

VARIOUS INSTRUCTIONS,

AND

ADDITIONAL PRESCRIPTIONS,

FOR THE SERVICE AND GUIDANCE OF THOSE WHO MAKE THEIR
APPLICATION TO THE

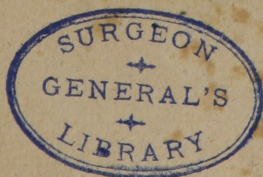
CHARITABLE DISTRIBUTION,

IN THE HOPE OF BEING ALLEVIATED OF THEIR DISTRESS.

(DELIVERED GRATIS WITH THEIR BOOKS.)

Hapless and helpless Victims of the fatal ignorance and perversity prevailing in this world—

You must be advised that before you make any attempt to have your bodies purified, you ought to begin first to have your minds cleansed of the filth and noxious impression, which they have been exposed to receive from malicious intention, and the predominant infection issued from pestiferous detracting mouths, and the venomous tongues of the inexorable foes to human welfare, and the partial advocates and friends of human distress and maladies. And for what concerns this last resource, generally and generously offered to diminish your acute infirmities, after having exhausted and baffled the skill and mortiferous power of fictitious science, then be aware of not making use of the same contempt for the expedients that your urgent situation constrains you to apply, and provisionally impress on your minds the thoughts, that the individual liberally offering you assistance, does but deliver to obtain it, the pledge of the wisdom and solicitude of the Omni-Parent and the heavenly Author of Nature, and his paternal work for the benefit of his distressed children. Therefore, to prevent yourselves from doubting of your own Maker's goodness, and also of his bountiful benevolence, and not expose his genuine creation to be wantonly cavilled, prostituted, and impiously despised, scoffed, & insulted, by his blaspheming progeny; and to avoid your injustice thereof, and disbelief in the Creator's heedfulness, be serious, at-



tentive, cautious, and faithful in your proceeding, and when your attention is rewarded by success, be thankful and grateful to the omnific, provident, charitable, and universal Dispensator. And this moment be without prevention, and with sincerity take notice of what must be related to you.

In order to give to the suffering humanity, plausible plight of the Creator of this world, efficacious specific, by him intended to alleviate human misery, and to fulfil this incumbent duty, for a long while, the life and property of the one anxious to do it, having been without regret cheerfully and steadily lavished in the undertaking. Notwithstanding the supercilious and perfidious assertion, which malice and its interested calumny have insinuated and urged to make believe in the contrary sense, but this moment, what is related is not for the sake of persuading wilful and captious calumniators; but it is only for the purpose of mentioning that experience has too obviously and palpably demonstrated, that good has been done for evil in many instances. And if such is the common reward that generally has been received in all times by the devotees to human interest, then admonished by past time, the documents are of a convincing nature, and ought to prevent any surprise, if all met with the usual lot.

But in this juncture, for what concerns the charitable distribution, it must be revealed, that it has neither disgusted the disinterested distributor, nor checked his fortitude, and diminished his devotion for the sacred cause. And his uncheckable resolution to fulfil his imposed duty to the last of his might upon earth. And to prove it, and for the purpose of promoting the service that the human species could receive, as much as the circumstance can admit, if unable by practice to be of use to the generality of mankind; but, as one may be beneficial by salutary advice, it is an incumbent duty to do it. Therefore it must be said that, before the faculties were exhausted in the pursuit of doing good, it has been deemed urgent to give to the generality of the afflicted of manifold diseases, some advice of their cause for the purpose of preventing them in those who are not affected with them, by salutary information concerning the origin of human misery, and the danger resulting from continuing to make use of detrimental articles, unsalubrious to the system, and of the one of a nefarious nature. Then for the purpose, enriched with the instruction of study and experience, reflections have been laid down, although in haste, consequence resulting from the living constantly in the midst of hurriiness, but intended to give authentic and general information concerning the dietical abstinence, and to which has been prefixed a vindication and a detection of

