresis) See Urin, Retention of

BIRTH CONTROL

Observers and statisticians tel us that not more than 10% of all children born ar "prayd for." If this be true, it is no wonder that we hav periodical states of unrest leading to murders and wars.

With every other animal that is under the control of humans, the *quality* rather than the *quantity* is considerd.

Public opinion is for "birth control" and probably after women becum used to handling our national affairs, there wil be no laws on the books to punish a person for telling a poor, helpless woman who is marrid to a worthless man how she can prevent additional misery for herself and for another generation.

The fact is that most of the women who should hav large families understand "birth control," but the poor, the cripld, the imbeciles, and the insane kno nothing about it, and according to law it is a crime to tel them about it. Hence our insane asylums, prisons and poor-houses ar filld principally with those who wer "undesired" from the first.

When "birth control" is in the hands of the women, children wil not be born and reard for cannon fodder. From what we hav red in the public pres during the past few years, it would seem as tho all the varius governments cared about increas of childbirth was to hav more material for carrying on wars—men to fight and be kild and women to be used as an inducement to keep the strife activ.

According to statistics 250,000 babies under one year of age died in this cuntry during the past year (1920). This is only a littl greater than the infant mortality of the preceding year. Think of the anxiety and suffering on the part of the 250,000 mothers in the short space of twelv months. If children wer desired and as much intelligent care wer taken in rearing them as is taken in rearing livestock, there would be no such awful record. This speaks bady for "civilization" and "medical progress."

All children ar legitimate. If there is anything on erth that is legitimate, it is the baby, and it is a blot upon "civilization" to call a child "illegitimate." It is hard enuf for the children that ar not wanted to survive without having this murderus stigma put upon them. (This subject is taken up at greater length in my book entitld, "THINK.")

"God mesures souls by their capacity
For entertaining his best Angel, Love.
Who loveth most, is nearest kin to God
Who is all Love, or nothing.
He who sits
And looks out on the palpitating world
And feels his hart swel within him large enuf
To hold men within it, he is near
His great Creator's standard, tho he dwels
Outside the pale of churches and knows not
A feast day from a fast day, or a line
Of Scripture even. What God wants of us
Is that outstretching bigness that ignores
All littleness of aims or creeds,
And clasps all Erth and Heaven in its embrace."
—*Ella Wheeler Wilcox.*

The bacteriological age is passing. In a few years the eco of "stamp out bacteria and yu stamp out diseases" wil seem distant.

Bacteria ar a part of life and can never be stamp out without stamping out all life.

Soon "Seed, Soil and Stimulant" (the three S's) wil be studid together and HEALTH wil be the topic rather than diseases.

Birthmarks.

Birthmarks indicate such marks as ar on the body of the child at birth, altho sum marks ar cald "birthmarks" that cum subsequent to birth. However, these remarks aply to all marks that becum visibl on the skin after birth.

Formerly we had to cite many uncertain methods for removing such blemishes in the skin but now the birthmarks known as "port wine" marks or nevi (blemishes that look like bunches of grapes), etc. can be permanently and painlessly removed by means of the latest type of quartz, mercury-vapor lamps.

Bilious Attacks (Jaundis)

Bilious attacks ar quickly reliev'd by clearing out the bowels and adhering to a proper diet.

Bladder Weakness, See Urin, Retention of

Blood Pressure

Do not worry about your blood pressure. Worry about the conditions that ar making it high or lo. Regulate the diet and habits and the blood pressure wil take care of itself.



Figure 104

Brest

If a woman has atrophy of the brests or one brest of a different size than the other, there ar exercizes that ar of great benefit for the condition.

Two of the best exercizes ar the reaching exercizes shown in Figs. 34 and 35.

Another admirabl exercise is that shown in Fig. 104.

This exercise, if properly performd, wil equalize the size of the brests and tend to normalize their function.

There are no "breast foods." Regulating the diet will help regulate the functions of every organ in the body.

Powerful radiant light is very beneficial in reducing lumps in the breast.

Do not imagine that every lump is cancerous. Only about one case in ten diagnosed as cancer of the breast is cancer. They are enlargements that can be taken away by diet, hygienic, powerful radiant light, and *actinic rays*.

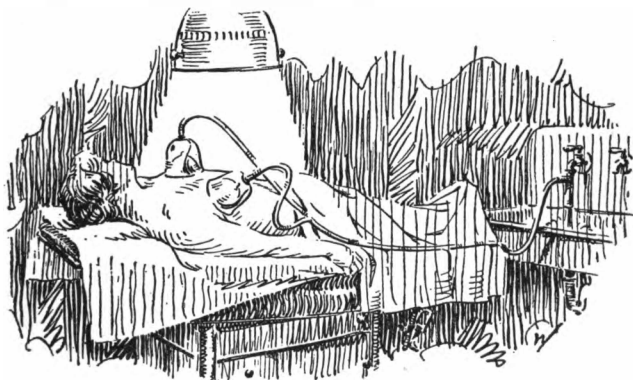


Figure 105

Mastitis or inflammation of the breast is best treated by powerful radiant light or hot fomentations.

Negative pressure from breast pumps is often very beneficial in reducing hardness of the breast caused by imperfect functioning of the glands. (Fig. 105.)

Bronchitis

This is best treated by oxygen vapor, proper breathing and proper diet.

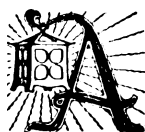
Burns

For all burns — either from hot irons, electricity or the sun, probably "*unguentine*," a proprietary article sold by all druggists, is the best. Next to that is *paraffin*, melted and poured or blown on through a special atomizer.

Next to think of is *vaselin*. Do not open blisters. Let them remain intact as long as possible. Burns heal faster when exposed to the air with paraffin on them than in any other manner.

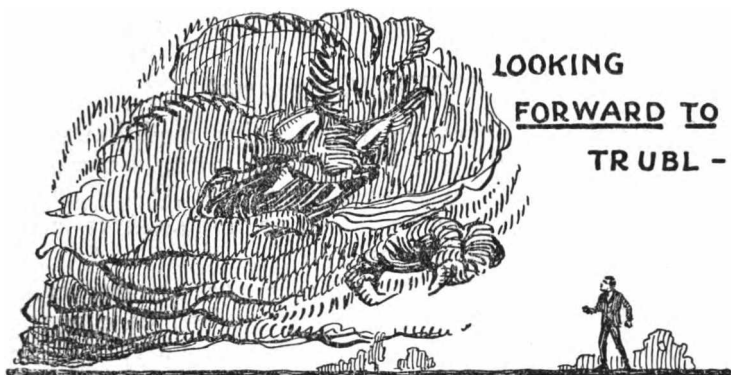
Calluses

Calluses, whether on the feet or elsewhere, can be cured by relieving the pressure. Paint them over with collodion every nite.



AS ONE lamp lights another,
nor grows less—so nobleness
enkindleth nobleness.

—Lowell.



TRUBL

Trubl has a trick of cumming
 Butt end first;
 Viewd approaching then yu've seen it
 At its worst.
 Once surmounted, strait it waxes
 Ever small,
 And it tapers til there's nothing
 Left at all!
 So, whene'er a difficulty
 May impend,
 Just remember yu ar facing
 The butt end;
 And that looking back upon it,
 Like as not,
 Yu wil marvel at beholding
 Just a dot!

Anon.

CANCER (*Carcinoma*)

I have written a great deal about this condition in my larger works. I will say briefly that cancer increases in almost the same ratio as vaccination does, and many of our best authorities are beginning to think cancer is one of the results of vaccination.

There is no doubt but that there is a *pre-cancerus* condition. My Bio-Dynamo-Chromatic method of diagnosis will often detect this *pre-cancerus* condition a year or two before there is any sign of a growth, and if the proper dietetic measures are then instituted this *pre-cancerus* condition will disappear, and no matter how many bruises the person may have they will not become malignant.

On the contrary, if the methods of living are not changed, especially eating, almost any irritated spot will become malignant — cancerus.

Some say that a cancer cannot be cured without cutting it out, and yet the very authorities that say this will in the same discussion say that ninety-five times out of a hundred a true cancer will return within three years. In other words, *no cancer was ever cured by cutting it out*. If it does not return within three years, it was not a cancer.

From my own observation I can say that nine out of every ten cases diagnosed as cancer are not cancer. Others go so far as to say that not one case in a hundred operated on for cancer is cancer.

Dietetics and hygienic measures no doubt will not only prevent cancer but will cure it if not too far advanced.

The *fear* of cancer is similar to the fear of hydrophobia. In the one case the first lump discovered is thought to be cancer, and in the other case the first bite from a dog or cat is thought to produce hydrophobia. This is the result of a systematic *fear propaganda* for mercenary reasons.

Dr. L. Duncan Bulkley, one of the best informed specialists in cancer in the U. S., says in the *Medical Record* of Jan. 29, 1921, that regardless of all that has been done to prevent or cure cancer during the last twenty years, the death rate has increased 30% during that period.

He says that radium and x-ray have been very actively exploited during the last five years especially, but unfortunately the actual death rate from malignant tumors has not decreased materially, if at all, over the country, as shown by the U. S. Mortality Reports, while in New York City as we shall see, where these agents (radium and x-ray) are in most active use, where perhaps there is more radium than in any other city, the mortality from cancer has risen more than before, and has actually exceeded that from tuberculosis during the past six months.

He further says that it does certainly seem that it is time to carefully investigate where the error lies and to endeavor to correct it.

During 1920, according to the records of the New York State health department, there was a diminution of deaths from all causes of 2.5% but during this same year there were 5,361 deaths recorded from cancer against 5,026 in 1919, or an increase of 335, which is over 6.6%. Whereas the general yearly increase in cancer mortality in the whole U. S. has commonly been between 2 and 3%. Because of hygienic procedures the deaths from tuberculosis have decreased in New York 15.5%, and after carefully comparing the health department's Weekly Bulletin, I find there was also a great drop from the preceding year in the mortality from tuberculosis, with also a very considerable rise in the number of cancer deaths during the year.

It can thus be seen that cancer mortality has already outspread that of tuberculosis in New York City.

In the week beginning Jan. 31, 1920, there was an average of eighteen deaths from cancer a day in New York City.

This famous specialist further says that he has repeatedly discussed measures other than surgery to combat this dreadfully increasing mortality of cancer and that he can assure us that very much greater success will surely follow the careful and prolonged employment of proper medical measures, carefully directed to combat the *basic cause* of the malady, than can possibly accrue from excizing or treating the *local* lesion, which is only the *product* of long continued *systemic* disorders or errors—*largely from errors in living.*

It is time that the people should be awakened to the fact that dietetic errors and inoculation such as vaccination and serumization are without doubt the great cause of cancer, and that no cancer can ever be cured by cutting it out.

I am very glad to be able to quote from such a famous authority as Dr. L. Duncan Bulkley.

The following is taken from the January, 1921, issue of *Living Tissue*, published in Boston, Mass.

From the "*Journal of Cancer*" we quote the following statement which, read with the background of the thousands of torturing experiments performed upon helpless animals by the researchers during all these years, should give pause to anyone not utterly indifferent to the suffering of "the least of these":

"It must be confessed that during the years of the investigations pursued by the *Cancer Research Fund*, nothing has been added to our knowledge which can be regarded as of any clinical value; nor can it be said that these 'scientific' investigations have lessened the burden of the incurability of this fatal disease. Not a suggestion has issued from this 'Imperial' organization helpful to those who are called upon to treat the disease; the clinical side of this inscrutable problem seems to be submerged in the pursuit of chimerical investigations which, however valuable from the 'scientific' standpoint, have so far scarcely afforded promise of the ultimate achievement of practical results."

Carbuncles or Boils

This condition is brot about by errors in diet and can be cured by proper diet as outlined in this book.

Radiant light and actinic rays ar of inestimabl value in treating this condition.

Do not eat yeastcakes to cure carbuncles, or boils.

Boils ar cumming up in "big-crops" now, folloing the new diseas, "*yeastcake intoxication*" or "*yeastcake dispepsia*."

Catar

Catar, no matter where located, can be properly cured by the regulation of the diet as alredy set forth.

The best auxiliary remedy is powerful radiant light and actinic rays.

Chickenpox (Varicella)

Chickenpox can be very easily treated. Giv no food unless it be acid fruit juices for at least three days. Keep the body warm and keep light out of the patient's eyes.

Hot stupes over the entire body ar of great benefit becaus to keep the body swetting wil bring out the impurities with great rapidity.

Keep the bowels open. A warm enema made by adding a teaspoonful of common baking soda to the pint of water is of great benefit.

The majority of the cases reported by the boards of "helth" as smallpox ar only chickenpox. Don't be frightend. Don't be afraid.

Circumcision

I cannot refrain from advizing circumcision of all boy babies before they ar a month old. The foreskin was made as a protection to the glans, but the body was not supposed to be coverd. If persons always went naked, the foreskin would be of great value, but the modern way of dressing and a long foreskin don't go wel together. Under the circumstances a long foreskin makes a great deal of trubl for the boy as he grows older.

Clitoris

The clitoris is often the seat of irritations that spoil the disposition of a child. Many girls and women suffer all their lives from nervus irritation caused by a hooded and adhered clitoris. It is best to have the clitoris unhooded before the baby girl is a month old, and then see that it is kept unhooded by means of pledgets moistened in olive oil.

"Colds"

"Colds" in the head or elsewhere are not a disease but a symptom of a systematic or local congestion. For years I have noticed that after the holidays or on a Monday morning I am regularly consulted by persons suffering with "colds." There is no doubt but that overeating or eating too many sweets or starches is the primary cause of "colds."

After the membranes in the nose or other parts of the body have become congested for an extended period of time, it requires more than ordinary dieting to rectify the condition.

Having the body chilled will often produce inflammatory conditions of the muscles, but the symptoms are not the same as the common "cold."

The cure for "colds" is *fasting and clearing out the bowels*. If a person feels a "cold coming on," the proper procedure is to take nothing but a limited amount of acid fruit juices for at least three days. It is often just as well to take only a little water for this length of time.

If a person becomes constipated, they often "take a cold." That is a cue for such persons that their intestines are not acting properly.

Deep breathing through the nose and the inhaling of steam medicated with oil of eucalyptus or sum of the other pinus group of oils gives great relief for "colds in the head."

To "feed a cold" is like feeding a fire. It will keep burning as long as it is fed.

The fact that there is nearly always a fever with a severe "cold" makes it still more imperative that one should partake of no food until the "cold" is broken and the fever has subsided.

The pernicious habit of "feeding a cold" is often the cause of bronchitis, pneumonia, pleurisy and tuberculosis.

Cronic Catar of the head usually follows repeated colds, and is therefore another symptom of errors in diet and hygiene.

Bright, hot sunlight on the bare body is of great benefit for "colds," but if this cannot be obtained, radiations from the powerful incandescent lamps and the actinic rays from the quartz, mercury-vapor lamps, and if possible the inhalation of oxygen vapor, are the remedies (in addition to diet) for colds and catar. Chiropractic adjustments often relieve the tension about the spine and thus help in curing "colds."

The following poem is so apropos that I have copied it from the March, 1921, number of the *American Journal of Clinical Medicine*.

A "COLD"

A cold is not a cold to me—
It's Nature's way to tell
That I've been dining recently,
Not wisely, but, too well.

