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The Fountain of Youth.

Curing by
Water

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Dr. Benedict Lust

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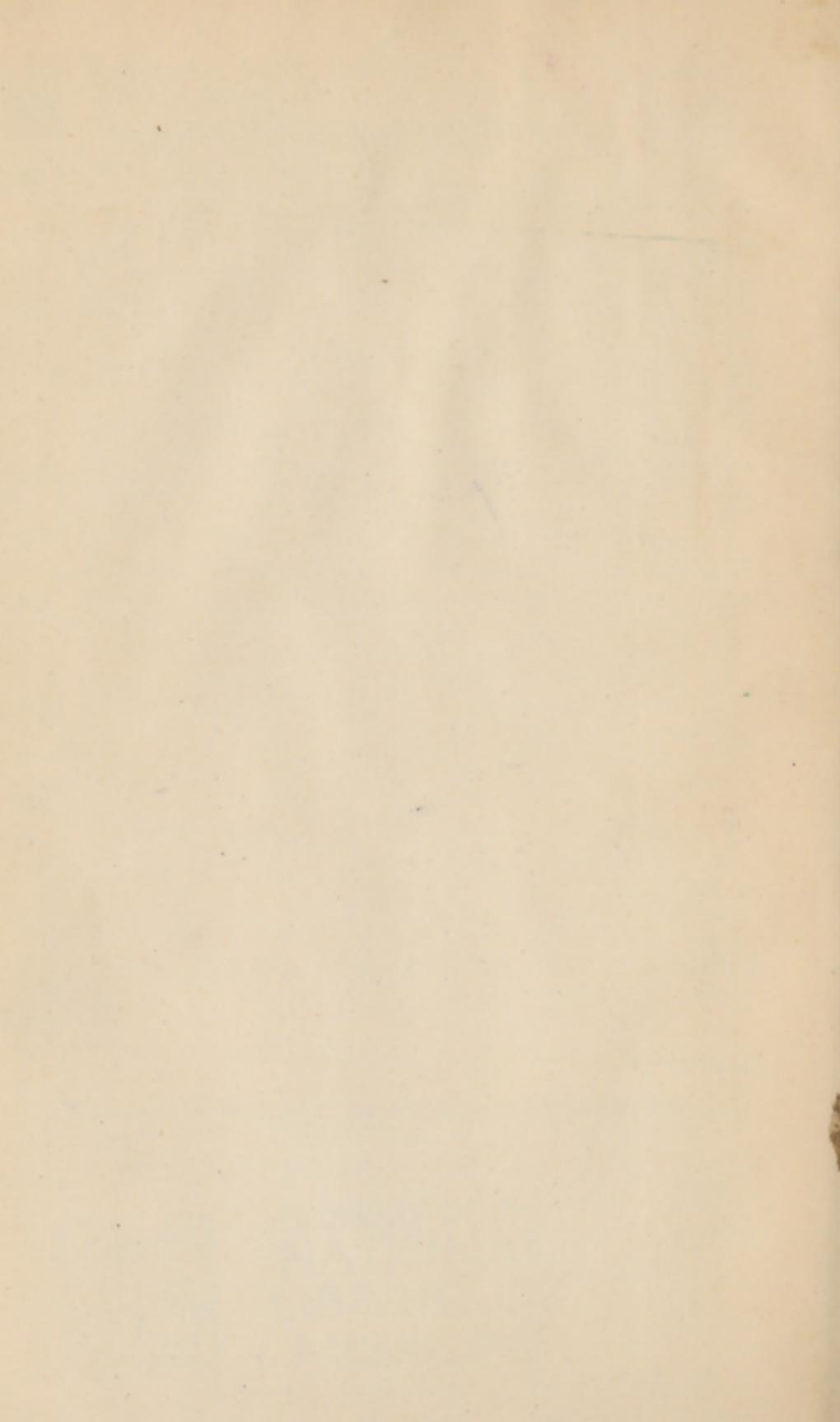
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Dr. Benedict Lust, who has achieved most extraordinary results from the new super-bath, and Christos Parasco, who brought the idea to him.

The FOUNTAIN of YOUTH

or Curing by Water

How You May Quickly Over-
come Acute and Chronic Illness
by the Use of the Biological
Blood-Washing Bath

By

BENEDICT LUST, M.D., N.D.

With an Introduction by Bernarr Macfadden

NEW YORK
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INTRODUCTION

THERE are, in every generation, a few outstanding discoveries that contribute in a marked degree to health and to long life. They may consist in a better knowledge of food values, they may uncover certain facts in hygiene and right living that materially modify bodily functions, or they may even take the form of some profound medical discovery of general significance.

It would seem that such a contribution to scientific advance has recently been made by a young Greek-American, Mr. Christos Parasco, who has developed a modification in hydrotherapy that promises to revolutionize the treatment of many diseases—especially chronic forms.

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This treatment is rightly described as the "Blood-Washing Bath." It is being taken up by leading sanitoriums of the country, and by private individuals everywhere. Astonishing and revolutionary results are being obtained through its use.

This prolonged hot shower-bath applied with a new and wonderfully simple apparatus, actually washes the poisons from the system. It relieves acutely painful conditions in a manner almost miraculous. It brings about a relaxed condition of the nervous system that favors sound, restful sleep and rapid recuperation from fatigue, overwork, or those conditions in which the metabolism of the body is disturbed, so that harmful products are formed.

It produces an equalization of circulation, relieves undue pressure, provides the body with the proper amount of rich, nourishing blood, and restores nor-

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mal tone to the heart and other internal organs.

This new form of hydrotherapy stimulates powerfully the activity of the skin. It helps this important organ to throw off poisons that might otherwise be left to accumulate in the system.

It therefore tends to clear up all forms of skin troubles caused by the retention therein of toxic material.

Dr. Benedict Lust, who has taken a profound interest in Mr. Christos Parasco's discovery, has had a large experience with the use of this new treatment.

Details of the experience of Dr. Lust and his students will be found in the present volume. I have followed this development with intense interest. I firmly believe that it is the most important contribution to natural methods of treatment that has been made since Vincent Priesnitz, the student farmer in Graefenberg,

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Austrian Silesia, first promulgated the theory of cure by water treatment, and made it possible for the German priest, Mgr. Sebastian Kneipp, to give to the world that marvelous system that has been the means of saving countless lives.

Dr. Benedict Lust, in this vitally interesting little book, has given us an outline, first, of the history of baths and bathing in general; next, a description of the various kinds of baths used by hydropathic specialists; and finally, a complete account of the "blood-washing bath" itself. He brings to you vital information. Read every word of this book—don't skim or skip. And put its precepts into practice.

It may be the means of increasing your length of life by many years, and of making you healthier and happier during all your days on earth.

BERNARR MACFADDEN.

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The Fountain of Youth

Or Curing by Water

CHAPTER I

The Bath as an Index of Civilization

THE status of civilization among any race of people is measured to a very considerable extent by their use of water. Aqueducts and sewers are indispensable adjuncts to community growth and civic well-being. It is a fact that the high quality of culture achieved by Egypt, Athens, Rome, Jerusalem, Carthage, Alexandria and other great centers of the ancient world went hand in hand with a liberal water supply.

To be sure, there are many primitive

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races (dwelling usually in or near the tropics, it will be noted) who are enthusiastic and indefatigable bathers. Their bathing is not done for sanitary reasons, however, but has been made a racial habit by centuries of a certain environment, including the heat of the climate and the nearness and plentifullness of the water supply. If they had been planted in another quarter of the world, they might not have bathed at all.

On the other hand, scarcity of water furnishes an adequate excuse for infrequency of bathing among many peoples. No one can reasonably blame an Arab for carefully saving the water in his precious oases for drinking, instead of bathing in it. In some districts of Russia, where there are but few rivers and lakes, there are villages containing one hundred or more houses in which there is scarcely sufficient water available for drinking

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purposes. In these benighted spots, baths are a great novelty. In fact, these folk are said to experience only three in the course of their stay on earth—one just after they are born, another just before they are married, and a third just after they die.

A warm climate and warm water invite to enthusiastic indulgence in a practice which, if one had to chop through four feet of ice to get the matutinal tub, would be indulged in only by the very heroic or the very foolhardy. Therefore the South Sea Islanders, especially the Hawaiians and the Fijians, are remarkably fond of bathing, and are expert swimmers; while some tribes of North American Indians know so little about the external use of water that they usually drown if they happen to tumble out of their canoes into deep water.

In the icy waters of Labrador or

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Greenland, where the temperature of the water rarely rises above the freezing point—that is, freezing to human beings—swimming is almost as uncommon as snowballing at the delta of the Amazon. Therefore the Eskimo grows up, becomes an old man at forty, and dies of senility at fifty without ever enjoying a water bath unless he should at some time happen to be tipped over out of his kaiak or canoe by a walrus.

WOMEN MORE CIVILIZED THAN MEN

If civilization be measured by frequency and thoroughness of bathing, it must be conceded that women are more civilized than men. For the love of cleanliness seems to be more a part of the normal woman's make-up than it is of man's. This is perhaps most apparent among the families of laborers, miners,

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quarrymen, teamsters and those engaged in rough, dirty work. Familiarity breeds in these men a certain habit of uncleanliness. They may reason subconsciously that it is useless to go to so much trouble to remove what is so easily smeared on again.

Women, on the contrary, are natural sanitarians, whose lives are dedicated to one long struggle with dirt and disorder; which may be a wise provision of Nature for the preservation of the race, the young of which so quickly succumb to the evils and illnesses engendered by uncleanliness.

Generally speaking, however, it may be said that the instinct for cleanliness is inherent in man. When he has the time and the opportunity—and often when he hasn't—he improves both by taking a bath. The "bath instinct," indeed, goes right down to our biological tap-roots, for the single-celled organisms which

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were our earliest ancestors originated and lived in the sea. Even now, in our present highly developed state, nine-tenths of our body cells are aquatic, and can exist only in a saline bath. If they were to be dried, and thereby deprived of their bath of blood and serous fluid, they would give up the ghost.

This is one reason why most normal individuals love the sea. It is the response of the myriads of particles of sea-water in our tissues to the restless and ever-changing vibration of the great Mother of All Life, the source of our being, without the cleansing surge of whose tides life on this planet would soon cease to exist.

So we have much reason to love the water and to eulogize the bath. It is a tribute to our good sense and increasing intelligence as a race that this love is increasing, and that the building of bathtubs goes on apace. If we have oppor-

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tunity to continue it a few thousand years longer, it may do much to carry humankind to heights of civilization as yet undreamed of.

THE RISE AND FALL OF THE BATH

The bath is as old as the oldest civilization. In the very earliest historical records its benefits were extolled. Bathing was a definite medical prescription among some of the ancients.

Hippocrates, the pioneer of the natural method of healing, praises the great value of the bath for all acute and chronic diseases.

The Hindoos, Egyptians and Persians deemed it a sacred duty to bathe themselves every day. In 320 B.C., at the time of Alexander the Great, there already were "warm free baths" for the public. And how far had popular hygiene pro-

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gressed in highly cultivated Greece! All Hellenic schools were provided with baths and sprays. Also, the ancients knew quite as well as we do the invigorating effect of the sea-bath.

In the halcyon days of the Roman Empire, before it had been drained of its best blood in wars of conquest, and before the slave and the mercenary fought the campaigns and battles that paved the way for its decadence, Rome built the finest and most luxuriously appointed bath-houses that have ever been seen on this planet.

In these wonderful buildings bathing was carried to the acme of esthetic perfection. It developed into an art—a nation-wide worship of the Clean Skin. To assist and amplify this idolatry, the Romans included in their bathing emporium amphitheaters, gymnasia and gardens, also libraries, reading and lecture rooms,

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and courts, where all Rome could come and spend all the time it had to spend.

THE MAGNIFICENT ROMAN BATHS

A faint idea of the magnificence of these wonders of the ancient world may be gained from the statement that the Baths of Caracalla covered a quarter of a square mile. This building contained a great court for exercise, large halls for the various forms of baths, complete libraries at either end, a giant swimming tank, and many other useful and ornamental features. In one hall there were marble seats capable of accommodating 1,800 bathers at one time—although this was excelled in the Baths of Diocletian, which provided seating facilities for 3,200 bathers in one room.

The splendor of the architecture and

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the lavishness and beauty of the decorations are almost inconceivable. Many of the finest surviving examples of classic sculpture were among the ornaments of these baths—the Laocoön, the Capitoline Venus, the Farnese Bull, the Hercules now in Naples, and a number of the best specimens of the work of Phidias and Praxiteles.

Inside and outside, the buildings were embellished with mosaics, paintings, stucco work and all the most cunning forms of decoration known to those lavish times. The giantism of the Romans which led them to level a mountain to build a forum was nowhere more evident than in these extravagant baths. The ruins, for instance, of a single room of the Baths of Diocletian, 300 feet by 90, were, centuries later, converted by Michael Angelo into a church, now one

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of the most beautiful and imposing structures in Rome.

BUILDING ONE HUNDRED AND SEVENTY BATHS IN A YEAR

The Emperor Augustus built in a single year (36 B.C.) not less than 170 public baths, for he well knew that no gift would be more highly appreciated by a people who had learned to value the bath both as a luxury and as a means of preserving its health and vigor. How important the bath was to the Romans of the classic age is evidenced by the fact that in the year 300 there were in the imperial city about eight hundred public baths! And in addition they operated fourteen so-called thermals, each one of which accommodated thousands of people at a time.

The most natural and the cheapest

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remedy, water, was used in such enormous quantities that great viaducts were built to bring it into the city. And anyone who, during the cold season, did not care to bathe, could stay as long as he liked in the thermals, warming himself there without any charge. What modern public institutions can vie with these?

MINGLING OF THE SEXES

The ladies of the period were provided with bath-houses quite as gorgeously appointed as, although constructed on a less stupendous scale than, those patronized by their genial lords. By the second century A.D., however, men and women were bathing together in the great public thermæ. These baths cost the patron on an average less than a cent of our money, and many of them, established by emperors and rulers as a sop to make the

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populace forgot their heinous oppression and abuse of power, were entirely free. These baths later became the rendezvous of the most profligate and degenerate among all the Roman populace—the scene of unbridled debauchery and excesses.

Wherever Romans conquered and settled they built public baths, the ruins of which remain to this day, sources of wonder and admiration.

Some of the emperors and fabulously wealthy courtesans were given to the most extravagant bathing habits. The Empress Poppaea treated herself to a daily bath in asses' milk—a very inferior, unsanitary and uncleansing medium. In the houses of the rich all sorts of cosmetic baths were indulged in by women, and also by the Roman Beau Brummells, in the effort to achieve a white, soft, baby-like skin.

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After the fall of Rome followed "a thousand years without a bath," as Michelet characterized the Dark Ages—a period when bathing became almost a lost art; until the returning Crusaders, in the twelfth and thirteenth centuries, brought back the hot baths of the Orient and spread them all over Europe, where they have been more or less in evidence ever since—though not always enjoying the best of reputations. Indeed, in England they were known as "hothouses," a name which at length came to have the same meaning as "brothel."

This development was undoubtedly the result of the mixed bathing practiced throughout Europe during the Middle Ages—especially on the Continent. To this day, the bathing resorts of the world, from Hot Springs to Wiesbaden, from Marienbad to Saratoga, are lax morally; doubtless because those baths and mas-

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sages which tend to relax and enervate, which foster luxurious ease and the development of Sybaritic habits, to some extent unbrace the moral armor and favor ethical laxity.

Yet the instinct and practice of cleanliness is inherently in the direction of moral improvement. Only its abuse—as with the abuse of eating and other natural functions—is immoral. Cleanliness is indeed akin to godliness.

JAPANESE THE MOST CONSISTENT BATHERS

There is one country only which has, from earliest times, appreciated the real benefits of bathing and which has developed the practice into an art. In this respect it leads all other peoples and countries. This country is Japan.

No other country has as many baths,

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no other country knows the value of bathing so well. All that other countries have discovered and introduced—excepting the new form of bath which I shall describe later in these chapters—the Japanese possess and have long possessed.

In fact, this Japanese passion for bathing is a national heritage—a development brought about partly from living in a land that has endless volcanoes which can be used for heating plants, and partly from the fact that experience has taught them the advantage of keeping the pores open, and the skin active and free from contaminating substances. Also, the bath keeps the little brown people warm in winter—many, especially the children, bathing as often as four or five times a day for this purpose.

So, Japan has no “Great Unwashed.” One may be hemmed in by the densest crowds on the sultriest summer day, or

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stand among toiling workmen whose few garments are saturated with perspiration, and never gasp from that disagreeable summer odor of humanity which would be all too noticeable in almost any other country under similar circumstances.