the effect that the forbidden articles are to the human body; and to succeed, neither having spared trouble, nor pain and expenses, to perform this last sacred task. Then two large editions of four thousand copies each, have been printed at the same time, and afterwards part of them have been forwarded to different places, in expectation to promote the doing good by the circulation. And now giving the result of the trial, as one must be minute, circumstantial on the matter, then it must be said that notwithstanding all means employed, and the expenses made for the purpose of making the circulation succeed in different parts, and wherever it had been urged, that the charitable distribution had in view the making fortune by the publication of printed work. And to prove it, not half of one dozen had been sold in those places, notwithstanding long and expensive advertisement to verify the prediction. But to cut short on the matter, and tell the truth by the trial, out of the eight thousand copies, not two hundred should have been sold by free usual means. Therefore we have to relate, that by this noted disappointment of having lost the chance of being useful by those general advices, and the detection that they give to the community, and consequently the abortion having prevented extending the good that could be done by extensive publication. We have then to mention the measure that was indispensable to take, and which was suggested by the peremptory circumstance due to the abortive attempt. And as it is an undeniable truth, that more good can result by preventing diseases, than by trying to cure them. Thence, in that view of promoting by public writing the benefit that mankind at large can receive, by giving them the result of long and studious application, steadily and solely made in order to be accurately informed of the cause of human maladies, and desirous to give them the premises of an unparalleled experience, as the one acquired by an unexampled practice, and to succeed in the midst of likewise unparalleled occupation, no trouble and expenses having been spared for the purpose. Then, not to lose the opportunity of being of service to those who wish to be friendly advised of the origin of their diseases, and to save the property that has no other destination, but of serving to the relief of the diseased humanity. Hence a resolution was ungent, in the juncture, and was of an absolute necessity to be taken to succeed in doing good, and save the trouble and expenses, and prevent the total loss and the chance to make circulate what indifference, prejudices, spite, and interested schemes had succeeded to prevent the reading by any one, and also the circulating of the work. And for the purpose, as it is an uncontrovertible truth that the multitude of the afflicted of dis-

eases seeking after relief, applying to the charitable distribution, is extremely great, and that their common affluence is generally too inconsiderable to give chance to be of material advantage to such a concourse of distressed beings, principally when the major part of them, as it is too palpable a truth to be contested, come in such an exhausted state, and with such inveterated cases, and of a complicated nature, requiring time, added to the impossibility of continuing long in the same manner, without falling the prey of the irksome pursuit. Therefore an expedient was deemed necessary in the juncture, and if experience in some instances has demonstrated, that good had been done for evil, then an opportunity has been offered to those who were impressed with grateful sentiment to reciprocate some good, in some measure, for the one they can receive, towards their own fellow-afflicted, and that by giving them useful advice of the cause of their miseries. Therefore, in order to serve the general interest, and the one of those who make application, and to give them chance to be better attended, a restriction was deemed indispensable to the admittance of the applicants, which was, namely, to inform them now of the new condition, to take a book of prescription for their own information, and to make it circulate afterwards. And if by the benefit that they receive, and if their cases are of too long and inveterated nature, to be soon eradicated, they choose to continue to make application after their month had expired, another book must be taken, and so on, as long as they should like to continue. And with respect to the book and its ultimate destination, they must receive, on that score, some information, and be legally intimated that it is not for the book's sake that the measure is taken, but for the express purpose of making them succeed to be beneficial by the promoting their circulation. And consequently, a present of them, by those who receive them, must be made to the desirous or any of their acquaintances, manifesting wishes to have candid information of the various deathful articles, procreator of their pains and complicated miseries, and also for all those, who want to be acquainted with the enemies of their health, and the friends of their maladies; and to them must deliver the said book, and to promote a more extensive and useful circulation, they must send them also to any distant part they can. And could any one, endowed with sentiment of gratitude towards the Supreme Author, affording expedients of a salutary nature, to which is due their relief, refuse to make such inconsiderable homage, as pure oblation to his glory and bounty, and retaliate towards their own fellow-creatures, some good in compensation of the one which they have received, or receive gene-