A snuffly nose has come to mean
That I've enjoyed erstwhile,
Some breaded pork chops, nestled deep
In sweet spuds, "Southern Style."

And when I puff germ-laden coils
At "L" trains full of boobs,
I know its lobster, broiled alive
That fouls my bronchial tubes!

Or else, perchance, a wondrous steak
With onions crisp and brown
Has made my liver make of me
A menace to the town.

Or it might be a chunk of cheese
Or mince pie, hot and sweet,
So, a cold is not a cold to me—
Its just, too much to eat!

—Emma Tolman East.

Constipation

The exercises already given, along with the diet outlined, will prevent constipation, and as a rule will cure it.

Do not take medicine for constipation. Paraffin oil, so widely advertised, will keep a person a slave to it. Mineral oil (paraffin oil) lubricates the intestines and causes Nature to cease secreting the natural lubricants.

The "internal baths" so much advertised as devils in saints' clothing. To dilate the bowel with water under pressure is sure to damage the bowel and often causes serious results. Do not fill the bowels up with refuse to be "sewered" out.

Regulate your diet and carry out suitable exercises, and you will never look for dopes nor "flushes" to remove the waste material.

"Salts" make the bowels move, to drive the "Salts" out. The bowels hate bad company.



Figure 106

The *Position at stool* has much to do with preventing and curing constipation. The natural position to assume at stool is what is known as "the Indian position." (Figs. 106 and 107.) This squatting position brings the thighs and knees against the abdomen and hastens the natural movement of the bowels. The modern toilet is an abomination and is to blame for many cases of chronic consti-

pation. If one has to use such toilets, they should put a footstool or box under the feet so as to bring the knees against the abdomen.



Figure 107

Cultivate regularity in going to stool. Do not read nor talk while at stool. Put your mind on making the bowels move, and when that is done, get off the toilet. Sitting on a toilet longer than is necessary is conducive to piles, and many cases of hemorrhoids (piles) are caused by the bad habit of reading while at stool.

Cystitis (Inflammation of the Bladder)

This condition is best handled by diet and powerful radiant light. Use hot stupes if the radiant light cannot be obtained.

Eating about two tablespoonfuls of finely chopt parsley two or three times a day is of great benefit in this condition.

Washing the bladder out is never necessary and is never of any lasting benefit. It causes irritation and makes matters worse.

Osteopathic or chiropractic treatment is often of great help in this condition.

Defness

Defness is often caused by an accumulation of wax in the external ear canal, but it is almost always caused by *catarrhal inflammation in the inner ear*. This condition is technically known as *otosclerosis* and is a condition where the spongy-bone formation follows a fibrous change in the capsule of the labyrinth of the ear.

Nearly all catarrhal conditions in the ear are caused by errors in diet and hygiene.

To remedy defness the first requisite is a *change of diet* and to adhere as nearly as possible to the diet outlined in this book.

Vibration about the ear, if correctly executed, wil often help wonderfully in increasing the circulation in the ear and thereby reducing the inflammation.

Reducing pressure in the ear by putting in a few drops of warm *glycerin* is also beneficial. If glycerin is used, a littl cotton plug coverd with vaselin should be used to keep the glycerin in.

Powerful, radiant light over the ear is also of great benefit in curing defness.

Often chiropractic adjustments correctly done wil aid in overcumming defness.

A catheter should *not* be used in the *eustachian tube* for relieving defness as the second condition is sure to be worse than the first. Insted of that, the physician should use *medicated vapor* thru both sides of the nose at one time, having the patient swallo with the lips closed when the pressure is made with the vapor. This opens the littl valv of the eustachian tube in the throat and wil do wonders in overcumming many forms of defness.

Practicing with a watch to see how far one can hold it from the hed and stil hear the ticking, is a very beneficial procedure in training the mind to overcum the *habit* of neglecting to hear. Many cases of defness ar *mental* rather than anatomical or fisical. One can get in the habit of not hearing just the same as they get in the habit of not observing.

Diabetes Mellitus

This condition is nearly always a result of rong living and rong thinking. In the first place, it is doutless due to putrefactiv fermentation in the intestins; and in the next place, it is almost sure to be connected with *worry*. One can almost be positiv that if a person has diabetes he has sum family discord, or sum business entanglment that is not successful. *Worry produces a poison in the sistem just as much as rong eating.*

It is a well-known fact that diabetes is on the increase, and the situation is becoming alarming.

The fact that this nation at the present time is consuming from ten to fifteen times more sugar per capita than it did a hundred years ago, and nearly 50 per cent. more than it consumed ten years ago will give us a little clue to the dietetic errors.

The fact that we live such rapid lives and under such abnormal conditions will give another clue.

Many authorities claim that *under-oxidation* is the primary cause of diabetes mellitus. This under-oxidation is a secondary cause to dietetic errors and mental anxiety.

To think that one can cure diabetes by withholding fruit-sugars is wrong, but all salt and all meats—in fact all animal products—and refined sugar should be withheld from a person with diabetes.

Sum will say that alcohol is a remedy for diabetes. We cannot deny the fact that some cases of sugar diabetes will be entirely cleared of the sugar if they drink three ounces of old sour wine three times a day, but with other cases this will have no good effect. It is very dangerous to recommend alcoholic beverages for the cure of any disease.

Nicotine is a very potent factor in producing sub-oxidation in the system. Therefore it is one of the factors in keeping diabetes on the increase.

Diabetes is caused by faulty metabolism and is the direct result of *auto-intoxication* no matter what causes the auto-intoxication. Auto-intoxication interferes with the action of the internal secretions and sometimes it shows up as diabetes; at other times nephritis, gout, arthritis, neuritis, arterio-sclerosis, etc.

The treatment of diabetes is almost identical with that of tuberculosis. In fact over 40% of all cases of diabetes mellitus have tuberculosis, and sometimes I think more than 50% have it. Therefore the treatment is almost the same. Consequently correct living, hygiene, exercises, deep

breathing and a happy frame of mind ar the remedies for this condition.

Most diabetics ar so imprest with what they must or must not eat that they becum food neurasthenics. Therefore they should understand what they should eat and why they ar eating it, and then forget about it.

The raw food diet for diabetics is without a dout without a peer, becaus the elements that ar wanting in the sistem from eating cookt food ar given in the raw food.

The diet for diabetics is the same as outlined in this book under Dietetics—lemon-juice hygien and acid fruits for brekfast, and for the midday and evening meals a selection from the folloing:

One or two tablspoonfuls of nuts, ground or unground, or raw peanuts, being sure they ar wel masticated.

Raw vegetabl—lettis, spinach, alfalfa or red clover blossoms and small tender leavs and buds, dandelion, watercres, parsly, cabbage, turnips, garden mint, fennel, ground artichokes, ripe tomatoes, cauliflower, brussels sprouts, moderate amount of peas or carrots once a day, onions. (If raw onions do not agree, they can be boild or baked with a lump of butter or oliv oil added.)

A pint of scientificaly soured milk or fresh, genuin buttermilk can be eaten with a spoon.

Four ounces of cream (gravity raisd preferd—top milk) can be eaten with the midday or evening meal. It could be mixt with the sourd milk.

One or two eggs can be eaten daily if prepared as mentiond on page 65.

If one wishes a hot drink, I prescribe Marmite (Vegex) or Herb-ex. To either of these extracts can be added raw vegetabl juices or ground raw vegetabl.

For bred, *Ry-Krisp*, manufactured by the Original *Ry-Krisp Co., Minneapolis, Minn.*, is no dout the best. Rye seems to caus les sugar in the urin than any other grain, especially when baked as *Ry-Krisp* is. Two pieces of

Ry-Krisp the size of one's hand ar sufficient to be eaten at one meal.

Butter (fresh, unsalted preferd) can be used freely.

If, after two or three weeks the patient's urin shows a markt decreas of sugar, he can try a few unsulferd black figs, sun-dried prunes, or a tablespoonful of seedless raisins. After eating these sweet dried fruits a few days, the urin should be examind and if the quantity of sugar is increast then these sweet fruits should be omitted or lessend until the increas of sugar is not notist.

The diabetic should be more than particular to keep the pores of the skin in good condition. This is best done by a tepid bath every nite, followd by a good rub-down with a hevvy Turkish towel.

It is just as important for a diabetic to practis deep breathing as it is for one suffering with tuberculosis. Use the *spirometer* and thus see just what use yu ar making of the lungs.

Diftheria

The keynote in treating diftheria is to treat it when it first begins. This is best done by giving nothing but fruit juices.

The bowels should be thoroly cleard by baking-soda enemas.

Inhaling of steam with oil of eucaliptus in it is of great value.

In sum instances spraying the throat with a mixture of coal oil (kerosene) and oliv oil, equal parts, is *the* local remedy.

I am convinst that antitoxin or any other serum is worse than useless for diftheria. The serum manufacturers hav a way of getting statistics publisht to look as if diftheria wer on the decreas by the use of antitoxins, but the fact remains that there ar practically as many deths today from diftheria, directly or indirectly, as there wer before antitoxin was ever used, and this in spite of the improved sanitary conditions now common.

I hav met very many old practitioners who hav treated hundreds of cases of diftheria and never used any serum or vaccin for it, and their percentage of deths has been far les than those who used antitoxins.

Giving a child antitoxin treatment to prevent diftheria shows that we ar getting back to superstition as fast as commercialism will take us. Thousands of children ar *murderd* by the use of antitoxins, but the deth certificates never giv that as the caus any more than they state the caus of deth from vaccination. Superstition and commercialism ar back of this outrage.

The fact that a "drugless," or Nature-Cure physician very rarely loses a case of diftheria speaks for itself. Poisoning a person to make them wel never has aided Nature and never can. If a child livs rightly it wil never hav diftheria. The child's gardians ar usually responsible for diftheria.

I hav the honor of quoting the folloing from the pen of the famus physician and humanity helper, Charles E. Page, M. D., of Boston, Mass., from the March, 1921, issue of *Living Tissue*.

What Anti-toxin Does.

A hale, harty, robust man of middl age, newly elected Governor of Maine, kild by "massiv doses of anti-toxin." The "remedy" is said to hav workt very favorably, but the victim died. Massiv doses of anti-toxin would tend to kil the helthiest man. A littl swelling on the tung, and they suspected diftheria. In hundreds of thousands of cases of illness accompanid by throat simptoms, *moderate* doses of the serum hav proved fatal. The deth certificates in these cases should hav named as the caus, "anti-toxin" insted of diftheria. Wize hygienists unite in condemn all serums.

In the eleventh edition of the *Encycopaedia Britannica*, in the articl on *Diftheria*, the contributor quotes a distinguisht sientist, Prof. Thorne, as follos: "We hav to

note that the great increas in diftheria mortality of late years corresponds, in point of time, with the great improvements in such sanitary mesures as water suply, drainage, sewerage, etc." We might wel ask what it is that has so counteracted these benefits? The only reply is "ANTI-TOXIN," and the exact figures at the Registrar-General's offis (Eng.) prove that the mortality attributed to "diftheria" has been greater by nearly one-third since 1893-4, the date of the onset of the "anti-toxin" treatment, than prior thereto, and up til 1910, reckoning on the basis of per million population yearly averages. In view of this there is no escape from the conviction that the serum injections employd in most cases of illness complicated with throat simptoms hav so counteracted the benefits of improved sanitation as to caus the increast mortality attributed to a diseas that is bad enuf in itself without any complication of artificial blood-poisoning. This is true of all diseases. Verily, the laity, rich and poor, ar "up against it," facing such treatments.

A few weeks ago the papers under prominent hedlines told us that a yung man rusht by automobil with a quantity of neumonia serum to be employd in the case of his frend, a Medford boy, who was a pupil at the Hebron, Maine, Academy. We lern that the boy died. If there was a possibility of his recovery, the injection of the neumonia serum would tend to prevent it, for every such injection is a threat to life at any stage of any diseas. When it can be absolutely proved that any serum treatment is beneficial, we shal find water running uphill naturally, for the laws of Nature wil hav been reverst. The injection of any foren substance is a direct violation of the first law of helth and life, namely, *to maintain the normal purity of the blood.*

Diarrea or Disintery

These conditions ar brot about by errors in diet. The best remedy is to abstain from food entirely or giv

one hundred eighty-five

toasted bread soaked in water. Another remedy is whole grain meal or flour roasted on a hot plate and then soaked in a little warm water and eaten slowly.

Castor oil to clear out the intestinal tract is of great value as are also baking-soda enemas. The irritation in the intestines that causes the diarrhea or dysentery must be relieved.

The patient should be kept quiet.

Blackberry juice is also of great value in treating these conditions.

Dysmenorrhea (Painful Menstruation)

This condition in the majority of cases is so readily remedied that it seems a pity that so many girls have to go to womanhood and on to the menopause without any relief.

Diet and exercise and proper dilation of the vagina and rectum will in almost every instance relieve this condition.

Powerful radiant light is also of great benefit.

Hot sitz baths or electric-light sitz baths are also very beneficial. (Fig. 89.)

Properly dilating the vagina, and if necessary the opening of the uterus, will in nearly every instance relieve this condition, if the diet be regulated so as to prevent gas pressure.

Dyspepsia (Indigestion)

This being the direct cause of faulty diet can be cured by rectifying the eating habits.

Often dyspepsia is caused by eating one or two large meals a day. The "no-breakfast" plan for treating dyspepsia I have found to be a myth for the reason that the person will eat all the more greedily in the middle of the day or in the evening. Eating one big meal a day will often cause dyspepsia more than anything else.

Overwork, neurasthenia, worry, temper, and other nervous conditions are also direct causes of indigestion.

Eating a *small* amount four or five times a day I hav found wil cure indigestion when nothing else wil. (When I say a *small* amount, I mean about two tablespoonfuls of raw food—in many instances fruit juices.)

Often a small handful of *freshly popt corn* without any salt or dressing wil act not only as a relief but a *cure* for indigestion, if taken every hour or so.

Many persons who wake up in the nite with a burning sensation in the stomach can often be reliev'd quickly by taking a small handful of popcorn.

Taking baking soda or any other alkali for reducing the acidity in the stomach only makes the second condition worse than the first. *It does not cure.* It simply relieves for the time being. The more alkali is put into the stomach, the more the stomach wil produce acid. It is for that reason that I often cure indigestion by giving fruit juices in tablespoonful doses every hour. Sumtimes one or two tablespoonfuls of sientifically sourd milk, given every hour for a period of several weeks, wil cure indigestion.

Since yeast cakes hav been so widely advertized I am observing a peculiar form of stomach trubl folloing their use for a few weeks. This condition I hav named "*yeast-cake dispepsia*" or *yeast-cake intoxication*." It is very difficult to cure. Boils usually crop out with the other trubl.

The kicking-out exercise shown in Fig. 1 is one of the best remedies for indigestion. I hav had patients abl to lie on their back and kick out strait at a suspended bag several hundred times without letting their feet drop, and in so doing they wer reliev'd of the most aggravating forms of indigestion.

The exercises outlined in this book and folloing a raw food diet as herein mentiond wil in ninety-nine cases out of a hundred not only reliev dispepsia but wil *cure* it.

As an auxiliary mesure, powerful radiant light for the

stomach and osteopathic or chiropractic treatment over the spine ar of great benefit.

Drug Habit (See Alcoholism)

Ear, Nose and Throat

Treatment of these organs is best done by powerful, radiant light and actinic rays. As a rule, no surgical interference is necessary if the right diet is given and powerful, radiant light aplied.