The Japs make cleanliness of body the first of all virtues, and the daily bath the most indispensable of all duties. While New York waited until 1891 before supplying its poor with baths at a reasonable rate, Tokyo, the metropolis of Japan, provided such opportunities as far back as their historical records go.

EIGHT HUNDRED PUBLIC BATHS AMONG THREE HUNDRED THOUSAND PEOPLE

Tokyo has today about eight hundred public baths, in which 300,000 persons, almost a fourth of the population, bathe every day, at a cost of about a cent of our money for each bath.

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Besides this, every family, except the poorest, has its own private bathroom, or at least its own bath-tub. And they don't use this tub to store coal or soiled clothes in, either—as do many of our unregenerates. They use their tubs for bathing purposes.

If one stops at the humblest village inn for a meal in Japan, the first course is always a hand- and foot-bath. And if one remains overnight, hardly is a room assigned before a girl appears to conduct the guest to the bath—at the expense of “the house.” These brown brothers look in open-mouthed astonishment at a stranger who neglects to take at least one bath a day.

It has been charged against the Japs that they value the bath, not so much for its cleansing effect, as for the sensuous luxury of the practice. Even were this true, we might grant them absolution for

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it, inasmuch as it leaves them the cleanest people on earth.

But it is hardly true. For the aspect of their houses and streets demonstrates that they value cleanliness for its own sake. The Jap does not indulge in any halfway measures in his ablutions—such as a cold dip, or shower, or sponge. He gets right into a tub of water almost hot enough to scald a European, and he remains there for a considerable length of time.

RAISING BODY TEMPERATURE BY A HOT BATH

The bathing temperature adopted by the Japanese is usually about 130 degrees Fahrenheit. Our very hot bath ranges from 104 to 110 degrees. The head is usually bathed in hot water before the bath is entered, in order to dilate and

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relax the blood-vessels feeding the brain, and prevent the cerebral anemia which might otherwise follow. If any palpitation of the heart is developed, or if any sense of oppression is experienced, they get out, and stand not on the order of their doing so.

It is interesting to note the physical effects of such a bath. Usually the blood is driven out of the surface vessels, and a pallor ensues, which lasts but a few seconds before the reaction takes place and the blood rushes once more to the surface. The pulse is first "slowed down," and then accelerated. The respiration is not greatly affected, although the breathing is almost entirely from the chest—somewhat as in the case of our cold-water shock.

The temperature of the body rises to 104 degrees or more—an effect due to heat retention, combined with heat absorption.

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This rise in temperature occurs rapidly, usually within five or six minutes, returning to normal in less than half an hour after the bath. The arteries become relaxed, although the pulse is quite full.

Perspiration is quite profuse after leaving the bath. A cold douche is usually taken before concluding the ceremony.

HOT BATHS DO NOT PREDISPOSE TO COLDS

It is commonly believed that these baths predispose to colds, but such is not the case. A warm bath relaxes the surface blood-vessels, and thus predisposes to colds. The hot bath, however, produces a temporary paralysis of the surface circulation, and prevents contraction of the capillaries after exposure to cold. This is proved by the fact that the Japs, in the interior towns, run naked on the wintry streets after taking their hot baths,

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and rarely suffer any ill effects from the practice.

The resistance to cold induced by such baths is so lasting, in fact, that, as already mentioned, the people use them as an economical means of keeping warm in winter in their inadequately heated houses. Their whole effect seems to be stimulating, rather than the reverse; they do not produce weakness of any kind.

One custom of the Japs which seems repugnant to Occidentals is the habit of promiscuous communal bathing, practiced among the lower classes in the interior towns. Yet, though naked, there is no suggestion of indecency, and the bathers seem as oblivious of their nudity as so many splendid animals might be. The custom has existed from time immemorial, and, in its working out, is really a tribute to the child-mindedness of these interesting people.

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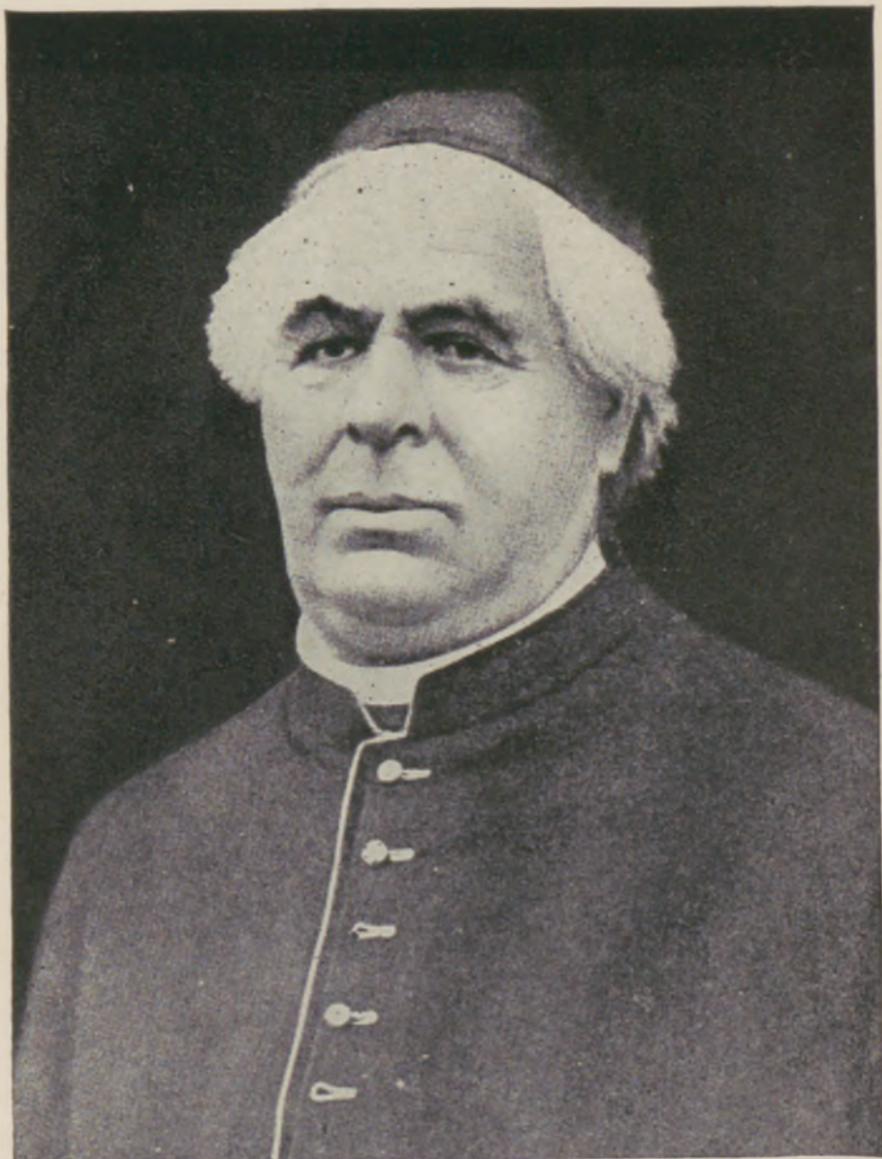
More to be condemned, perhaps, is their habit of indiscriminately bathing in the same water with a score or more of others. Yet even this may not be so reprehensible as it might appear at first glance. For they soap themselves and wash thoroughly before entering the great tubs or vats. And afterwards they rinse themselves with a bucket or two of cool water, dashed over them before leaving the bathing place.

While we could probably improve greatly upon certain Japanese methods, we must nevertheless admit that the frequent and thorough ablutions of these people are a most commendable national trait, and one which we might, with profit, emulate and universally adopt.

For there are two things much worse than bathing Japanese style, each one worse than the other. One is to bathe

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seldom. The other is to bathe not at all. So give credit where credit is due, and pin the blue ribbon on the blouse of the Jap—the world's champion bather.



Sebastian Kneipp.

Father Sebastian Kneipp, Woerishofen, Bavaria, 1821-1897,
sometimes called the father of modern hydrotherapy.

CHAPTER II

Bathing for Health

IN order to understand the method by which hydrotherapy acts, and by which disease is overcome by various forms of bathing, it is necessary to know something about the skin and its formation.

The skin consists of two layers, the upper skin, or epidermis, and the under skin, dermis, or cutis. The epidermis consists of many fine layers of cells, which are flattened out and dried up. This hardened skin is very important in a physiological way; it resists pressure and wear very effectively, and possesses a high grade of elasticity. It is furthermore a bad conductor of heat and electricity, and

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strongly resists chemical influences. Thus it protects the cutis and underlying tissues against countless injuries.

STRUCTURE OF THE TRUE SKIN

Underneath the epidermis is the cutis, or under skin, which has its name on account of its stability and elasticity. It is from this skin—of lower animals—that leather is made. And, by the way, human skin is quite as tough and strong as that of lower animals.

Imbedded in the under skin are many blood and lymph cells and nerves. In it are the ends of the organs of touch, the hair roots and countless sweat and sebaceous glands. In addition it contains, in many places, smooth muscular fibres which are relaxed with increasing temperature and contracted by the influence of a lower temperature.

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The vigorous action of the muscles of the skin may be observed in the formation of gooseflesh. If the skin is exposed to the cold, the smooth muscles of the hair follicles contract, causing the latter to rise in small knots. The paling of the skin which accompanies this phenomenon is due to an evacuation of the superficial blood-vessels as a result of the muscular contractions. Increase of temperature relaxes the skin muscles, and consequently leads to an expansion of all channels.

Every person of medium height has about fifteen to seventeen square feet of skin. In the cutis there are about fifteen millions of small papillæ, or mounds, which contain the ends of the nerves, as well as many blood-vessels. In addition there are over two million perspiratory and sebaceous glands which discharge at the skin surface. The fluid from these glands continually evaporates upon our

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body surface and cools us off. With an increase of blood circulation and a quickening of the metabolism, small drops are noticed at the exit of the sweat ducts—the “pores,” as they are called. These gradually flow together, and effect the cooling of the entire skin surface through an augmented evaporation.

IF OUR PORES WERE STOPPED UP WE
COULDN'T LIVE TWO HOURS

Through the great “third lung” which we call the skin, more than two pounds of beauty- and health-destroying waste products are thrown off daily. This material, the debris or garbage of our organism, if partly retained, poisons the body, mind and soul; if entirely retained, it would kill as surely and quite as quickly as arsenic or any other poison. Witness the famous Russian boys who, as imper-

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sonators of angels, were covered with a thick coating of gold paint, and, with their pores thus stopped, became real angels in about two hours.

THE FUNCTIONS OF THE SKIN

Within the fifteen to seventeen square feet of skin which covers us are intricate and marvelous circulatory systems, and through their millions of nerve endings, these systems are intimately connected with the central nervous system. By means of these complicated and sensitive systems, either direct or reflex relations are made with every organ, gland, muscle, or blood-vessel, in the body.

Nearly every organ is in direct relation with the skin immediately over it, while many organs are also in reflex relation with quite remote portions of the skin. In other words, the tonic effect of water,

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its influence in dilating or constricting the blood-vessels, checking hemorrhage, stimulating the kidneys, deadening pain or producing sleep, is due to the intimate connection of the skin with the organs, nerves or blood-vessels having to do with these phenomena. Thus we are able to influence the whole body by the application of water to its surface.

We see that the functions of the skin are manifold and mean a great deal to the organism. In fact, no organ of the body has to perform so many different functions as does the skin.

First, it is a protection for the body, with its many organs and its infinitely numerous blood-vessels. It protects us against mechanic, thermic, electric and chemical injuries by virtue of its anatomical structure and its physiological characteristics.

Next, it is a sense organ, the seat of our

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principal sense, that of feeling, from which all other senses have been developed.

Furthermore, it is a regulator of our temperature, which it maintains at 98.6 degrees Fahrenheit.

It is also an important excretory organ, and thus contributes to the regulation of the metabolism. Through the skin many noxious poisons are thrown off in dissolved form. There is a constant interchange of function between kidneys and skin. If the excretory function of the skin is reduced, the kidneys must not only excrete larger quantities of water, but also more poisonous substances, which irritate their tissues. An active skin means great relief for the kidneys.

The skin is after all a true mirror of our inner bodily condition, because it is closely connected with the work of each organ. The purity and health of our

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skin influences the functioning of all our organs. Activity of the skin protects the inner organs and facilitates their work. Inactivity of the skin leads to the overloading of the inner organs with poisonous matter and thereby causes premature aging and sickness. Vice versa, sick inner organs cause an overloading of the skin.

TWENTY-EIGHT MILES OF TUBES IN THE SKIN

In the skin there are twenty-eight miles of small canals, the exits of the perspiratory and sebaceous glands. Through these canals the skin "breathes." In fact, the skin breathes in a much higher degree than people realize, as is proven by the fact that human beings, whose bodies had been painted over three times with varnish, died of suffocation.

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The physiologist Forster tells us that a frog whose lungs had been removed lived for a certain period, discharging carbonic acid through the skin and taking up oxygen through the same medium. A frog evidently can breathe without lungs, its skin taking the place of these organs. In the same way our own skin co-operates with the lungs in furnishing oxygen to the blood, and if we only gave it a chance it would perform a larger share of this task than it does.

Originally the skin was the only breathing organ. Later, as higher beings were evolved, the lungs were specialized for this function.

THE NERVE NETWORK IN THE SKIN

The nervous system of the skin is composed of an exceedingly fine and closely woven network of very sensitive nerves.

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In the form of countless small nerve ends they work through the fissures of the upper skin, especially through those of the hand, the sole of the foot, tips of fingers and toes, of the lips and the tongue.

Of course, this part of the nervous system is connected with the whole nervous system through both principal nerve centers, the brain and the spine. Thus stimulation of the nerves of the skin also affects, reflexly, the whole nervous system, whether favorably or unfavorably.

From all of the foregoing we may rightfully draw the conclusion that the skin is the most favorable part of the body from which to influence all *organs* and *tissues*, and accomplish the best therapeutic results. It is the mirror of the whole inner body. It is a reservoir of almost unlimited capacity, into which can be diverted the excess of blood from the brain and the other parts. For pur-

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poses of excretion, the skin is hardly inferior to the bowels themselves. And hydropathic treatment does not decrease its efficiency, but leaves it more efficient than before.

CHAPTER III

Bathing for Beauty

THERE is no side-stepping the proposition that to be beautiful we must first be healthy. So we must score one for the bath as a beautifier on the grounds that it inevitably tends to make us healthy.

Before real cleanliness of the skin can be attained the water of the bath must be heated to a point where it will dissolve off the accumulated oil and the "matter out of place" that adheres to the oil film.

And fear not to destroy the oil-secreting power of the skin by occasionally freeing it from this film. For the internal force that pushes sebaceous secretion and effete material up to the surface will continue to push.

In contradistinction to the cold tub, or

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shower, which imparts a tonic shock, warm and hot baths quiet and soothe. They relax the tension of muscles, nerves and blood-vessels. They help the skin to eliminate the accumulated fatigue poisons that depress vitality. In short, they tend to make us healthier—and, as a consequence, handsomer.

Hot tub-baths, if too long continued, are debilitating. And anything that filches strength robs beauty. Yet, if one does not remain in the hot bath longer than two minutes at a time, one gets almost as much stimulation, followed by quite as good a reaction, as one would from a cold bath.

RINSE THE SOAP OFF THOROUGHLY

The cleansing bath should be from 90 to 95 degrees Fahrenheit. This should be followed by a colder splash, or a shower,

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which drives the blood from the surface and closes the pores. Great care should be taken to insure the thorough rinsing off of the soap; for even the purest and blandest of soap is irritating if permitted to remain long in contact with a delicate skin, and merely wiping off a lather is not getting rid of all the soap—not by a considerable margin of failure.

The towel should invariably be tempered to the skin. If one is blessed with a tough integument, a coarse crash towel may be used briskly. But if one happens to have a tender skin, the “crashness” of the towel will have to be modified.

Many believe that the tepid bath, finally graduated to coolness by the simple process of letting in cold water as the warm water runs out, is the best bath.

Probably the best all-round average temperature for the bath is from 68 to

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72 degrees, although this varies with the individual reaction. It is best, to insure accuracy, that the temperature be taken with a thermometer, as the old nurse's principle of determining the eternal fitness of things is eminently unsatisfactory. Her practice, you remember, was to put the baby in the bath; if he turned blue, she knew the water was too cold; if he turned red, she was equally certain that it was too hot.