rally. Therefore, they must know, that before the Omnic and the All-Eyed of the Universe, in their application they take the solemn engagement to acquit in his behalf such a sacred debt, and that the neglect and contempt of it, and not to be punctual and strict to fulfil their promise, is to bereave the one, who himself, to pay his own and perform his obligation, has not hesitated, and continue to squander his life and property, for the only sake of promoting the good that his life can be to the human species. Thence, if the benefit that society at large can receive by the medium of the afflicted, compels to have recourse to the measure, they must remember that to prove their thankfulness to the universal Benefactor for his goodness, and to be useful to prevent diseases in his children, it is with a little more than a cent per day that they do it, and, to be candid on the matter, the exorbitant sum should not be hardly sufficient if it was to serve to the expenditure of the fire, &c. and, far from paying the other considerable expenses, necessary to their accommodation, if the said sum had not been expended before to pay the first cost of the books. And also they must not forget that the great compensation they give to serve the interest of the suffering humanity is only for them, instead of receiving mortiferous, mercurial, predicable expedients, for which they pay generally, the eminent virtue at a higher rate, that the weight of gold, is nothing to it, and that, to be aggravated, salivated, emaciated, loosing their teeth, strength, and constitution, if not their lives, and contrary to that in their application, they are exposed to lose nothing, but to receive in opposition to that, the genuine remedies and divine ones of the Heavenly Healer, and the one of their own Maker's production, which to induce them to give him glory and appreciate their value, it must be said that among the innumerable cases, which have applied to them, very few, notwithstanding their desperate nature, have proved to be of a fatal and mortal one, and for which remedies, the whole wealth of the world could not purchase the value, nor tempt the disinterested distributor, and should not induce him to deviate from his benevolent principles. Notwithstanding that spite has taken this opportunity of the measure, of making the books circulate by the help of the applicants to urge and inculcate in the mind of the credulous that great gain and fortune is made by them. And on that head as always malevolent intention must have some things left to say, therefore if it was for only personal consideration, contempt should be the impression that such absurd report could suggest. But as it imports to have the truth revealed and the usual veracity of the ardent detractor, enemies to human good elucidated, and their detracting schemes detected; when it does give

offence to the bountiful provident Author of universal benevolence. Therefore, a candid explanation must be given on the occasion to prevent the beneficent production from the source of all good from being vilified, and thought their being levelled to the factitious ones of gain pursuit. Thence, for the purpose of preventing distressed beings, who must be grateful towards the provident Author of their relief, from having their minds polluted by such noxious report as the one of thinking that the heavenly dispensation as venal as human one can be paid with the metal source of all evil; such ridiculous belief, tending to allianate the sentiment of veneration and gratitude which suffering beings when alleviated are bound to have for their celestial benefactor. Hence in expectation to have the wise Author of universal benefaction, receive praise and glory, one is obliged to relate that contrary to perfidious assertion of malicious detractors, arguing that great advantage is received, by the selling of those books to prove it after eighteen months of sell out of the eight thousand copies printed this moment, not left them five thousand five hundred remain unsold, and obliged to be minute and circumstantiated in telling the truth to those whom it import to have it known out of the five thousand five hundred, one thousand have been left in Providence, where printed, and fifteen hundred have been scattered in different distant parts where they have been sent to promote the circulation, but notwithstanding the great expenses, the attempt was made in vain. And finally to be brief on the matter of informing of the great fortune made by the selling those books, it must be revealed, that the total sum of what has been sold until now should not hardly be sufficient to pay the first cost of the paper bought, to serve to the impression, and when shall all other expenses be cleared of this first work God only knows, which is no matter of disgusted disappointment, when the general interest compels to add to them considerable others; such is the naked truth of the specie of fortune that have been made and that is making by the imperious necessity ordering to be more useful to the human species by friendly information than by practice concerning the cause of their diseases. Therefore being constrained to make them circulate through the medium of those who are the principal objects wanting advice, it must be hoped that when such sacrifice, are made to serve the general interest of affliction, they themselves will be eager, and also willing to give help to serve the human good. Hence they must now from the tenor of the instruction know what profit is made, and they must remain fully persuaded that their relief and the assistance that they receive, is purely owed to the natural sympathy, and the compassion that