For earake use a mixture of glycerin nine drops to carbolic acid one drop. Don't use *oil* in an ear that akes. (See page 38.)

Eczema

Eczema, no matter in what form, can be handld entirely by diet and hygien as outlined in this book. However, an eczematus person generally wants a more rapid cure. Therefore as an auxiliary mesure powerful, radiant light combind with *actinic rays* from the quartz, mercury-vapor lamps ar without dout the very best remedies.

Enuresis (Bed-wetting) See Urin, Retention of

Epilepsy.

Epilepsy is the *bête noir* of all practitioners. It is considered by many to be the most hopeless condition that one has to treat. I am happy to say that this condition is *not* a hopeless one. The suggestion to a patient that it is hopeless makes it all the more difficult to treat.

Every person suffering with epileptic seizures shows a peculiar reflex when examind by the B-D-C screens. I hav a screen made purposely for diagnosing this condition. This special screen proves to all users of the B-D-C sistem that there is a profound auto-intoxication with every case of epilepsy. Whether all of these cases of auto-intoxication ar causd by the diet is a question, but whether the diet be the primary caus or not, all observers wil agree that the *elimination* is in sum way impaired.

The first consideration then in treating epilepsy is the diet. I hav never yet seen a person hav epileptic seizures if they carrid out a strict dietetic regime provided varius abnormalities such as tight sfincters wer removed.

The outlets of the body, the anus, urethra, vagina, nose, mouth and even the navel, should be wel examind by a competent observer to see that they ar normal.

Another fenomenon that nearly every epileptic mentions is the peculiar sensation that cums *before* the seizure. A careful study of this *pre-epileptic* condition shows that a greater flo of energy goes from one side of the hed to the other. It is for that reason that I desgnd the device illustrated in Fig. 111 for treating this condition. It consists of a wire or sum metal chain to go around the forehead, and attacht to this is a littl chain the same as is used with eyeglasses. This hangs down back of the ear. Attacht to the other end of the chain is a small wire (aluminum preferd) which is past thru a very small



Figure 111

sized rubber tube so as to insulate it from the upper part of the body. Between the sternum and the navel this wire is bare and coild as in the illustration. This is held against the skin by narro adhesiv plaster.

I hav never known a person to hav a seizure of epilepsy while they ar wearing such a device. This can be made at home or by any good jeweler, and it is worth a trial. It can be made so that it is not notisabl. If the wire is oxidized and the person has dark hair, it wil not sho.

Those who hav their seizures only at nite, can wear it only at nite, but my experience is that it is best to wear it all the time.

Sumtimes wearing a gold or silver chain around the neck and attaching the insulated wire to one side of that, and having the bared end over the epigastric region, as shown in the illustration, wil prevent the epileptic

seizures, but it is usually necessary to hav the band about the hed to neutralize these energies.

Cutting out all unnatural sweets and cookt starches such as mushes, bred, potatoes, etc., is imperativ in treating this condition. I make it a rule to put the patient on a *strictly raw diet*, including fruits, vegetabls and nuts, as outlined in this book. That in connection with keeping the bowels wel open and wearing an energy equalizer as illustrated, wil in nearly every instance *prevent* epileptic seizures. It is only a question of preventing them for a certain length of time when the case can be considered cured, provided the diet is adhered to.

If a person is predisposed to epileptic seizures, it is imperativ that they keep the bowels wel open and adhere to a strict diet, as outlined in this book.

For auxiliary treatments, the B-D-C treatment, along with powerful radiant light and deep breathing ar to be recommended. Light radiated intermittently thru the B-D-C screens on the bare chest of the patient, carrying out the B-D-C tecnic, has met with very excellent results.

Fasting

This has been mentiond under Dietetics, page 75. Fasting for a few days and then eating great quantities of food makes the second condition worse than the first.

Many dis-eases can be entirely remedied by fasting anywhere from one to twenty-one days. I never advocate fasting more than twenty-one days.

A "water fast" indicates that the person takes nothing but water, and that is what I refer to when I speak of fasting. A person can go on a "modified" fast by taking only orange juice for a certain number of days or any one special articl of food such as grapefruit juice, berry juice, etc.

All of these mesures hav their aproprate place, but should be prescribed only by one thoroly posted in the

work. As a rule, a water fast for a few days is the best of all if a fast be indicated.

To break a fast, one must start eating very lightly. That is best done by taking from three to six ounces of orange juice several times a day for three days, adding gradually garden herbs and after a week ad vegetable juices or the whole raw vegetables.

All cases of "colds," which ar modified fevers, and all fevers, ar best handld by water or fruit-juice fasting.

Feces

The feces, or excrements, or stools, often indicate the condition of one's metabolism, but the habit of carefully examining the feces after every stool is a bad one. It produces many neurotics.

The feces ar hardly ever exactly alike for two days, as they depend so much upon the carактер of the food taken and the general habits of the person. However, if they rize to the top of water, it shows that there is more fermentation going on in the bowels than there should be. If they sho undigested food, it indicates that too much food is being taken or it is not being digested. If there be mucus with the fecal matter, it shows that a catarrhal condition has taken place in the bowels, which indicates *colitis*.

FEVER FEEDING

I wish to mention briefly the fact that more people are killed by being fed when they have a *fever* than have ever been killed by epidemics. It is a great calamity that our boards of health know so little about diets. Recently I read a circular sent out by the board of health in a large city, and that circular advocated the eating of "plenty of nourishing food" when a person had *influenza*. Such advice is criminal. If the person lives through a fever when stuffed in this manner, as a rule, they are never well after it, or not until they have had some serious ailment. I do not see what the health authorities are thinking of, if they think at all, when they send out such notices to physicians, the majority of whom are not educated along the lines of dietetics and cannot think rationally on the subject. To give such advice as this through the public press is nothing less than criminal.

The feeding of "flu" victims during the epidemic of 1918-1919 probably was responsible for more deaths than the World War.

We hear a good deal about the deaths caused by alcohol or by other drugs, but very little is said regarding the deaths caused by physicians prescribing food to those who should have nothing.

A fever is a condition brought about by a rapid combustion—the system is burning up everything inimical to itself. In other words it is an expression of the organism's antagonism to some poisonous substances.

A fever should not be checked by drugs. If the patient be let alone and given plenty of water, the fever will soon subside, provided the bowels be well cleared out. To try to reduce a fever by feeding is like putting out a fire by throwing shavings on it. If every physician had this drilled into him when he was in college, the saving of life would be beyond computation.

No other animal excepting the *human* animal eats when it is sick. This I hav said before, but it bears repeating hundreds of times. Physicians do not seem to take into consideration that we ar all animals and humans should know at least as much as sum of the "lower" animals.

Feeding persons when they ar sick is another instance of trying to interfere with Nature, so again let me say *do not feed a person with a fever*. Clear the bowels out, and the fever wil subside, but ad fuel to the fire and the fire wil continue to burn.

I hav just diagnosed a "traind" nurse and find she has endocarditis. She said she "nursed under a 'regular' physician of high standing" during the "flu" and that they had "the worst cases in the city," because *70% of them died*. She had it too and was treated by her physician as the others wer. She said the physician also had the "flu" and "nearly died." She said he is now "short of breth too." She named several patients who wer also "short of breth." She said they fed their patients all they could eat during the fever and they soon had neumonia and died. Those who livd ar "sickly." They used "as-perin" on all cases for pain and fear. *Ignorance kild this doctor's patients and not the "flu."*

"Strait is the line of Duty,
Curvd is the line of Beauty;
Follo the first and thou shalt see
The other ever follo thee."

Gland Implantation

Much notorious propaganda is now going on in the public pres regarding the implantation of glands from monkys, sheep and other animals, and even from electrocuted criminals. Old men, enfeebl'd men, impotent men, and even weak-minded women fall victims to this criminal propaganda.

This propaganda is an organized sistem for graft and there is absolutely nothing to it except graft, and humiliation for those who submit to it. Any gland from another animal or from another person implanted into a living being wil soon sluf away and leav the victim worse than he was before.

The majority of the reports publisht in the papers ar outright lies, and sum of the peopl who vouch for them ar liars paid by those who ar boosting the graft.

Nature cannot be deciev'd. If a person is used up sexually, the only way he can ever be restored is by *the natural way*, namely, rest and proper diet. The effects of "whipping an animal up" by means of stimulation do not last long. The second condition is always worse than the first.

Becaus political doctors ar vouching for this crime upon the public makes it all the worse. Many hav an idea that if a doctor is in public life, or in politics, he can be depended upon, but I am sorry to say that it is usually exactly the opposit. That is, when a doctor goes into politics, or holds a political job "without pay," there is a big nigger in the wood pile, and I would advize all to be slo in believing anything such peopl say or publish.

Commercialism is back of all such outrageous propaganda.

I would advize those who wish to keep posted regarding the doings of political doctors to subscribe for *The Truth Teller*, publisht at Battle Creek, Mich. This givs *facts* that the peopl should kno about.

Food Adulteration

It is almost impossible to get food in tin cans or boxes that has not been adulterated, especially if such food is ground or fixt up in any manner. Dried fruits or vegetables that have not been sulfured or treated to make them an unnatural color or to preserve them should be selected.

No one needs condiments of any kind. In them is probably the most adulteration outside of cand soups or cand goods of various sorts.

If one eats raw food, either fresh or sun-dried, they are very sure to have food that is correct.

A government "label of inspection" does not always make the goods safe. Do not place too much dependence upon these "government" guarantees.

Goiter (Enlargement of the Thyroid Gland)

This condition can be cured by diet and neck exercises as outlined in this book, if the enlargement has not become fibrous. If it has become fibrous, it cannot be made smaller, but it can be kept from growing.

Intermittent pressure by means of a metal probe past thru the nose against the posterior wall of the naso-pharynx is often helpful in curing goiter.

Chiropractic or osteopathic treatment is probably the most efficient of any for this condition, altho powerful, radiant light and the actinic rays often work wonders in treating the thyroid gland.

Chiropractic adjustments, if properly applied, often are of great help in curing goiter.

The *pulsoidal current* applied over the enlarged gland and over the third cervical vertebra, is often the best treatment for goiter.

GONORREA (*The Black Plague*)

At the present time large commercial industries are interested in propaganda to make the people think there is a serum or vaccine cure for gonorrhea and that there is also a serum to prevent it and also one for diagnosing it. Everyone of these serums or vaccines are utterly worthless. They are absolutely unreliable, and the great calamity is that they are being fostered by many of our public "health" boards. Many a person is said to have gonorrhea when he has not, and many are said to not have it that have it.

The popular method of treating gonorrhea by means of astringent injections usually produces a second condition that is worse than the first.

To make light of gonorrhea is to make light of one of the worst plagues known to man. Gonorrhea is another one of the awful plagues that follow in the wake of so-called civilization. It is a well-known fact among surgeons, especially among those who specialize in gynecological work, that nearly 85% of all pelvic operations in women are caused by gonorrhea, and nearly all of these contracted the disease innocently from their husbands who have at some time had gonorrhea—the majority thinking they have been cured.

Gonorrhea is a *terrible disease* and far more dangerous than tuberculosis. Its chain of disastrous consequences are infinitely farther reaching than those of tuberculosis or cancer.

Education, diet and hygiene are the only factors that will ever make the disease less prevalent.

Feeding children with eggs, fish, and stimulating foods is one of the prime causes of over-sexual development and lack of self-control.

Reading sensuous novels and yellow-journal items as well as witnessing lewd moving pictures, are also potent

factors in over stimulating the sexual organs so that the young lose control of themselves.

Dancing sensuous dances and mingling with women who dress to excite the passions are also indirect causes for the terrible *black plague*.

The cure for this disastrous disease lies in diet as outlined in this book and powerful radiant light and the actinic rays from the quartz mercury vapor lamps.

I do not believe a person with nicotine in their system has ever been cured of gonorrhea. The first requisite is to get the nicotine out of the system and then get the gonorrheic infection out.

If one wishes to study further on this subject, I would refer them to my book on *Prostatic Disease* and my larger textbooks.



LIGHT is the soul of
the Universe as
Color is her music.

Grip or Influenza

Grip should be handled in the same manner as pneumonia. Because it is not handled in this manner is the reason so many cases end in pneumonia.

Never give aspirin or any other coal-tar product to reduce a fever. It is especially dangerous to give in diseases affecting the respiration. In sum of my larger works I have published reports concerning over 12,000 cases of the "flu" with a loss of less than one-fifteenth of one per cent. by following out the plan here outlined. The orthodox methods (those recommended by the boards of "health") killed about *seventeen* per cent.

Gum Chewing

The chewing of gum is becoming a national habit. I do not know as chewing a little gum directly after a meal is especially injurious, but the habit of gum-chewing is a result of nervousness. A person that is always chewing gum is a nervous person and chews to quiet the nerves. However, it tires out the nerves and a vicious circle is set up.

Chewing gum in public is a very uncouth habit and children should be taught to not do it.

Excessive gum chewing over-stimulates the salivary glands and over-cultivates the masticating muscles. It spoils the looks of many girls. If the gum-chewing habit continues to increase as it has in the past ten years, it will not be long before people will have jaws resembling those of the ruminating animals.

Hart Diseases

All manner of heart diseases are best treated by regulating the diet and by chiropractic or osteopathic treatment. The neck exercises as given in this book will often make a bad heart a fairly good one. *Don't wear stiff collars.*

Hemorrhoids (Piles)

This condition is secondary to constipation or strain-

ing, and is best cured by regulating the diet and by hot sitz baths or electric-light sitz baths.

There ar many suppositories of an astringent nature that ar palliativ in this condition. I think *Iodex* (a stainless iodine ointment) is one of the best remedies to use for hemorrhoids or an itching anus.

Hiccof.

Every year we read in the papers of many persons dying from hiccof. It can be reliev'd in very short order.

Hiccof is a rithmical contraction of the diafram and is caus'd by irritation. As a rule, the irritation cums from gas in the stomach or bowels.

The proper way of overcumming hiccof is the same as for overcumming whooping cof, namely, *fasting*. A littl water or acid fruit juice and water mixt, if the patient wishes sumthing to lubricate the throat and mouth, ar all they should take until the hiccofs hav entirely subsided.

Taking very deep breths and holding the breth as long as possibl also acts wonderfully in overcumming the spasms connected with hiccof.

Chiropractic adjustment wil often cure hiccof in one minit.

Pulling the tung out and rubbing it with the inside of the pulp of a lemon peel wil also often cure hiccof in les than a minit.

A sudden start given to the patient wil also stop the spasms of hiccof almost instantly.

Hospitals

If a person is in a strange city and is suddenly taken il or meets with an injury, a hospital is the only place practical in which they can be taken care of, but if a person has an apartment or a home or any place to go beside a regular hospital, I would advize them to always shun the hospital. The way many of the hospitals in the big cities ar organized and ownd by surgeons, or their frends, makes them dangerus places.

If one can find a naturopathic, or nature-cure, institution, I would advise them to always seek them rather than the "orthodox hospital."

The serums, vaccins, drugging and cutting resorted to in these organized hospitals is a crime against society and a disgrace to civilization.

If a woman is in a strange place and has to be delivered, I would advise her to seek out a "maternity home" or a "maternity cottage" rather than the regular hospital. If one is in their own home and no great impediments prevent their being confined there, I always advise them to keep away from the hospitals and have the confinement in their own home, whether the obstetrician likes it or not.