Delicate children and women might react most unfavorably to a bath the temperature of which is gauged in this rule-of-thumb manner, and even the most robust might benefit by a greater degree of accuracy.

Once a day is about the correct amount of indulgence for the average bather. In the summer an extra cold tub might be taken with benefit. But if the skin feels dry, scaly, or itchy, after the bath, it

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might be well to cut down its frequency—especially during cold weather and the season of “winter itch.”

VIRTUES OF THE SEA-BATH

Sea-bathing is one of the greatest and most effective of all healthifiers and beautifiers. Partly from the salt contained in the water, and partly from the “slap” of the surf, it is splendidly stimulating to the skin nerves, and through them to the entire system, particularly if the skin can tolerate dispensing with a fresh-water shower at the conclusion of the dip.

The same objections, however, apply to its abuse by emaciated, weak, or anemic individuals as to the morning cold tub, and for the same reason—only considerably more so.

Rain water is the best and purest and softest water obtainable, and had those

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famous ladies of history who bathed in asses' milk, wine, strawberry or elder-flower juice, chickweed, and various other delectable products, only chosen this humble bathing medium, they would have gotten better results in the way of cleanliness and beauty than from their bizarre and expensive ablutions.

BEST WAY TO SOFTEN HARD WATER

"Hard water"—which is water carrying an excess of lime or other minerals—is sometimes most irritating, especially to delicate skins. A wineglassful of common vinegar will neutralize the excessive alkalinity and thereby "soften" the water, so that it becomes a better dirt solvent; which treatment also overcomes the tendency towards irritation.

Exercise before and after bathing aids

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in its good effects, for it opens the pores and facilitates the expulsion of waste products. After the bath it favors the nutrition of the skin by increasing the reaction of blood to the surface.

While there are some skin diseases that are aggravated by bathing, most eruptions—as pimples, pustules, scales and crusts—are greatly benefited by hot or warm baths—particularly if some mild antiseptic is added.

Sometimes a half-pound of starch, stirred into the bath water, has an excellent effect upon itching and eruptions, and everyone who has ever had them knows that hives are greatly relieved by immersion in salt water.

TO OVERCOME EXCESSIVE PERSPIRATION

For those who perspire too freely, half a cupful of toilet ammonia and a little

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formaldehyde are most helpful, and frequently curative.

A wineglassful of toilet ammonia frequently has an excellent cleansing and whitening effect, and is usually very well borne by even the most delicate skin. Or a little tincture of benzoin may be equally acceptable.

Many famous beauties, instead of using soap, use almond meal poured into the wet hands, thereby forming a paste which is rubbed on the hands and face as a soap substitute. It seems to agree with them, and certainly is bland and non-irritating, being free from alkali.

Oatmeal, or bran—either stirred into the water, or sewn in a bag, which is soaked in the water—often has a soothing and softening effect upon roughened or stained skins.

Upon the choice of a soap depends much of the success of bathing for beauty.

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If a soap has an excess of alkali—and most of them have—this alkali promptly unites with the delicate fatty substances secreted for the protection of the skin, and removes it, leaving the skin surface dry and harsh. Cracks then form in the skin, and dirt works into them, frequently requiring the use of even stronger soap to eradicate it. This still further deepens the cracks, and so it goes, from bad to worse.

THE BEST TOILET SOAP

Don't economize on toilet soap. Adopt the principle that even the best is not quite good enough, although it will have to do until a better is produced.

If the skin is unduly sensitive to soap, it might be well to shave a little of the least irritating toilet soap one can secure, and let it dissolve in the bath water ten or fifteen minutes before the ablution.

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Thus any irritant which the soap might contain would be so diluted and diffused that only a very small amount of it at a time could touch the skin.

Stiff scrubbing brushes, coarse sponges, and other implements for separating dirt and the surface to which it adheres by the Scotch system of navigation—"main strength and awkwardness"—should be used only for manicuring the kitchen floor, or polishing off the picture frames. And even then they should not be used too recklessly. To employ them on the delicate human skin is sure evidence that one hates oneself.

To use the dry heat of the Turkish bath, or the moist heat of the Russian bath, for increasing the total stock of beauty is love's labor lost. Indeed, unless they cause free and profuse perspiration, these baths should be avoided—especially if followed by a headache or any feeling

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of discomfort. They are, at best, but a lazy way of taking physical exercise, and we would be just as well off if we'd let the Russians and the Turks have our share of them—as well as their own.

Bathing is a veritable Pandora's box of blessings, for it is a goodly segment of a beneficent circle. Baths favor health, health creates beauty, beauty invites happiness, and happiness in turn develops more beauty. If you haven't already got the bath habit, get it.

CHAPTER IV

Baths as “Big Medicine”

IN this chapter I want to give you briefly some of the most effective of the hydrotherapeutic measures—in other words, the various forms of water treatment generally used by the great specialists.

Let us take the treatment of fevers first, as most important. The usual method of employing the bath in fevers, and the one attended with the least shock, is to immerse the patient in a full tub at a temperature of ninety degrees, and then run cold water in and hot water out for twenty minutes, or less, until the bath temperature is reduced to sixty-five or even sixty degrees. In this way the temperature of the patient may frequently be

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brought down—for a time—three or four degrees.

Naturally, much comfort is afforded by this reduction in temperature, to say nothing of the conservation of energy, the relief of delirium, promotion of skin and kidney activity, and possibly the destruction of myriads of bacteria in the blood stream, which cannot survive the exposure to this low temperature.

Cold bathing is of great value in diseases other than fever. In nervous affections, especially such conditions as hysteria, hystero-epilepsy (major hysteria), or St. Vitus' dance, a cold tub is a regular *ne plus ultra* of a curative agent—especially when followed by a brisk blood-whipping rub with a coarse towel.

Rickets and malnutrition in children are frequently relieved by short cold baths. Much care, however, must be taken here, as in other enfeebled condi-

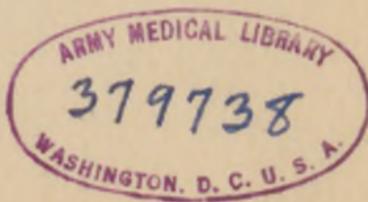
BATHS AS "BIG MEDICINE"

tions. For the shock of cold puts a strain upon the heart that may occasionally produce dilatation of that organ.

HOT BATHS IN SUPPRESSED MENSTRUATION AND FOR PAIN RELIEF

Hot baths are powerful stimulants to the circulatory system, and have an excellent effect in suppressed menstruation, as well as in hemorrhoids. They are especially valuable in the relief of swollen joints, gout, stiffness and soreness from any cause, or in the thickenings that sometimes occur as a result of wounds or injuries. Also, the hot bath will frequently cut short the cold stage in chills and fevers.

If a hot foot-bath be given as a means of stimulating a sweat, it is well to cover the patient with a blanket, and give copious quantities of hot water or hot lemon-



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ade. A cold compress should be applied about the head or neck to prevent congestion in the blood-vessels of the head.

Fomentations applied to the spine will assist the action of the foot-bath, and after sweating is well established it may usually be continued by placing the patient in bed and carefully wrapping him in blankets.

The treatment should be made thorough enough to accomplish its purpose, which is to draw the blood from the great abdominal vessels, and stimulate it to circulate freely.

It may be well to emphasize the need of protection from drafts and sudden chillings after this foot-bath. This may be met by putting the patient to bed immediately, and keeping him there until the storm blows over.

In rheumatic affections—particularly muscular rheumatism, neuralgia, sciatica

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and lumbago — protracted hot baths, good, long “soaks” of half an hour or an hour, repeated several times daily, have given excellent results.

In Bright’s disease warm baths, by keeping the pores thoroughly open and thereby relieving the work of elimination done by the kidneys, are almost indispensable. And this is true also of diabetes, although here, in addition, the regulation of the diet is of great importance.

BREAKING UP COLDS

One homely and generally known use for baths, either alone or in combination with other measures, is in conditions resulting from exposure. For instance, in breaking up an incipient “cold”—which, by the way, is generally due to lowered vitality, plus a defect in the circulation caused by local chilling and possibly one

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or more varieties of "bug"—nothing is more effective than a brisk cathartic, a good, liberal flushing of the system with water, either straight or in the form of hot lemonade, and a hot bath. This should be taken hot enough and long enough to equalize the circulation and stimulate the flow of stagnant surface blood back to the furnace where its impurities are burnt up—the lungs.

This bath is, of course, best taken immediately before bedtime, and if a little gentle sweating—Nature's way of giving us a bath—can be induced, so much the better.

HOT WATER FOR DISEASES OF THE SKIN

In diseases of the skin warm baths are of great service.

In acne, and other skin eruptions which are actually caused by a lack of cleanli-

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ness, a liberal application of warm water, soap and elbow grease will work miracles.

In the treatment of many cases of scaly and itching diseases, Prof. Hebra, of Vienna, one of the world's greatest authorities on skin diseases, prescribed daily two-hour immersions in a warm bath, which, after a period, he increased to two days at a time, and then, in a number of cases even to periods of from one to nine months. Dr. Hebra claims that the patients derive great benefit from this long-period bathing, and that it is no trouble for them to eat, drink or sleep in these baths. And also that nutrition, respiration and skin excretion go on just as though they were living in an atmospheric instead of an aquatic medium.

And yet, in our enthusiasm for baths as “big medicine,” we must not forget their limitations. In psoriasis, a thorough im-

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mersion in hot water effects a removal of the scales from the body, but it has no permanent curative influence upon the disease. In fact, we do not definitely know anything that has, except sun baths, or the mercury vapor sun lamps.

In many skin diseases, too, the worst thing we could possibly do to the patients is to bathe them. Prof. Hebra, although he has broken the record for subjecting patients to the extensive and continuous use of warm water, says that certain eruptions are so easily aggravated by water that even a wetting in a rain has, in a susceptible subject, been known to bring about an exacerbation of the diseased condition. But this is a technical medical question, and is hardly within the scope of this inquiry.

CHAPTER V

The History of Hydrotherapy

IF the medical profession is ever called upon to answer in a High Court for its Sins of Omission, one of the first questions put to it will be: "Why have you, for almost twenty centuries, neglected to use water as a therapeutic agent?"

It seems almost incredible that the rich experience of the ancients concerning the health-giving properties of the bath should, until the latter half of the nineteenth century, have been so generally ignored. The Dark Ages, so called because of the mentally benighted condition of the race at that time, apparently affected the medical profession more virulently than any other. Doctors practiced

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astrology and pseudo-magic rather than medicine, and used very little water themselves, either internally or externally. In all these piled-up centuries, millions of human beings must have been permitted to die whose lives could have been prolonged by a mere water-pack, or a properly administered sponge-bath.

Today we are beginning to recall what the old Greeks told us, and what common sense should never have permitted us to forget—that “cold water on the outside of a man is good for hot blood on the inside of the man.”

The recognition of this and other vital facts is of very ancient origin. For the use of water in dealing with physical ills dates back to the Chinese era. Two thousand years before the time of Moses, the Chinese performed circumcisions at running streams, or at the sea-coast, recognizing the haemostatic (hemorrhage-

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stopping) as well as the antiphlogistic (pain-reducing) effects of water. Many of the laws of the Talmud concerning the ritualistic use of water have their origin in knowledge gained from the Chinese. In the Bible we read frequently of the use of water among the Jewish tribes for its beneficial effect upon the health.

ANTIQUITY OF THE USE OF WATER IN CURING DISEASE

As a matter of fact, the employment of water in the cure of disease is as old as thinking man. In the Rig Veda, written about 1500 B.C., we are told that "water cures the fever's glow." Hippocrates extolled this remedial agent highly, and the invention of the shower-bath is credited by some to Asclepiades, a naturopath who flourished in Rome about a hundred years before Christ. Nearly all

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the ancient medical authorities wrote appreciatively of the use of water in medicine, and employed it extensively, although more or less empirically.

The first attempts at scientific hydrotherapy were made by Johann Sigismund Hahn in Silesia, at the beginning of the eighteenth century, but it was not until 1702, when Dr. John Floyer, a physician of Lichfield, England, wrote a treatise, entitled "The History of Cold Bathing to the Ancient and Modern," that water as a curative agent gained general recognition in the medical world. In 1797, an English medical authority, Dr. Currie, of Liverpool, wrote a treatise called, "Medical Reports on the Effects of Water, Both Warm and Cold, as a Remedy in Fevers and Other Diseases." This work and that of Dr. Floyer were translated into German, and in 1804 Professor Gertel, of Ansbach, republished them



Vincent Priessnitz, a German peasant and "native healer," 1799-1852. Called the father of the natural or drugless healing method.

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and quickened the popular movement toward the recognition of water as a therapeutic agent by his unqualified commendation of water-drinking as a remedy for all diseases.

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Vincenz Priessnitz, however, a farmer of Graefenberg, in Austrian Silesia, is looked upon as the real father of modern hydrotherapy. The fame of Priessnitz drew students of all nationalities to Graefenberg, as well as patients suffering from ailments that resisted the usual forms of medical treatment. Later the German priest, Sebastian Kneipp (1822-1897), took up this method of healing, and his efforts probably did more to popularize the "water cure," as it was then called, than all other measures combined.

The very success in Germany, France, England and America of the methods

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taught by Priessnitz and Kneipp resulted in the bitter condemnation of hydrotherapy by physicians of the older school. But it is noticeable that even the most skeptical of allopaths gradually adopted modified forms of Priessnitz's methods. The Germans—Phreninger and Runge, Brand of Berlin, Raljen and Surgensen of Kiel and Liebermeister of Basel—between 1860 and 1870, employed the cooling bath in abdominal typhus, with results which were striking enough, even after every deduction because of defective classification had been made, and led to its introduction in England by Dr. Wilson Fox, whose able monograph on the subject commanded general acceptance.

In the Franco-American War the cooling bath was largely employed in conjunction with quinine; and with the cold pack, is now recognized as invaluable in the treatment of all conditions compli-

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cated with high temperature. Of course, cold baths do not cure fever. The cure is brought about by the development within the system of anti-bodies and toxins that kill the germs which cause the fever, and also by the increase in the number and in the "appetite" of the leucocytes or white corpuscles (the little policemen of the blood) which devour the noxious germs. But the baths do relieve the febrile symptoms, and help to bring about normal physiological functioning.

THE WET-SHEET PACK

The wet-sheet pack has of late been much used in fevers of all kinds, both in private and hospital practice; while the Turkish bath, introduced about sixty years ago by David Urquhart on his return from the East, has become a public institution, and with the morning tub and

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general practice of water-drinking, is a noteworthy contribution of hydropathy to public health.

Late in the 80's Winternitz of Vienna developed the theory of treating diseases through the nerve reactions from water. Winternitz claimed that these reactions were both direct and reflex, the extent of their influence depending upon the temperature of the water and upon the force with which it was applied. Friction and massage increased the responses to the stimulation. The shower, spray, alternating hot and cold baths, with manipulations and massage, held precedence over the cold pack and the prolonged bath. Winternitz practically abandoned the internal use of water, and depended upon the stimulation produced by the external use to obtain his results.

Guenther, a student of Winternitz, established his "Bad-Anstalt" in Berlin in

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1890. He followed most of Winternitz's theories, but confined himself largely to the correction of kidney lesions.

Baruch, also a student of Winternitz, introduced hydrotherapy in America. It was coldly received, however, not being understood by American physicians. As time went on, however, it was occasionally practiced by them, and in later years it was frequently used by Osler, Pitzga, Oppenheimer and others among the most eminent internists.

The use of water as a curative agent is developing rapidly in America—not so much among the regular or old-school physicians, as among those physicians and practitioners who have adopted modern views.

It has met with great favor among the scores of thousands of intelligent people who realize the absurdity of depending upon medicines. And before many years

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it will be established as one of the most important of all the natural methods of relieving pain, curing disease and lengthening life.

CHAPTER VI

How the Blood is Stimulated by Hot Water

WHAT physical and chemical effect has a hot bath on the human organism?

1. Man's body temperature is 98.6 degrees Fahrenheit. If the bath water is 110 degrees, logically the warmth of the body is increased. Now warmth is that special form of energy which the body absorbs most easily. Consequently the organism not only conserves energy, but also stores it up in considerable quantities in nerves and other tissues and body fluids.

2. According to a physical law a constant exchange takes place between two different salt solutions, since one fluid delivers salts to the other until both fluids

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are equally satisfied. This event takes place through any membrane separating the fluids, also through the human skin. The same happens with gases and all substances soluble in water. And hot water absorbs more substances than does cold water.