their helpless state does produce, and which the generality of the human species are bound to have for each other. Thence due to this consideration one must expect that all those who make application intimated with the new condition, will fulfil them and employ all means in their power to serve the cause of their own fellow suffering creature, as the doing of it is the only recompense that wishes to receive the one who for the purpose shall not regret to the last to lavish his life and properties and every thing in this world to promote human health, happiness, and general welfare. And to succeed in the attempt, may the Almighty Merciful Sovereign of the universe have compassion on the hapless and helpless inhabitants of this globe, and interfere by his protection in directing the hands of his future elected to re-establish human felicity, and deliver the race from the hands of their enemies, friends of pain, torment, poignant miseries, and also of their general multiplied calamities.

GENERAL NOTIFICATION.

Previous to any one making their application, they must seriously take notice of the following warning which is given to them in order to prevent the unadvised from the danger that may occur from the want of particular information. Therefore it must be revealed to them, in addition to the prescription, informing them to quit the making use of any remedies whatsoever, after having begun with the ones to which they apply, and besides as a confident warning the applicants must be informed that experience has generally evinced terrible consequences, resulting for those, who, after their having made application to the genuine remedies of nature, have made use afterwards, of the factitious ones, in expectation to be helped of any diseases. Obligated on that score to tell them the fatal truth, it must be said, that very few, if any could be cited, not having fallen victims of their faith or want of proper advice on the matter, by their having been snatched out of the world in seeking after means to remain in it. Therefore, the present admonition is given to those who make application, to take notice of, and to be provisionally advised of their impending danger afterwards, and lay upon themselves the blame, if they are regardless for what may happen, concerning the result of their perilous situation.

Other advice concerning the want of caution.—Generally the little regard paid to the repeated complaint made to those, who seek after relief, concerning their carelessness in cleansing their phials, intended to receive their liquid, then their want of caution compels again to repeat, what has been continually said, and

deliver them this new addition for the purpose of recommending them to be more attentive on this important subject. On that score, to inform them of the danger of their neglect, it must be told them, that not only the relief they are seeking after, depends altogether upon their attention; it must be added besides that likewise their lives are in danger, by their inattention, and consequently their interest excite to give them new instruction concerning the manner by which they can succeed and the surest way of cleansing the vessel, which by them is destined to receive their liquid. Then, as soon as emptied, the applicants must rinse their phials with water, that has been boiled, and pass a quill into them and rinse them afterwards with several other waters, then turn it up side down to get dry, and never stop them while empty, the corks also require the greatest attention, and to be washed out every time with boiling water, and never suffer them to be impregnated with any smell whatever, they must also be dried before the making use of them. And one cannot too strongly also recommend to be cautious, in preventing any one from smelling the liquid, which, besides the danger resulting for the imprudence, experience having been proved, that the deed had been fatal to many; and exposes those, who make use of the liquid, to great danger, the fermenting of it and soon making it unfit to be introduced into the human body, without proving it to be of a sinister tendency.

And as the benefit that may be expected from the liquid depends altogether of its being made use of while being in its original purity, one cannot be too particular in pointing out the most effectual means to succeed whilst it is too much known, that for want of paying strict attention to this most essential point, those who make application constantly destroy, the next day, the benefit they have received the day before, and that by experience, it is a certain truth, that out of one hundred applicants hardly one could be cited to have been faithful to the rule and particulars, and that a great number have been victims of their imprudence; therefore, to prevent such a baleful effect, as the frost destroys the virtue of liquid in winter time and in the summer one the heat, cellars are the most proper places to keep it in, and as the variation of the weather is so great that no certitude can be given concerning the time that it can be kept good. To obviate the danger, it must be said, that in all times, the quicker it is drank the better, and as in summer time in the greatest heat, that time being the one of restless prolific nature, and that all is working actively in her productive kingdom, in those seasons the liquid soon ferments and makes it difficult to keep in a salubrious state, therefore it is better and