Insanity

No doubt insanity is on the increase, but so is the insane way of treating people on the increase.

If our public press would become more sane, and our public officials would seek to cheer people rather than frighten them, and if our boards of "health" would work to create *health* rather than diseases, there would be less insanity.

Veneral diseases are probably responsible for a great proportion of our cases of insanity. Until the public is educated against wars and lust, venereal diseases will be on the increase. Political doctors' propaganda to prevent venereal diseases is a gigantic camouflage and is one of the "end products" of the World War, and with such "end products" insanity is sure to increase.

Right living, right eating and right teaching in our institutions of learning will do more to prevent insanity than anything else.

I believe there are more insane people outside of the institutions for the insane than there are in them.

The political doctors who are parading about our public schools and universities, pretending to teach the students

right living, ar far more dangerus than the worst lunatics to be found in insane asylums.

Inflammation

Inflammation is a condition of tissues folloing an irritation. It is caracterized by pain, heat, redness and swelling.

No inflammation can exist without *stasis* — a stopping or damming up of the fluid circulation.

No one can hav a dis-easd state of tissues without inflammation, and no one can hav inflammation without the sloing up or stoppage of the circulation known as *stasis*. Consequently *one cannot hav any inflammatory condition without stasis*. Hence the ultimate end of *all* treatments and procédures is to reliev inflammation — to reliev statis and allow the free circulation of fluids in the tissues.

If inflammation has continued a long time, it is known as *cronic inflammation*, and with that fibrus tissue forms. That is why one has *adhesions* with cronic inflammation.

The diet as outlined in this book is *the* diet for all inflammatory conditions. For reducing local inflammation *heat* is the great remedy. *Radiant*, or light, heat, is much better than the dark heat; the former is gotten from the sun or electric lights and the latter from hot aplications. There is just as much difference between *light heat* and *dark heat* as there is between heat at nite and heat of a bright sunny day. When possibl, use powerful, radiant light for the heat to reduce inflammation. If that cannot be obtaind, use hot compresses known as *hot stupes* and in the hot water from which the clothes ar wrung, it is wel to put in oil of eucaliptus, a teaspoonful to the quart. This is known as *eucaliptus stupes*.

A *dry compress* can also be used to reduce inflammation and one of the best is salt put into a bag and heated in the oven and put over the inflamed tissues as hot as can be borne. To make the *salt compress* hold its heat longer, a

hot water bag, or hot bottles, can be used on the salt bags.

Inflammation in the ear is best treated by means of radiant light, but if that cannot be obtained the *hot salt bags* are the best.

Insomnia (Sleeplessness)

In the first place, the diet must be regulated and no food or drink taken, except as will be outlined, within three hours before retiring.

See that there is a ground wire placed under the under sheet, as illustrated in Fig. 44.

If the person has high blood pressure, head the bed east or west, but if they have a low blood pressure, head it north or south.

Just before retiring, soak the feet well in hot water, having in the water one tablespoonful of epsom salts to the gallon of water. Then dry the feet well and rub the whole body over with a dry, Turkish towel.

Just before getting into bed, eat a handful of freshly popped, plain popcorn, taking plenty of time to masticate it. Have a bag or dish of the popcorn right by the side of the bed and take a few pieces and thoroughly masticate and swallow it every time you wake up. It will not be many nights before you will not wake up to get the "midnight dose" of popcorn.

Kidney Diseases

The only sensible treatment for kidney diseases is diet, and the diet outlined in this book covers the ground.

For auxiliary treatment, powerful radiant light as well as chiropractic or osteopathic treatments are of great value.

MATERNAL IMPRESSIONS

The person who says he does not believe any impressions made upon the mother before the child is born has any effect upon it, should be clast with the "ultra-scientist," a specimen of which I once had in one of my lectures in the Middl West. He told me that he would believe nothing that he could not prove out by the microscope or sum laboratory test. All else he said was imaginary or mithical.

I askt him if he had ever ownd a dog and he said he had. I askt him if he had ever lost the dog in a crowd, and he said he had. I askt him how that dog found him, and his reply was, "Why, by the scent." I askt him if *he* wer abl to do the same and he replied he was not. I told him that I had seen sum Indians who could do it. I then askt him if he had ever been abl to isolate his own track on a sidewalk where hundreds of others had past over it, and if he could examin that track under the microscope or could find out what the emanations wer that made the dog able by "instinct," or by any other faculty, to track his master.

I askt him if he wer abl to tel from the analisis of a tear whether it wer causd by sorro or joy.

To all this he could make no reply.

I hav had ampl proof that pre-natal influence has more to do with the offspring of any animal, including the human, than anyone ever givs it credit for.

I hav seen pregnant mares chased by dogs or in sum manner frightend, and their colts wer shy and often unbreakabl. From the same mares the foal would be natural in every way when no disturbing influence had been present during gestation.

I hav observd the same fenomena among cows. If they wer kindly treated during gestation, the calvs would be

gentl, but if the cows wer frightend or treated unkindly, the calvs would sho the bad effects.

The same is true of dogs, cats and poultry.

If a slut is abused or whipt severely while pregnant, she wil giv birth to pups that ar always slinking off as if afraid to sho themselvs.

I remember that at one time one of our family cats was brot up with one of the dogs. Altho this cat's kittens wer born and livd in the barn yet they wer never afraid of the dog. Sum might say it was becaus of the exampl of the mother, but sum of the kittens wer taken away before they saw the mother with the dog. This same cat was once terribly frightend by one of the dogs and shaken up badly when she was pregnant. The kittens would fight this particular dog every chance they got, but never botherd any of the other dogs. This was not becaus of the exampl of the mother either as they wer taken from the mother when very yung.

I hav observd that if hens wer chased more or les by dogs, their chicks would be very much frightend by a dog, while if these same hens wer not frightend, their chicks would not act so.

I hav also observd this fenomena in humans. One of the first cases on which I was ever sent was to a woman who was about to giv birth to a child. The fetus was fully matured, but was the shape of a woodchuck and coverd with hair. It lookt more like a woodchuck than a child. Fortunately the child did not liv. The mother did not kno about the condition of the child, but a few weeks subsequent she remarkt to me that perhaps it was all for the best that the child did not liv becaus she was terribly frightend once by a woodchuck when she was carrying the child, and she was afraid the child might hav a bad temper had it livd. She said she was going into her kitchen one day when she saw a woodchuck behind the stove, and she couldn't seem to get over the fright.

At another time I saw a child about five years old that had severe spasms at a certain period of the year. I askt the mother if anything had occurd during gestation that had preyd on her mind. She said there was only one thing and that was the fright she once reciev'd when she saw a big snake and stood spelbound when the yung snakes ran down the mother's throat. It was during that period of the year that the child had the "spels."

Another child, a girl of thirteen years of age, was a sexual pervert. The mother's history was that sum irritation during the last six months of her pregnancy causd her to be a nymfomaniac.

Another girl about eighteen years of age, was so afraid of dogs with red, shaggy hair that she would run screaming if one came in sight. I lernd that the mother, when about six months pregnant with this child, was frightend almost into a state of collapse by a dog having red, shaggy hair. No other kind of dog frightend this girl.

I hav seen cuntry-born children who wer abnormally afraid of cattl, and in each instance I lernd that the mother had been frightend by a bull when carrying the child. Often this particular child would be the only one in a large family that was afraid of cattl.

One woman wanted her children to be musicians. She was a cuntry girl and had no special training in music. When she became pregnant, she studid music, taking piano lessons and studying harmony. Her littl girl very erly showd a liking for music and would often sit for hours listening to her mother sing or play. She became a very accomlisht musician.

Another mother tried the same plan to hav a child who loved art. Altho not an artist, she commenst to study drawing and landscape sketching as soon as she was pregnant, and kept at it until the child was born. That child became an accomlisht artist. When she was a very small

child she would draw pictures that did not hav to be labeled.

I believ a mother can mold her child almost as she wishes, provided she knows how and wil aply herself.

One of the most interesting cases that I hav recently seen recorded is that by Dr. W. F. Schrader of Ft. Wayne, Ind. His experiences ar related in the American Journal of Clinical Medicine of Dec. 1919. He said that he became interested in raising canaries, as he loved to see them watch over and rear their broods. I quote in part from his articl:

"In the seven years of my experience with canaries, not all the chicks hatcht wer raisd, but I never found a cripl nor a deformd chick among the many scores of nurslings.

"During the last, the eighth season, I mated only five pairs. The canary is not strictly a monogamus bird as is the pigeon, but I never permit promiscuous matings. I hav kept the same birds mated thruout the nesting period of usually from four to six broods.

"The breeding cages remaind in the same location. The environments remaind nearly the same, and the food and care varies only according to conditions.

"By the first week in July of this year, three of the matings had each resulted in two broods, and the hens had their nests redy for a third laying of eggs.

"At this time the aviation department was recruited here and one of their flyers made daily flights over the city. Whenever the great hawk-like appearing machine could be seen by the birds, the males would whistl a terrifying cry of danger, and almost instantly every bird in the room, old and yung, would be huddled in sum part of their cages, trying to hide, trembling with fear and fright.

"At the end of the week, the three nests held twelv eggs, all laid during the time of the aviator's daily flights. Seven of the eggs hatcht. The others had not been fertilized. *Every chick of the seven was deformd.* Three had

no anal vents and died within a few days. Two had extra pairs of wings with immobil joints. These remained in extension continuously and brot to mind at once the wing in the usual illustration of 'wingd Mercury.' These extra wings wer attacht at the very apex of the sholders. The legs of the other two wer twisted and held at ful length beneath the bodies like legs of wading birds in flight.

"The same three pairs of parent birds hav raisd two broods each since and there was not a cripl or deformd chick among them.

"The fact related in the foregoing, having occurd in the family of ovipara, suplies the nearest possibl evidence favoring the actual operation of maternal impressions that has cum within my observation.

Dr. Schrader in the January, 1921, number of *Clinical Medicine* ads this subsequent report:

Owing to the wide interest aroud by my articl on "Maternal Impressions," I am prompted to submit a report of sum observations made during the breeding season of my canaries this year (1920), which ended several months ago.

A short time before the mating season opend, I abandond part of my plans made for their care, and placed the same pairs of birds in the same cages in the exact locations occupied last year when the fenomena which I reported occurd.

Seeing an airplane in flight over the city had becum quite a common incident by the time nesting began this season, and the birds appeard no longer to hav fear of them, tho, folloing a warning note of the male, absolute silence would succede at times for the period of a ful minit.

I do not often indulge in airplane excursions. However, when the nest bilding which preceded the third clutches of eggs was in progress, a period corresponding to that of last year wherein the deformd chicks developt, I

went out on an airplane excursion, and directed my pilot so that we soared near the building in which my office was located, and much lower than in usual flights.

The results of this nesting were as follows:

Hen No. 1 laid five eggs, hatched three, one chick imperfect.

Hen No. 2 laid three eggs, hatched one, deformed.

Hen No. 3 laid four eggs, hatched two, one imperfect.

The number of eggs in these clutches was irregular, and this was a low percentage of hatch compared with other nestings. Three of the six chicks were imperfect. The one from nest No. 2 had the *outstretched wings, joints were ankylosed, and the legs sprawled to the rear, as had the two chicks mentioned in the preceding report.* The other two had imperforate anuses. This latter condition has been observed occasionally in past seasons, but these two were the only instances of this year in a total of seventy chicks hatched.

"It may be interesting to mention here that canaries act upon "the-survival-of-the-fittest" theory and put it into practice, for in several instances I have known parents to kill the weaklings before the end of a week from the hatching date. The deformed chick from nest No. 2 was killed by the parents when ten days old.)

Matings 1 and 2 nested twice following and No. 3 once after, having normal hatches and no cripples.

In connection with this effort, which I cannot term a "test," a number of questions arise such as, were the matings of last season the proper birds for us, or should birds not accustomed to the sight of a plane have been used? Was it fair to introduce the intentional flight? However, comparing my carefully kept records of this season with that of last and my memory records of other seasons, I seem to find evidence supporting the maternal-impression theory.

Measls

My treatment for measls is the same as for chicken-pox, with the exception that the patient's eyes must be protected by dark glasses for at least three weeks after he is out.

Menstruation (Menses or Monthlies).

Nothing influences a woman's monthly flo more than diet. Sumtimes one who flows very profusely can be cured entirely by cutting down the diet and living on raw food as outlined in this book. Often a person wil skip one or two months when changing from hevvy cookt food to the raw food, but they need not worry about that as they wil be a great deal better when they begin flowing again.

The "scanty" flo need not worry anyone as long as it is their habit. Sum sientists think that if a few generations livd entirely on raw food in moderate amounts, the monthly period would not last more than twenty-four hours with any normal woman. They hav made their deductions from the menstrual change that cums about in women who take up the raw diet.

The word "unwel" should never be used for the natural, monthly flo. It givs a rong suggestion and makes the yung girl think that she is "sick" when in reality she is only having a natural function carrid on. It is no more unnatural in a helthy, normal woman than the movement of the bowels.

Many ask me if they should bathe during the monthly periods. I always anser in the affirmativ. There is no reason why a warm bath should interfere with the monthly flo. I never advize cold baths in any condition, and certainly would not during the menstrual period.

Many girls from the time they begin their monthly flo ar taut that they ar "sick" and should go to bed. This suggestion goes with them and before they realize it, they ar "a-quarter-time" invalid.

A young girl should start her flow without pain and should be that way all her life, and my experience is that she can be if she lives rightly. Proper exercising and proper diet will control the menstrual flow if the woman is anatomically normal. If she is not, she should be made so.

Metabolism

The word, metabolism, is now being used so much in the public press that many would like to know what it means. It is from the Greek word *metabola* which means *a change*. Hence in *nutrition*, it means "the change produced in the substance by the action of living cells upon it; the process by which living cells or organisms incorporate the matters obtained from food into a part of their own bodies."

The term, *basal metabolism*, is also being used a good deal just now. This means "energy metabolism determined from fourteen to eighteen hours after eating and when the individual is at rest but not sleeping."

In short, the term *metabolism*, when used in connection with *nutrition*, really means *nutrition* — the utilization of food by the body and the discard of refuse.

In this connection we have *constructive* metabolism and *destructive* metabolism — the one meaning the change of matter from a lower to a higher state of organization; the other meaning the conversion of matter into a lower state of organism and ultimately into waste products.

Mumps

This condition can be handled entirely by diet with the addition of hot applications about the throat. The only diet that I recommend in mumps is a hot tea made from Marmite (Vegex) or Herb-ex. If one cannot get them, they can use very thin hot teas made from prunes, raisins, figs, or dates. These "teas" are very soothing and are amply sustaining.

Keep the bowels open.

Music — Its Effect on Health

Music is the decoration of thought. The rhythm of music decorates sentiment. Music can be used as a vehicle for transferring impressions to the sick or well.

Music as a therapeutic agent has been used for centuries, and we often read of the sick leaving their beds, being borne as it were upon the rhythmic waves of music.

Often one near death can be roused by strains of music that strike to their inmost soul.

I believe the time will come when music in connection with color will be used widely as a remedy for diseases. Music and color are truly interchangeable and belong to the finer forces of Nature, and as such can enter mental labyrinths that no other agency can.