The human skin is especially full of water. This fluid is very salty, which everybody knows who has ever tasted perspiration. In it all substances which are destined for final excretion from the organism are dissolved, awaiting a chance to be voided with the perspiration.

HOW THE HOT BATH INCREASES OSMOSIS

The hot bath causes an osmotic tension between the skin fluid, which is saturated with salts and other substances, and the saltless clean water. The result of this tension is the exchange of the soluble sub-

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stances of the skin fluid with the water. The cleaner and the greater the quantity of water and the higher the temperature, the greater is also the osmotic pressure and the faster and more intensive the fluid exchange.

The hot water bath has a cleaning, dissolving and absorbing effect for all matters soluble in water.

3. Warmth expands all bodies, cold contracts them. This teaches us the enormous importance of the hot bath on skin activity, and consequently on the organic activity of the body in general. The millions of pores are wide open because the high temperature expands the skin. Therefore, the hot water can easily approach the main opening of the stored sebaceous and waste matters, and dissolve and remove them.

Cold water, however, contracts the pores still more, and cannot reach the

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substances which need to be removed, let alone dissolve them. The warmth of the water expands, furthermore, all blood and lymph vessels of the skin, and produces a better circulation and an acceleration of metabolism. The hot bath changes the distribution of the blood in the body, for the inner organs deliver blood to the skin to a great extent, the blood actually flowing to it from all parts and increasing the blood pressure in the body surface. The blood-vessels of the inner body contract, because of their diminished content, and the blood pressure decreases, although the heart beats more strongly.

A cold bath has the reverse effect. The blood pressure of the skin sinks, that of the inner body increases, and the heart movement becomes slower. In a cold bath the amount of the red blood corpuscles increases at the beginning, but quickly decreases to normal after the bath.

EFFECT OF HOT WATER ON BLOOD

During the hot bath the red blood corpuscles decrease temporarily, to increase afterwards.

It can readily be seen from these facts that baths have a pronounced stimulating effect on the blood and that their use profoundly influences, not only its nutrition and purification, but also its pressure—whether abnormally low or abnormally high.

Other effects, too, the water may have, which we do not now understand. We are so largely aqueous in our physical makeup—being composed of sixty-six per cent of water, which enters into every tissue, even to the bones and hair—that possibly vibrational and chemical influences may also enter into and help explain the splendid results of water therapeutics.

CHAPTER VII

Wholesome Water vs. Dangerous Drugs

THE thing that is capable of doing good is often equally capable of doing harm. To what extent and under what circumstances a drug is capable of doing good or harm are much mooted questions. When we add up the benefits and compare them with the ill-effects, the latter will usually outweigh the former.

For example, drugs do not affect everybody in the same way. Some people will have a severe itching rash from minute doses of quinine. Others are salivated by a grain of calomel. Some die from moderate inhalations of ether or chloroform. Some collapse from the depressing effects of coal-tar products.

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A moderate dose of castor oil has been known to bring on a marked diarrhea, with cramps and resulting colitis. Such household remedies as baking soda have excited an acute nephritis (inflammation of the kidneys). Soda bicarbonate taken to relieve the distress of excessive acidity of the stomach ultimately increases the flow of hydrochloric acid in this organ. It is well known that most purgatives result in increased constipation. Stimulants react as depressants. Depressants react as stimulants. Narcotics increase the susceptibility to the very pain they are given to deaden.

The very medicine that checks the disease or modifies its severity, retards the processes of convalescence. Tonics are like the whip to a tired horse; that is, they compel a weakened organism to do increased work, which, ultimately, must still further weaken it.

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The same remedy will not act on the same patient in the same way at different stages of the disease or in different attacks of the same disease.

WHY THEY MUST BE FRESH

“Fresh Drugs Used Here.” This sign is frequently seen in the apothecaries’ shops. Why? Do drugs vary in quality as in the degree of their freshness? Of course they do. Every text-book on therapeutics says emphatically that certain drugs must be fresh, or freshly made. If the infusion of digitalis, for example, is old enough to break down certain of its toxic resins, it will produce violent nausea and vomiting.

Many a victim of a sprained joint has been tortured by the painting of the parts with an old tincture of iodine, while a freshly made tincture would have caused

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little discomfort. Tinctures and fluid extracts are largely composed of alcohol, which readily evaporates, thus concentrating the amount and strength of the drug in the decoction and increasing its activity and power. Even the druggists are alert to the dangers of the drugs they dispense, as the slightest carelessness on their part may result in the gravest danger to the person taking the medicines they compound.

Rheumatisms that have been treated by salicylates, the standard remedy for this disease, quite frequently are complicated by grave disturbances in the functions of the stomach, from the effect of the drugs on this organ. Coal-tar products usually produce a depleted haemoglobin of the blood. Quinine tends to bring about extreme nervousness or tension of the blood-vessels. Morphia often causes mental depression. Ammonia

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salts will lessen the excretion of urea, and produce obesity and anemia. Practically every drug has its objectionable and dangerous features

HOW NATURE ACCOMMODATES HERSELF TO POISONS

Nature always tends to accommodate herself to constant conditions. It is the exceptional that upsets her equilibrium. The young lad will be deathly sick from his first pipe of tobacco, but with constant use of the weed may develop into a human smoke-stack, suffering little discomfort from the effects of the poison. In the same way drugs taken constantly become ineffective.

The new-born infant not infrequently suffers from coryza, or cold in the head, from its first bath, but in a short time will tolerate prolonged bathing with no ill

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effects. Thus from our own early infancy we become accustomed to water, internally and externally.

Water, unlike drugs, is a substance found normally in all the tissues and fluids of the body. Consequently its action upon the organism must be in harmony with its normal functioning and growth, and free from the dangers associated with drugs. The only possibility of injury from its use lies in unsuitable temperatures. With some knowledge on this point, even the inexperienced, if they are well-balanced and careful, may undertake the administration of hydrotherapy with safety.

CHAPTER VIII

The Internal Use of Water

WATER has a number of important functions in the alimentary canal. It is a food, a lubricant and a solvent. It is also a diluent, and is capable of exercising local and remote physical and physiological influences. The use of water as a food needs only passing mention; the same may also be said of its function as a solvent and diluent. We are going to speak here of uses that are less familiar.

Water in the stomach and intestines varies in its action according to its specific gravity, as well as its degree of heat and cold. Warm water drunk freely upon rising, dilutes the acid resulting

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from fermentation in the stomach, diffuses the bacteria in the stomach contents, and produces a mild osmotic draining of the blood-vessels of the organ. It has no stimulating effect upon the muscular activity or the membranes of the stomach. The drinking of warm water upon arising in the morning, therefore, should always be accompanied by efficient massage of the abdominal organs to supply stimulation to the muscular coating and nerves of the stomach and intestines.

This massage is very necessary, for a prolonged exposure of the membranes of the stomach to water is likely to produce an excess of osmosis, with lessened activity of the gastric glands. It should be continued until the gurgling sound indicates that the water is being expelled into the intestine.

In the small intestine the action of

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warm water is identical with its action in the stomach—that is, solvent, diluent and osmotic. If accompanied by massage, the drinking of warm water will probably be followed by activity in the gall-bladder. Thus we will have the additional benefit of a copious discharge of bile into the intestinal contents.

COLD WATER IN THE ALIMENTARY CANAL

Because of its lack of stimulating power to the muscular coats of the digestive canal, the tonic effect of warm water is far inferior to that of cold water.

By softening the stool, lubricating the bowel and increasing the fluidity of its contents, warm water drunk on an empty stomach in the morning has a moderate laxative effect, but even in advanced ulceration, accompanied by hemorrhage, the use of cold water is so superior to that

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of warm water that I have practically abandoned the use of the latter for the morning draught.

The sudden introduction of large quantities of cold water into the stomach is directly stimulating to the peripheral (surface) nerves in the stomach membrane. Muscular activity results and also an effort on the part of Nature to distribute this cold over a greater area, to enable the organism to meet its shock. This latter fact means a fairly rapid expulsion of the water into the small intestine.

Again we have reflex congestion of the mucous membrane of the stomach to overcome the effects of cold, which affords increased opportunity for osmotic action, while rapid expulsion into the intestine means an efficient cleansing of the stomach.

The action of cold water on the small

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intestine is identical with its action in the stomach, with this exception, that as the heat of the stomach has moderated the temperature of the water, the effectiveness is proportionately moderated.

Drink from six to ten glasses of water every day—as a duty you owe yourself in the preservation of health. It will profit you more than any other single hygienic measure.

CHAPTER IX

The Intestinal Bath and the Purification of the Inner Body

I HAVE said that the first condition for health, youth and beauty is cleanliness; not only the cleanliness of face and hands, but of the entire body, outside and inside. One can picture every animal organism as a thickly walled, porous cylinder, open at either end, and constantly connected with the atmosphere and accessible and subject to all its influences. The outside of the wall corresponds with the outside of the body, with its covering of skin.

The inside of the wall corresponds with the digestive tract—the mouth, gullet, stomach and intestine—that is, the inte-

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rior canal lined with mucous membrane, into which run the secretory ducts of the various digestive organs.

The massive part of the wall, situated between these surfaces, consists of a bony framework supporting the muscular system and containing nearly all our manifold organs. It is run through by countless canals and nerves; maintaining a constant connection between the digestive tract and the general system.

In order to keep the organism in good condition, as well as to provide for that constant renewal of all its single organs which preserves youth, elasticity and energy, a constant communication of both surfaces through the numerous canal systems is absolutely necessary; lessened activity through the least important connection will cause stagnation—consequently leading to abnormality of the life processes.

THE INTESTINAL BATH

We all know the value of purifying baths for the outer body, for the cleansing of the main pores, stuffed up with dirt. We know the revival of the bodily and mental powers following this cleansing bath. But why is the purification of the inner surface of the body so often neglected?

KEEP THE MOUTH CLEAN ALSO

The gates to the inner surfaces of the organism are the mouth and the rectum; if they are not clean, uncleanliness will spread over the whole body. Therefore we should thoroughly cleanse our mouth with warm water at least twice daily, in the morning during the usual morning toilet, and in the evening before retiring, adding to the water used a few grains of permanganate of potash or a little hydrogen dioxide. These may be obtained at any drug store.

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We should also remove food particles after each meal with a toothpick made of wood or horn, or with dental floss.

Neglect of mouth or teeth is soon noticeable through a disagreeable breath. The utmost care of the teeth, the removal of any that are decayed, etc., are such obvious necessities that I have only to mention them.

THE LAZY INTESTINE

Laziness of the intestines is easily perceived. It is manifested in such symptoms as a nervous irritability, premature age, a pale withered complexion—especially around the eyes—gas formation, eructation, etc.

Through the sluggishness of the intestine and consequent tardiness of evacuation, decay and decomposition are developed which are beyond description. Such abnormal conditions cause injury to the

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neighboring organs and to the whole body.

TECHNIQUE OF RECTAL IRRIGATION

Ordinarily water should not be introduced through the rectum with the patient sitting erect or lying on the side. While sitting erect, you are trying to force the water uphill, and probably none of it will ever get past the sigmoid flexure. Furthermore, trying to force the water thus may cause dilatation of the rectum.

When lying on the right side, the water is again called upon to force its way upward past the sigmoid flexure, which it will not be able to do. If on the left side, the descending colon may be irrigated, but the transverse colon is a perpendicular tube, and neither it nor the ascending colon will be likely to receive much, if any, water. Furthermore, the folds of

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the rectum and the sigmoid flexure act as cup-like valves while in these positions, to retard the passage of the water.

THE KNEE-CHEST POSITION BEST

By far the most satisfactory attitude in which to irrigate the colon is known as the knee-chest position. Use no other, if it is possible to employ this one. The patient kneels upon the bed, table or floor, and, keeping his hips high in the air, brings his head and chest down as low as possible, resting them upon a thin cushion, if desired. Persons in fairly good health may take this enema kneeling upon a rug on the bathroom floor, conveniently close to the toilet.

This position is easily assumed by any normal person. It causes the cups of the bowel to fall towards the upper gut, thereby affording free entrance of the

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water to the upper colon, and also allows intestinal air or gas to escape, thus making it easier to retain the full enema. The water flows readily by gravity into the descending and transverse colon, and on reassuming an erect position, a portion of the water in the transverse will flow by gravity into the ascending colon, and to the caecum. As a matter of fact the water will be pushed into the ascending colon anyhow, if enough of it be used, through its property of seeking its level.

In the knee-chest position, from four to six pints of water may be injected safely and without inconvenience; though when an enema is being taken daily or oftener during illness, four pints will be enough, as a rule. The filling of the colon is highly desirable, if it is to be thoroughly cleansed.

Do not use soapsuds, soda, salt or any other medium in the water with which

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you irrigate the colon, except upon special advice for certain conditions. They are usually unnecessary, and if used indiscriminately, may cause irritation. Apply a little vaseline or olive oil to the ball of the hard rubber rectal tube, so that it may be inserted easily. First let a little of the water run out of the tube to expel the air in it, and also to bring it to the proper temperature.

If there is an impaction of fecal matter in the lower bowel when irrigation is attempted, this should be evacuated before proceeding with the higher irrigation. A small amount of water will usually help expel this hard impaction. If there is a slight griping or nausea, or if the water comes too rapidly from the syringe, stop the flow for a moment with the clip cut-off, or by pinching the tube between finger and thumb. As the water finds its way into the upper portions of

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the bowel, the uneasiness will be allayed. Then allow more water to enter. Remain in the crouching position for a few moments after receiving the full quantity of water.

If a patient is too weak to assume the knee-chest position, let him lie upon his back with his hips elevated about a foot higher than his head during the irrigation. This may be done by raising the foot of the cot or bed, or by slipping a long ironing-board under him, and propping its end up on a chair-back or other support. If the patient feels an impulse to expel the water before a sufficient amount has been injected, he should make a strong effort to retain it while the flow of water is temporarily shut off, and an assistant should aid him by pressing a folded cloth against the anus until the impulse is controlled.

Many persons take the colon irrigation

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with the water at about the temperature of the body—98 degrees. It is much preferable, however, to use cooler water—90 or 80 or even 70 degrees—for the same reasons that cold drinking water is much preferable. The condition of the patient will have not a little to do with deciding the exact temperature. Warm enemas are enervating to the colon, and soon lose their effect because of this. The walls of the colon may become relaxed and stretched, especially if large quantities of water are used. Cold water is free from these objections, as it gives tone and life to the intestine by stimulating its muscles and nerves. In fever the cool enema is valuable not only for cleansing purposes, but for reducing the temperature and stimulating the kidneys, liver and skin to more eliminative action.

CHAPTER X

The New Blood-Washing Bath

I NOW come to the consideration of one of the most remarkable discoveries in the modern treatment of disease. This is the new “blood-washing” bath, discovered by Mr. Christos Parasco, a young Greek-American.

In this bath it would seem that disease itself is banished, healthful vigor restored, and years washed away. In fact, the effect of the bath is almost like that which was sought for by the old Spaniard, Ponce de Leon, in his long and futile search for the Fountain of Youth.

I know that this is so, because I have seen the wonderful results secured by Mr. Parasco himself among his friends and in his own family, and have had similar re-

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sults from the treatment in my own sanitorium, and among my own patients.

The discovery of this method, as in the case of many other remarkable discoveries, was somewhat in the nature of an accident.

Mr. Parasco told me the story himself, one day last Spring.

MR. PARASCO'S STORY

"During the War," Parasco told me, "I was drafted, but they rejected me because I had hernia. I didn't want to have an operation. I didn't know what to do. One day I went to a gymnasium, for I am devoted to exercise. I stayed long under a hot shower because my side pained me. The heat felt good, and I remained for two hours. After that I noticed that the hernia felt better. So I came again the following day and spent

THE NEW BLOOD-WASHING BATH

a whole afternoon under the shower. When I left, the hernia felt cured. It *was* cured. That was four years ago, and I have had no return of it since. The place where the hernia was is strong.