safer to make use of it, only the day that it is delivered, and quite contrary in winter time, the liquid in the great frosts, if kept from freezing, can be drank with safety five and six days until thawed, which six hours afterwards must be stopped the making use of it. But verbal instruction will be always advisable and safer to receive on the matter. It must be remembered also that the liquid must not be mixed with the water that has been boiled, but when fit to drink and it ought not to be drank neither too hot nor too cold. And as to the surest indicating symptoms which can inform that the liquid is offensive to the body, and that the cause must be ascribed to something wrong had been done to it, it can be known soon, if the person who does not take it for the first time, feel sick at the stomach after taking of it, as wanting to vomit, and if nausea are felt, squirmishness, faintness, &c. or get worse, it is a sure sign that the liquid has been kept too long, or that something forbidden has been done, as smelling, the phials unclean, or the cork also, or the liquid been frozen—in those occurrences, the making use of it must be stopped.—And to prevent the dangerous effect, some new milk must be boiled immediately in earthen, and mixed with water afterwards to the proportion of a gill to a pint of water, likewise it must have been boiled, separate on the occasion. The apple drink as mentioned in the prescription, may be made use of, or some other fruits according to the season in following, on the whole, what is recommended in the said prescription.

Cephalartic or headache Snuff.—Obliged to give the result of experience concerning the diseases to which the human frame is liable to be affected, and that only by the influence of breathing impure and contaminated air, as the one of contagion, pestilence, &c. The unaware of the danger receiving the infection without knowing of it, by the organ of the smelling, and afterwards finding passage to the head, where the epidemical distempers remain, or hatch before communicating to the other parts of the body, first their being seated in those parts of the cavities of the head, thus to prevent the dangerous effect of all offensive vapours issuing from human diseased bodies, and one is constrained to give advice to every one to take two or three pinches of the cephalartic or headache snuff per day, which is calculated for the purpose, besides preventing the dangerous consequences of breathing noxious air, every where it has likewise the property of cleansing the eyes of watery humours to which they are exposed and soon impairing the sense of sight, if not purified and deterged of the morbid humour. Therefore, eager to prevent diseases as much as to cure them, one must recommend to those who are anxious to make use of all means beneficial to them the use of the said snuff, which box can serve them two or three months, at least, in making use of it in the sparing manner prescribed.

Tooth powder.—Guided constantly by the general interest as the human species have nothing more precious in their bodies and also more ornamental than their teeth; then for the purpose of preserving and of keeping in good order those invaluable instruments, preparatory to the digesting action, and so essentially necessary besides to the organal speaking, then the powder has been prepared for the purpose which among its various properties has the one to keep white and clean, and prevent them from aching and of being free from de-

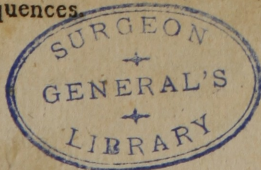
day, and also the gums from scorbutic affection communicating afterwards to the different parts of the body, also the same powder has the advantage of the keeping the mouth in a pure and salubrious state, and it must be used as follows, viz. Wet the point of the finger, or a little bit of linen cloth or a brush with a little drop of vinegar, cider, or spittle, put either on the top of the powder and rub the teeth then every where afterwards, and rinse the mouth with either vinegar or cider, if chosen.

Dietical Abstinence.—The use of tobacco cannot be too strongly and too often forbidden to those who wish to be prevented from suffering for their noxious habit, create disorder on them, and afterwards expose others to be infected with diseases by inhabiting with them. Therefore, snuffing, chewing, and smoking must be strictly abstained from and besides those, who are labouring under lungs' and breast's affections, asthmatical complaints, &c. and also distemper of eyes, those who are affected of them, must avoid even the company of those who make use of tobacco by smoking, and keep off from places where the smell of the burning plant can be felt. And for the young infants the same precaution must be observed in whatever state of health they might be thought them to enjoy; their tender organs being exposed to be extremely affected by the noxiousness and acuteness of the burning pungent herb, and its offensive vapours. Salt food of whatever kind and description they may be, meat, fish, cheese, pickles, &c. must be strictly abstained from, also spiritous liquors of whatever sort or species they may be, spices of any sort or any ingredients of the like, East or West Indies productions, coffee likewise must be rigidly abstained from, as well as any substitute to it, as roasted root, seeds, barley, rye, peas, or any grain whatever, as being very offensive to the human body, after having undergone the roasting process. And with regard to what concerns the diet and articles that can be made use of with safety, also the situation of the affected should require verbal instruction. Souchong tea may be used if not too strong, with milk and sugar, fresh malt liquor, not strong, may be used, cider likewise if the person is not affected of the complaints of the lungs, and if not made use of strong. Wines of all sorts, in a sparing manner (the Madeira excepted) as generally being too firey and too often adulterated. Milk may be used, if boiled, and meat also, if craved for, and only beef, veal, and fowls, boiled separate. All vegetables boiled also separately in fresh water, and butter may be used fresh and new. Those, who are labouring under breast's and lungs' complaints must avoid making use of vinegar, sweet ripe fruits may be used in those complaints, in a sparing manner, and for other disorders all sorts of fruits may be used if ripe, but long while before or after taking the liquid.