Neumonia

I cannot emphasize enough the diet in pneumonia.

While there is a fever, give nothing but water or fruit juices.

Keep the body warm and quiet in bed. Allow plenty of fresh air in the room.

Keep the bowels open by means of baking-soda enemas.

Do not allow the patient to leave the bed until several days after all fever has subsided. If the fever has been at 105° F., or thereabouts, and if it has lasted for several days (which rarely happens if these directions are followed) then keep the patient quiet in bed for at least *three weeks* after all fever has subsided. Do not allow the patient to even rise up in bed during this time. Being quiet in bed after the fever has subsided is of paramount importance. It is getting up too soon that causes so much trouble.

Iodin therapy is nearly always indicated in cases of pneumonia.

An ointment made as follows and rubbed on the chest two times a day in cases of pneumonia works wonders. The technique is to rub into the skin over the chest all that

can be rubd in in twenty minits. Then wipe the chest dry of the residue, becaus it is irritating to the skin.

Continue these rubs until the lungs hav becum normal.

Guaiaacol	2 drams
Menthol Salicilate	1 dram
Lanolin	1 ounce

Sig. Mix wel and use as directed.

"Medicin is only palliativ, for back of diseases lies the caus and this caus no drug can reach."—*S. Weir Mitchell, M. D., LL.D.*

"Whoever advocates the doctrin that to spred any natural or unnatural diseases is conduciv to public helth, is a perverter of common sense and an enemy of the human race."

(Vaccination and serumization cum within this doctrin.)

To gard the mind against the temptation of thinking there ar no good peopl, say to yourself: "Be such as yu would like to see others, and yu wil find those who resembl yu."—*Bossuet.*

All knowledge is lost which ends in the knoing; for every truth we kno is a candl given us to work by. Gain all the knowledge yu can and then use it for the highest purpose.—*John Ruskin.*

Success is mesured only by one's ability to THINK.

If yu ar true to the best there is in yu, the world is on your side.

two hundred twelv

NICOTIN, *The Demon*

Space forbids my going into discussing the effects of nicotin upon the body. The *Seventh Edition* of my *Lecture Course to Physicians* has much to say regarding the effects of nicotin upon the body, and those who wish to get reliable information on the subject may refer to that volume.

I might say, however, that the time will come when the use of cigarets will be prohibited just as much as the use of intoxicating liquors is now prohibited. I do not believe the general public knows of the terrible calamity that cigaret smoking is to our land. How a self-respecting man or woman, especially of the educated or professional class, can deliberately take up cigaret smoking and then continue it, is a mystery to me. I understand that many contract the habit just to "settle the nerves," but like other dopes, it leads to nerves more unsettled after every smoke. I have charity for those who contract the habit, but for those who will continue setting the awful example to the young, words are too inadequate to express condemnation.

The cigaret habit is a terrible indictment against America with all her resources for learning and enlightenment.

I am informed that far more money was expended in the U. S. during 1920 for cigarets than was paid to all teachers in every line of education in the U. S. for the same period. This is a terrible blot and reckoning will surely have to be made. The *Opium habit* is nothing in comparison with the cigaret habit.

How any self-respecting publications can publish advertisements of the death-dealing cigaret, I do not understand. It only shows to what a low level *commercialism* has brought not only the publishers but the public.

No one knows more about the baneful effects of cigarets and other forms of nicotin than the physician, yet I have seen many physicians who would be considered normal

in intellect wer it not for the fact that they used both
cigarets and tobacco.



Obesity

Obesity if very pronounst is a dis-eas, and the only natural method for curing it is regulating the diet, using a minimum amount of food for a maximum amount of exercise.

Auxiliary mesures for reducing fat ar illustrated in this book. The powerful, radiant lights, along with traction

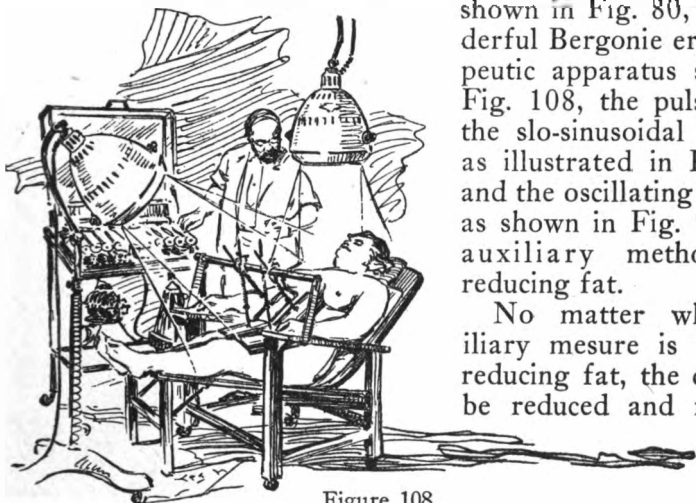


Figure 108

as shown in Fig. 80, the electric light bath cabinet as shown in Fig. 80, the wonderful Bergonie ergo-therapeutic apparatus shown in Fig. 108, the pulsoidal or the slo-sinusoidal modality as illustrated in Fig. 109, and the oscillating modality as shown in Fig. 98 ar all auxiliary methods for reducing fat.

No matter what auxiliary mesure is used for reducing fat, the diet must be reduced and regulated

or the fat wil very quickly return when the auxiliary mesures ar omitted.

Deep breathing exercizes ar also of great benefit in reducing adipose tissue.

The exercizes outlined in this book, if persisted in, wil also reduce fat in a remarkabl degree.

No matter what the mesure for reducing fat, one must bear in mind the fact that the utilization of the fat must be greater than the intake or else a reduction of weight wil not take place.

There ar cases where a person becums obese without any apparent caus when on a diet. This is a dis-eas of

the internal secretions and can often be remedied by ascertaining just what raw foods will rectify the condition. This has to be taken up with each individual patient and requires much painstaking testing to find out just what foods are required to rectify this mysterious condition, which as a rule was first caused by errors in diet.

Paralysis

The best method of treating paralysis, including infantile paralysis, is by the *pulsoidal current*, as illustrated in

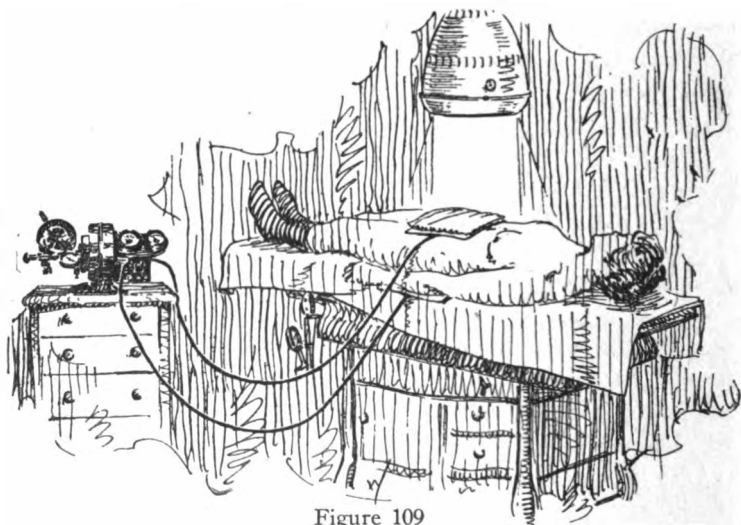


Figure 109

Figs. 100 and 101. This method in conjunction with powerful radiant light and proper diet will, as a rule, correct the majority of cases of infantile paralysis and will greatly help those who are afflicted with any type of paralysis.

Parotid Gland.

Parotiditis, inflammation of the parotid gland (gland just in front of the ear) is often called *mumps* when it is not. A person can have mumps with very little inflammation

of the parotid gland, but in such cases the inflammation usually extends to the testicles or ovaries.

All cases of mumps sho an inflammation of the parotid gland, but not all cases of inflammation of the parotid gland ar mumps. They ar often only a reflex from the generativ organs.

The best method of differentiating between mumps and a reflex from the generativ organs is to giv acid fruit juices. If they caus pain when swallowd, the case can usually be diagnosed as *mumps*.

The best way to treat parotiditis is the same as for treating mumps, namely, put the patient on a fast and giv nothing but water or *Vegex* or *Herb-ex*, as mentiond under "*Mumps*."

Powerful radiant light over the side of the face and over the ovaries or testicles, or hot compresses over these regions, ar great aids.

"Patent" Medicins

Many of the "orthodox" medical journals condemn "patent" medicins, but it is a strange thing that a great many "orthodox" physicians prescribe these patent medicins and get most of their information regarding treating their patients from these patent-medicin circulars.

My advice to my patients is to pay no attention to any widely advertized medicin. As a rule, any medicin that is widely advertized to sel for a dollar costs les than sixteen cents. I obtaind this information from those who manufacture the patent medicins.

Sum of our largest drug and medicin manufacturers make medicins for "orthodox" physicians and at the very same time make the very same articl for the big advertizers to sel to the public. In such instances the physician is being humbugd, he is humbugging his patients, and others ar being humbugd by the newspapers or magazines that ar advertizing the product.

Such doings as these ar what ar putting the *nature-cure* physicians and institutions in the limelight.

The institutions that ar teaching the yung would-be physicians that Nature is rong, rather than teaching them where humans ar rong, ar the "orthodox" institutions.

Natural methods and only natural methods wil stand the tests and wil survive after all other sistems hav been forgotten.

Pelvic Diseases

Diet is the keynote to the treatment of pelvic diseases in both men and women.

Walking on-all-fours is one of the best exercizes there is for this condition.

The nee-chest position for the woman, after letting air into the vagina thru a tube, allows the uterus to fall forward and is of great benefit if taken on retiring. The position should be held for about fifteen minits each nite.

For men with congestion of the prostate or other pelvic organs, the nee-chest position is also of great benefit.

Lying on a couch, the foot of which is elevated twelve inches higher than the hed, wil allow gravity to aid a great deal toward relieving congestion in the pelvic organs.

Fig. 110 shows a tabl tilted in this manner.

The majority of all pelvic diseases ar brot about by being too long at a time in the upright position. In other words, if we walkt on-all-fours more or lay more on the abdomen with the pelvis higher than the hed, a great deal of this congestion could be overcum.



Figure 110

Many pelvic diseases ar started by having the baby lie on the back. (See p. 158.)

I do not believ any man has ever been cured of prostatic diseas as long as his sistem is ful of *nicotin*. Nicotin

poisoning weakens the vessels in the body and is a prime factor in causing congestion in the pelvic organs.

Powerful radiant light over the small of the back and over the genitals is of great value in relieving pelvic conditions. Chiropractic and osteopathic treatments are also of great help in relieving pelvic diseases.

Keep the bowels open.

Perspiration

I am often consulted as to how to prevent perspiration under the arms or on other parts of the body. It is natural for everyone to perspire under the arms and various parts of the body, and to try to prevent it is injurious. If a person perspires too freely, it is a disease. Diet, exercise and hygiene will rectify any cause of over-abundant perspiration (*hyperidrosis, ehidrosis or sudatoria*).

Pneumonia (See Neumonia)

Pruritus (Itching)

Itching on any part of the body is very annoying and leads to extreme nervousness. It is especially bad when about the genitals or anus.

This condition can be cured by diet and hygiene. As an auxiliary measure for rapidly stopping this aggravating condition, the *actinic rays* from the quartz, mercury-vapor lamps excel all others. One treatment by means of these powerful, chemical rays, will temporarily stop the worst forms of itching about the genitals and anus, but *it will not cure* the condition. The only way of curing the condition is by *diet and hygiene*.

Psoriasis (See Soriasis)

Sexual Disorders

Sexual disorders in both male and female are best treated by diet, exercise and hygiene.

Nearly all sexual diseases are caused by indiscretions either in habits or diet, or both.

Many times sexual disorders ar implanted in the baby and gro until maturity, warping the whole life.

Feeding meat and highly seasond foods, and an over-abundant amount of cane sugar, or white flour, ar sum of the dietetic errors.

Hygien in the way of clenliness and dres is also another very important factor.

Lewd dancing and "racy" dressing ar potent causes for sexual disorders.

Reading novels of a sensual caracter or witnessing "racy movies," is one of the great causativ factors for sexual derangement.

In other words, keeping the mind right and thinking rightly, ar very important factors in *preventing* sexual disorders; and in *curing* them the *mind* must be gotten right or the body wil never be right.

Constipation is also a causativ factor of sexual disorders.

If there ar any anatomical errors about the sexual organs, they should be rectified by one experienst in that line of work. Experience has taut me that a great many of the sexual disorders ar causd by the parents not having certain impediments about the sexual organs rectified when the child was a baby.

By carefully folloing out the rules for diet, hygien and exercizes outlined in this book, the majority of all sexual diseases can be prevented as wel as cured.

X-ray fads ar putting thousands of "X's" into quack's pouches.

SIFILIS (*The Great Red Plague*)

Sifilis is the scourge of civilization, and the fact that it is running such awful riot is a blot upon the medical profession as well as upon all those in political authority. It is a crime against humanity that organized medicin, or political medicin, or state medicin, is advising physicians to send patients to public laboratories for "Wassermann tests" to see whether they hav sifilis or not.

The Wassermann test is no more reliabl than the tossing up of a penny to see which way it wil fall. All those who hav used the Wassermann test kno this but, becaus of commercialism and wicked propaganda, the public hav been camouflaged to believ that it is reliabl, and the "helth" departments, rather than admit that again they hav made a tremendus error, keep this gigantic deception intact.

Even *The Journal of the American Medical Association*, which is the official journal of what is popularly known as "the great medical trust," in its Jan. 1, 1921, issue prints an articl ritten by four experienst in Wassermann tecnic, stating that "As regards the patient it has been pointed out repeatedly that the ingestion of even small amounts of alcohol within twenty-four hours of withdrawal of the blood may produce a *false negativ* reaction. *Fever* may occasion a *false positiv*."

"Herz has described this in connection with neumonia, and we hav observd in other febril conditions that during the height of the febril period a positiv reaction occurd while a few days later the same individual in an a-febril state gave a negativ reaction.

"There is a group of diseases such as yaws, malarial relapsing fever, yello fever, tubercular leprosy, scarlet fever, Vincent's angina, etc. in which occasionally non-specific positiv reactions ar said to occur."

At great length they give the reasons why the Wassermann test is absolutely unreliable, it being made positive or negative by so many different factors. Even the ingestion of a large amount of sugar in confectionery will sometimes cause a syphilitic to give a negative Wassermann, while the ingestion of other kinds of food, and especially nicotine, will make the tests unreliable.

With all these facts before the "health" departments, physicians are still urged to have Wassermann tests made by the public laboratories, and use their findings to either quiet or frighten their patients.

The Wassermann test in reality is a *propaganda for the spreading of fear*, and the public ought to know it. I have published many lengthy articles regarding my experience with syphilis and to show the utter failure of every "orthodox" system of diagnosing this disease.

The treatment of syphilis by mercury or arsenic in the form of "606" or Salvarsan has in most instances, caused a worse condition than the first. The symptoms will apparently be hidden very quickly after such treatment, but I have known of cases, that were apparently cured, having a severe relapse, and the second condition was worse than the first, ten to twenty years after it was supposed to have been cured.

The public would be appalled and stunned if it had the faintest idea of the number of persons killed by the use of Salvarsan. Other names are being substituted to further deceive the confiding believers in "health boards."