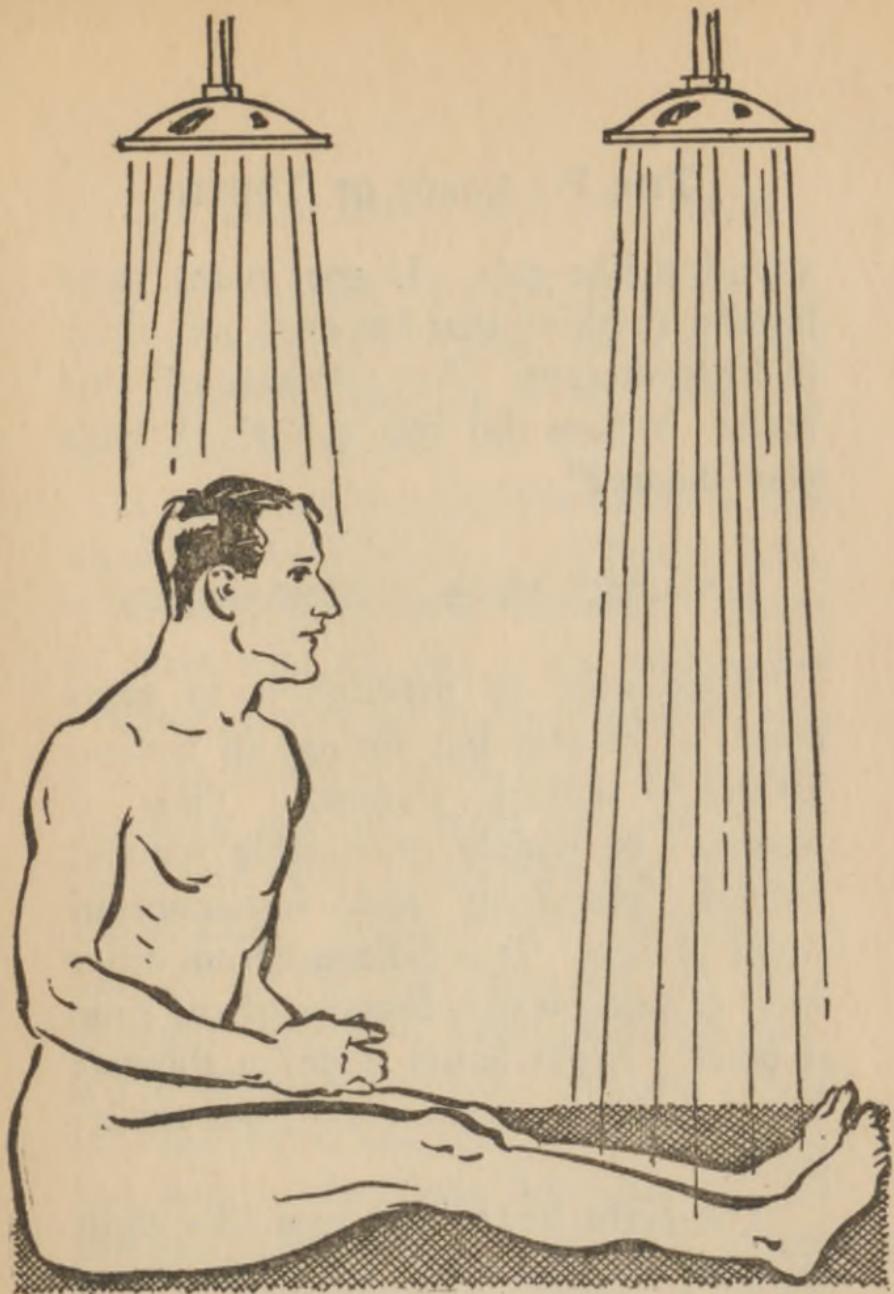
"All that made me think. I took other applications, eight hours at a time, with the water very hot, at a temperature of from 106 to 110 degrees. I experimented. I found that it was best to lie down, either on the floor under the shower, or on an air mattress, and let the water play upon various parts of the body in succession. Wherever it struck it drew the blood strongly to the surface, greatly stimulating the circulation and the tissues of that part, while the perspiration streamed from the other portions which were not receiving the water. I found that the type of shower that throws very fine, needle-like streams through a perforated sheet of metal worked better than the sort that

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throws a coarser stream; and that it was necessary to gauge the force of the water to the point where the impact of it would be pleasant, and only slightly numbing to the skin.

"To get the best results, the shower should be at a height of ten to fourteen feet. Satisfactory results, however, can be obtained if the shower is at the conventional height, as in most homes, of seven feet. One lets the water strike in turn on the neck and sides of the head, the arms, the sides, the chest, various parts of the back, the abdomen, the pelvic region, the legs, and even the soles of the feet."

"Eight hours of that?" exclaimed I, incredulously. "I know a lot about the Water Cure. I've been administering it most of my life. I came to this country with a direct commission from Father Kneipp himself, but I have never struck



This shows how two showers may be used at the same time, though either one may be taken separately. For the top of the head, use cool water or only slightly warm, and continue only a minute or so, especially when starting treatment. To prevent ear trouble, plug the ears with cotton. For the face, sides and back of head a shower of several minutes may be taken. The feet should be showered from every angle. After passing to other parts and giving them each at least fifteen minutes of the bath, repeat the entire bath.

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anything like this. It goes many steps beyond anything that has ever been done in hydrotherapy. Are you sure of your facts? Where did you get it? What's your theory?"

A PRACTICE FROM ANCIENT GREECE

"They used to practice it to some extent at certain hot springs in ancient Greece," replied Parasco. "But it wouldn't be widely practicable without modern plumbing and instantaneous water heaters. It is different from other ways of using water, because of the time it takes. Eight hours under a shower! Yes, I know it sounds crazy; but try it; try it!"

"The eight hours will pass like eight minutes, with the soft hands of the water massaging you till you are all but asleep; and it doesn't take strength from you; it

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does not weaken. Instead, it makes you strong, and puts into you a sense of vigor and renewed strength I can't describe. You must try it.

"I have used it on my five brothers, and on others of my family. Our friends have tried it. It has 'made them over.' Those of them who are old it has made years younger, limbering up their muscles, taking the stiffness from their joints, and restoring the full vigor and energy of mind and body which they had thought lost to them. To those who are young it has given the full measure of their strength. One man, having cleansed himself in this bath, will work like two. They take the water, and they come out strong and happy; they lose their black looks and their dark moods. Nothing frightens them. They have an output of energy equal to any burden life can lay on them. And the sick? They become whole. I



A comfortable position to assume while taking the shower to the back of the head, neck and shoulders. If dizziness is not noticed the shower may be continued to these parts, either in the above position or while lying on the abdomen, for from twenty to thirty minutes.

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tell you, for I know. For four years I have tried it. I beg you to believe and to give it a test yourself."

At first I couldn't believe it. Then, as I questioned him more particularly I began to feel that here was an idea which ought to be true, something that had about it an inherent logic, something that carried to a logical conclusion the very principles of the Water Cure which I have been teaching all my life, and which it had never occurred either to me or anyone else, not even to the wise old Father Kneipp, to apply to the limit.

I considered the beginning of the whole Nature Cure movement; how in every instance it began humbly; how it came from visions of common sense vouchsafed to humble men. Isn't that the way truth has always come into the world? *Doesn't it come, not through a cold process of reason, but by intuition or accident?*

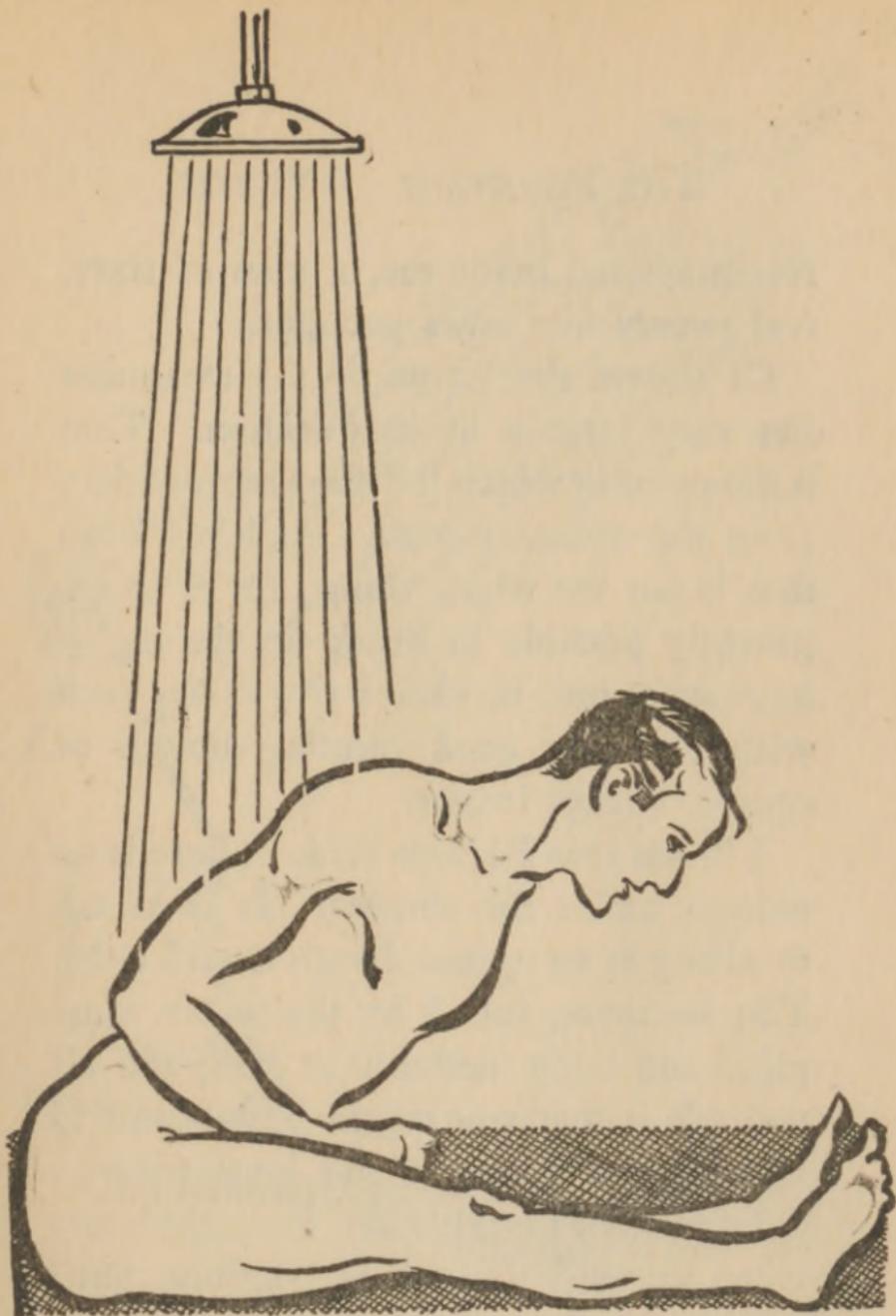
THE FOUNTAIN OF YOUTH

'At any rate, I, as a teacher and healer of common people, would try this out.

HOW I TESTED OUT THE NEW BLOOD-WASHING BATH

And so I went down to my sanitorium in Butler, N. J., where I was sure I would have plenty of hot water; and there I rigged up such apparatus as suited my purpose, and I took the new blood-washing bath.

It is not important what your theory of the thing may be. What is important is the results. And I can vouch for those. I have had personal experience with practically every form of Water Cure known to mankind; and I can say without qualification that there is nothing in any way comparable to this treatment. I am not exaggerating when I say that three of those eight-hour units which Parasco



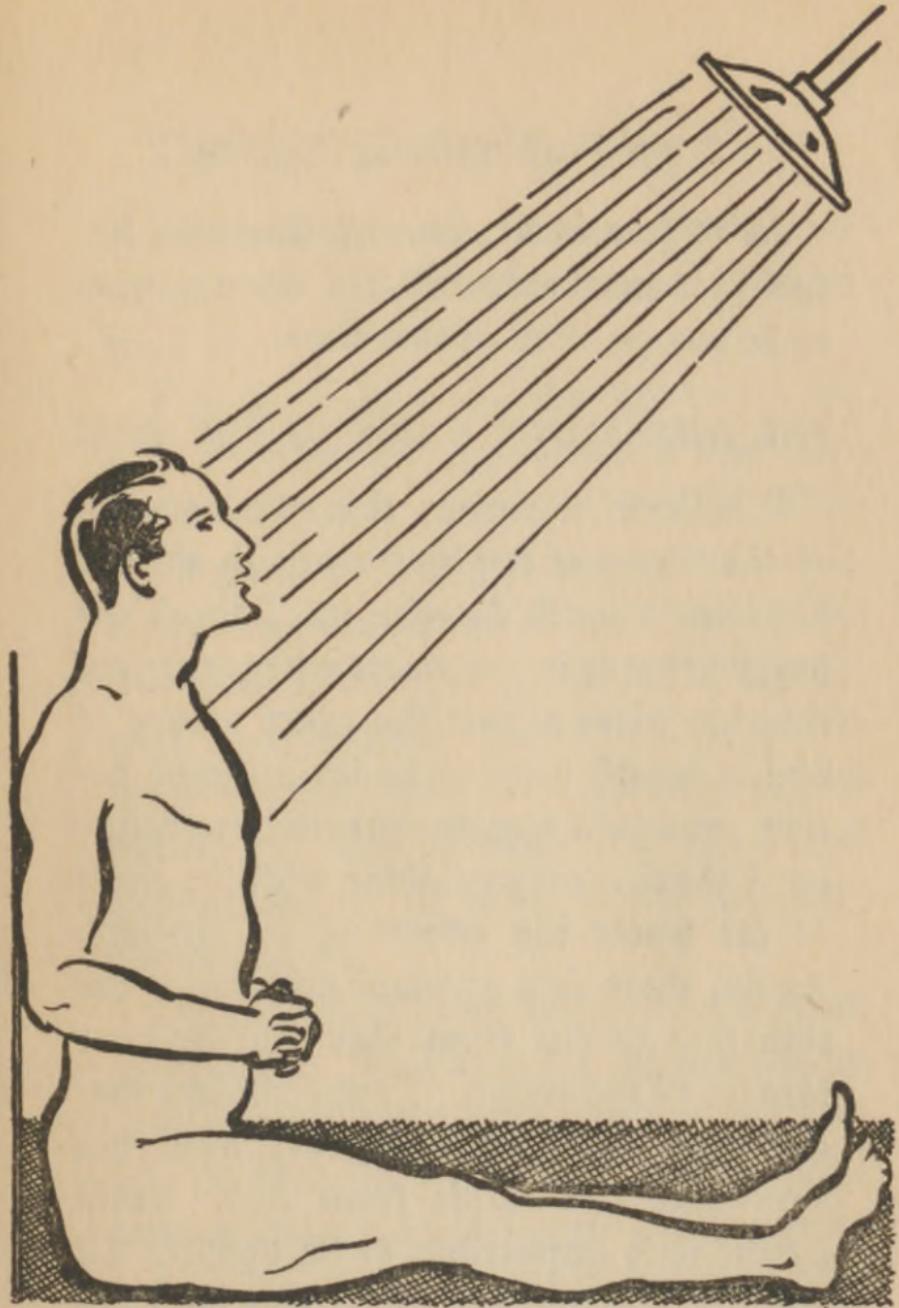
From the top of the head to the base of the spine may be showered in this position, though the greatest effect will be secured upon the upper half of the trunk, the shoulders and neck. This is an excellent position if there is dizziness or other disturbance while lying face down. The latter position, however, will permit of greater relaxation, which is a valuable part of the treatment.

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recommended made me, a man of sixty, feel twenty-five years younger.

Of course the virtue of the treatment lies very largely in its duration. That is the point in which it differs most widely from the ordinary bath. And yet, even that is not the whole thing; for it is apparently possible to break up the eight-hour units into blocks of two hours each with perfectly good results—though of course it takes longer.

I found it as Parasco said. There is no tedium under the shower. It is as entralling as an opium dream is said to be. You lie there, lulled by the water, your mind and body ineffably at ease; and all you ask is that you might be allowed to stay there and eat of the lotus forever. I didn't want to quit when the eight hours were up, but desired to continue until I had experienced a complete return to youth.



Showing a very satisfactory way of taking shower to face, throat and chest, if an oblique shower can be secured. If one has the vertical shower the same treatment may be given by a position midway between lying on the back and sitting as shown. Do not continue bath long on the chest. A shield may be worn over nose and eyes.

THE FOUNTAIN OF YOUTH

As to just how and why this bath has such a remarkable effect I do not wish to be too positive at this time.