PRIVATE INSTRUCTION, *for the Females making application.*

(DELIVERED GRATIS WITH THEIR PRESCRIPTION.)

MOST distressed part of the human afflicted species, and that due to the prevailing lamentable state of the baleful darkness pervading the minds of the inhabitants of this World, by their living in a chaos of a tenebrous ignorance. Therefore, to prevent the danger to which may expose your uncautiousness of it, on different subjects, be attentive to the advice that your most essential interest compels to give you, this moment, and for the purpose, to you must confidently be revealed that wise nature in her immense terristrial dispensary, has nothing that is created in vain. But those who apply to it, must be effectually intiated with the particular intention of her productions. And the deficiency of it, proves that none does more—suffer then the Female Race for want of the precious knowledge of being acquainted with what is intended for their own benefit, thence, the one who has the information of what is destined for them, is obliged to reveal to the Female species, that subject to periodical times, that by their want of knowledge, they are constantly exposed to be the victims of their ignorance, and that the Creator's wisdom and goodness is evinc-ed and calculated for their benefit, and to prove it, the truth is, that they cannot make use of any thing as aliments, liquid or solid, without knowing provisionally the tendency that it must have on their system. Hence, to prevent the imminent danger, which may result by their destitution of proper advice, in regard to their menses or monthly time, the date of the month, of the last day, that it had been over, must be mentioned on the other side of the label, joined with the phial, informing of their complaints. And it must be done by abbreviation, only the first letter of the month and the date of it, and also if those of the female sex who make application, have deficiency in their monthly time, it must be mentioned in the following manner, to prevent modesty to suffer, if wrote differently : For those who are subject to the whites, they must put W. and those who have too much nature T. m. and those who have their time too often a T. of. and those who are attended with pain, must put a W. P. and those that are too seldom unwell Too. s. Women pregnant and married in general must have it mentioned by a single P. and the married Women by M. Females having past the time must put ov. The strictest attention must be paid by females in those cases, or nothing can be done for them in any cases, without exposing them to the most dangerous consequences.



THE NATIONAL ASSOCIATION OF WOMEN

OF THE UNITED STATES OF AMERICA

CONSTITUTION AND BY-LAWS

Article I. The National Association of Women of the United States of America shall be organized and incorporated under the laws of the State of New York, and shall have as its objects the promotion of the rights of women, the advancement of their education, and the improvement of their moral and social condition.

Section 1. The members of this Association shall be such persons as may be recommended by two members and admitted by the vote of a majority of the Executive Committee.

Section 2. The Executive Committee shall consist of such persons as may be elected by the members at the annual meeting, and shall have the management and control of the Association.

Section 3. The Executive Committee shall have the power to make and alter the By-Laws, subject to the approval of the members at their annual meeting.

Section 4. The Executive Committee shall have the power to suspend or expel any member who may be guilty of any offense against the By-Laws.

Section 5. The Executive Committee shall have the power to receive and manage all the property and funds of the Association, and to make and alter the rules and regulations for the management of the same.

Section 6. The Executive Committee shall have the power to make and alter the rules and regulations for the management of the Association, and to make and alter the rules and regulations for the management of the same.

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