I believe syphilis *can* be cured, but it can be cured only by natural, dopeless methods. I have not lived long enough to know whether cases treated by the natural methods will recur because, as I may say, we would have to live two or three generations to be sure of this, but my experience is that if one follows out a diet as outlined in this book, and follows out hygienic measures as outlined for tuberculosis, they get over all the symptoms of syphilis and to all intents and purposes are well. If it does take a little

longer to hav the simptoms abate, there is the assurance that one is not being poisoned by the deadly drugs mercury and arsenic. I do not believe any good, lasting effects can be had by loading the system with one poison to get rid of another poison. *It is entirely unnatural.*

The B-D-C system of diagnosis will diagnose syphilis within twenty-four hours after inoculation, and will detect it fifty years after it is supposed to have been cured.

The reports that there is a *preventiv* for syphilis are false. *There is no preventiv.* It is a blot upon our war record that so many of our men were led to believe that they could "take chances" and still not take syphilis. These men are now filling our institutions as cripples and derelicts from the awful scourge of syphilis.

Skin Diseases

Skin diseases of all descriptions are best cured by following out the diet as outlined in this book. Powerful, radiant light, along with the actinic rays, are the specific treatment for all manner of skin diseases.

Soriasis (Psoriasis)

Soriasis is a very aggravating skin disease by many said to be incurable. However, it can be cured by means of diet, hygiene and the actinic rays from the quartz, mercury-vapor lamps.

Altho this skin condition can be cured in a few months, yet it will return if the person goes back to the method of living that brought it on. Therefore the only way to remain cured is to adhere to a strict diet, and that outlined in this book I have found to be the best.

Spitting (Expectoration)

Nature secretes the saliva for a definite purpose, and the habit of spitting is injurious to the health. Nothing is more disgusting than to see a person spitting all the time. Children should be taught to not do it unless there is sum

abnormal secretion from the head, and then they should not expectorate where it will be offensive to anyone.

The excessive chewing of gum over-develops the salivary glands and produces diseased glands with many. The only cure is to stop excessive chewing.

Tobacco users often get into the habit of continual spitting, which is detrimental to their health and obnoxious to others.

Sterility

Many women want to become mothers but cannot. The majority of cases of sterility are caused by gonorrhea having set up an inflammatory condition in the fallopian tubes. This shuts off the entrance of the ovum into the uterus. Any condition that produces inflammation in the ovaries and tubes is a potent factor in producing sterility.

Another cause of sterility is the acid secretion in the vagina. If the secretion in the vagina gives an acid reaction, it destroys the motile power of the secretion from the male.

A great many cases of sterility can be cured by proper diet and exercise and other natural means.

Walking on all-fours is a great aid in overcoming sterility.

Surgery

Constructive surgery is of great benefit, but destructive surgery, which has now become so prevalent, is a great blot upon the medical profession.

My advice is to try everything else before attempting to have any condition rectified by a surgical operation. It is better to err toward the safe side than to be hasty in having something cut out that cannot be put back.

Surgery has become so commercialized that the patient must be always on guard when a surgical operation is advised.

However, there are cases where operations are imperative

and it is not sensible to refuse to have done what is really necessary.

Tonsils

The pernicious practice of taking out children's tonsils is a crime. In some places we read of every school child having their tonsils removed. This pernicious practice should be dealt with the same as murder.

Enlarged tonsils are caused by wrong eating and wrong breathing. It is very easy to prevent any trouble with the tonsils. If parents understood how to instruct their children to eat and breathe, there would be no such thing as enlarged tonsils or adenoids.

The tonsils are put at the gateway of the respiratory and alimentary tract as guards, and if they become inflamed it is because they are overworked. That is, there is a toxic condition in the body, and nearly all of these toxic conditions are caused by wrong living.

The cure for inflamed tonsils is proper diet and hygiene. If, however, the tonsils have been abused and have become hopelessly diseased, there is nothing to do but to remove them.

TUBERCULOSIS (*The Great White Plague*)

I hav said a great deal regarding tuberculosis in sum of my larger works, and wil only briefly tuch upon it here.

The essential in *preventing* tuberculosis is correct living, eating and personal hygien. We all hav tubercul bacilli in our sistem and they ar simply waiting for the resistance of the body to be belo par to begin to propagate.

I do not believ tuberculosis is "catching." If it wer, we would all hav it and the population of the world long ago would hav been extinct.

I do not believ tuberculosis can be given by the animal to the human, nor *vice versa*. I believ they ar entirely different varieties and non-interchangeabl.

Living in closed quarters and bundling the body up—making a hothouse plant of oneself—and eating quantities of sugars and starches and meat ar no dout sum of the causes for tuberculosis.

Inoculation of the body with serums and vaccins I believ is one of the prime factors in the propagation of tuberculosis. It is a noteworthy fact that in any community where vaccination against smallpox or diftheria or tyfoid is used, the most tuberculosis and cancer ar in evidence.

Tuberculin testing of humans or cattl is the caus of about fifty per cent. of new cases among those so tested. *It is a crime worse than war.*

Altho tuberculosis has been the bane of so-cald civilization, yet the orthodox method of treating it today is almost the same as that ritten about by Greek physicians nearly two thousand years ago.

Several hundred different methods of diagnosing and treating tuberculosis hav been followd in the last century, and every one has faild to giv beneficial results. There

two hundred twenty-six

is no need of going into the statistics regarding tuberculosis. Insted of its being on the decreas, it is really on the increas, and the fact stands out in bold relief that the so-cald regular or standard methods for treating tuberculosis hav utterly faild.

The only method that I kno about as being reliabl for the diagnosis of tuberculosis is the method known as the Bio-Dynamo-Chromatic method. Inasmuch as the finer forces in Nature ar utilized in this method of diagnosis, the most incipient stages can be diagnosed twenty-four hours after the tuberculus infection, or as soon as the onslaut of the tubercul bacilli overpowers the resistance of the patient.

Not only can the diseas itself be diagnosed, but the *stage* of the diseas can be diagnosed or, in other words, the ratio of the patient's strength to the power of the tuberculus infection can be mesured.

During the past few years enuf cases of tuberculosis hav been diagnosed by my Bio-Dynamo-Chromatic method, and enuf physicians hav used it to prove it to be reliabl and practically 100% perfect.

It is wel known that the prevailing method of treating tuberculosis is by forst feeding, especially with milk and eggs.

Becaus of the great mortality in the varius tuberculosis institutions, all manner of remedies hav been added to stay the plague, but in scarcely any has the method of *diet* been changed.

It is wel known that the digestiv sistem is nearly always the first to giv the signal of the tuberculus infection. Waiting to see whether tubercul bacili ar found in the sputum is like waiting to see what the autopsy wil sho. Thousands of peopl die of tuberculosis and the deth certificate is made out for almost every complaint other than tuberculosis, becaus the diagnostician was waiting for the tubercul bacilli to sho in the sputum.

To treat tuberculosis by means of vaccins or serums, no matter under what names they ar used—tuberculin, anti-tuberculosis vaccin, etc.—is commercial. I believ that honest men ar using these methods thru ignorance, but they ar criminally negligent just the same if they do not seek the facts in the matter. *Serums or vaccins hav done nothing but increas the ravages of tuberculosis.*

Diet and fresh air with proper exercizes for breathing play the important rôle in the treatment of tuberculosis.

It is wel known that foods as they gro contain salts in natural and biologic combination. As has been previously explaind, these naturally combined salts ar known as the vitamins. If, however, the food is cookt the vitamins ar destroyd; and the secret of feeding in an anemic diseas like tuberculosis is to hav the natural salts in natural combination. These vital elements that the animal economy needs, especially when suffering with tuberculosis, ar destroyd by cooking.

Another fact that I wish to bring out is that raw eggs ar very difficult to digest. It is also difficult for a tuberculus person to digest milk. The idea that has been in vogue for centuries is that becaus the eg is composed of the constituent part of the chicken and becaus milk is the natural food for the yung, the combination of milk and eggs wil giv the body resistance enuf to drive off the tuberculus infection. This I believ is a stupendus error, and the deth rate of tuberculus patients fed in this manner is enuf to *prove* that the method of feeding is radically rong.

I hav alredy stated under Dietetics the effects of cookt foods upon animals. The human animal, however, has been educated to believ that food must be cookt to make it more digestibl and "nourishing."

For the diet in tuberculosis, I take away all eggs and milk, all sugar and salt, and giv all the raw spinach, water-cres, alfalfa or red clover, parsly, dandelion, beet tops, and raw carrots that they can comfortably eat. I find that

recovery is marvelously enhanced by carrying out this simple dietetic measure. The very salts that are absolutely essential in the relief of tuberculosis are contained in these raw salad herbs and roots.

In fact, I give the regular raw diet as outlined in this book and add to it ground nuts as the patient's stomach becomes strong enough to tolerate them. *I have them eat often but in small amounts.* This is infinitely better than feeding a large amount at long intervals.

I believe the diet and stuffing that is popular for tuberculosis patients kill more than the disease.

I have personally treated enough patients with tuberculosis to feel that I am right in my opinion, and the reports of my pupils coincide with my own clinical experience.

I have patients expose their body to the sunlight all they can, beginning gradually to do so. If they are not able to do this, as an auxiliary measure, I use powerful radiant light and the actinic rays in combination until the skin is well tanned. (Fig. 86.)

I also have the patient inhale oxygen vapor, and besides that I have them use balsam breathing tubes and watch the increased capacity of their lungs. I always instruct them to use a *spirometer*.

I do not put a patient with tuberculosis to bed unless they are so weak they cannot get around. I let them take moderate exercises in the open air to help them gain a real appetite.

Truth wears no mask; bows at no human shrine; seeks neither place nor applause; she only asks a hearing.

TUBERCULIN TESTING OF CATTLE

Just now great propaganda is being carried on by political doctors and "health" boards regarding the control of tuberculosis thru tuberculin testing of cows and breeding cattle. Inasmuch as I have had over twenty-five years of practical experience in studying the question from all sides and know intimately the *inside facts* behind this damnable propaganda, I submit the following conclusions for my readers' guide:

1. All manner of vaccines and serums are so unnatural that the system of any natural animal will rebel against them. Many will rebel with such vehemence that they become sick in their endeavor to fight off their enemy.

2. Just how any serum or vaccine will react on any human or any animal is always uncertain. It is a shock to the system at best, and the shock will affect some more than others.

3. Every cow is injured more or less by the injection of tuberculin.

4. A sensitively organized cow is irreparably damaged by the injection of tuberculin.

5. A well animal will react to the tuberculin test as often as a sick animal.

6. Cows fed just enough to keep them in good condition will very rarely react to the tuberculin test, but an overfed cow will nearly always react to it.

7. A full-bred cow is more liable to react to the tuberculin test than a "scrub" cow.

8. A well animal will always react to an overdose of the serum.

9. The tester can make any cow react or not to the tuberculin test.

10. The immunity of an animal is lessened by the injection of tuberculin.

11. An animal is twice as liable to contract tuberculosis or any other disease after having been given the tuberculin test.

12. Lowering the resistance in humans or other animals is a primary factor in causing tuberculosis to gain a foothold.

13. All animals, humans included, harbor tubercle bacilli, and they are only waiting for the resistance of their host to be lowered to take advantage of the situation.

14. If tuberculin itself does not cause tuberculosis, it is at least an important factor in causing it.

15. In direct ratio with the tuberculin testing of cows will be the increase of tuberculous cows. The increase of tuberculous cows in many States, bears out this assertion.

16. In many States the loss of cows from tuberculin testing has been so enormous that the farmers are trying to get laws passed to forbid its use.

17. Many cows have been slaughtered after a multiplication of tuberculin tests. In other words, some animals will not react to any serum or vaccine until their resistance has been broken down by the poison injected into them. It is like starving a person before putting him into the ring to fight. It makes him a quick and easy mark.

18. Any veterinary who says that repeated tests of a herd can protect them against disease is a fanatic and should be treated like any other lunatic.

19. If an animal is able to withstand the tuberculin test, it may have tuberculosis in the worst form and still not react. In other words, animals will become immune to the test, but the majority of them will sooner or later die from the effects of the test.

20. An animal is not "sensitized" to the tubercle bacilli or any of its products, if it is tuberculous. I have seen all these "sensitizing systems" worked out, and they have all proved a failure. The biologic factor has to always be taken into consideration. What will work with one will not necessarily work with another.

21. Heald tuberculus lesions can be found in nearly every human or other animal at autopsy.

22. Tuberculin injected into an animal evidently breaks down the tuberculus-lesion barriers and allows a new infection to take place.

23. It has never been proved that tuberculosis is transmissible from humans to animals nor from animals to humans. Personally I think it is not intercommunicable.

24. Tuberculosis has never been proved to be contagious nor infectious. If it were, all life would have been extinct ages ago.

25. Many tests have been made by having healthy persons eat food loaded with live tubercle bacilli, but there has never been an authentically recorded instance of the persons having tuberculosis from so doing.

26. Nature protects her creatures from taking diseases from eating germ-laden food, but if the resistance of the animal is lowered and an opening (as by a needle) is made for infectious material to enter the blood stream, then any disease is liable to follow.

27. Rudolph Virchow, the German scientist, who first proclaimed the germ theory, told one of his pupils, and that pupil told me, that if he could live his life over again, he would devote it to proving that his "germ theory" was wrong and that the germ sought its natural habitat—diseased tissue—rather than causing the tissue to become diseased. He likened this to the mosquitoes seeking the stagnant water, rather than causing the water to become stagnant.

28. Tuberculin injected into an animal is a very potent factor in causing the animal to become the natural habitat for tubercle bacilli.

29. The proof of tuberculosis being present or absent is not made by finding or not finding tuberculus lesions at the autopsy.

30. The veterinary is always ready to say that the animal must have had tuberculosis or it would not have

reacted, or "I told yu so" if the findings sho a tuberculus lesion.

31. *The tuberculin test wil not help eradicate tuberculosis from cattl.* The way to prevent any animal from having tuberculosis, or any other diseas, is to keep them in a helthy condition and not overfeed them. Overfeeding in humans or animals makes them susceptibl to any diseas.

32. If the State reimburses the owner for his tuberculus cows, many undesirabl cows ar sold to the State as being tuberculus and ar then sold again to the consumers of meat. This takes place whether the cows ar sick or wel, provided they do not pay as milkers.

33. Commercialism and superstition ar back of the propagation of the tuberculin test.

34. It is the literature gotten out by the manufacturers of vaccins and serums of any kind that is used as the basis of argument by those who wish to use them.

35. Those who ar financially interested in the manufacture of tuberculin keep tuberculin testing going, as wel as those who deal in cattl and those who think they ar going to get more mony for their milk if the cows ar tuberculin tested. The advance price for milk produced by tuberculin-tested cows wil drop in direct ratio with the number of cows tested. So if all the cows in any State wer tuberculin tested, the price of the milk from those cows would drop to a lo level in a very short time. On top of this is the tremendous los in the herd.

36. I believ the actual milk-producing period of a cow is shortend at least 50% by having the cow tuberculin tested.

37. Tuberculin testing of cows opens a very rich avenue for graft, and I hav proof that in sum cities this graft is carrid on in an enormus scale.

38. Take all the profit out of the manufacture of vaccins and serums, and their use would soon be con-demd by all those who ar now using them.