THE THERAPEUTIC ACTION OF THE BATH

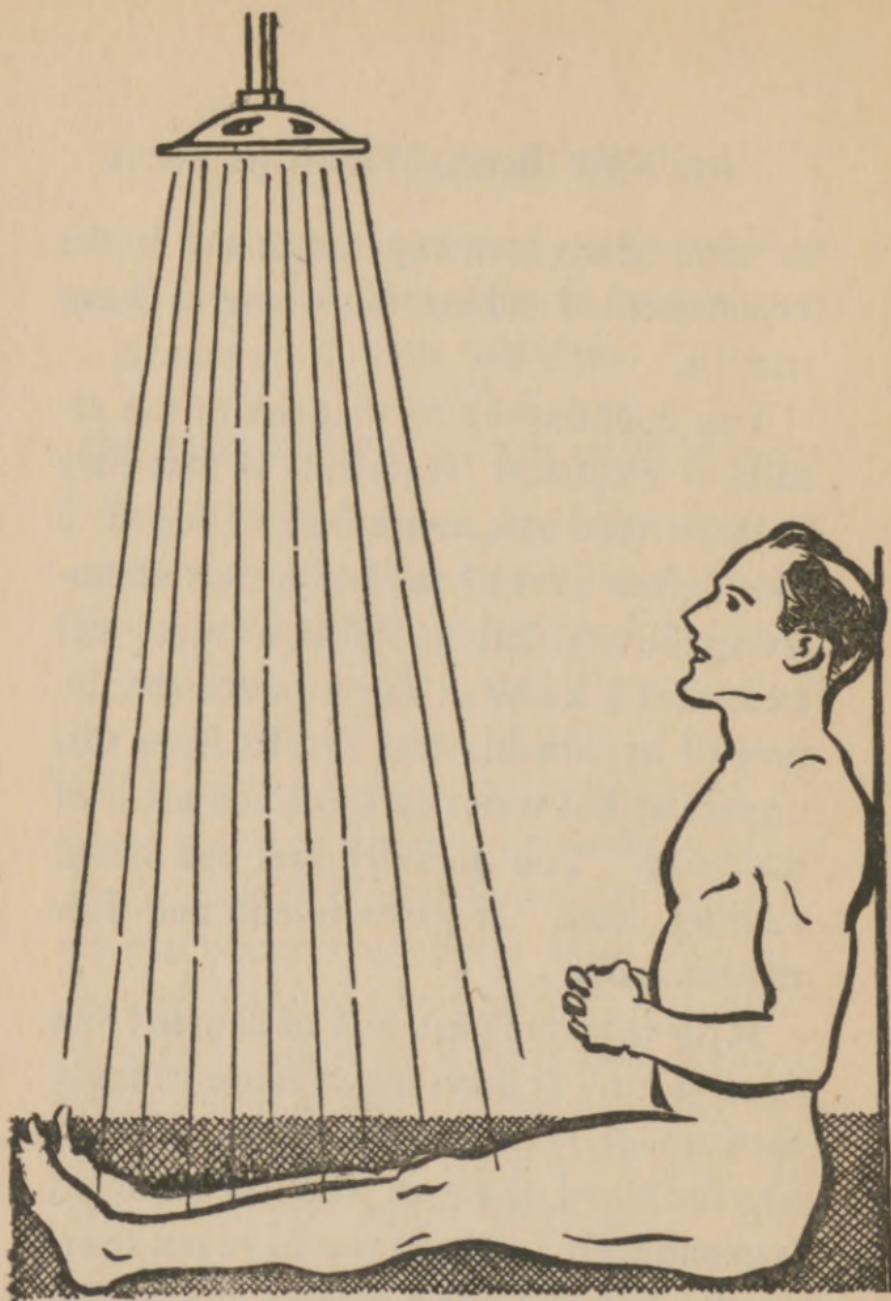
I believe, however, that the aeration of the water as it passes through the air has something to do with it. I think the oxygen that is in the water when it strikes the skin plays a part the exact nature of which would have to be investigated before one could attempt precisely to define it. I think it may combine with the effect of the water the effects of an air-bath. Again, there is a constant friction of the skin that results from that hour-by-hour impact of the water. I am confident that electrical reactions of a very mild but very real sort result from that. Here again, it is impossible to be definite till one has investigated. And this bath has not gotten that far. I can only state it

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in terms of my own experience and in the experience of others on whom I have tried it.

You doubtless know that one of the results of electrical treatments is that they cause or tend to cause a flow of blood to some given part of the body, thus stimulating the circulation. Well, no electrical treatment I know of can produce the degree of hyperæmia that results from this impact of hot water on localized areas of the body. You actually feel the blood rushing there. It seems to ebb and flow rhythmically.

It flows to one part, and of course from other parts. It flows much more strongly than under normal conditions. It flows like the blood of a man who has exercised tremendously; and yet you have not exercised. You are lying passive and letting the **blood** work in this amazing fashion.



Not only all parts of the lower extremities, but the pelvis and abdomen may be showered in this and the preceding positions. A support for the back will allow full relaxation.

THE NEW BLOOD-WASHING BATH

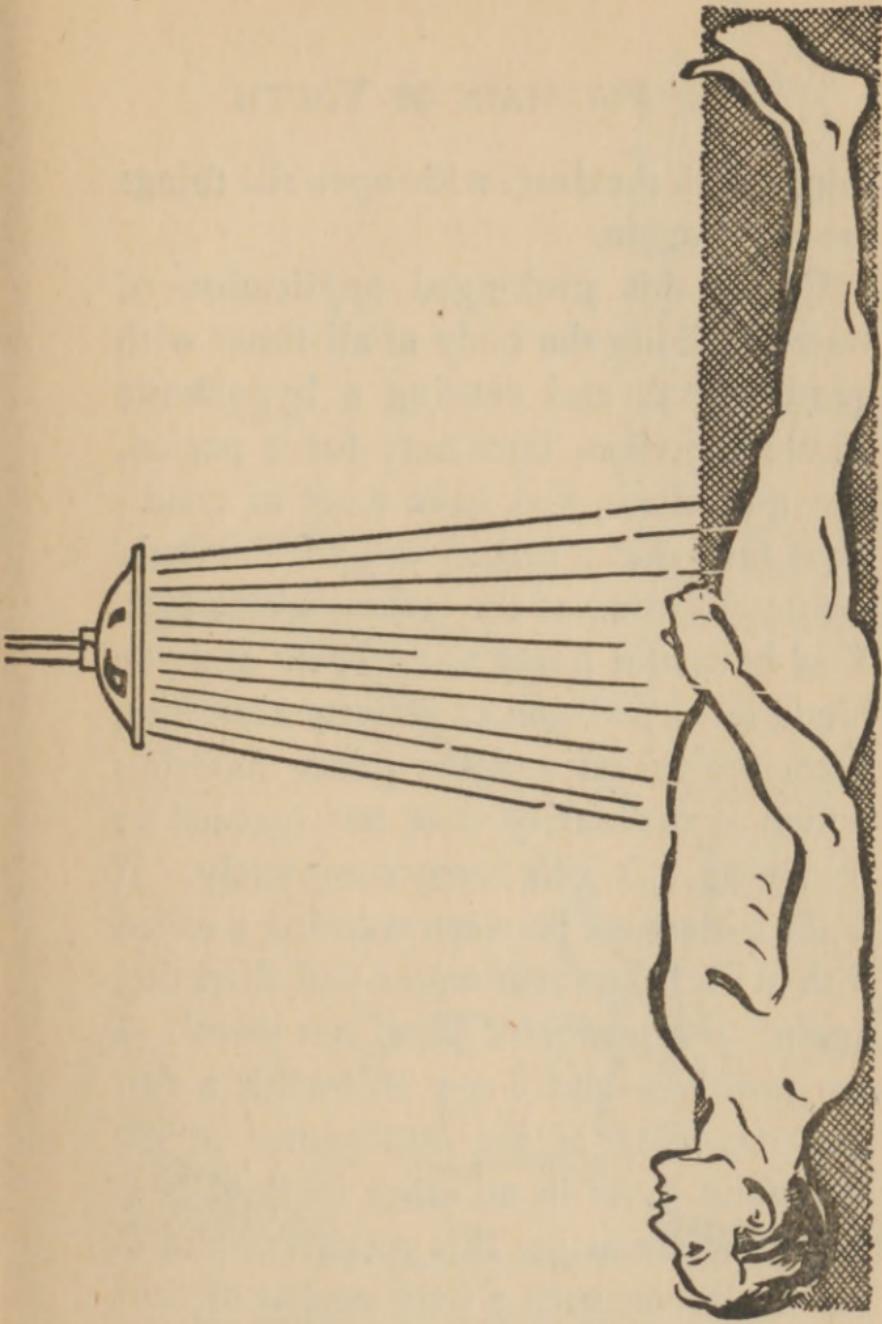
'A thing of that sort can't go on without consequences of some kind.

The effect of continued heat, particularly moist heat, upon the blood and the tissues is, of course, well known. Every family has a hot-water bag. Everybody has tried the hot foot-bath and hot drinks for conditions of chill and congestion. There is a big vein that runs from the sole of the foot right up into the abdominal region, for instance, and if there be any trouble in this region, why a hot foot-bath is one of the quickest ways of thinning the coagulated blood and other body fluids, and setting them flowing again. Death is nearly always directly caused by such coagulations of the body fluids, and heat is always one of the most effective means of combating the condition.

In saying this, I am uttering perfectly orthodox teaching to which even medical men assent. It is something on which all

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schools of healing agree. Very good. Now suppose you have a type of bath which will do two things at once; massage the body continuously, and heat it through and through, dissolving every possible coagulation, and every temporary or chronic accumulation of toxins and foreign matter which for one reason or another has not been effectively eliminated. Mind you, it doesn't matter that the water does not actually penetrate the body through the skin—though possibly a good deal of it does. What matters is that the blood is gradually heated by circulating under the impact of that hot water, just as water is heated in a coil surrounded by hot coals. It produces for the time being an artificial fever, if you like; and fever is nature's method of combating disease, overcoming the coagulation of sluggish body fluids, and running

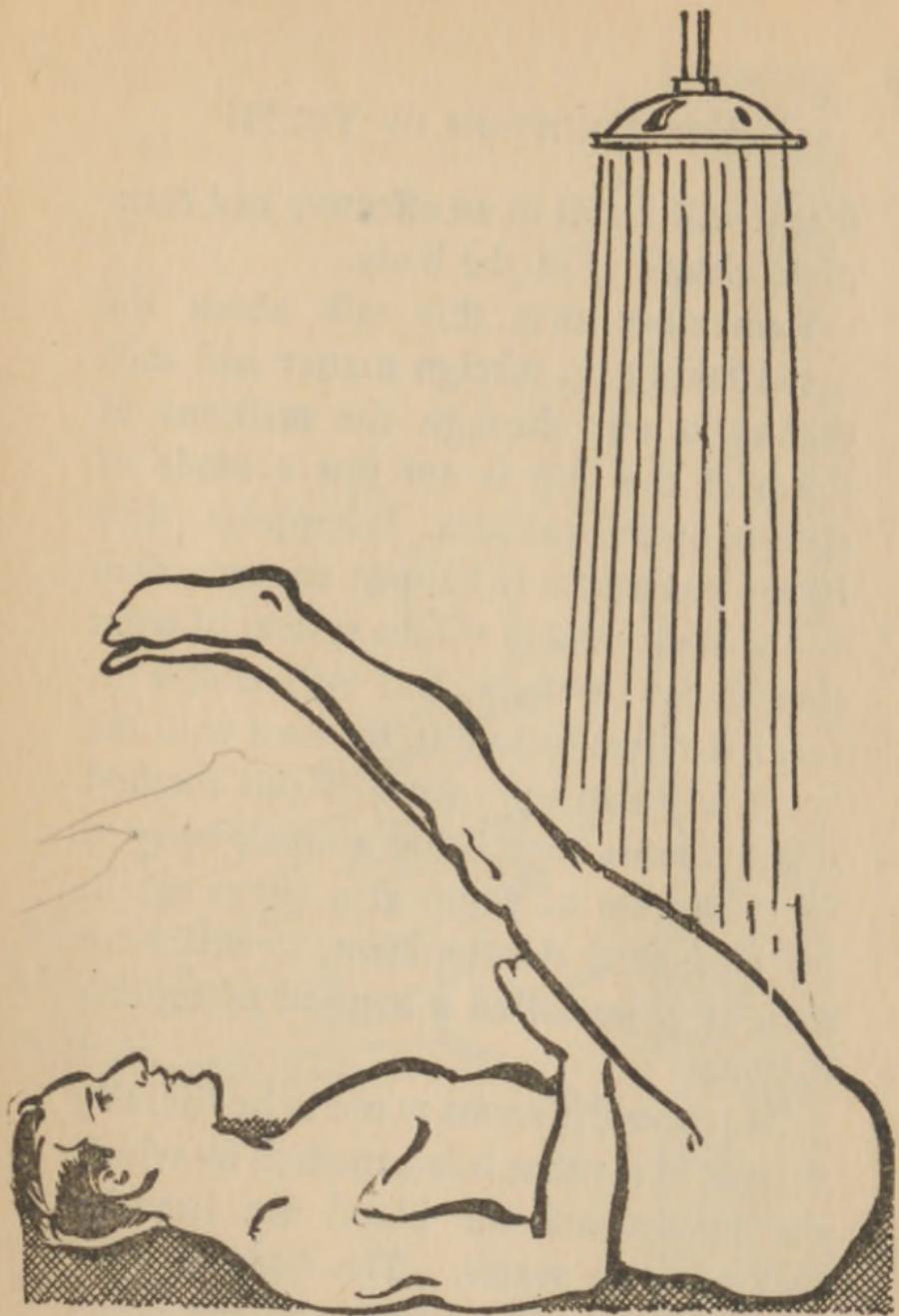


Probably the most satisfactory position for the majority of patients. For chest, abdomen, pelvis, and lower extremities. One may turn to right and left and spray full length on each side.

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things with the draft wide open till things are right again.

Under this prolonged application of water, striking the body at all times with gentle force, and causing a hyperæmia where it strikes, now here for a period, and now there, you have a set of conditions such that a forced and yet perfectly gentle cleansing of the system takes place. You have the pores wide open and the blood in a condition of activity absorbing from the tissues and the joints materials which it ordinarily does not succeed in removing. It gets them completely. It is the difference between washing a soiled dish with lukewarm water and directing against it a powerful jet of hot water. I am positive—and I say this with a full understanding of the importance of my statement—that in no other form of bath is it possible to get this condition and to extend it over such a long period of time



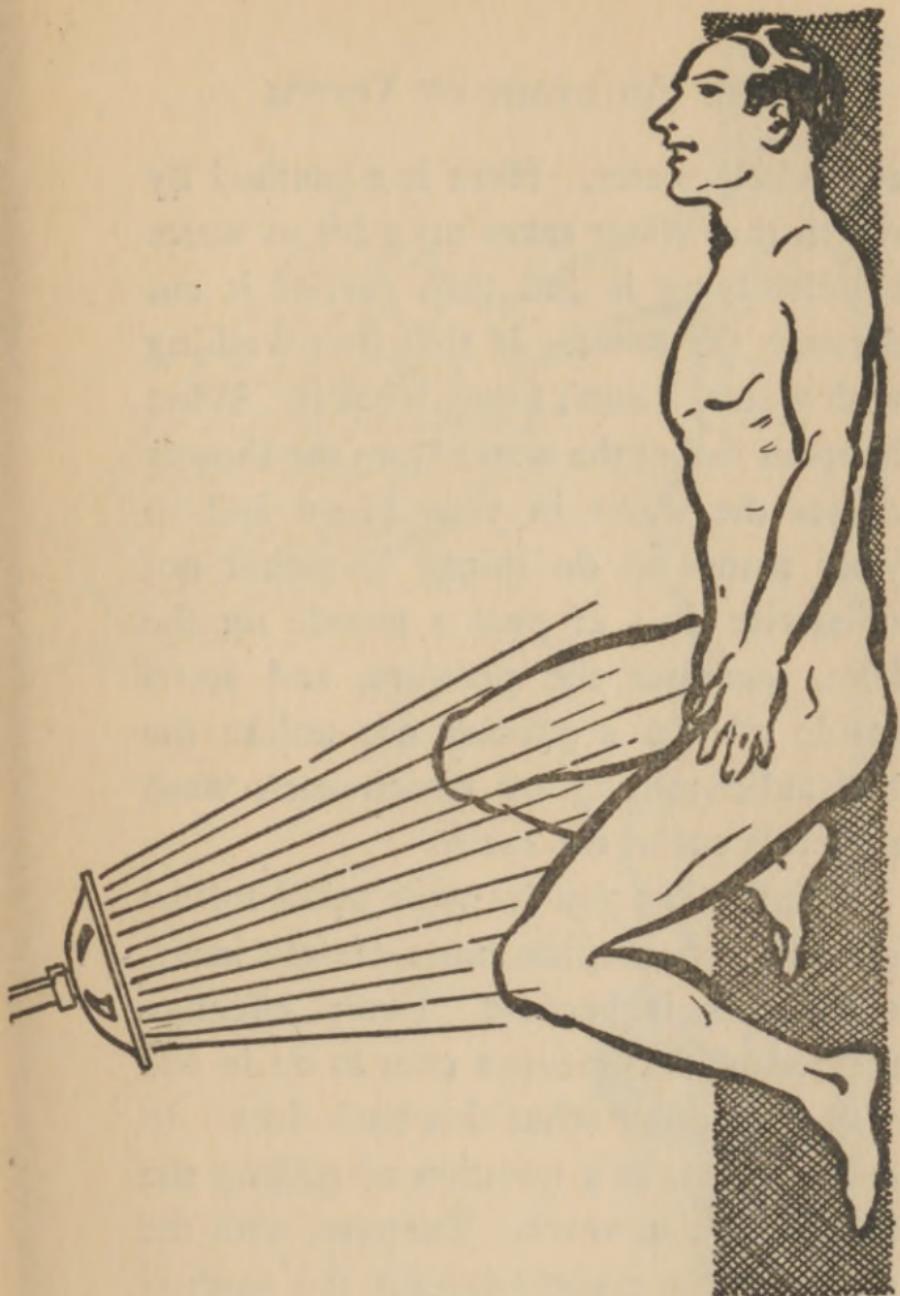
While this position can, in many cases, be held for a short time only, it shows a superior method for reaching the external pelvic organs, lower abdomen, inner surfaces of the thighs and the perineum—all closely associated with the sexual function and the health of the inner pelvic organs. After a few moments in this position the patient may assume the next position for a continuation to some extent of the same effect.