39. Sanitation and hygien ar the only preventivs of any discas, and the sooner the peopl wake up to this fact and kick out the "sientific" fanatic, the better it wil be for them, their families and their livestock.

40. California with its incomparabl climate, of all States, is the one that should first *prohibit* the use of the tuberculin test.



Urin

It is wel to hav the urin examind by a competent physician once or twice a year, so if albumin or sugar is in evidence the patient can be warnd, but this need not be thot of if one would eat and liv properly.

Many persons becum neurotics by continually watching the urin, seeing it one color one day and another color another day, or cloudy one day and clear another. My advice to such peopl is to forget about the urin, liv rightly and think rightly, and the urin wil be right.

Worry as wel as rong diet wil produce turbid urin.

Urin — Retention of

Retention of urin often takes place in inflammation of the urinary bladder.—*cystitis*. It is caud either by stoppage of the urethra or by a sagging or dilation of the bladder so as to weaken the expulsion musls. Generally with a dilation of the bladder one has inflammation of the *neck of the bladder*, caud as a rule by urin being constantly retaiind about its outlet.

Cutting down the liquids in the diet is the first requisit, then eat food as outlined in this book.

To empty the bladder, one should get on-all-fours. That relaxes the musls about the bladder and at the same time tips the bladder forward so that it wil empty. This is entirely fisical, becaus water wil not run up hil, and to empty any vessel it has to be tipt so water wil naturally run downward.

Urinating on-all-fours just before going to bed wil often keep a person from having to get up in the nite to urinate. *On-all-fours is the Natural Way*.

The more liquids a person takes into their sistem, the more the bladder is put into use. Therefore *no liquids* should be taken in the afternoon when one has retention of urin, or an inflammatory condition in the bladder.

Bed-wetting (Enuresis) is almost always found in infants and children but often adults ar afflicted with this

weakness about the bladder walls. This condition is handled just the same as *retention of urin*.

The *mental attitude* has much to do with this trouble. Sleeping on the back is contra-indicated with any trouble of the bladder and especially in cases of urin retention, or enuresis.

The *diet* has a great deal to do with enuresis. Any indigestible food eaten in the afternoon aggravates the condition. The bladder should be thoroughly emptied by getting on-all-fours just before going to bed, and the patient should have a spool or piece of wood fastened to the back on a band so they cannot lie on the back (See Fig. 45.).

The patient should not eat nor drink anything within three hours of retiring. If the child, or adult, wakes up in the night, instruct them to get up immediately and empty the bladder. In a short time they will get control of the bladder muscles.

Weight

It is alright for a person to weigh themselves occasionally, but to be continually watching the scales to see whether a pound is gained or lost is bad practice. It is another of the many causes for neurasthenia. If one feels well and lives correctly, they should not worry about the weight. If one is over-fat, they certainly should not eat. Overweight is a sign that one is living wrongly.

Some people are naturally stout and some are naturally thin, and it seems as though eating little or much would have no effect upon them. Others, however, change their weight several pounds a week and then worry about it all the time.

Live rightly, think rightly and forget about your weight. Watching the weight is almost as bad as watching a clinical thermometer to see if one has a fever. If you watch long enough you are sure to have something to watch out for.

Whooping Cof (Pertussis)

There is probably no disease of childhood that is so amenable to cure by means of diet as whooping cough, yet whooping cough is responsible for more deaths among children than anyone realizes.

Charles E. Page, M. D., of Boston, Mass., very aptly says, "There is no disease in which therapeutic fasting acts so promptly and curatively as whooping cough, while continued feeding keeps up the inflammation of the stomach and causes so much distress and so many deaths.

"Whooping cough is a stomach cough from the start and if we give that organ time for rest and healing, the patients having small portions of fresh water occasionally, the trouble is soon over.

"Never in thirty odd years of very busy practice have I had a case in which the cough has kept up longer than from three to five days.

"Feeding a person who has whooping cough operates like banging the fist against the strong wall for barking the knuckles."

If any remedy is given for whooping cough, small doses of *syrup of thyme* without doubt is the best, although if one will persist in the therapeutic fasting, or a teaspoonful of orange juice mixed with water if the child appears thirsty, it is unnecessary to give any remedy.

Powerful radiant light over the stomach region also acts wonderfully in relieving the spasm of whooping cough.

Chiropractic adjustment, rightly applied, also has marked benefit in overcoming the spasms connected with whooping cough.

Worms

No doubt more people have worms than we have any idea of, but they can be readily gotten rid of if one knows they have them. The patient should go on a water fast for three days, then eat about a pint of soaked pumpkin seeds with the water they are soaked in. There is not much danger

of taking too much of these if the seeds ar soakt at least twenty-four hours before they ar taken. It is difficult to tel just how many pumpkin seeds to use for a pint of water becaus they differ so in size and dryness. Sum peopl take the skins off before eating them but this is not necessary. Sum wil take two pints of the pumpkin seeds during a day. Follo within a few hours with three or four tablsponfuls of castor oil. This wil usually take out all kinds of worms, including the tape worm, from the stomach and intestins.

Many use santonin and podofyllin but I believ pumpkin seeds ar more efficient and certainly ar more safe.

Wonder-Treatment Rolls ar rolls 12" in diameter and 24" long, made of canvas or lether and fild with cotton, excelsior, hair or other material. They ar used to lie on as illustrated in Fig. 112. The patient can "dip" his abdomen down, or he can be "chiropractically adjusted" by another person.

The *Rolls* can be used in regular gymnastic exercizes daily to remedy *bowel* or *stomac trubls* and *strengthen the back*.



Figure 112



VACCINATION

I believ all my readers kno how deeply I feel regarding the superstitious idea of vaccination. To my mind vaccination belongs to the same fanaticism as the burning of "witches," and it is with gratification that I see the growing sentiment against this horribl practis.

I believ the time is ndt far distant when laws will be past that wil make it a crime to put putrid, diseasd material into the blood stream of the human being, especially if that person be a minor.

I kno many physicians who, becaus of the way they ar taut, hav not lookt into this subject, but hav taken it for granted that what they ar taut must be true. Therefore I try to hav charity even for murderers.

The *Seventh Edition* of my *Lecture Course to Physicians* contains one of the strongest arguments, based on actual statistics and indisputabl evidence, that has ever been publisht against vaccination.

Mr. Charles M. Higgins of Brooklyn, N. Y., has collected substantial facts and has gotten out a book entitld, "*The Horrors of Vaccination*." If anyone is the least inclined to believ in vaccination and is not posted regarding the horrors connected with it, as wel as the commercial and political status it occupies, they should procure and read Mr. Higgins' book. No one is so blind as he who wil not see when he has had an opportunity to see.

Mr. Higgins sums up as follos:

"To sum up briefly, I think it may now be seen that several cardinal points against the evils of compulsory vaccination hav been proved by impregnabl legal, medical and historical facts and out of the mouth of high authorities on vaccination. These cardinal points may be stated in seven numbers as follos:

"First: The illegality and unconstitutionality of all compulsory vaccination and its gross violation of Medical Freedom and Bodily Sanctity, which are unalienable American rights equal with Religious Freedom.

"Second: The medical barbarism and malpractice of all compulsory diseases as being opposed to all true standards of medical ethics and logic.

"Third: The poor protective power of vaccination, which gives no immunity from smallpox except for short periods of a few months or a year and requires frequent repetition, which is obviously ineffective as a protection and dangerous as a remedy.

"Fourth: That sanitation, isolation and hygiene have been and are the chief means of preventing and suppressing smallpox epidemics independent of vaccination.

"Fifth: That vaccination is very dangerous to health and life, causes epidemics in animals and mankind, and is oftentimes more fatal than smallpox, *and now causes more deaths than smallpox.*

"Sixth: That vaccinating doctors and health officials most shamefully deny and conceal injuries and deaths from vaccination, and falsify our vital statistics accordingly.

"Seventh: That the practice of inflicting on the human body a compulsory medical disease, which is dangerous to health and life and causes many deaths every year, is obviously *illegal and a medical crime* on the people which must be suppressed.

"Conclusion.

"As soon, therefore, as this crushing fact of the great danger of vaccination to human health and life enters the mind and conscience of the masses of the people, and is fully grasped by the legislative, the judicial and the executive minds of the country — from whom it has been so long concealed by medical falsehood in high places — this enlightenment will, I firmly believe, result in the permanent abolishment of all compulsory vaccination, if not in the

penal prohibition of general vaccination, as being now more dangerous than natural smallpox; and to that great fact and to this final and prophetic thot, I ask your careful attention in closing this exposure of vaccination horrors and medical mendacities."

C. Killick Millard, M. D., Medical Officer of Leicester, Eng., says during the last decade the deaths from vaccinia (cowpox vaccination) have several times outnumbered those from smallpox, while if we have record of the amount of sickness caused by the two diseases, it looks as if vaccinia had become, as far as the community is concerned, the more serious disease of the two.

The reports of the Registrar General of England show that the deaths from vaccination have outnumbered those from smallpox ever since the year 1906.

We must remember that vaccination originated in Germany where force and compulsion have been made a fine art. Why are so many Germans pitted from smallpox? Is it not time that physicians look into the truth and are not led around by the nose by fanatical "scientists," who through superstition or commercialism, keep the vaccination myth in our school books?

I for one want to know the Truth and am seeking after Truth.

Japan is the most vaccinated country in the world and Germany ranks second. The history of smallpox in Japan furnishes us proof extraordinary of the worthlessness of this murderous system.

Japan, like Germany, rules her people with an iron hand and they submit even if they die for it.

The *London Lancet* of 1916, p. 144, quotes from a former Director General of the Medical Department of the Japanese Navy as follows:

"There are no anti-vaccinationists in Japan. Every child is vaccinated before it is six months old, re-vaccinated when entering school at six years, again re-vaccinated at fourteen years of age when going to the

middl scool, and the men ar re-vaccinated before entering the army, while their re-vaccination is enforst if an outbreak of smallpox occurs. This law was in effect from the year 1885, altho compulsory vaccination has been in vogue in Japan since 1876."

John Pitcairn, member of the Pennsylvania Vaccination Commission, in his report publisht in "*Both Sides of the Vaccination Question*," says in referring to the Japanese Vaccination regulation, "What has been the result? Official statistics sho that Japan is the most vaccinated cuntry in the world, and if vaccination had any virtue in it Japan should be absolutely free from smallpox, but here ar the official statistics suplied by the *Director of the Sanitary Bureau of the Department of Home Affairs* as quoted in "*Both Sides of the Vaccination Question*."

Japan has the highest mortality in smallpox of any so-cald civilized cuntry in the world. For the 20 years ending 1908, she had 171,500 cases of smallpox, which is an average of over 8,500 cases a year, with 48,000 deths, which is a 28% mortality record.

In Great Britain, before the curse of vaccination was "discoverd" by Jenner, the deth rate was about 17%. Japan with all her "safegards" against smallpox has a deth rate 64% higher than the deth rate of Great Britain before vaccination was forst upon the peopl.

It does seem as tho the public would rais up in arms and thro into jail every official who tries to demand vaccination.

Another noteworthy fact regarding vaccination is that as vaccination increases so do all other diseases increas. I can cite Japan again on this score. In 1908 there wer in Japan, exclusiv of Formosa, 17,790 cases of diftheria with 4,971 deths — the very high deth rate of 27.9%. Scarlet fever shows a markt increas with a very high deth rate. Tuberculosis has greatly increast since 1885 among all classes of the Japanese population, as quoted

two hundred forty-two

from "*Is Vaccination a Disastrous Delusion*" by Ernest McCormick.

On the other hand there has been a coincident improvement in the general health of the town of Leicester, England, with the abandonment of vaccination. In 1873 when vaccination was at its height (95%) the general death was the highest—27 per 1,000 or 5 to 1,000 worse than the average for England and Wales. Since that time—when smallpox killed 960 of her vaccinated citizens, and with them the local faith in vaccination,—the death rate has been on the decline. In 1889 when vaccination had sunk to 5%, the death rate had fallen to 17.5; in 1902-6 it averaged 14.18, and since then has fallen to less than 12 to 1,000 one of the lowest in the kingdom in spite of every disadvantage of occupation, soil and situation.

Sum of the highest authorities who were not influenced by commercialism, and who have made the subject of vaccination a religious study, held that vaccination instead of preventing smallpox is a direct cause of smallpox. In these latter days with the virus of confessedly variolous origin, it is difficult to see how that conclusion can be avoided. Bovinized-smallpox inoculation upon the human must still be smallpox if there is such a thing as specific diseases. When but a single pustule forms, the amount of contagion may be slight, but when, as often happens, there are many pustules, perhaps a general eruption, the effluvia, germs, or what you will, which convey the diseases, are increased in volume. Hence the degree of contagiousness is correspondingly increased.

Due to this fact, it is doubtless true that an unvaccinated member of a family closely domiciled with one in whom vaccine is working, possibly sleeping in the same bed with such a one, occasionally contracts the disease from such contact. In cases of this kind the facts are misinterpreted or misrepresented by vaccinationists who immediately deride the unvaccinated one for his failure

to get "protection." The *unvaccinated* one, however, will recover sooner and more completely than his vaccinated brother.

If persons will submit to vaccination, they should be isolated during the period of "taking" the so-called *vaccinia* as completely as tho they had smallpox contracted in the natural way.

These considerations render plausible the assertion by *Prof. Ruata* and other keen observers, that *smallpox cannot disappear so long as it is systematically propagated and spread by vaccination.*

"Compulsory Education is the distribution of the national stock of acquired knowledge."

"Compulsory Vaccination is the distribution of the national stock of acquired diseases."

"Compulsory Vaccination ranks with slavery and religious persecution as one of the most mischievous outrages ever inflicted on the human race."

"Consumption and Cancer follow vaccination as effect follows cause."

"The most predisposing condition for cancerous development is infused into the blood by vaccination and revaccination."

"Vaccination is a POISON — the purer, the more certain and fatal."

"The experienced physician who says he has never seen any ill effects from vaccination is either blind or a liar."

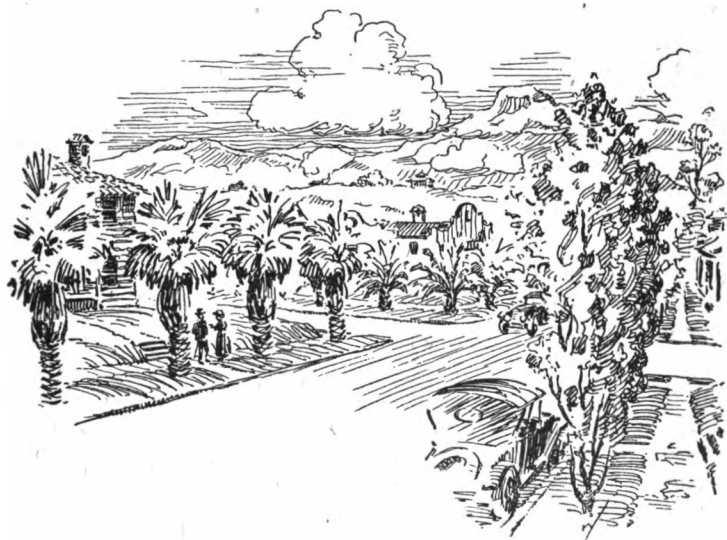
"What does it profit you, if by your efforts you have gained perfect health, and your government vaccinates you, and you are rendered a cripple."

Dr. Adolf Vogt says: "After collecting the particulars of 400,000 cases of smallpox, I am obliged to confess my belief in vaccination is absolutely destroyed."

Dr. W. Hitchman says: "I know of hundreds of children having been killed by vaccination."

There are thousands of physicians who are honest and conscientious enough to not be coaxed, bribed or frightened

into polluting the blood of a child, or anyone else, with the filthy, disease-carrying poison known as cowpox virus that is put out by the boards of "helth" for vaccination.



VACCINATION AND THE LAW*

A ruling has been past by the *Supreme Court, North Dakota*, that children cannot be excluded from schools on the ground of not being vaccinated. *Justice Robinson* concurd with the *Court* and his separate opinion containd these words:

"It (smallpox or vaccination) prevails and becums epidemic only in cuntries where the population is dense and the sanitary conditions ar bad. It was in such cuntries, and in days when sanitation was unknown, that the *doctrin of vaccination* was promulgated and adopted as a *religious creed*.

"Gradually it spred to other cuntries where conditions ar so different that vaccination is justly regarded as a menace and a curse. *And where, as it appears, the primary purpose of vaccination is to giv a living to the vaccinators.*

"Hence, wer vaccination to becum general, it would be certain to caus the sickness or deth of a thousand children where one child now sickens and dies from smallpox.

"Of course, a different story is told by the clas that reaps the golden harvest from vaccination and the diseases causd by it. Yet, becaus of their self-interest, their *doctrin must be recieved with the greatest care and scrutiny. Every person of common sense and observation must kno that it is not the welfare of the children that causes the vaccinators to preach their doctrins and to incur the expense of lobbying for vaccination statutes.*

England, with its dense population and insanitary conditions, was the first cuntry to adopt compulsory

*From *The Open Door*, April, 1921 issue. *The Open Door* is a National Anti-Vivisection and Animal Magazine publishd at 456 Fourth Avenue, New York City. Every lover of animals should kno and read this fearless and honest magazine.

vaccination, *but there it has been denounst and abandond.* In the City of *Leicester* vaccination has long since been tabooed, and there, becaus of special regard for clenliness and good sanitation, the peopl fear no smallpox.

"In the book of Dr. Peebles on vaccination, there ar statistics to the effect that 25,000 children ar annually slauterd by diseases inoculated into the sistem by compulsory vaccination.

"It is shown beyond dout that vaccination is not infrequently the caus of deth, sifilis, cancer, consumption, eczema, leprosy and other diseases. It is shown that if vaccination has any tendency to prevent an attack of smallpox, *the remedy is worse than the diseas.*

"Finally, the proper safeguard is by *sanitation.* The chances ar that within a generation vaccination wil cease to exist. It wil go the way of inoculation, bleeding, purging and salivation. *The vaccinators must lern to liv without sowing the seeds of deth and diseas.*"

Radium "bugs" ar being rapidly cultivated. *Radium*-"bug" institutions ar springing up in all larger cities. *Radium* propaganda is rampant—and after all is said and done, radium has never cured anything that very simpl and inexpensiv methods could not hav done better. Another "*commercialism ladder*" for "orthodox" doctors to fall from.



VIVISECTION*

"Vivisection is only possible because the world — so merciful and so careless — cannot endure to learn what vivisection means."

"Vivisection is blood lust screened behind the sacred name of science."

There is as great an abyss between the true physician and the vivisectionist as there is between heaven and hell.

"There will come a time when the world will look back to modern vivisection in the name of science as it now does to the burning of witches at the stake in the name of religion."

Nothing of any true merit has ever been gained from vivisection.

**The Vivisection Investigation League, 105 E. 22d St., New York City, have published a book of 133 pages entitled, "Vaccines and Serums" from the standpoint of many physicians. Everyone who is interested in knowing what the greatest medical journals and most noted investigators have to say regarding vaccines and serums, should procure a copy of that book.*

The American Medical Liberty League, 64 E. Van Buren St., Chicago, Ill., have published a little pamphlet entitled, "Know the Facts About Vaccination." It contains a compilation of official statistics and expert testimony for the use of students, debaters, legislators, judges and others. The price of that booklet is ten cents.

two hundred forty-eight

Vivisection has made perverts of countless numbers of those who hav gon into the study of medicin with a humane hart.

To say that vivisection can be carrid on in a humane manner is a lie. In the first place those who do it becum so callust that they do not kno humane acts from brutal ones.

Vivisection would never exist except for the perverts who ar parasites sucking at the purse strings of those who wil furnish them mony to gratify their fetish.

Wer it not for vivisection, we would not hav today the outrageous curse of vaccins and serums thrust upon us.

I hope my readers wil realize that when any university or educational institution stands up for the torturing of animals, such institutions ar being controld by commercialism to such an extent that they ar not decent places for yung peopl to attend. No person can torture dum creatures without losing simpathy for humans — losing the best there is in them.

The fruits of vivisection ar only degradation and delusion.

Sum make the remark that it is better to sacrifice the life of a dog than to sacrifice the life of a child. No one's life has ever been saved by vivisection, but on the contrary vivisection has now been carrid into the hospitals and other public institutions and the children and helpless ar victims.

No diseases hav declined becaus of the use of material gaind by vivisection, but such diseases as croup, measls, scarlet fever, diarrhea, etc., hav stedily declined. Had the perverted animal torturers concocted sum brew as an "antitoxin" for these diseases, no dout they would hav been on the increas.

In my book entitld, "*Think*," I go into the subject of vivisection quite extensivly and giv a long list of famus men who hav fought and ar fighting against this awful blot on civilization — *vivisection*.

Flee from a vivisectionist as yu would from the worst of insane murderers. One is no more safe than the other — the latter is the better of the two.





THE CADUCEUS

Many do not understand just how this symbol originated. The caduceus was the staff of office of Mercury — giver of life to the dead, health to the sick, strength to the weak. The legend of the herald's staff is as follows:

"Mercury was the messenger of Jove and it was his duty to conduct disembodied spirits to the other world and also to resurrect the dead. He had invented the lyre, constructing it from a tortoise shell. This he exchanged with Apollo for the latter's magic wand, which was simply an olive branch with two fillets of ribbon.

"When Mercury was traveling in Arcadia, he encountered two serpents engaged in deadly combat. He separated them with his wand, and so the olive branch became the symbol of peace. The two fillets were replaced by the twined serpents, and the wings were added as the sign of Mercury, the messenger of the gods. Thus, the caduceus represents *peace and immortality.*"

From "THE TRAIL FROM WHENCE TO
WHITHER"

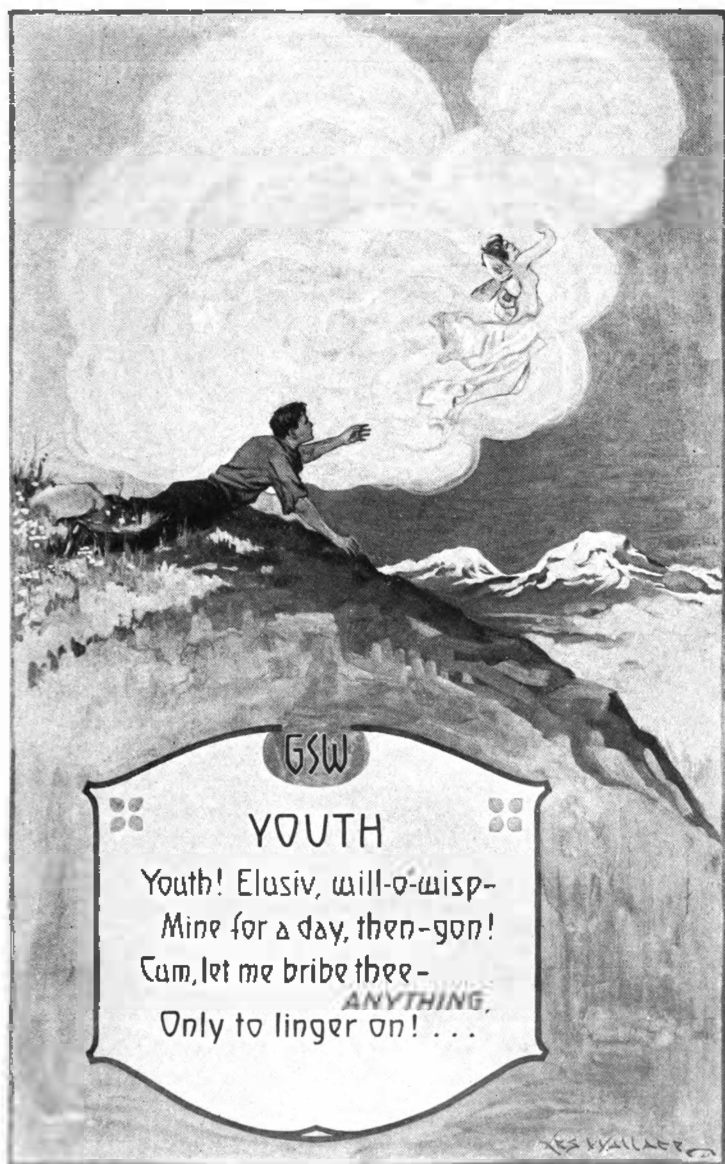
. and thus, with Youth as his companion, he comes to the very summit of the Trail o' life—breathing the dizzy fragrance of the flowers, dazzled by the golden Summer Sun.

Panting, half intoxicated with the sweet lust o' living, recklessly he plunges on, till—with that unlooked for, first downward swing of the Trail—lo! he falls headlong amongst the stones—where but a moment gone were flowers!—about his feet.

Dazed from the shock, he painfully opens bewildered eyes and surveys the stark descending Trail ahead. Chill winds strike full into his face, the jagged rocks—seemingly—lurk and threaten, whilst afar from vague, grim depths of the Mist-Veiled Vally loom implacably the hoary Peaks of Age

He shudders and, averting his eyes, seeks clinging comfort of his companion, only to find himself—alone; for Youth—"Elusive, will-o'-wisp-like"—has slipped away—out and back into the shimmering Clouds o' Yesterday.

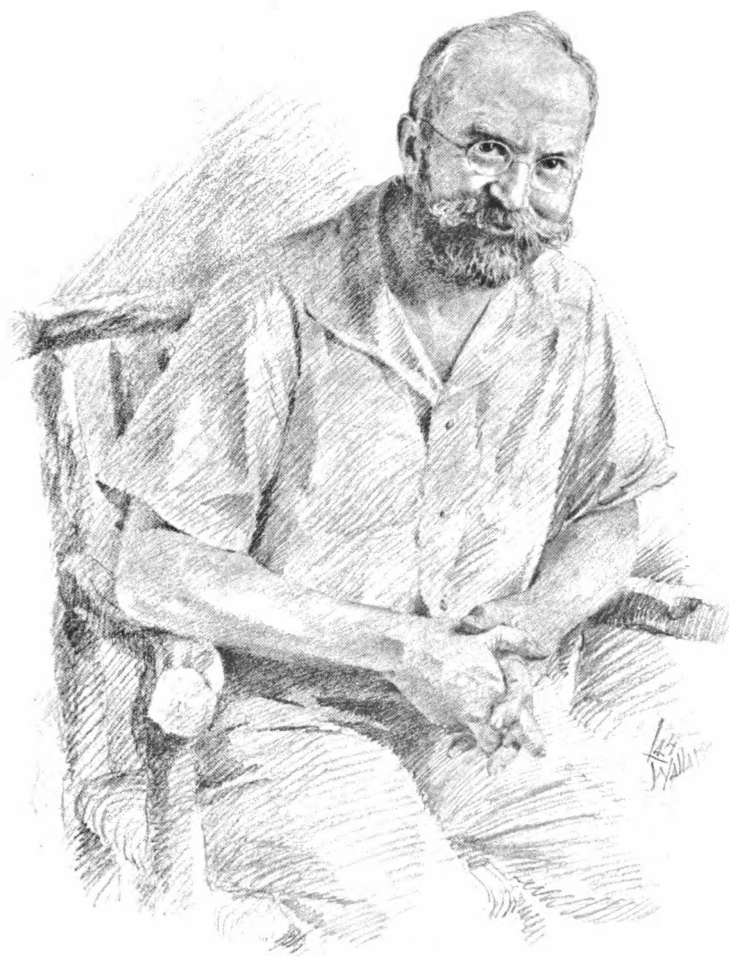
Disillusioned, soul-hungry, panic-stricken at his suddenly realized—ALONE-NESS, wildly he implores Youth to return—"Come, let me bribe thee—ANYTHING, only to linger on!"



G.S.W.

YOUTH

Youth! Elusiv, will-o-wisp-
Mine for a day, then-gon!
Cum, let me bribe thee-
Only to linger on! . . .



Yours for Youth & Happiness
Geo. Starck White, M.D.

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Gained thru 40 years of observation.
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shine and Retain Youth.
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Vaccination and the Law (one of the latest Supreme Court rulings regarding Vaccination).

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Classified Information Regarding:

Abortion; Acne; Adenoids; Adhesions; Alcoholism; Alopecia (Baldness or Los of Hair); Amenorrhea (Delay or Cessation of Menses); Anemia; Aneurism; Appendicitis; Arterio-Sclerosis (Hardening of Arteries); Arthritis Deformans or Rheumatoid Arthritis (Painful Joints); Asthma; Birthmarks; Bilious Attacks (Jaundis); Bladder Weakness; Blood Pressure; Breasts, Their Care and Development; Breasts, Lumps in; Bronchitis; Burns; Calluses; Cancer—Non Surgical Treatment of; Carbuncles or Boils; Catar; Chickenpox; Circumcision; Clitoris, Its Hygien and Care; "Colds," Constipation; Cystitis (Inflammation of the Bladder); Defness; Diabetes Mellitus (Sugar Diabetes); Difteria; Diarrhea and Disintery; Dismenorrhea (Painful Menstruation); Dyspepsia (Indigestion); Drug Habits; Ear, Nose and Throat Conditions; Eczema; Enuresis (Bed-wetting); Epilepsy; Fasting; Feces; Fever Feeding; Gland Implantation; Goiter (Enlargement of Thyroid); Gonorrhea (The Black Plague); Grip, Influenza or "Flu;" Hart Diseas; Hemorrhoids (Piles); Insanity; Inflammation; Insomnia (Sleeplessness); Kidny Diseas; Measls; Menstruation (Menses or Monthlies); Metabolism; Mumps; Neumonia; Obesity; Paralysis; Parotid Gland; "Patent" Medicins; Pelvic Diseas; Perspiration; Pruritis (Itching); Sexual Disorders; Sifilis (The Great Red Plague); Skin Diseas; Soriasis; Sterility; Surgery; Tonsils; Tuberculosis (The Great White Plague); Urin, Retention of; Bed-Wetting; Whooping Cof (Pertussis); Worms, Infant's Diseas.

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ERRATA

On p. 11 the address of the Simplified Spelling Board should be
4 Emerson Hall, Harvard University, Cambridge, Mass.

Page 52, twentieth line from top, restrict should read constrict.

Page 74, foot note, Carcué should read Carqué.

Page 138, last line, McManus should read McManis and in third line from top of page 139 same correction should be made.

Page 186, fifteenth line from bottom dilating should follo the word necessary so as to read—and if necessary dilating the opening.

Don't forget that Pep-ism is a new word denoting the condition of Pep-possession.