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that it will result in an effective and complete cleansing of the body.

Remember that this talk about the blood taking up foreign matter and then casting it out through the millions of pores of the skin is not just a mode of speech, or a vague idea. It happens. And if you can make it happen enough, then you will ultimately rid the system of what should not be there, and will enable it, if it has fallen behind in the race with the years, to catch up. Even if this method does no more than bring a man's body to its maximum of youth at a given age in his biological development, it will have a right to be called a method of rejuvenation.

Moreover, it seems to me to be literally correct to say that it is a method by which the tissues and the blood are literally washed with water. The body is two-thirds water. The tissues and the blood

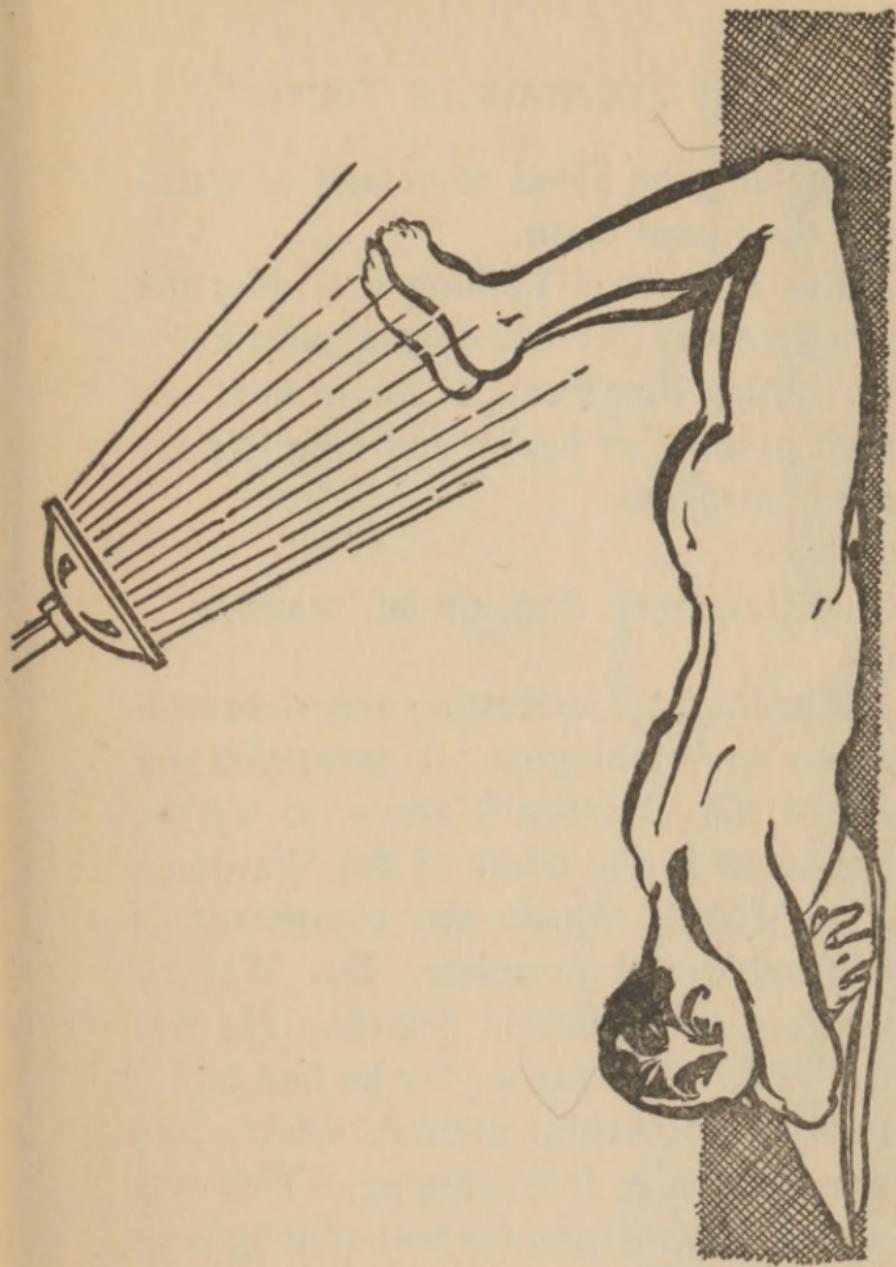


An excellent position for prolonged application of the shower to the generative system. If the shower is properly adjusted as to size of spray, force, temperature, etc., the shower may be continued as here shown for thirty minutes to an hour.

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+
are mostly water. Here is a method by which that water takes up a lot of waste by dissolving it and then carries it out through the pores. If that isn't washing with water, I don't know what is. What happens is that the water from the shower causes the water in your blood and in your tissues to do things it would not otherwise do. It puts a nozzle on the hose, increases the pressure, and starts inside of you a process not unlike the hydraulic mining by which men wash minerals out of the earth.

The further you let your mind follow out this thought, the more clearly inevitable does it become. Every effective method of therapeutics tries to do in one way or another what this bath does. In every case it is a question of getting the blood to do its work. Exercise, with the sweating that accompanies it, is a method



Stimulation of the nerves of the soles of feet by means of the hot shower is very invigorating. This is the most satisfactory position to take.

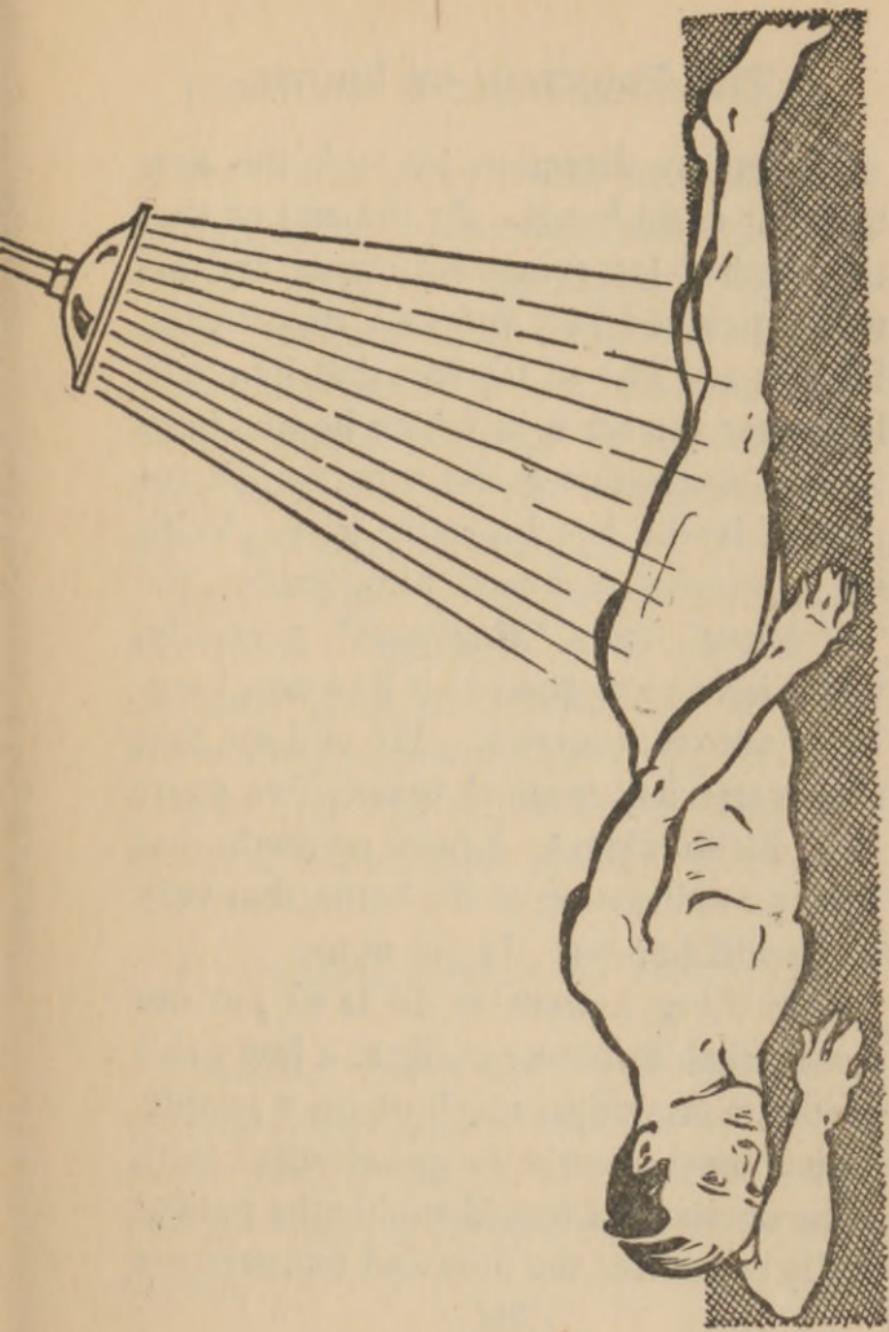
THE FOUNTAIN OF YOUTH

of making the blood move and of washing the tissues clean.

But I know of nothing that does the work the way this bath does it, and I know of nothing that seems to me to hold out such promise of health and long life for the human race.

REMARKABLE CASE OF DR. WARSAW.

I had a most interesting experience recently in Washington. I persuaded my friend, Dr. Alfrede Warsaw, to try the treatment in the baths of the Wardman Park Hotel, where the equipment is admirable and complete. Dr. Warsaw weighed two hundred pounds. He was not well. And for a year he had had a stubborn bronchial trouble which had prevented him from singing. This was a great trial to him, for he had long been an accomplished singer.



For the hips, rectal region and thighs. Either this position or one in which the body is directly face downward, as in the next illustration, may be assumed. It is also advisable to change sides, continuing on each for from fifteen to thirty minutes.

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Under my direction he took the new bath for eight hours. At the end of that time he had lost fourteen pounds, and his waist measure had reduced two inches. He felt so light on his feet that he could leap over the table on which he had been lying. And—this is the most wonderful part of it—he had his voice back. With my own ears I heard him render the “Prologue” from “Pagliacci” perfectly, with his voice as good as it had ever been. He is a man of seventy. He told me that that water had washed twenty-five years from his shoulders. I have no doubt that with a continuation of the baths, that very thing will happen. It did to me.

One thing I want to do is to put out some suitable shower outfit at a low price that will be within reach of poor people. The shower should be constructed with some device that would enable the patient easily to control the flow and temperature

THE NEW BLOOD-WASHING BATH

of the water from where he lies; since getting up and down for such a purpose would prevent the relaxation which is a needful feature of the treatment. But all these things are in the future. Six months should suffice to make of it something more than it is at present, a dream that seems too good to come true.

Later I hope it will be possible to collect funds to establish great temples for this new Bath in communities all over the country where the poor can be benefited by free treatments, or by treatments at prices within their reach.

A RATIONAL THEORY OF LONGEVITY

I believe this is one of the most important contributions that has ever been made toward the science of conserving human life and increasing human efficiency.

THE FOUNTAIN OF YOUTH

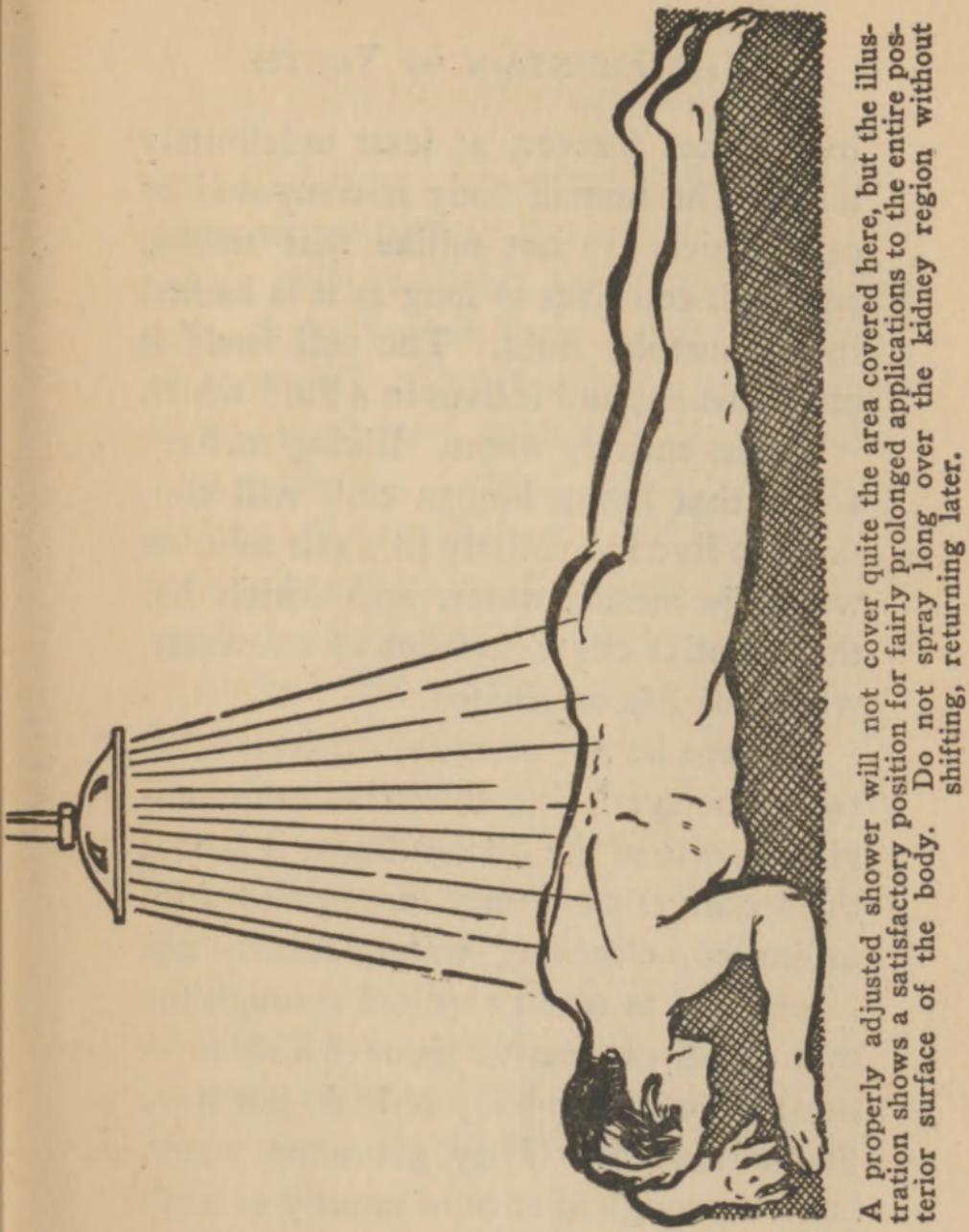
If we can only increase the length of life by five years, there will be more than five million life years added to the longevity of our population. Their increase in efficiency would mean millions of dollars added yearly to the wealth of the country.

These facts may visualize to you something of the enormous importance of this matter.

Now, I want to explain further my theory of this therapeutic effect.

My theory of longevity is based on the notion that it may be possible to restore to the cells of the human body a sufficiency of the water which is a prime necessity to their healthy existence.

It must be remembered that Science has already gone on record to the effect that the ameba, a little animal composed of a single cell, and living in water, has practical physical immortality; and that it can



A properly adjusted shower will not cover quite the area covered here, but the illustration shows a satisfactory position for fairly prolonged applications to the entire posterior surface of the body. Do not spray long over the kidney region without shifting, returning later.

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live, if not forever, at least indefinitely long. The human body is composed of cells which are not unlike that ameba, and each cell lives so long as it is bathed in a congenial fluid. The cell itself is mostly water, and it lives in a fluid which is almost entirely water. Biologists have found that living human cells will continue to live indefinitely in a salt solution which is mostly water, and which has the essential characteristics of sea-water, where all life originated.

If there be any essential difference between the everliving ameba and the individual cells of the human body, it is that the ameba is constantly surrounded with unlimited, cleansing water, readily absorbed and as readily ejected through the thin sac of connective tissue which is its skin; whereas the body cells do not have that advantage. They get some water, but not enough of it continuously to wash

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away Old Age, by removing the accumulating sediments and leavings of Time.

Can this condition under which the cells of the human body have their life be changed? Can it even be modified? Would a positive answer to these questions solve the problem of human longevity? Nobody knows. But there is at least a presumption that such questions reach right down to the roots and sources of physical life. And if that be so, then the legend of a Fountain of Youth, may not, after all, be an idle fancy. Perhaps it is a prophecy coming down to us out of the Dawn of Time. Perhaps it was known by experience to those first unicellular organisms that came out of the depths of the sea and ultimately became the progenitors of all life on this earth. Perhaps—it is a memory! Who shall say?

Many centuries ago there lived a naïve

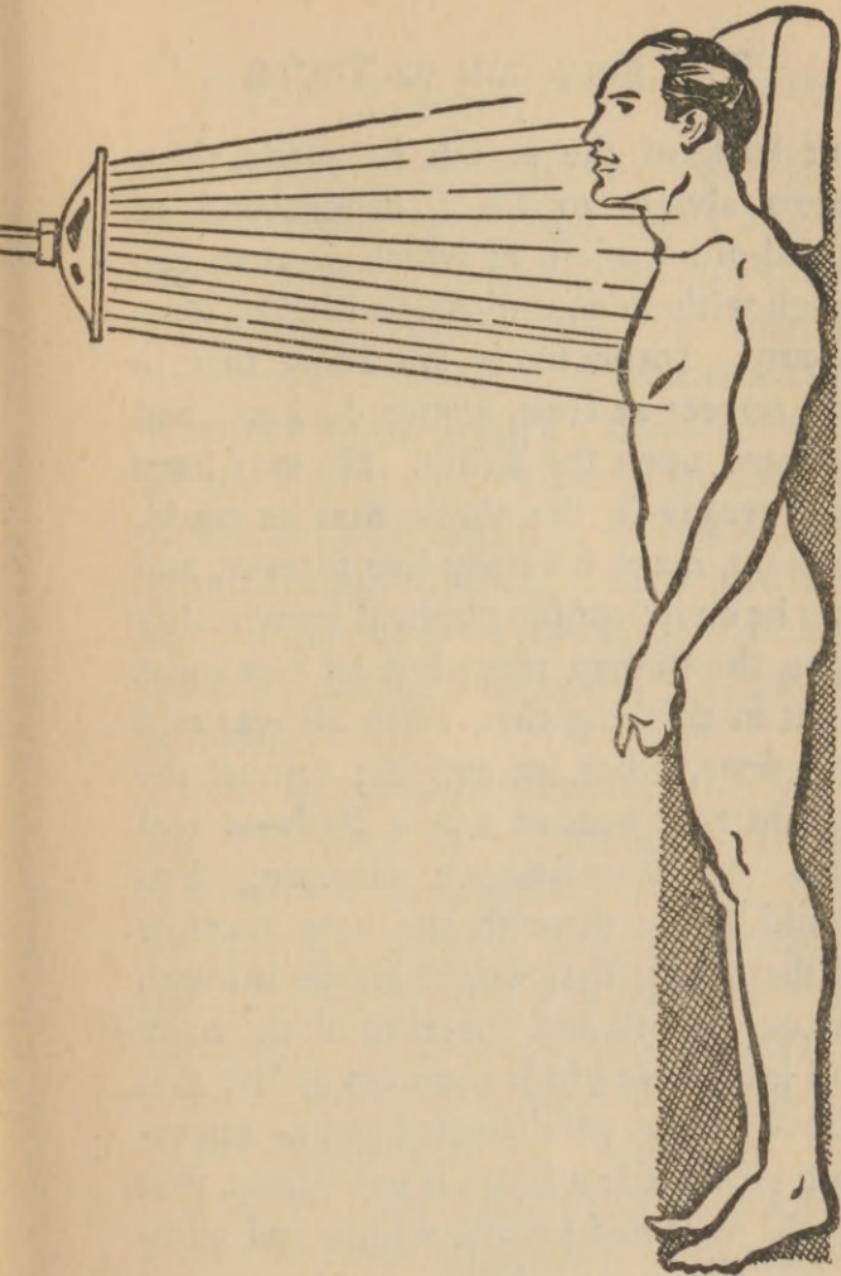
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old Spaniard named Ponce de Leon. He sought in Florida for a necromantic spring in whose flashing waters a man might become eternally young, and live forever in the flesh.

Ponce de Leon did not live forever in the flesh. He was presently gathered to his fathers. But over his story the world will always breathe a wistful sigh, through its laughter at such foolishness; always it will tenderly repeat the tale, and that gallant old nobleman of Spain, who craved living water, will have at least an immortal name because he sought an immortal thing.

STILL SEARCHING FOR THE FOUNTAIN

We are still searching for his Fountain. The thought of it draws the human race today as strongly as it did then. We laugh, of course, at the trusting faith which we are pleased to call his folly;



This is a very satisfactory position for taking a shower to the face, throat and chest, as well as to the entire body, and may be used occasionally in place of the position shown on page 103. Such a position will necessitate the using of a shield for the nose and cotton or other plugging for the ears. The head support may be used while lying on the side and with the face down as well.

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but back of the search he made there seems always to lie a background of world-old wisdom at which no man can laugh without committing a kind of blasphemy. Instinctively we know that in one respect at least, Ponce de Leon had his hand upon the Truth. He may have been wrong in the notion that he could, perhaps, make his body live forever, and that he could confer physical immortality upon the human race; but he was quite right in thinking that, when all was said and done, what he and the rest of the human race needed was a Bath—a real Bath—a super-Bath—a cleansing that would strike through the very marrow of the bones; that would cleave through the outer husk and covering of the body and lave those hidden sources of life that no scalpel has yet dissected and no microscope revealed; a Bath, if you please, that would wash and purify, within and with-

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out, every separate and individual cell in the body, as a man might wash a divinely woven fabric, rinse it of all impurities, and thereafter joy to wear it; a Bath that would take the flesh of a man and make it sweet like the flesh of a child, doing for all men what the waters of Jordan did to the body of Naaman, the leper, who grumbled and doubted because the Man of God did not prescribe magic and dark rites, but said to him merely, "Wash and be clean."

That surely is the secret of all physical life. The thought is instinctive. We all feel its truth. It runs like a shining thread through the tapestry pattern of human history. We symbolize it even in the rite of baptism. Cleanliness, we think, is next to Godliness—and what is Godliness if it be not immortality?

I repeat that back of the dream of Ponce de Leon there must be something

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vital, something valid, something practicable, something capable of direct application in ordinary life; and that if that were not the case the world would not have clung to the story of his venture as it has.

The human race needs a Bath. If we ever discover anything even remotely comparable to the fabled Fountain of Youth, it will be some Ultimate Bath, some method of applying water to the human body, within and without, in a manner more effective and more regenerative than anything that has been known in the past.

And now if human ingenuity has found a way to make water applications to the body tissues themselves, so that all the cells that compose them may be kept continually washed clear of those accretions whose slow accumulation is believed to cause that stiffening and slowing-down

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of the physical machine which we call Old Age, certainly it is not unreasonable to assume that in that event men will live to their full biological span, whatever that may prove to be, whether a century or many centuries; and that when death finally comes it will be something totally different from the tragical and violent thing it now is—a beautiful mellowing, rather; a ripening, a sweet and conscious transition, the “euthanasia” of the Greeks.

CHAPTER XI

How the Prolonged Hot Shower Invigorates and Rejuvenates

MANY remarkable reports have come to me of the results that have followed the use of the blood-washing bath.

In my own sanitorium there have been some cases that were nothing short of startling. One case, in particular, was most unusual, that of Mr. David Riddle, of California, treated by my assistant, Dr. Thomas Machinski.

Mr. Riddle had suffered for years from a hip-joint trouble which had been treated by many of the most eminent specialists in the West.

For years he had suffered with acute pain, which made it impossible for him

THE PROLONGED SHOWER

to enjoy sound sleep. His hip joint was ankylosed as rigid as a piece of stone.

He had spent two years in an osteopathic institution in Kirksville, Mo., without deriving any appreciable benefit from his stay. Before coming under my observation he had worn a plaster cast for many agonizing months.

In fact, no hope was expressed by the famous physicians and osteopaths who had treated him that he would ever again leave his bed.

WHAT A FEW TREATMENTS DID

Yet, after a very few treatments he was not only able to discard his plaster cast, but he was actually walking about the Resort, with the aid of a pair of crutches. And, not only that, but he was able to enjoy a daily automobile ride, in perfect comfort, absolutely free from pain and

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able to sleep soundly at night, without the necessity of taking a hypnotic.

This wonderful transformation was accomplished by the blood-washing bath which has aroused a tremendous storm of inquiry all over the country.

This treatment, which seems to cause eliminative and metabolic changes never before developed in a bath, consists, as has been described, in a prolonged exposure of the body to a hot *shower-bath*—not an ordinary lukewarm tub-bath, such as is now so frequently given in our sanitoriums and State Hospitals, for the calming of violent cases, and for the relief of acutely painful conditions, but a seven-foot fall of water heated to a temperature of from 110 to 112 degrees. This lasts for two hours and is followed by brisk massage and manipulation.

Not only were the stiffened hips thoroughly manipulated, but also the abdo-

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men, over the liver and the intestines, was thoroughly stimulated.

After the second treatment Mr. Riddle expressed himself as comparatively free from pains; and within two weeks he had regained a very perceptible degree of function in the effected parts.

I feel quite positive—as much so as any physician can be about anything—that complete recovery will ultimately be brought about in Mr. Riddle's case, and that this Western patient will finally return to California a well man.

All forms of nervous and digestive troubles, many forms of skin eruptions, and, in fact, practically all varieties of chronic disease are now being treated by myself, and by my pupils in the American School of Naturopathy, who are vitally interested in this new hydrotherapeutic development—this remarkable new

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form of bath. Some of the results of these treatments are almost miraculous, so rapid and so effective are they.

CHRONIC HEMORRHAGE CURED BY THE BLOOD-WASHING BATH

There is the case of a Jewish lady—treated by many regular and drugless doctors. This lady had suffered from bleeding of the rectum for many months. The condition resulted from inflammation of the rectum (proctitis), and proved so obstinate that no medical treatment seemed to afford anything but temporary relief.

I gave this patient a two-hour exposure to the hot shower. The distressing condition was relieved after the *very first* treatment. In several weeks there has been no return of the bleeding—something that had not happened before since the condition arose.

THE PROLONGED SHOWER

Also, Dr. Alfrede Warsaw, of Washington, D. C., whose very unusual case I have already referred to, has written me regarding his continued improvement, and his experience with some of his own patients. Dr. Warsaw says:

"I feel that I am getting younger and healthier, and those who cannot see that wonderful change must be blind. I have again taken a full eight hours' treatment, with brilliant success. The morbid matter of which I had so very much in my system is still breaking out. That shows that Mr. Parasco's discovery represents absolutely the truth. I experimented with one of my old patients with the same result.

"With another whose system was full of poisonous matter, I succeeded in purifying the blood. The treatment created a big boil on the neck. This opened, and the poison ran out for two days. Besides

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this he coughed and coughed. The result was that a great amount of sticky, odorous mucus was voided for days and days. Parasco's discovery works wonders.

"As for myself, I am still experimenting, not always with an eight-hour bath. Sometimes I take six or five or even four hours to the treatment. I have had twenty-five treatments in all. I feel splendid, and at least twenty years younger. My blood pressure is now 141½ instead of 175 or 178, a very remarkable and important result, as you will admit.

"Also, my liver and kidneys work perfectly. Everything represents health, health, health.

"I have had a marvelous experience with a tuberculosis patient. His system is filled with pus, which now is being rapidly removed. The patient suffers

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terribly at times. But I am watching him closely, and in a short time I am convinced that he will be a new being. Since his first treatment he is expectorating and spitting all day long.

"This treatment naturally may take some time to bring about rejuvenation, as it is necessary to remove the discarded tissues before new healthy cells can be built up.

"Whether it is possible to put an eighty-year-old man, regardless of condition, under hot water for eight hours, I do not profess to say.

"From my own experience, I have little doubt that such a course would not only be feasible, but beneficial to such an extent that one would be almost warranted in stating that the Fountain of Youth had been discovered at last, and that old age and its accompanying infirmities could be held at bay for many, many years."

THE FOUNTAIN OF YOUTH

These are strong words. Yet the remarkable clinical results that have followed the use of this blood-washing bath warrants the most enthusiastic commendation of its virtues.

STRIKING STATEMENT

One prominent New York physician who had attended one of my lectures at the Phrenological Institute, recently said:

"There isn't a particle of a doubt that the principles of the treatment discovered by Mr. Parasco are strictly scientific.

"First and foremost, hot water, falling continuously, as it does, from a height, and striking every square inch of the body with considerable force, must have a cleansing action found in no other form of bath. For the water has an actual penetrative force, enabling it to be more rapidly absorbed into the two million odd pores of the body.

THE PROLONGED SHOWER

"We know that there is a decided absorption of water by these pores, from the fact that many intelligent sailors, cast away after shipwreck, have saved their lives by letting their bodies soak in the sea water with which they were surrounded, at intervals during the day.

"Were they to attempt to drink this water, they would almost inevitably go insane from the aggravation of their thirst by the salt water.

"However, the pores let the water in, while sifting the saline elements out.

"Again there is the stimulation that follows the gentle whipping of all the peripheral or surface nerves, which is reflected into the deepest structures of the body, by the nerves connected with these surface nerves.

"Therefore, when the stimulation is carried to the nerve-centers of both of these systems, a restraining impulse is

THE FOUNTAIN OF YOUTH

sent to the nerves within the muscular coats. So, following a contraction, we have relaxation and consequent filling and distention of the blood vessels in the parts affected by water stimulation.

"Again, there is no doubt that the artificial fever produced by the hot water striking the body for from two to eight hours at a time, will help oxidize, or burn up, quantities of matter, which, if they are left to accumulate in the system, must undoubtedly become a menace to the organism.

"Under the gentle cleansing action, and the stimulating massage of the blood-washing bath, aided by the increased amount of oxygen that water falling from a height would have, there is a rejuvenating and invigorating influence that is found in no other form of bath.

"It is more than likely that this bath will gradually supersede all other varie-

THE PROLONGED SHOWER

ties of health baths in the best sanitoriums and hospitals.

"Meanwhile, there is no reason why, in any private home properly equipped with a shower bath and an adequate supply of hot water, men and women might not be able successfully to treat themselves for many chronic troubles that may have resisted the best efforts, even of eminent specialists."

Rest assured that a great discovery has been made, one that is likely to provoke more serious discussion among scientific minds than any other discovery made in the last decade. It is one which is going to have a more significant effect on health and longevity than nine out of ten of all the so-called marvels of medicine.

Mr. Macfadden, who has followed the progress of "natural treatment" almost from its inception, heartily agrees with me in this, and, I am happy to say,

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is lending the weight of his great influence toward popularizing the discovery in a way which must contribute much to the solution of this most important of all problems—the problem of conserving human health and human life.

[THE END]



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YOU CAN DO IT

The difference between youth and old age is not a matter of years but of the ability of your body to eliminate waste and to replace its worn out cells.

Just so long as your system can throw off impurities as rap-

idly as created and replace worn out cells with new ones, youth remains.

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